



Austin Brother's

share their farm with community

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

BELCHERTOWN – A favorite entree for many people in this world is a good old cut of beef, which can be used and prepared in countless ways.

Whether its burgers, meatballs, surf and turf, or meat sauce for your pasta, there are many ways you can include beef in your meals, but the best way is through finding it locally.

The Austin Brother's Farm has been open since 1889 and has been in the Austin family for six generations, and its farm store has a variety of cuts of beef, pork from a neighboring farm, and fresh eggs and maple syrup year-round.

"Being able to be here, and my kids being here, that's the best part," said Jimmy Austin. "There's a lot of work and good people to get it done."



"To have this farm space remain a farm is important to us."

Please see **FARM**, page 12

Kathy and Jimmy Austin with Chester and Festus, their lovable and playful cows.

TURLEY PHOTO BY EMILY-ROSE PAPPAS

Plant-based and whole food diet benefits

Local group holds monthly discussion

By Emily-Rose Pappas
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BELCHERTOWN – When it comes to eating healthily, it can at times be a challenge, however it does not make it impossible.

At the Senior Center, on the third Thursdays of each month at 10 a.m., you can find a group of people who came together to learn about whole food plant-based eating.

After discovering her total cholesterol was at 429 in 2015, Becky Martin began to search for other solutions other than medications and prescriptions from her doctor, and went to look for something alternative, and she discovered Dr. John McDougall and his book, "The Starch Solution".

"By following the information in the book, my total cholesterol fell to 155 within one year. I felt terrific," Martin said.

"The most valuable lessons



SUBMITTED PHOTO

The group of people with their trusty leader, Becky Martin, who get together to talk about whole foods and plant-based eating.

are the more fat and oils you consume, the more weight you will gain and the worse your numbers will be. If your weight is normal, everything else falls into place," said Martin.

Martin holds this class with the disclaimer that she is not

a medical professional, however, wants to share what she has learned and all the ways it has impacted and helped her, and many other people, just by changing the way she eats.

Many people have reported better numbers in their blood

pressure, cholesterol, and A1C. "Learning that there are so many things to eat that you already love, and you don't have to suffer to have better health," Martin said.

Please see **BENEFITS**, page 7

Solar project extension reviewed

By Emily-Rose Pappas
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BELCHERTOWN – The Planning Board hosted a hearing for the revision of a second special permit extension request regarding a solar project in town, as well as reviewing other details and projects.

Chair Daniel Beaudette held the Nov. 12 meeting alongside Vice Chair Michael Hofler, Leonard Bilodeau and member Bjorn Markeson. Solar Project Request for Extension

The board reviewed a second extension on a special permit for a solar project happening on Ware Road for Agilitas Energy, Inc.

Please see **SOLAR**, page 3

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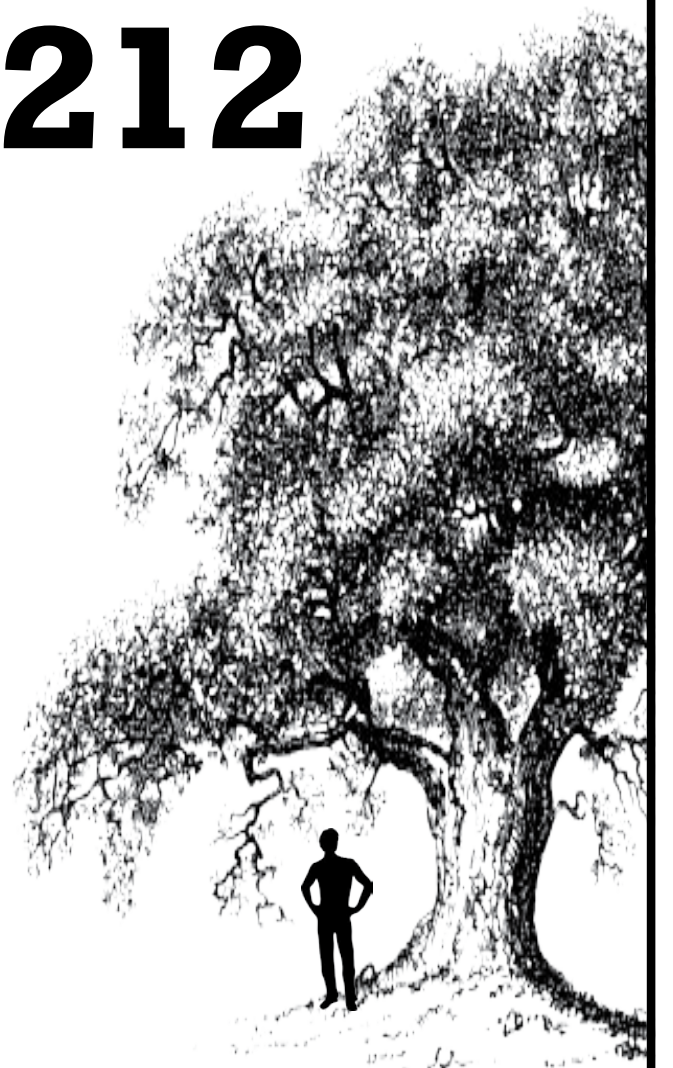
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COMMUNITY

Group of writers come together to write after hours

By Emily-Rose Pappas
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BELCHERTOWN – Writing is one of the best ways to spend time working to let your creativity, thoughts, and emotions flow out on paper or screen.

The month of November is universally acknowledged as a month to spend time writing. And many take on the challenge of sitting down as the weather gets cold, and writing

National Novel Writing Month began in 1999, and served as a way to help all writers, and any writer, complete a full manuscript with the challenge of writing out 50,000 words.

It begins on November 1, and by November 30, the goal is to have a full, or partially full draft of a manuscript.

Members of the Western Massachusetts Writer’s Guild, the library’s writer’s group, and others who love to write came after hours to the Clapp

Memorial Library last week to compete in “writing sprints”.

A writing sprint is when you sit and write non-stop, without editing, to get as many words out as possible before a five, ten, fifteen, or twenty-minute timer runs out.

“This group is really warm and amazing,” said N. Couture, working on a project in a notebook.

“I really like being able to build characters, because you get to know them better the longer you write about them,” said Aubree Carr, another local writer.

The library has been hosting this write-in for the past three or four years, and all are invited to attend, and bring their journals, pens, and laptops, and comfy clothes to spend a relaxing evening writing with other writers.

Whether you’re writing fan-fiction, poetry, your latest novel, or collection of short stories, this challenge is for you.

“People supporting each other and getting to see them excit-

ed about their writing- that’s my favorite part,” said librarian Annie Macon. “It’s helped me as well to see them go through the ups and downs because sometimes writing is hard.

“I really love the community and that everyone gets together,” said Western Mass Writer’s Guild member Jackie Amell. “I like seeing that people have the same interests and goals that I do.”

“We can really support each other both personally and narratively,” said Aimie Zale, another member of the Guild. “Getting together with other writers helps encourage me to write, too.”

However, it’s important to find a group, and the Guild hosts one at the Thirsty Mind in South Hadley, every Sunday morning, from 9 to 11 a.m.

Whether you are working towards the 50,000 goal this month, or just simply what you can, National Novel Writing Month is for every writer.

Agricultural commission brainstorms new mission statement

By Emily-Rose Pappas
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GRANBY – The Agricultural Commission met to discuss the development of a new mission statement to bring to the table, as well as share they are searching for a new member.

The November 12 meeting included Lynne Galusha, Russ Aurnhammer, Tom Benson, and Evelyn Hatch.

Mission’s Statement Workshopped

Hatch read the components of a successful mission statement looks like in order to share a statement of who and what the commission is.

The main components of a successful mission statement are clear, focus on the values of the commission, describe what the commission does, and what it does for the people it serves.

They workshopped a list of items that detail how they serve the community, including speaking up for and promoting farms and farmers, mediating problems, and providing education about the farms in our community.

Other goals of the commission include preserving the agriculture of the town, including the small areas of open space still present within the town of Granby.

“Things are changing

rapidly in this town,” said Aurnhammer.

They discussed ways to make sure that their mission statement represented what they do for the town accurately, precisely, and efficiently, so that they can effectively serve the community.

Looking for New Member

The commission also shared that they are searching for a new member and are hoping to share the word around town.

They expressed a desire also to look into adding someone in to help with the computer and writing portions of the meetings to work as a secretary and complete Facebook posts and email lists.

Past Harvest Supper

Evelyn Hatch led the discussion in reviewing the surveys from the Harvest Supper, and responses from those who attended the special supper.

They shared their thoughts on the supper, thinking it went very well, and nineteen people came for the night to hear about the work the Commission has been doing, and to learn more about the interests of the community.

They handed out surveys to those in attendance and served some delicious food to be enjoyed by all and are planning to send our surveys to those interested but could not attend.

SOLAR from page 1

At the last meeting, the board was uncertain if the second extension was necessary but met with the representatives to hear about their reasoning for extensions.

A representative from Agilitas Energy came forward to request an extension of one year to February 2026 in order to wait on some extended week times for parts.

The representatives from Agilitas Energy also shared that the utility had taken longer than anticipated, and National Grid is now asking developers to have an updated utility easement.

They are trying to keep their construction time as short as possible in order to finish the project before the new expiration date.

In order for a special permit to be legally permitted, construction had to have begun, or otherwise some sort of action on the project.

The board asked that the representative send in a copy

of their correspondence with National Grid and a copy of the large sum of money paid forward, which to Beaudette, constitutes as them taking action.

“It’s been our policy in the past to work with businesses that are in town that have projects underway and have made substantial progress towards meeting them [the goals],” said Beaudette.

Beaudette moved to approve of the extension request of the solar project’s request for the extension of their special permit.

ANR Request on Aldrich Street

Applicants David J. and Michelle D. Knapp came to the Planning Board with a special request to combine Lots 21, 21.07, and 21.08 together.

Beaudette reviewed the reports and the plan and made a motion to approve the ANR for the Knapps.

Town Planner’s Report

Doug Albertson, the Town Planner, came on to give an

update and report on various projects happening within the town.

Albertson shared that with the various subdivision regulations, and how to communicate with another entity what the board needs assistance with.

Albertson also shared that he is looking at applying for another trail grant for the unimproved trail around Lake Wallace, as well as re-rooting the trail.

UMASS hosted their yearly Regional Conservation Partnership Conference Gathering, which talks about the good things about getting out of the house and walking and being outside.

Albertson also shared about a new project to increase signage around the town, in order to renew the town’s branding.

For zoning, Albertson brought up the consideration of including rented units, and went over several agreements that have not gone any further with a lack of communication.





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COMMUNITY

Wing Aux. selling Lotto calendars

PALMER—The Baystate Wing Hospital Auxiliary is currently selling their January 2025 Lotto Calendars. The one-month calendar, which costs \$5 each or 3 for \$10, has a daily winning amount of \$100 with special drawings on Jan. 1 and Jan. 31.

For over 65 years the Baystate Wing Hospital Auxiliary has been actively supporting local healthcare through its sponsorship of special events and sales from the Baystate Wing Hospital Gift Shop located on the first floor of the hospital.

The calendars will be on sale begin-

ning Oct. 29 at the Baystate Wing Hospital gift shop. Funds raised by the annual Lotto Calendars support the Auxiliary's scholarship program and their philanthropic efforts that benefit Baystate Wing Hospital.

Whether looking for something special for a patient, a gift for a special occasion, or an item for the home, the Baystate Wing Hospital Gift Shop offers many unique, hand-selected items. For more information about the Lotto Calendar visit the gift shop located on the first floor of the hospital or call 413-370-8169.

BHS use of Indoor Track

Through June 13, 2025

BELCHERTOWN—The track will be open for use between 9 a.m. - 10 a.m.

The track will be closed on weekends, holidays and vacations. You may view the Belchertown Public School calendar at the link below: <https://drive.google.com/file/d/1XbmQWEyCvXj5sPml-566fi2szFDmaQkK/view>

Walkers must have an approved CORI/SORI on file with the school district. CORI/SORI is valid for 3 years. If you do not have a valid CORI/SORI,

please come to Belchertown Public School, Central Office, 14 Maple Street, Belchertown to complete an in-person

CORI/SORI form. You will need to show a valid driver's license or state ID.

- All walkers must sign in and sign out in the Main Office at Belchertown High School.

- All walkers must wear a visitor's badge while walking the track.

- All walkers must leave the building if there is a fire drill/emergency and report to the front of the building to be accounted for when checking attendance.

Winter Light Night
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Winter Market dates

BELCHERTOWN— The Belchertown Farmers and Artisans Market have put together two upcoming winter markets this year. The second market will be Sunday Dec. 15, stop by Jabish Brook Middle School, 62 N. Washington St., and shop for local produce, one of a kind gifts, snacks and more. Market hours are 10 a.m. to 2 p.m.

While the Winter Markets will have many of the summertime vendors, organizers also bring in some new artisans for those one of a kind gifts. Also, 2025 Market Gift Cards will be on sale at the Market Manager's table. Shop local and help our community grow and connect. For more information, follow the Market's social media channels on Facebook and Instagram. Email at belchertownfarmersmarket@gmail.com and website address is: www.belchertownfarmersmarket.weebly.com.

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The toys will be donated to local children.

Bernstein shares his story with community

By Emily-Rose Pappas
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GRANBY – Everyone has a story, but few go on to write it down to be shared with the world in print format.

Steve Bernstein, a local author and resident of Granby, has always been a storyteller, and shared the stories of his childhood living in the Bronx in the 1960s.

Bernstein worked most of his life as a plumber, as well as working at a school, teaching math lessons for young women who couldn't finish school, and another for troubled teens.

"It was a great experience because these women I was teaching also came from inner cities," Bernstein said. "Stories are how you really get to know people."

The book, which is a collection of short stories about his childhood growing up in the Bronx, began really with the first story in the book, "Wolf", which he wrote in the mid-1990's.

After letting it sit for several years, he found a local writer's group, and decided to join it in 2014, and there, he was encouraged to begin writing his stories for others to read.

"I went to that group, and all

my stories just flowed out of me," Bernstein said. "They just kept going, and soon enough, I found they made a book."

He spent the first year just writing the stories out, reading them to his new friends, and getting editorial advice from the friends in the group and some others to sort out any clunks.

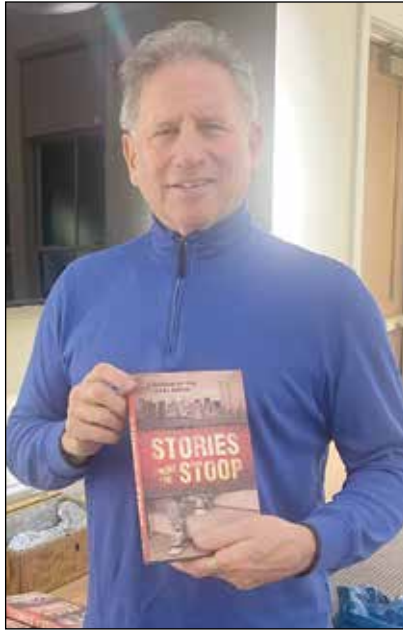
Through the encouragement of the friends he made at the group, he sent the book in to Amazon with a cover made for it, and they took it on, and he was published in 2017.

While the book was on Amazon, it received over 200 positive reviews, sky-rocketing it up in the market and making it visible to publishers.

One day, he received an email from a subsidiary of the famous publishing company Simon and Schuster, Sky Horse, expressing the interest of the company to purchase his book and publish it through their company.

He went to New York, excited for this rare opportunity for writers, but cautious. He wasn't looking for much, and after signing the contract, COVID-19 struck, resulting in a pause.

"It meant a lot to know that it's a good book," Bernstein said. "I kinda let it go, and then I got the call to come back, and I feel honored that I



TURLEY PHOTOS BY EMILY-ROSE PAPPAS

Steve Bernstein with his book, "Stories on the Stoop," which tells the stories of his childhood living in the Bronx.

was chosen for this."

The publisher hadn't forgotten about him and called him back to see the book published with them, complete with hardcover editions.

"My inspiration comes from my work with troubled teens, in an effort to learn about their lives, I wanted to hear stories from their life," Bernstein said. "I told them my stories to model how they can share their stories."

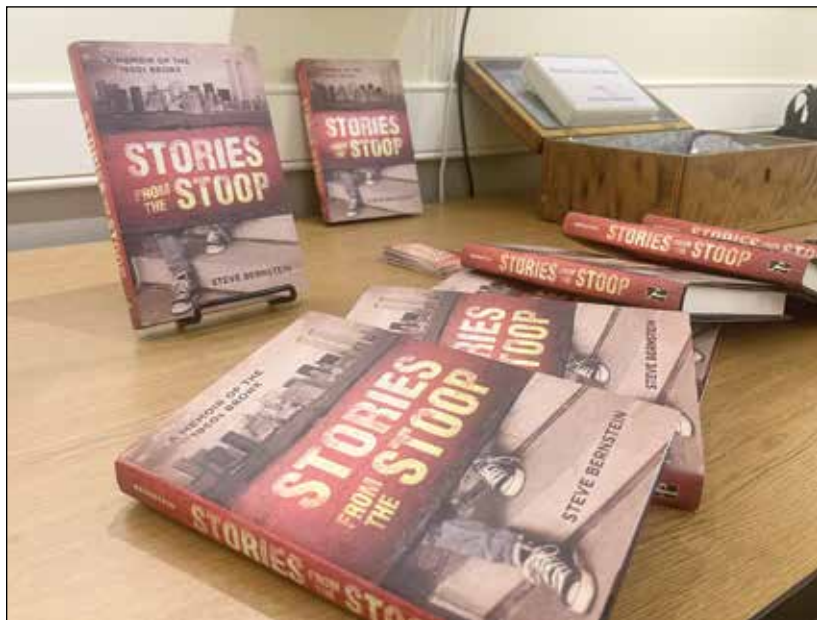
"I had a troubled childhood, and it needed to be revisited as an adult so I could sort through that trauma. Writing helped me deal with all of those tough things."

Bernstein describes his book as hopeful, exciting, and passionate, as it truly is the stories that helped him become who he is today.

When it comes to writing, for any aspiring author, "Write regularly about things that excite you. If it doesn't excite you, you won't write it. Look for what gives you a sort of 'buzz' with excitement, and then write that," Bernstein said.

You can find the book both on Amazon still, and in Barnes and Nobles, and you can learn about Steve and his writing journey through blogs on his website, www.stevebernsteinauthor.com.

Whatever your story is, it is worth sharing, because you just don't know how your story can make a difference in someone's life, even a story from a stoop in an old neighborhood in the Bronx.



A spread of the book at the Author Talk at the Granby Public Library.

Winter craft fair in Palmer on Dec. 7

PALMER—Winter craft fair to be held on Saturday, Dec. 7 at Palmer High School, 4105 Main St.,

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magical season.

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OPINION

GUEST COLUMN

Random Acts of Kindness

By Barb Turcotte

The name Joanne Costello may be familiar to you for many reasons. Though now retired, this mother of three began her career in nursing for a private practice, then went onto working at Baystate Medical Center for thirteen years. She started in the Neonatal ICU then moved to the Labor and Delivery department. Her son Ryan lives in Italy with his family, her son Mike lives with his family in Georgia and her daughter Meghan (Terone) lives in Connecticut with her husband. After motherhood began she then switched to part-time teaching childbirth classes.

Another reason Joanne's name might be familiar is she was a strong advocate for her daughter who was a Children's Miracle Network poster child at Baystate Children's Hospital in the early and mid-nineties. When the now 38-year old was diagnosed with cancer she was only six years old. Joanne talked about the amazing Random Acts of Kindness that she and her family received while she stayed at the hospital with her daughter. She spoke of these niceties being received from not only the hospital personnel but the sharing and comradery of other parents of pediatric patients. Neighbors and family came forward to help with meals for the family as well as helping her then husband with the care of their two sons.

We often think of Random Acts of Kindness only being bestowed upon strangers, but these gestures can be shared with people we know as well. Perhaps sending a quick text in the middle of the day just letting them know you're thinking of them or maybe sending a card, bringing back a lost art of communicating. These can make such a difference in someone's day.

When Meghan became ill Joanne stopped her professional nursing and instead used her skills to help her daughter continue to the next plateau of wellness. Meghan has had a difficult medical journey and the biggest Random Act of Kindness that has ever been bestowed on her has happened recently, that being her brother Mike was a willing and qualified kidney donor for her. Her older brother Ryan unfortunately though willing, wasn't able to do that. Though this wasn't a 'random act', what an incredible act of unselfishness to offer this.

In those early Joanne felt she wanted to help other pediatric parents going through their own hardships and decided to add another qualification to her nursing by becoming a licensed massage therapist. This gave her more flexibility and her intention was to give parents back massages to help ease their tensions. She did this at no charge, instead doing as Random Acts of Kindness for others. Then as Meghan got older and her medical needs became less demanding, Joanne turned her massage therapy into a second career of which she retired from.

Joanne being a mother of an ill child as well as being a nine-year breast cancer survivor herself, knew well the value of this service. She proposed her idea of giving children, their parents and adult cancer survivors chair massages while they were being administered their chemo therapy. It was a way for them all to relax and take their minds off of their worries for a little bit.

Because Joanne was so adamant knowing this was such a valuable service she kept working with the director of the cancer center. The director also believing the same brainstormed but unfortunately they were unable to get an actual position approved for a program. Well with Joanne's persistence and the director's belief in this idea a plan was established and was successful. She would be paid one-half through a charity and one-half from a second budget in order to do this which would entail her being a private contractor rather than an employee. Joanne developed the process and implemented the plan as well as trained other therapists. She is still asked to return on a per-diem basis to train new therapists. You may well have experienced a massage and thanks to her, many people have benefited from this practice with this ongoing service still in effect. Another way Joanne enjoyed giving back was giving Random Acts of Kindness chair massages at charity events.

Joanne and Jim have now been together for seven years and are enjoying retirement while relishing trips to locations such as Africa, India, Poland,

Please see **KINDNESS**, page 7




your health

By Teri (Dreher) Frykenberg, RN
Guest Column



Blood donors are everyday heroes

Earlier this year, a 77-year-old Massachusetts grandfather was celebrated for his 550th blood platelet donation. Ralph "Rocco" Russo was inspired to begin donating when his best friend's then-14-year-old daughter was diagnosed with cancer in 1996.

And he just kept giving. We could use more everyday heroes like Rocco. Although the country seems to have weathered the severe blood shortage seen in January of this year, when the Red Cross declared a national crisis, hospitals can't have enough blood. A single trauma patient can require 20 units of blood – or more.

Regular blood donation by a sufficient number of healthy people is needed to ensure that blood will always be available whenever and wherever it is needed. With World Blood Donor Day celebrating its 20th anniversary on June 14, it's a good time to thank donors and encourage new ones.

Who can give blood?

Even though roughly 7 million Americans donate blood each year, that's only 3 percent of the eligible population. The qualifications are simple: Be 17 or older (there's no upper age limit as long as you're in good health); feel well; and weigh 110 pounds or more. Many people are disqualified because of various infections, low iron, travel, pregnancy

and other factors, so if you are eligible, give it some consideration.

At the donation site, after a brief health assessment (temperature, blood pressure, iron level), you'll be able to give the gift of life to a fellow human being.

Isn't there artificial blood?

Researchers are racing to develop artificial red blood cells that could stand in for whole blood, but we're probably a decade or more away from that becoming reality. For now, there's no substitute for the real McCoy.

The parts can be greater than the whole

While you can donate whole blood six times a year, platelet donors (like Rocco) can give up to 24 times a year. This is because the donation process takes only part of your blood and returns the rest.

Platelets are tiny blood cells that form clots and stop bleeding. For millions of Americans, they are essential to surviving and fighting cancer, chronic diseases and traumatic injuries. Every 15 seconds, someone needs platelets.

You may even be able to sign up to donate platelets to help a friend with cancer. In platelet donation and transfusion, it's generally not necessary to match blood types.

Why don't more people donate?

The number of people who donate blood has dropped about 20 percent in the last few years. Fears about safety and needles keep some people from donating. There's also the bystander effect: It's common not to take action in a situation if you think someone else will.

Does giving blood actually hurt? It can, but it's usually no worse than stubbing your toe. There's that moment when you know the needle is coming close to the vein in your arm; the best thing to do is look away or close your eyes and keep breathing until that moment passes.

Please see **DONORS**, page 7

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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REGION

WestMass ElderCare announces name change

HOLYOKE—As WestMass ElderCare celebrates its 50th anniversary at their annual meeting Wednesday, Nov. 20, the organization is proud to announce an exciting new chapter in its history. Beginning in early 2025, WestMass ElderCare will be known as Access Care Partners, reflecting a broader mission that extends beyond serving just the elderly population.

“Celebrating our 50th anniversary, we felt it was the perfect time to evaluate our brand and how we represent ourselves,” said Roseann Martoccia, executive director at WestMass ElderCare. “Our goal was to ensure our name truly encapsulates the wide range of individuals we serve, many of whom are not necessarily elders. In fact, we provide services to individuals as young as 3 years old.”

The decision to rebrand came after

extensive research and community engagement. Partnering with Davis Advertising out of Worcester, WMEC conducted one-on-one interviews, online surveys, and focus groups, involving around 200 community members as well as internal staff, to gather input on how the organization is perceived and how it can continue to meet the needs of the community.

The findings indicated that while the organization is highly respected for its work, the name WestMass ElderCare did not fully capture the scope of services offered, which includes support for individuals with disabilities and younger populations. The name Access Care Partners better reflects the organization’s mission of providing care and support to people of all ages and abilities, ensuring they have access to the services they need to

live independently.

“As our community and services have evolved, so too has our brand,” added Martoccia. “This change not only reflects who we are but where we are headed, ensuring we remain inclusive and adaptable for the next 50 years and beyond.”

“As Access Care Partners, we remain committed to the same high level of care and comprehensive services, including in-home care, meal delivery, and support for individuals with disabilities and caregivers, and look forward to continuing our long-standing relationships within the community.”

For more information about Access Care Partners and their services, please visit wmeldercare.org/accesscarepartners or call 413-538-9020.

First Church opens Christmas Shop

LUDLOW—The first church in Ludlow, located at 859 Center Street, will be opening their Christmas shop on Friday, December 6th and Saturday, Dec. 7, and Friday, Dec. 13 and Saturday, Dec. 14 from 9 a.m. until 12 p.m. There will be assorted Christmas items along with knitted, crochet, quilted items, and several home-made crafts.

The Humming bird shop will be open with an assorted fabrics and yarns for at reduced prices and the book store will also be open that is filled with some of your favorite authors along with a selection of children books at fabulous prices.

Stop by and see what we have to offer.

BENEFITS from page 1

Anything from tacos, pizza, and pasta can be made plant-based and cut out harmful additives and more that can create a diet that will help you feel better.

“It’s never too late to go plant-based. You can have improvements in your health at any age, even if you already have some diseases,” said Martin.

Since the group began in 2021, it has grown, and every month, ten people come together to share their stories, experiences, and benefits they’ve experience through this new diet.

“There is no judgment, and everyone is at a different place on their journey. We are a supportive, lively group, sharing ideas, hacks, and recipes. If you are plant curious, come check us out. Wherever you are on your journey, you are welcome,” Martin said.

Through learning and diving into the whole food plant-based diet, it has been shown to help begin treating diseases and other chronic ailments like Type 2 Diabetes.

Growing up on a dairy farm, Martin

had always grown up eating meat and other animal products and found joy in finding new ways to eat food that helped her recover from her high cholesterol numbers.

“I had seen such a huge change in my health in a short period of time; it was like a miracle. I knew I had to share my experience with others in the hope of making their lives better, as well. Overcoming long held beliefs is the hardest part of changing,” Martin said.

“Start by making small changes. Add more veggies to your meals. Or jump in with both feet like I did,” Martin said.

There are many different recipes they can use, and here is one that you can try out to make for the upcoming holidays.

Chickpea Blondies

Recipe from *Chocolate Covered Katie*

(chocolatecoveredkatie.com)

Cooking Time: 30 minutes.

Total Time: 30minute

Yield: 9 - 15 blondies

Ingredients

One can chickpeas or white beans, or 1

1/2 cups cooked.

1 tsp baking powder

1/4 tsp each: salt and baking soda

3/4 cup granulated sugar of choice

1/3 cup flour (white, oat, spelt, sorghum, or 1/2 cup almond flour)

1/4 cup applesauce (a snack cup of applesauce is just the right amount)

1/4 cup peanut or almond nut butter

1/2 cup chocolate chips, or more if desired

(Enjoy Life brand chips are dairy-free)

Instructions

Preheat oven to 350 degrees. Drain and rinse beans very well. Blend all ingredients (except chips) until very smooth in a good food processor. Mix in chips, and scoop into an eight-by-eight pan.

Optional: you can stick some chocolate chips on top of the batter as well. Bake for 30 minutes. They’ll look a little undercooked when you take them out, but they firm up as they cool.

Note: small edits made by Becky Martin to be more WFPB compliant.

“The way you feel when your body responds to better food. I no longer have that afternoon slump and I’m in my seventies. For some reason, most people report feeling more calm when eating WFPB. You will also have a lower grocery bill. Potatoes, beans and rice are pretty cheap,” said Martin.

Whether you want to feel better for your health, care for the environment, or for animals, a plant-based diet is a perfect way to do that.

KINDNESS from page 6

Ireland and many sites within the states. There are many more places they want to see so wishing them many safe journeys as they continue to explore! I know they will also go on doing Random Acts of Kindness while experiencing these travels.

Doing a Random Act of Kindness not only feels wonderful for the recipient but it will also add an indescribable joy-

fulness to your day. As the saying goes, “Try it, you’ll like it!”

If would like to share a Random Act of Kindness story please contact me at bdt514@aol.com or 413-575-9385. Who knows, you might see your story in this column, ‘Just ‘Cause’ you witnessed, did or received something nice being done. See you soon with another Random Act of Kindness! ~ Barb

DONORS from page 6

There are also still myths about who and who can’t donate. In the early days of the HIV/AIDS epidemic, there were no tests to screen for HIV, so gay and bisexual men were prohibited from donating. The FDA rescinded that blanket ban in 2023 in favor of questions that assess the risk of HIV regardless of gender or gender expression.

Also, yes, you can donate if you have tattoos and piercings, as long as it was more than three months prior, you’re completely healed and you took care to be inked or poked at a state-regulated facility. (That also means you can’t use fear of needles as an excuse!)

Virtual reality comes to blood donation

For some people, giving blood is easy – and you get snacks when you’re finished. For others, though, it can be unpleasant, and they are unlikely to become first-time donors, let alone repeat donors.

Virtual reality to the rescue, or actually a subset of VR called “mixed reality,” which mingles the real and virtual

worlds.

In 2023, a blood collection center let donors take their minds off the process by focusing on planting a garden – with just their eyes. Donors used the Microsoft HoloLens 2 to play Paragon, a game created by Abbott Labs and Blood Centers of America. The thinking is that a positive emotional response to blood donation will encourage folks to become repeat customers.

A blood donation truly is a unique gift that transcends gender, age, ethnic and political lines. Find a collection center or blood donor event near you, and roll up your sleeve.

Teri (Dreher) Frykenberg, a registered nurse and board-certified patient advocate, is the founder of Northshore Patient Advocates LLC (NShore). She is also founder and CEO of Nurse Advocate Entrepreneur, which trains medical professionals to become successful private patient advocates. Teri offers a free phone consultation to newspaper readers as well as to nurses interested in becoming advocates. Reach her at Teri@NurseAdvocateEntrepreneur.com.



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<input type="checkbox"/> Journal Register	<input type="checkbox"/> The Wilbraham-Hampden Times

Deadline for photos and forms is Monday, December 16, 2024

Holiday and December Events

BELCHERTOWN

- Tuesday December 3**
• Clapp Memorial Library, Movie Screening of The Maltese Falcon, 7:00 p.m.
- Wednesday December 4**
• Senior Center, Grief and Loss Support Group, 12:30 p.m.
- Saturday December 7**
• Police Department, Stuff a Cruiser Toy Drive, 10:00 a.m. to 2:00 p.m.
- Wednesday December 11**
• Belchertown Senior Center, Rainbow Social Group, 10:100 a.m.
• Clapp Memorial Library, Quabbin History Calendar Sale and Signing with J.R. Greene, 7:00 p.m.
• Clapp Memorial Library, Penguin Needle Felting, 5:30-8:30 p.m.
- Thursday December 12**
• Senior Center Silver Sisterhood, 10:00 a.m.
• Senior Center's Annual Holiday Luncheon: Grinchmas Party, 10:30 a.m.
• Clapp Memorial Library Metalworking Ornament Class, 6:30 p.m.
- Monday December 16**
• Belchertown Senior Center Book Club, 10:00 a.m.
• Clapp Memorial Library, Penguin Needle Felting, 2:30-5:30 p.m.

- Clapp Memorial Library, Belchertown Community Bell Choir, 7:00 p.m.
- Tuesday December 17**
• Clapp Memorial Library, The State School at Christmas, 7:00 p.m.
- Wednesday December 18**
• Senior Center and Clapp Memorial Library's Holiday Sing-A-Long, 10:00 a.m.
- Thursday December 19**
• Belchertown High School Winter Pops Concert, 7:00-9:00 p.m.
- Friday December 20**
• Free Food Friday at Clapp Memorial Library. 2:00 p.m.
- Tuesday December 24**
Christmas Eve: All Offices Closed
- Wednesday December 25**
• Christmas Day: All Offices Closed
• Monday December 30
• Clapp Memorial Library, Penguin Needle Felting Teen Session, 3:30-6:30 p.m.
• Clapp Memorial Library, Good Morning Farm Animals with Ruth Sanderson, 6:00 p.m.
• Tuesday December 31
New Year's Eve: Christmas Eve

GRANBY

- Sunday December 1**
• Preservation Society's Last Day- Festival of Trees, 11:00 a.m. to 6:00 p.m.
- Thursday December 5**
• The Wine Haus Free Lunch and Learn, 4:30 p.m.
- Friday December 6**
• East Meadow, Granby PTO Ice Cream with Santa, 6:00-8:00 p.m.
- Saturday December 7**
• Library Annual Knit and Basket Sale and Hot Cocoa Bar, 10:30 a.m. to 12:30 p.m.
• Granby United Church of Christ's Jingle Bell Bazaar, 9:00 a.m. to 3:00 p.m.
• Granby Historical Association Wonders of Christmas, 10:00 a.m. to 4:00 p.m.
• Library's Oh Snap! Gingerbread on the Loose Scavenger Hunt: 4th Annual Town-Wide Scavenger Hunt (First Day)
- Sunday December 8**
• Granby Historical Association Wonders of Christmas, 10:00 a.m. to 4:00 p.m.
- Thursday December 12**
• Selectboard Holiday Luncheon, take out at 11:30 a.m., and served at 12:00 p.m.
- Saturday December 14**
• Granby Historical Association Wonders of Christmas, 10:00 a.m. to 4:00 p.m.
• Granby United Church of Christ's Living Nativity, 5:30 p.m.
• Sunday December 15
• Granby Historical Association Wonders of Christmas, 10:00 a.m. to 4:00 p.m.
- Saturday December 21**
• Library's Oh Snap! Gingerbread on the Loose Scavenger Hunt: 4th Annual Town-Wide Scavenger Hunt (Last Day)
- Tuesday December 24**
Christmas Eve: All Offices Closed
- Wednesday December 25**
Christmas Day: All Offices Closed
- Tuesday December 31**
New Year's Eve: Christmas Eve

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Why supporting local small businesses matters

REGION—The holiday season is a time of year when shopping takes center stage. While online giants and big box retailers seem to be everywhere, offering an endless array of products with the convenience of low prices, small businesses provide a range of benefits that go far beyond the ease of a mouse click or mountains of merchandise. Shopping local retailers is more than just a transaction — it is crucial for maintaining the economic foundation of local communities. Let's take a look at the many ways it pays to shop small businesses during the holidays and all year long.

- **Strengthen the local economy:** A large percentage of the money spent at small businesses stays in the community. That's because these businesses often are owned and operated by local residents who are invested in the community themselves. Various studies indicate that for every \$100 spent at a small business, roughly \$70 stays in the community.

- **Enhanced customer service:** Owners and employees of small businesses have a keen

interest in keeping customers happy. They often do so by providing superior customer service. Tailoring recommendations, exhibiting a willingness to accommodate special requests, offering a more engaging shopping experience, and being more friendly and connected with regular customers sets many small businesses apart.

- **Support the community:** Small businesses serve the community through the products and services they offer, and many give back in other ways as well. Small, locally owned businesses often sponsor schools, sports teams and charities. This helps foster a sense of belonging in the community.

- **Innovative offerings:** Small businesses are not beholden to corporate policies or franchise restrictions, so they can more readily bring new life to existing ideas and trends. Small businesses can offer customers different options that larger retailers cannot match.

- **Job creation:** Small businesses employ a significant percentage of the workforce and frequently provide jobs that might not be available in large-



It pays to shop small businesses during the holidays and all year long.

er corporate settings. The U.S. Small Business Administration Office of Advocacy says small businesses have generated 12.9 million net new jobs over the past 25 years, account-

ing for two out of every three jobs added to the U.S. economy. Keeping residents working helps strengthen local communities.

There are numerous benefits

to shopping at small businesses this Small Business Saturday and throughout the year. Such firms help to establish a more resilient, diverse and bustling local community.

Tips for a health holiday season

SPRINGFIELD— At a time when doctors' offices typically get flooded with patients, Dr. Andrew Koslow, associate medical director of American Family Care for Massachusetts, is offering tips to make sure people are spreading holiday cheer instead of viruses and illnesses. The advice is simple: Wash hands more frequently; Get plenty of rest; Stay hydrated; Eat well-balanced nutritious meals; Get flu, COVID, pneumonia

and RSV vaccinations as recommended; and avoid anyone who is sick.

"People tend to run themselves down in the weeks and days leading up to holidays. It's easy to get caught up in the frenetic pace of parties, shopping and burning the candle at both ends," said Koslow. "Even if you're young and healthy, when visiting relatives who may be at risk, you could make them sick."

Koslow said it's also import-

ant for families to be aware of a recent spike in mycoplasma pneumonia infections across the country, also known as walking pneumonia. Symptoms can vary, ranging from cough to fever, shortness of breath, chest pain and nausea.

"Mycoplasma pneumonia is easily treated with antibiotics," said Koslow. "The important thing is to get lots of rest if you experience these symptoms. See a doctor and stay home."

Granby High Class of 1979 Reunion to take place Nov. 30

GRANBY—The Granby High School class of 1979 will hold a 45th reunion on Saturday, Nov. 30 at Johnnie's Tap Room in South Hadley. The reunion will begin with a social hour at 5 p.m. Tickets are \$25 and include dinner and music. Tickets can be purchased via Venmo to Doreen (Chauvin) Beard at Doreen-Beard-2. Contact Denise (Emond) Billow to buy tickets via check or for more information, at dbillow@pittsfield.net. Please share this information with fellow classmates.

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Preschool shares pumpkin carving fun



Matthew Sacchi (dad), Maisie Sacchi (3) and Emily Johnson (mom) showing off their completed Jack-O-Lantern.



Allison Nickerson (3) and Bailey Miller (3) BFF's showing off their Jack-O-Lantern's together. They have been friends in the same class at Alphabet Soup since they were toddlers.



Jemma Berge (4), Aislinn Berge (mom) and Joshua Berge (dad) working on two pumpkins at once.



Allison Nickerson (3) and Sarah Nickerson (mom) Working on carving their pumpkin.

GRANBY—Alphabet Soup Preschool Plus held a pumpkin carving event on Wednesday, Oct. 30. Parents and grandparents came to celebrate Halloween with the children and carved jack-o-lanterns with them. "We had a really good turn out and everyone really enjoyed it," shared Candice Curran, site director of the preschool.



Jenna Terhune (Preschool Teacher) & Bailey Miller (3) Showing off Bailey's lit up Jack-O-Lantern.



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Lisa Smigiel (grandma), Bryson Nawrocki (3) and Stacy Nawrocki (mom) working on carving their pumpkin.



One of the many families that attended the pumpkin carving event.



Evelyn Beaudry (5) and Roger Clark working on carving their pumpkin.



Jack Urbanski (3) showing off his Jack-O-Lantern with family members.



Arya Gallien (5) and Heather Libiszewski-Gallien (mom) who brought a different type of carving kit, including multiple cookie cutters and a rubber mallet.



Many of our families attended the event. Apple cider and fresh apple cider donuts were served to all.

Preschool shares pumpkin carving fun





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A cow saying hello while getting its dinner.

Two cows getting a drink of water.



Four cows lined up for the perfect photo.



TURLEY PHOTOS BY EMILY-ROSE PAPPAS

The store is set up and decorated for Christmas, stocked and ready for the holidays.

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FARM from page 1

Jimmy, his wife, Alicia, their kids, and parents work on the farm together to raise a herd of cows of about eighty to one-hundred, all of which are pampered, loved on, and taken care of like family.

“The kids never had to go anywhere, and they could spend all their time with us,” said Kathy Austin, Jimmy’s mom, who works with her husband to raise the cows to become steers, and horses with her daughters who compete competitively.

The beef that comes from the cows raised and taken care of on the farm is all local, meaning you can be sure to know that what you buy in the packages at the store is one animal from one location.

“When you buy local beef, your ground beef is one animal. There’s nothing added to it when its ground,” Jimmy explained.

When you buy a one-pound package of ground beef at the local grocery store, its often ground with water, and there can be up to ten different animals in one pack, whereas with farm-raised, you know where it comes from, and that there’s just the one.

“We raise all the cattle ourselves, and they’re taken care of like they’re our children,” Jimmy said. “They’re just like a member of the family.”

The Austins keep a group of cows for breeding, and in order to maintain their own good pool of genetics, they breed them with their own bulls.

They breed the cows with feed consumption, maintained body weight, and these better genetics make it so that life is better for them, and likewise, better for us.

Cows are brought in for processing after twenty-four to thirty months, the prime time where the fat amount is the right amount of marbling, and are processed at Adam’s Farm in Athol, which is USDA inspected at the farm.

“Us being the farm, we can decide which ones go. We know each animal, and there’s no confusion. Start to finish, we know,” Jimmy said.

The farm raises Angus and Hereford cows, and even raise a couple of their own named Chester and Festus, two three-year-old black and white cows with little horns and silly personalities.

“To have this farm space remain a farm is important to us,” said Jimmy. “We can preserve the land, and being able to do that and provide a space for farming is important.”

The farmland, in use for cattle since the first Austin opened it up, is historic to the town of Belchertown, and the open space is beautiful, quiet, and peaceful.

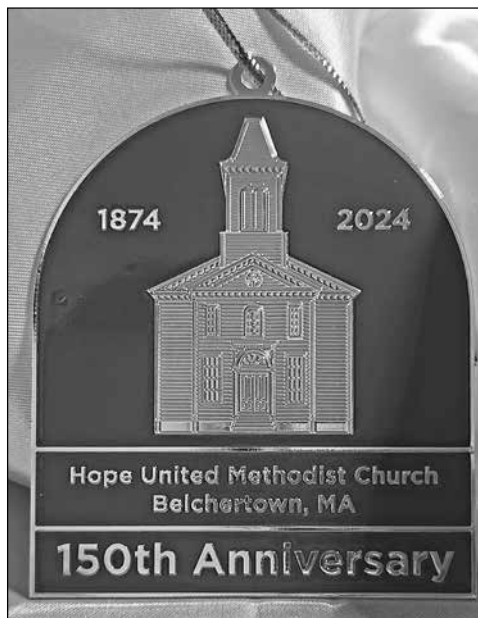
The farm has a corn maze that is open from September to the end of October, and will have Santa come the Friday after Thanksgiving, November 29, for a day of fun.

The farm is looking for more ways to include the community and is looking forward to many more years to come.

Commemorative Ornaments will be available at Winter Light Night

BELCHERTOWN—Hope United Methodist Church has been celebrating its 150th anniversary this year. The congregation has enjoyed a couple of special services, a fun potluck luncheon and a visit from the Bishop of the New England Conference of the United Methodist Church. To commemorate the many years of ministry in the Belchertown community, the church's administrative board had a Christmas ornament designed. It is a lovely metal ornament with a royal blue enamel overlay and the image of the church building etched in gold. The ornaments have been for sale to church members this fall and now the church would like to give members of the community an opportunity to also purchase one.

The ornaments will be on sale at the church (31 Main St.) during the Winter Light Night event on Nov. 30. They may also be purchased at the church office on Tuesday, Wednesday and Thursday mornings or at Great Threads Embroidery (6 Berkshire Ave.) weekdays from 8 a.m. to 4:30 p.m.



Hope United Methodist Church will be offering 150th anniversary ornaments for purchase.

PHOTO SUBMITTED

Creating a safe holiday for pets

EAST BROOKFIELD— As Thanksgiving and the winter holidays approach, Second Chance Animal Services is reminding pet owners to keep their pets' safety in mind during the festive season. With holiday meals, decorations, and gatherings, this time of year can bring hidden hazards for pets. By taking a few simple precautions, pet owners can ensure a safe, joyful holiday season for their furry friends.

"Pets are part of the family, and it's important to consider their safety during holiday celebrations," says Lindsay Doray, chief development officer at Second Chance. "A little planning can prevent unexpected pet emergencies."

To help pet owners keep their pets safe, Second Chance offers these holiday tips:

Holiday treats may look enticing to pets, but many common ingredients, such as chocolate, onions, garlic, and bones, can be harmful to animals. Even rich, fatty, or spicy foods can upset pets' stomachs. Instead, give pets pet-safe

treats or a small portion of their usual food so they can partake in the festivities safely.

Holiday decorations can be hazardous to pets. Items like tinsel, ribbons, and ornaments may seem like toys and can lead to serious health issues if ingested. Use pet-safe decorations and keep them out of reach of curious pets. Be mindful of candles and open flames as pets can knock them over, risking burns or fires.

Popular holiday plants, such as poinsettias, mistletoe, and holly, are toxic to pets. To prevent accidental ingestion, keep these plants out of reach or consider pet-safe alternatives. If using artificial plants or trees, be cautious, as some may contain chemicals that could be harmful if chewed.

The holiday season brings new sounds, scents, and sometimes unfamiliar guests, which can be overwhelming for pets. Create a quiet, comfortable space for them to retreat to when

Please see **PETS**, page 14

SNAP provides benefits beyond food

REGION—As we end a record year for inflation, Massachusetts residents' budgets are stretched tight.

What many may not realize is how Supplemental Nutrition Assistance Program benefits can provide significant relief for families during the holiday season enabling them to allocate more of their food budget toward festive meals and shared experiences across the Commonwealth.

At its most basic level, the SNAP makes it possible for people to purchase the food they want, where and when they choose.

SNAP is the largest of the federal assistance programs and provides ten times the amount of food as food banks. It's designed to expand with need through a pre-established distribution network, retail grocers.

However, lesser known is how enrolling in SNAP also automatically assures residents' eligibility for other benefits, including discounts for the MBTA, select cultural institutions and shows, utilities, education, and childcare programs, all of which can help to offset holiday costs.

"When residents think of SNAP, the first thing that often comes to mind is the program's former name, food stamps," said Khara Shearrion, Senior Director, SNAP Outreach Programs at Project Bread, the leading statewide food security organization that operates the FoodSource Hotline connecting residents to nutrition support, like SNAP. "Not only does this lifesaving resource give residents the purchasing power to shop for healthy, culturally relevant and kid-friendly foods where and when they choose, but it also offers additional savings for residents to focus on other aspects of their lives, from getting to and from a job, to pursuing an education to exploring the Bay State's arts and culture scene. We want residents to know that when you enroll in SNAP for nutrition relief, you access so much more."

Utilizing SNAP for savings outside of grocery stores is not a new concept, however too many residents are unaware of the additional discounts these benefits afford.

As of July 2024, more than a million people – over one in seven residents – in Massachusetts use SNAP. Nearly one in four households are using SNAP, and 68% of those households have a gross countable income of less than 100% of the Federal Poverty Level.

Not only does SNAP fulfill the immediate need for food for many families

living below the poverty line, it also puts money back into the economy for all Massachusetts residents. Every \$1 of SNAP benefits generates at least \$1.50 in economic activity, which supports local communities and creates jobs.

There are over 5,000 retail establishments across the Commonwealth that accept SNAP and have more regular hours than food pantries.

Here are some additional ways in which SNAP benefits can help Massachusetts residents save:

Utilities – as heating bills rise this winter, SNAP users can access savings on gas & electric bills, as well as internet service.

Admission to museums – when kids are out of school and residents need something to do as a family, exclusive discounts can help make group outings possible.

Entertainment – similarly, individuals and families can catch a discounted holiday favorite show at places like ArtsEmerson, Boston Ballet, Boston Symphony Orchestra and more.

Transportation – SNAP recipients ages 12-25 may be able to use their benefits to purchase MBTA Youth Passes.

Winter Farmers Markets – SNAP users are eligible for the Healthy Incentives Program which offers additional funds to purchase fresh fruits and vegetables at markets supporting local farmers.

"SNAP is the fastest and most efficient resource that we have that provides people with money to purchase food," said Shearrion. "Unlike food banks, SNAP does not rely on charitable donations, so it is a sustainable solution to help people afford enough to eat. Anyone who is eligible for SNAP benefits will receive them. There is no limit to how many folks can utilize for the program therefore you do not take away from others by enrolling."

People experiencing food insecurity should call into Project Bread's toll-free FoodSource Hotline 1-800-645-8333, which provides confidential assistance to connect with food resources, including SNAP benefits, in 180 languages and for the hearing impaired. The hotline currently serves as the resource recommended by the Massachusetts Department of Transitional Assistance and Department of Elementary and Secondary Education for residents seeking help with food access.

For more information, visit: www.projectbread.org/get-help.



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OBITUARIES

DEATH NOTICES

Hazel Morey
Died Oct. 7, 2024
Services TBA
Beers and Story Funeral Home

Darren Richard Smith
Died Nov. 12, 2024
Services Nov. 30, 2024

Hazel Morey

Hazel Morey, 72, passed away Oct. 7, 2024 surrounded by her family. She was born on July 22, 1952 in Holyoke, MA to the late Donald Morey and Ann (Howes) Barnwell. Hazel's passion was nursing. She was an amazing, dedicated registered nurse for many years before she was stricken with a medical condition. Against all odds, she prevailed and conquered when most would have given up. She was a strong, resilient woman, who never gave up. Hazel was brave, courageous, compassionate, loving, stubborn, a force to be reckoned with and will always be remembered as an inspiration. She was a loving mother, sister, and aunt to so many. Her children and grandchildren were the most important things in the world to her and they always came first. She always welcomed and entertained all of their friends. She was funny and it was always a good time being with her. She will be greatly missed by her daughter Dawn Morey her son in law Raymond Croteau and son Jeremy "Mike" Shaw and her daughter in law Vivienne Pelletier, as well as her 10 beloved grandchildren Kyle, Raymond, Desiree, Danielle, William, Michael, Troy, Nathaniel, Rosalie, and Lilliann. She leaves behind her siblings Kathy Dyer, Cindy Lisiecki, Mary Barnwell, Nathan Barnwell, and Paul Barnwell, as well as nieces and nephews. She also leaves her beloved dog, Cody. Donations in her memory made be mad to any animal shelter or scholarship programs for aspiring nurses. A celebration of life will be held in the spring or early summer of 2025.



Darren Richard Smith

BELCHERTOWN – Darren Richard Smith, 40, of Belchertown, MA, tragically died on Nov. 12, 2024

He was born in Burlington, Vermont, on July 29, 1984, to Susan Pelkey Smith and Dwaine L. Smith.

Darren graduated from Champlain Valley High School in 2002, and in 2006, he graduated from The Culinary Institute of America, where he received his associate's degree in culinary arts.

His work career included Basin Harbor Club, Stowe Mountain Resort, and Blue Stone Pizza in VT, and as a private chef in MA. He most recently was thriving as the Sous Chef at High Watch Recovery in Kent, CT. Chef Darren will be remembered not only for his culinary talents and dedication to his craft but also for his kindness, warmth, and generosity. He could look through the refrigerator and pantry and create a delicious meal from whatever he found.

In addition to his love for cooking, Darren was an avid car enthusiast, spending countless hours tinkering under the hood of his Nissan 370Z. Darren's parents called him Mr. Fixit, as he could fix most things. He loved building Lego kits and passed that love on to his children. He had an extensive collection of Hot Wheels and baseball-style hats. He was competitive at cards, as well as board and video games. He loved good memes and created several in his culinary world. Darren loved camping, snowboarding, wakeboarding, and other water sports. He was an avid fan of New England sports teams.

Darren was a devoted father to Alana and Kauan. Darren poured boundless love and devotion into his children's lives. He found immense joy in playing with his children on the floor, making funny faces, giving them piggyback rides, building Lego sets, exploring various indoor and outdoor playgrounds, and being The Tickle Monster. He loved putting smiles on his children's faces. He enjoyed family vacations on Cape Cod and spent hours planning those vacations.

Darren is survived by his former wife, Nadla Tavares Smith, and their children, Alana and Kauan Smith, of

Belchertown, MA; his parents, Dwaine and Susan Pelkey Smith of Groton, VT; his sister Amanda Wynn (Edwin Wynn) of Dahlonega, GA and his grandmother

Catherine Pelkey. He also leaves behind many aunts, uncles, cousins, and countless friends. Darren, your family and friends will sorely miss you. We will strive to keep your memory alive, especially for your precious children.

During the past four years, Darren's disease brought him to places of incredible pain and darkness. Alcoholism and long-hidden underlying mental health issues took his smile and limited his ability to spend time with his children, family, and friends. It slowly and painfully diminished his joy in living. He fought his demons with his whole being and truly wanted to live a sober life, free from depression and anxiety. During his lifetime, Darren made it clear to his parents that it was up to him, not his parents, to share his story. Now, this becomes our story. The pain of his death is heartbreaking and intolerable, which is why stories like Darren's must be shared truthfully and openly. The truth is that Darren was exceptionally talented, outgoing, easy to talk to, and had many friends until his addiction and underlying mental health issues destroyed everything he valued. His disease compounded itself, and each relapse exponentially increased his pain and loss of self-confidence and pride. Accepting help did not come naturally to Darren. In the end, he relapsed and lost the battle. While his family and friends never gave up on him, his struggles took over and became more than he could bear. As the depth of his pain comes more into focus for those he left behind, there is some relief in the knowledge that he is no longer suffering. Darren's parents would like to thank High Watch Recovery for never giving up on their son. To honor Darren's memory, memorial contributions can be made to High Watch Recovery Center, PO Box 607, Kent, CT 06757.

A Celebration of Life will be held on Saturday, Nov. 30, 2024, at 11 a.m. at Capitol Plaza Hotel Montpelier, 100 State Street, Montpelier, VT.



The Sentinel
OBITUARY POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$225, which allows families to publish extended death notice information of their own choice and may include a photograph.

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should be submitted through a funeral home to: obits@turley.com.

Exceptions will be made only when the family provides a death certificate and must be pre-paid.

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67				68					69			

CLUES ACROSS

- 1. Long piece of squared timber
- 5. Emaciation
- 10. "Bewitched" boss Larry
- 14. Combining form meaning "different"
- 15. Current unit equal to 10 amperes
- 16. Older
- 17. Large, stocky lizard
- 18. Ringworm
- 19. Actor Pitt
- 20. Indian hand clash cymbals
- 22. Data at rest
- 23. Jeweled headdress
- 24. Indicators of when stories were written
- 27. Check
- 30. Cigarette (slang)
- 31. Arctic explorers (abbr.)
- 32. Yearly tonnage (abbr.)
- 35. Delivered a speech
- 37. A place to bathe
- 38. Postmen deliver it
- 39. Surface in geometry

CLUES DOWN

- 40. More (Spanish)
- 41. ___ and Venzetti
- 42. Exclamation at the end of a prayer
- 43. Hawaiian dish
- 44. Aggressively proud men
- 45. Fellow
- 46. Mark Wahlberg comedy
- 47. Mock
- 48. When you expect to get somewhere
- 49. Songs
- 52. Pair of small hand drums
- 55. Play
- 56. Sword
- 60. Evergreens and shrubs genus
- 61. Filmed
- 63. Italian Seaport
- 64. Ancient kingdom near Dead Sea
- 65. Pores in a leaf
- 66. U. of Miami mascot is one
- 67. Snake-like fishes
- 68. Pretended to be
- 69. Body part

CLUES DOWN

- 1. Piece of felted material
- 2. Ancient Greek City
- 3. Aquatic plant
- 4. Potentially harmful fungus (Brit. sp.)
- 5. Body art (slang)
- 6. One who follows the rules
- 7. Ordinary
- 8. Honorably retired from assigned duties and retaining one's title
- 9. Relaxing space
- 10. Japanese socks
- 11. Indian city
- 12. Rip
- 13. Icelandic book
- 21. Satisfies
- 23. Where golfers begin
- 25. Small amount
- 26. Snag
- 27. Determine the sum of
- 28. A distinctive smell
- 29. Exposed to view
- 32. Stain or blemish
- 33. Small loop in embroidery
- 34. River herring genus

- 36. Large beer
- 37. Deep, red-brown sea bream
- 38. Partner to cheese
- 40. At a deliberate pace
- 41. Gurus
- 43. Of each
- 44. Angry
- 46. Popular beverage
- 47. Flower cluster
- 49. Blocks
- 50. Those who benefitted from efforts of relatives (slang)
- 51. Polio vaccine developer
- 52. A (usually) large and scholarly book
- 53. Popular soap ingredient
- 54. NBAer Bradley
- 57. Popular movie about a pig
- 58. Musician Clapton
- 59. Not a sure thing
- 61. Recipe measurement (abbr.)
- 62. Father

PETS from page 13

they need a break from the excitement. Remind guests to respect pets' boundaries and avoid feeding them table scraps. If your pet experiences stress during gatherings, Second Chance veterinarians can offer advice on keeping them calm.

With increased activity around the holidays, pets are more likely to slip out the door and go missing. Make sure pets wear collars with up-to-date ID tags. For added security, consider microchipping your pet—a simple, effective way to increase the chances of a reunion if they wander off.

If planning to travel with a pet this holiday season, a bit of extra preparation will help ensure their safety. Ensure vaccinations are up-to-date and contact a veterinarian to schedule any needed

boosters before traveling. Pack essentials like food, water, medications, and favorite toys to help reduce stress on the road. If staying in hotels or with family, confirm accommodations are pet-friendly and secure.

By taking these simple, thoughtful steps, pet owners can enjoy a safe and joyful holiday season with their furry family members. A bit of planning goes a long way in keeping pets happy, healthy, and comfortable throughout the festivities. Second Chance Community Veterinary Hospitals in North Brookfield, Southbridge, Springfield, and Worcester are currently accepting new patients and offer weekly low-cost vaccine clinics. To schedule a holiday check-up or sign up for a vaccine clinic, visit www.secondchanceanimals.org/vetcare.

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Champion Orioles fall in Round of 16



TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM
Fallon Clancy chases after the loose ball.

Morghan Litz winds up to clear the ball.

Avery Cooper begins moving up the field.

MIAA seeks to throw out judge's decision

Minnechaug, Monson unaffected by appeals

By Gregory A. Scibelli
gscibelli@turley.com

Minnechaug Regional High School and Monson High School filed injunctions at the beginning of the month with the Hampden Court Superior Court.

The schools were appealing a ruling from the MIAA that forced the schools to take forfeits for Western Mass. tournament games because of a procedural issue that was not followed by Minnechaug, Monson, Pathfinder Regional, and several other schools in the region.

According to information sent by the MIAA to member schools, they were supposed to input games to their schedule on the Arbiter website used to track results and formulate tournament data.

Those games, which were not yet known due to the how the schedule is structured, were simply supposed to feature the school and opponents TBA (to be announced). Those fillers in the schedule would eventually be filled with Western Mass. tournament games, or

Please see **MIAA**, page 17



Mia Corish watches the ball away as she makes a pass.



Lily Tellier heads the ball away.



Brianna Riberio sizes up the loose ball.

BELCHERTOWN – Though the Orioles girls soccer team won a Western Mass. Class B championship this year, they were not able to win at the state level. Belchertown defeated Tewksbury in the opener of the tournament on Nov. 5, but lost 3-0 at Norwell High School in the Round of 16. The phenomenal season for Belchertown girls soccer finished with a 12-6-5 record overall.



TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM
Tyler Rondeau heads on a run.

Pioneers fall to Tigers

SOUTH HADLEY – In non-playoff action for Week 10, South Hadley football defeated Pathfinder 27-9. The Pioneers would actually score first with an Anthony Arventos 15-yard run. In between that score and a safety in the third quarter, South Hadley scored 27 points. Julius Hebenth had two touchdown runs for the Tigers. Chase Pecia and Lincoln Belsky also had scores. South Hadley faced Holyoke on Thanksgiving while Pathfinder hosted Belchertown.

SEE MORE PHOTOS ON PAGE 16.



Jarrett Skowrya heads toward the sideline while carrying the ball.



Anthony Arventos scrambles around looking for an open teammate.

SPORTS

Rams fall to Georgetown

GRANBY – Granby High School girls soccer, which won the Western Mass. championship in penalty kicks, was defeated in the Round of 16 on Nov. 8 against Georgetown. It was a shutout against the Rams, who fell 4-0. Their season ended at 9-11-1.



TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM
Kaileena Smith goes after a loose ball.



Brenna Moreno sends a pass away during early postseason action.

Volleyball World Congress elects new president

HOLYOKE – The 39th FIVB World Congress unanimously elected Fabio Azevedo as the new FIVB President, ushering in a pivotal era for the global volleyball community. Azevedo will serve an eight-year term, building on the achievements of his predecessor, Dr. Ary S. Graça.

During his campaign, Azevedo outlined his Strategic Vision 2024-2032, focused on advancing volleyball’s professional standards, expanding its global reach, and doubling the sport’s current 800-million-strong fanbase through innovative engagement and the global volleyball movement.

Following his inauguration, Azevedo announced 2018 IVHF Inductee Hugh McCutcheon as the new FIVB Secretary General. McCutcheon, a former Olympic medal-winning coach for the USA men’s and women’s national volleyball teams, brings extensive experience to the role.

With this dynamic leadership team, the FIVB is set to elevate volleyball’s global prominence and growth.

Tough start hurts Railers in loss

PORTLAND, ME – Worcester was outshot in a fateful and fatal first period, 21-1, and outscored by the Maine Mariner 4-0, on the way to a 5-2 defeat.

Lincoln Hatten and Cole Donhauser had the Railers goals. It was the first ECHL goal for Hatten, the first in a Worcester uniform for Donhauser. It was also short-handed.

Drew Bavaro, Patrick Guay, Bennett Stockdale, Wyllum Deveaux and Evan Vierling had the Portland goals. Former Railers forward Jimmy Lambert

had three assists for the winners. Hatten scored from in close at 3:35 of the second period to make it a 4-1 game, Donhauser assisting. Donhauser scored unassisted with a wrist shot from the right wing at 19:29 of the third period to make it 5-2. He was plus-2 for the night.

Henrik Tikkanen made 33 saves for Worcester. Ryan Bischel had 27 for the Mariners.

Bavaro opened the scoring with a power play goal at 6:30 of the first period, just before the Railers would have gotten Jordan Kaplan out of the penalty box. He snapped a 40-foot

wrist home from above the circles.

Guay made it 2-0 at 9:02. He finished off a 2 on 1 break, converting a pass from Lambert. Stockdale scored a little more than a minute later with a shot from the left circle. Deveaux scored on a deflection at 16:23 to make it 4-0 on the scoreboard.

The Railers actually won the last 40 minutes, 2-1. Vierling had the only Maine goal in that span, scoring on the power play at 16:40 of the third period, but there was no way Worcester could climb out of its early hole.

Pioneers fall to South Hadley



Brandyn Wilson makes a block for the Pioneers.



TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM
Jacob Kokoski goes for a tackle.

Cross Country Team qualifies for states



- Ben Les (79th) 18:16
- Noah Les (105th) 18:38
- Liam Howard (107th) 18:40
- Miles McNamara (117th) 18:52
- Emmett Howard (133rd) 19:20

Belchertown High school Cross Country team qualified for the state championship for the 4th consecutive year. This season, they came in 17th place in division 3. These are the times for the runners that earned points at Fort Devens on Saturday, Nov, 16.

SPORTS

T-Birds, Blues, announce long-term extension

SPRINGFIELD – Last month, the Springfield Thunderbirds and St. Louis Blues announced the extension of their affiliation agreement through the end of the 2030-31 season. The deal further solidifies the long-term future of the American Hockey League in Springfield, one of the league's charter cities.

"We are thrilled to continue our richly rewarding long-term partnership with the St. Louis Blues," said Thunderbirds President Nathan Costa. "The Blues and Thunderbirds share similar core values regarding player and staff development and maintaining a deep commitment to their communities. Our collaboration has enabled us to grow our franchise both on the ice and throughout the region. We cannot wait to see the next generation of Blues stars hone their talents in Springfield in front of the best fans in the AHL."

In the first three seasons as the Blues' AHL affiliates, the Thunderbirds have experienced tremendous success on and off the ice. In 2022, the team cap-

tured the Richard F. Canning Trophy as Eastern Conference Champions, reaching the Calder Cup Finals for the first time in club history. The T-Birds received the AHL President's Award as Team of the Year that same year.

"On behalf of our local ownership group, we are proud to announce an extension of our affiliation agreement with the St. Louis Blues. I want to thank Blues Chairman Tom Stillman, General Manager Doug Armstrong, and the Blues staff, as well as our President Nate Costa and his team, for building a culture of cooperation and success that is unparalleled within the AHL. This agreement will ensure that AHL hockey has a home in Springfield for many years to come," commented Paul Picknelly, Thunderbirds Managing Owner.

The club built upon their success last season, posting a fran-

chise-record 20 sellout games, including a 14-game sellout streak to end the campaign. 2023-2024 also marked the T-Birds' eighth consecutive season of attendance growth (6,321 fans per game).

"First, I want to thank Springfield Thunderbirds President Nate Costa, the local ownership group under managing partner Paul Picknelly, and the entire team and staff for their continued dedicated efforts and support and belief in our City of Springfield," said Springfield Mayor Domenic J. Sarno. "Special thanks and appreciation to the St. Louis Blues organization for their continued strong commitment to our local T-Birds! Both organizations are class acts that share a strong emphasis on community and fan engagement and putting a quality product and team on the ice.



Since the start of the partnership, the Blues have also promoted several Springfield staff members to the parent club in St. Louis. Most notably, Drew Bannister became the first T-Birds coach to earn a promotion to an NHL bench when he was named the Blues' head coach on May 8.

"Springfield provides a first-class environment for players in the Blues organization to develop on and off the ice and continue their progress toward the NHL in a well-established, supportive market with strong, experienced leadership," said Blues Assistant General Manager Ryan Miller.

In addition to Bannister's rise to the NHL, 26 players have skated in games for both the Thunderbirds and the Blues, including young stars Jake Neighbours, Zack Bolduc, Matthew Kessel, Joel Hofer, Scott Perunovich, and Zach Dean.

"This is an exciting day for both the St. Louis Blues and the Springfield Thunderbirds organizations," said Thunderbirds

General Manager Kevin Maxwell. "This agreement provides stability for our players and staff, and it will continue to offer our fans the chance to identify with our prospects and follow their careers as they graduate onto the Blues."

The affiliation extension assures Springfield's continued tenancy in the American Hockey League, which dates back to 1936. The City of Springfield has had an active AHL franchise on the ice every season since 1954.

"The city of Springfield has been a cornerstone of the American Hockey League for more than 80 years," said AHL President and Chief Executive Officer Scott Howson. "Hockey in Springfield has experienced a renaissance since the arrival of the Thunderbirds. Stability with an NHL affiliate is very important for AHL clubs, and we're pleased that Springfield's partnership with the St. Louis Blues will continue to bring excitement and entertainment to the fans of Western Massachusetts."

MIAA from page 15

nonplayoff games if teams did not qualify.

Those filler games were supposed to be on team schedules by mid-September. Because the procedure was not followed, the MIAA imposed forfeits on the schools that did not follow the rule. Under the MIAA's ruling, Minnechaug and Monson, which had soccer teams in the Western Mass. tournaments, would have to take losses affecting their standing for the state tournament. If the schools won, they were still able to advance in the tournaments. Monson girls soccer reached the Western Mass. finals. Pathfinder boys soccer did as well. Minnechaug girls soccer made it to the semifinals.

An injunction was filed by Monson and Minnechaug, seeking to not have the athletes punished for an administrative issue. Judge Tracy Duncan granted the injunction, and both schools had their forfeits changed to whatever their actual results were.

Minnechaug boys soccer benefited the most from the change, securing the No. 5 seed in the Division 2 state tournament. The changes had the ability to affect schools such as Agawam, Ludlow, Holyoke, and Chicopee Comprehensive in Division 2. Monson's injunction affected seedings for schools such as Granby, Quaboag, Palmer, and Pathfinder.

Pathfinder did not appeal to a court, and was defeated on the road in the first round of the tournament.

The injunctions also led to delays in the state tournament starting in the case of field hockey and girls volleyball.

Northampton and Pioneer Valley Regional also won injunctions, though the MIAA is appealing those rul-

ings. They are appealing despite the fact the tournaments have already concluded. The MIAA is not commenting on the court cases.

No schools from Western Massachusetts made it to the state finals in boys soccer, girls soccer, or field hockey.

NOTICE

ERRORS: Each advertiser is requested to check their advertisement the first time it appears. This paper will not be responsible for more than one corrected insertion, nor will be liable for any error in an advertisement to a greater extent than the cost of the space occupied by the item in the advertisement.

PUBLIC NOTICE

Legal Notice
Public Hearing Notice
Pursuant to MGL C. 111, sec. 31 the Board of Health will hold a Public Hearing on **December 11, 2024 at 6:45 PM** in the Select Board meeting room Lawrence Memorial Hall 2 Jabish Street and remotely: <https://meet.goto.com/MGrenier> Get the GoToMeeting app <https://meet.goto.com/install>

This public hearing is to revise the regulations pertaining to the Sale of Tobacco and Vape Products within the Town of Belchertown. Copies of the proposed changes can be obtained at the Board of Health office, Room 105 Lawrence Memorial Hall 2 Jabish Street Belchertown, MA and on-line at <https://www.belchertown.org/210/Health-Department>

All interested parties are encouraged to participate. 11/28, 12/05/2024

Please check the accuracy of your legal notice prior to submission (i.e., date, time, spelling). Also, be sure the requested publication date coincides with the purpose of the notice, or as the law demands. Thank you.



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Quabbin Health District Offers Community Training Opportunities, Harm Reduction, and more!

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For the full issue visit:



December 2024

Quabbin Health District Public Health Nurse Newsletter

Kirsten L Krieger RN, BSN, Public Health Nurse

Andrea Crete MPH, RS, Director of Public Health

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