

Seeking to make a difference in the lives of Belchertown students

Next-decade thinking for the Belchertown Education Foundation

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

BELCHERTOWN – The Belchertown Education Foundation has been working for the past 10 years to combat cuts to the school system, first begun by a group of parents who cared deeply about the school system their children were a part of.

“A group of us huddled in the library after a school committee meeting, drawn together by a common desire to help educators and administrators deliver the best possible experience to students. The Belchertown Schools had gained a solid reputation for education, and we didn’t want that to erode,” said President Jennifer Faulkner.

With budget cuts, schools face the reality of having to eliminate programs that help



Belchertown Education Foundation Board President Jennifer Faulkner with donor with past President Lesley Mugford.

to spark student engagement, and can greatly impact their lives, both in and out of the classroom.

These parents started the Belchertown Education Foundation, with the goal and “mission to enrich education in all areas, including

academic, athletic, and artistic pursuits,” said Faulkner.

The 501(c)(3) non-profit organization was established in 2017, and got started with their first set of grants as they hosted fundraisers, galas, and more to help the Belchertown School District.

These grants have been able to support outdoor classrooms, calming spaces for students, science research and symposiums, STEM projects, size-appropriate

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SUBMITTED PHOTO

Ruthie Sterling ready for Pokémon Day to begin.

CML celebrated Pokémon Day

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

BELCHERTOWN – Playing Pokémon is universally loved by young and old, whether its watching the anime, playing Pokémon Go on your cell phone, or collecting cards, figurines, or stuffies,

Pokémon has something for everyone.

The Clapp Memorial Library hosted a Pokémon-themed event on Friday, Feb. 27, which was filled with different games and crafts to be enjoyed by all ages.

Please see **POKÉMON**, page 4

Student play calms fears of going to new school

By Gregory A. Scibelli
gscibelli@turley.com

BELCHERTOWN – One of the many transitions a child goes through is moving from one school to another. First its elementary school, then middle school, and on to high school.

And there are worries and fears that go along with each change in a student’s life.

Jabish Brook Middle School student Aliah Miller took those fears and her love of theater and put into practice as she collaborated with four classmates to

write “More Than a Fairy Tale.”

Miller and her friends, Wren Duncan, Amelia Donovan, Emery Calvanese, and Lauren Lebeau, with the help of Miller and Donovan’s moms, Mel Donovan and Karen Miller, not only brought the play to life, but created a drama club at Jabish Brook.

“They got started in October rehearsing every Friday,” said Miller. “Then they were rehearsing every Thursday and Friday leading up to the performances.”

The performances are set

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TURLEY PHOTO BY GREGORY A. SCIBELLI
Amelia Donovan served as a narrator for the play.

Officials grapple with FY27 budget, debt strategy and free cash policy

By Melina Bourdeau
Correspondent

BELCHERTOWN – Officials spent much of the Selectboard meeting wrestling with how to shape the town’s fiscal 2027 budget, from borrowing strategies and free cash policy to repaying health insurance costs drawn from stabilization.

Town Manager Steve Williams told the board he has been unable to finalize a full line-item budget because several major policy questions remain unsettled.

“I’ve been struggling to try to get a tri-board meeting

together. Schedules are just not aligning properly. And at the same time that’s prohibiting me from releasing my first round of budgets,” Williams said. “We had an initial target that was exceeded by both the schools and the town.”

Williams said the schools are roughly \$215,000 over the preliminary target and the town about \$199,000 over, leaving him and town staff “in a holding pattern” while they try to reconcile competing needs and policy choices.

Debt and borrowing levels One of the core questions is how much long-term borrowing the town should

take on as some existing debt comes off the books.

“We have debt coming off the books in the top \$155,000 a year in payments,” Williams said. “The (Department of Labor Services) has strongly recommended that we increase the amount of debt that we have, and certainly, if we take some off and not replace it with debt, that’s going to be a black mark. It’s also a harder bond rating.”

Williams said he will be asking the board to endorse a new bond with annual pay-

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Building SNOWMEN in the COMMUNITY



Ryan and Grayson posing with their prized snowman!



Lucana Pettinato with her adorable little snowman friend.



A goofy little snowman with a fabulous mustache!



Carolyn and her grandson, Henry, built this snowman together.



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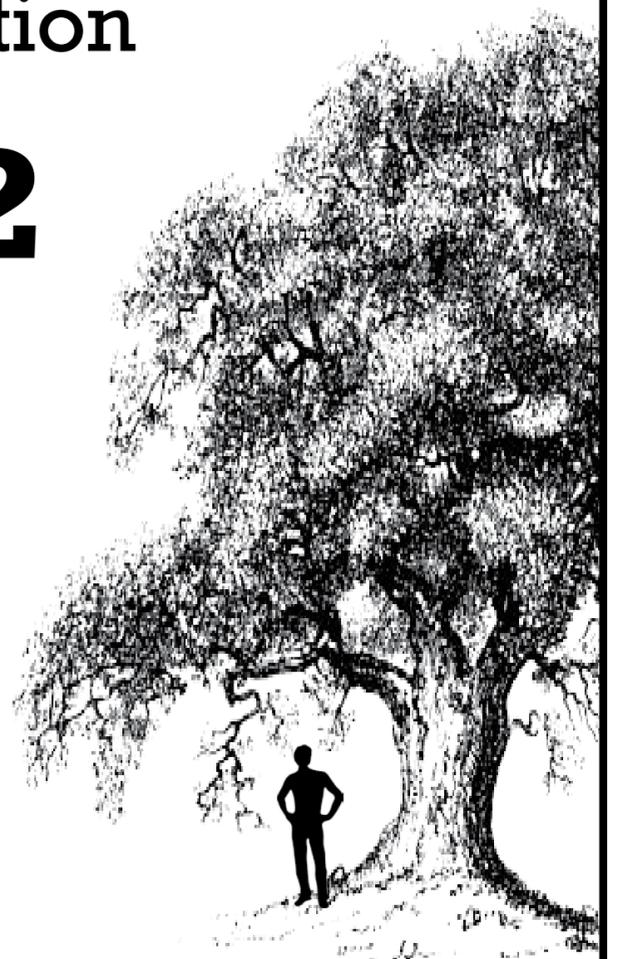
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'Let's Get Growing!'

Spring Gardening Workshops coming up March 28

By Kristin Rivers
Editor
krivers@turley.com

WESTFIELD - The Western Massachusetts Master Gardener Association will be holding the 27th Annual "Let's Get Growing!" Spring Gardening Workshops on March 28 from 9 a.m. to 1 p.m. at the Westfield Middle School - South.

The festivities will include a marketplace fair, raffles, an Ask a Master Gardener table, refreshments, soil testing and 10 classes to help educate and empower them in gardening this spring.

This year's topics are "Using Trees and Shrubs for Year-long Interest," "Berry Delicious Gardens," "Practical Tips: Growing for a Changing Climate," "Gardening in Small Places," "From One Comes Many: Propagation Workshop (Hands-on)," "Invasive Species 101: Identification & Management," "Vegetables vs. Pests: How to Win!" "Design Your Own Water Feature," "Let's Go Native: A Sustainable, Attainable Approach," and Get your Hands Dirty: Creating a Succulent Garden (Hands-on)."

The hands-on workshops, it should be noted, are already filled.

The speakers include Dan Ziomek, owner of Sugarloaf Gardens, Berry Specialist Laura Griffin McDermott, Plant Magic Garden Owner and Gardening for Hot People Podcast Co-Host Cheryl Rafuse, Master Gardener Chris Ferrero, Wistariahurst Gardens Master Gardener Toi Graham, Environmental

Biologist at the Massachusetts Department of Agricultural Resources Jennifer Forman, Master Gardener Ed Sourdiffe, Full Circle Garden Master Gardeners Margery Gerard and JoAnne Palmer and Kessa McEwen, horticulturist and landscape designer at Berkshire Botanical Garden.

Anyone interested is encouraged to register quickly, as classes fill up fast. Mail-in registrations have to be postmarked and sent in by March 16 at \$35, online registration is through March 26 for \$35 and walk-ins are the day of at \$40 cash only.

Rosey Bonner, a member of the WMMGA and part of the Planning Committee for the event, expressed excitement for this year's workshops and said attendees have an opportunity to take two of them during the day.

"The sessions are an hour and 15 minutes long. The speaker usually speaks for an hour and then gives them a good 15 minutes because they usually have lots of questions that may not have come up in what we were talking about," Bonner said.

On the topics, Bonner explained, "our whole mission is sustainability and good practices" and community feedback also guides this, with evaluations at the end of the workshops. A couple of this year's workshops, for example, came to be through those evaluations.

"We didn't have anything on trees and shrubs last year, so a lot of people said, 'Can you bring back something else in trees and shrubs?' So, the person we have doing it this year is Dan Ziomek and he's been in the industry for



Vendors offer a variety of produce.

20 plus years. He's currently the manager of the Sugarloaf Gardens in Sunderland," Bonner said. "He has a wealth of information. He will bring his truck loaded with shrubs and trees and his focus this year is make sure if you're going to use trees and shrubs, it's just like flowers. You just don't have them look good one season, you have them look good four seasons. So, he's really going to talk about what trees or shrubs might be featured for your garden or landscape over the year long. So, it's just good biodiversity, but it also makes pretty art too."

Another topic Bonner highlighted was "Vegetables versus Pests: How to Win!" as attendees always seek a topic on vegetables.

"They talk about some common vegetables that you grow and pests or diseases that take them over. Number one, how to prevent it and number two, how to manage insects and diseases if you get them. It's practical, useful ideas that really work," Bonner said. "I say they really work because the two presenters, Margery Gerard and JoAnne Palmer, are both master gardeners, but more important than that, their expertise in this area comes from the fact that they are two of the people that oversee the South Hadley garden called Full Circle Garden. It's a vegetable garden and they raise way over 2,000 pounds of food in the summer for the food pantry there,

Please see **WORKSHOP**, page 5



Speaker Dan Ziomek presents "Trees and Shrubs for Year-long Interest."



Other vendors including garden décor.



Hands on workshop making succulent container gardens.



Master Gardeners make wreaths and arrangements for Symposium.

Quaboag Valley Relay for Life seeing more teams

BELCHERTOWN - The Quaboag Valley Relay for Life is looking for more teams, more team members, Cancer survivors, and donations for our Relay on May 30 on the Belchertown Common from 10 a.m. to 10 p.m.

You can form a team in memory or honor of a loved one or friend to raise donations for the American Cancer Society and raise awareness of this dreaded disease, Cancer. Cancer has touched EVERYONE, and we need your help to rid the world of Cancer as we know it. If you are a survivor, we would like you to get registered and come for a walk with us on May 30. If you aren't able to walk, just come and hang out with us. All survivors who get registered will receive a free Survivor shirt and be treated to a free luncheon for you and a caregiver.

During our Relay this year, there will be a Big Craft Fair going on at the same time. This event also benefits the American Cancer Society. There will be many Gift Baskets you can purchase tickets to win. We have ordered great weather for this event too.

For each person who joins a team and donates or gets donations of at least \$100 will get a free HOPE shirt to wear with pride, knowing you have helped the American Cancer Society raise money for their many services to our Survivors. We like all team members to get a little donation, but you don't have to get the \$100 necessary to get the free HOPE shirt. To donate, form a team, join a team, or register as a survivor, please go to the following link: <http://main.acevents.org/goto/eleanoregray>. If you have any questions, please email ctellie@juno.com.

Sharing a meal to benefit a special garden

WARE - Public Supper to benefit the Ware Community Garden. Hosted by Ware Grange and Ware Senior Center. Enjoy a dinner of Chicken Marsala, roasted potatoes, carrots, salad, roll, drinks, and cream puffs for dessert! \$15 per person. Join us on Monday, March 30, from 6 to 7 p.m., at the Ware Senior Center, 1 Robbins Rd, Ware, MA. Please RSVP in advance to waregrange164@gmail.com or call 413-284-1135. Join us for a good meal in support of the creation of Ware's new community garden.

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COMMUNITY

Belchertown Community Garden now inviting registrations

BELCHERTOWN — Do you need additional garden space, fertile soil, or more sunshine? Want to raise your own chemical-free vegetables? Join us at the Belchertown Community Garden.

Individual, fully prepared, 300-square-foot garden plots are available to all Belchertown residents and gardeners from surrounding areas. We are located at beautiful Lampson Brook Farm, at 275 Jackson Street, Belchertown. Residents may obtain a plot for \$35 (non-residents \$40) for the season. Several plots will be made available to SNAP benefit recipients for half price.

The garden fee includes:

plot preparation, compost for use in your plot, the use of shared tools in a well-organized tool shed, convenient access to water and ample parking space. The garden is a community effort where each member also contributes a few hours of their time during the season to setting up, maintaining, and cleaning up the common areas, such as our community flower and herb gardens, or donating time to our plot dedicated to donations to food pantries. The companionship and wisdom of your gardening neighbors are free! Join for yourself or purchase a Community Garden plot as a gift for your favorite gardener.

Our garden is a program

of the New England Small Farm Institute (NESFI), which leases the rich farmland of the former Belchertown State School from the State. All gardeners, beginner or experienced, are welcome. Depending on weather and soil conditions, the garden will be open mid-May through late October.

All applications must be received by April 6 and are processed on a first-come, first-served basis. A limited number of plots are available—so don't delay.

If you have questions or to receive a 2026 registration form, email BCGardenNews@gmail.com.

Open positions for Belchertown town elections

BELCHERTOWN — The town election is coming up in May, and there are several positions available to run for across many boards and committees in town.

- Board of Assessors - 1 seat open with a 2-year term
- Board of Assessors - 1 seat open with a 3-year

term

- Board of Health - 2 seats open with 3-year terms each
- Housing Authority - 1 seat open with a 4-year term
- Moderator - 1 seat open with a 3-year term
- Planning Board - 1 seat open with a 3-year term

- School Committee - 2 seats open with 3-year terms each

- Select Board - 1 seat open with a 5-year term
- Nomination papers are now available in the Town Clerk's office and are due back by 5 p.m. on March 30, 2026.

STUDENTS from page 1

drum harnesses, dyslexia resources, and at-home reading kits.

"Grants are not limited to the classroom, as we supported the Nutrition Program through a grant that provided a refrigerator for grab-and-go lunch items for students who had been skipping the meal because of time constraints," said Faulkner.

Faulkner has been involved with the Foundation since its beginning in 2017 and was elected president last year. She has been able to orchestrate events that allow for the annual Student Success Grants Program to be filled.

To date, the Foundation has been able to award students with more than \$110,000 in grants, thanks to the dedicated business owners and community members who donated to make this

possible.

"As president, I am committed to recruiting new board members to keep the organization thriving. I invite anyone with interest to reach out to us to learn more," said Faulkner.

The Board of the Foundation is made up of one of dedicated volunteers who care deeply about the school system of Belchertown, and ensuring that their expertise is put to use, whether it be in fundraising, legal, finances, or technology.

"It is important to keep looking ahead, and I am leading a strategic planning effort for the Foundation to take us into the next decade," said Faulkner. "I have remained part of the Foundation for nearly a decade because I see how amazing ideas take flight, year after year, with proj-



Students in the Transitions Program celebrate the new kitchen appliances and cutting surfaces that enable them to build important life skills. The kitchen was upgraded into a higher functioning space through a grant in 2025 from the Belchertown Education Foundation.

ects that would go unfulfilled without our partnership. I

Belchertown Democrats to elect delegates to state convention

BELCHERTOWN — On Saturday, March 7 at 10 a.m., the Belchertown Democratic Town Committee (BDTC) will hold a caucus at Town Hall to elect 9 delegates and 4 alternates who will represent Belchertown at the 2026 Massachusetts Democratic Convention. This year's convention will take place in Worcester on Friday, May

29, and Saturday, the 30 at the DCU center. Eligible voters who are not yet registered as Democrats and wish to do so may register at the caucus or on March 7.

Young people (ages 16-35), people with disabilities, people of color, veterans, and members of the LGBTQ+ community not elected as delegates or alternates are encouraged to

apply to be add-on delegates at the caucus or by visiting massdems.org.

At this year's convention, delegates will gather to hear from and nominate candidates running for statewide office.

Those interested in attending the BDTC caucus can sign up on the BDTC's website at www.belchertown-democrats.org/caucus.

POKÉMON from page 1

Feb. 27, 1996, was the day Pokémon was created in Japan by its founder, Satoshi Tajiri, for the Nintendo Game Boy. From there, it grew in popularity to become the manga series, anime TV series, movies, and card game we know today.

"I grew up during the Pokémon craze, and in recent years I have noticed how intergenerational the love for Pokémon is," said Teen Services Coordinator Ruthie Sterling. "When a Pokémon Club started meeting at the library, I got the idea in my head for a day of

fun for all ages!"

All day, there was a Pokémon-themed scavenger hunt, where participants were given a form to check off each Pokémon they "caught," and the forms were entered in a raffle for a prize basket of Pokémon gear perfect for all trainers and fans.

The Pokémon Day at the library featured things to do all day, featuring a Pokémon Cross-Stitch demonstration with instructions by Jon Rymaz for all ages, and a diamond painting of an Eeveelution keychain for the teens, which both produced adorable and brightly-colored Pokémon to take home.

"I had so much fun running the Eeveelution Diamond-Painting program for grades 6 and up. Diamond-painting is so meditative, and their Eeveelution keychains came out so cute," said Sterling.

To end the day, there was couple of rounds of Pokémon Bingo for all ages to test their knowledge of these adorable little creatures and win a sticker prize, followed by a Pokémon Movie Night.

The day was full of fun for trainers and fans of Pokémon and plans for Pokémon Day 2027 are already in the works.

tion teacher Laura Cresta.

"The Foundation is what it is today because of the drive, expertise, and volunteerism of Board members throughout the years and everyone who has believed in and supported its work," said Faulkner. "The future of the Belchertown Education Foundation is dependent on the will of community members to keep it going, through donations and involvement. It will be exciting to see how it evolves into the next decade of existence."

The community is welcome to and invited to support the BEF through attending fundraising events, joining the board, eating out at advertised Dine to Donate events, and following their Facebook page to stay in the loop on more opportunities.

Mar. 18 is the Belchertown Education Foundation's Giving Day, the signature spring fundraising campaign.

"Every dollar makes a difference, and we hope to set a new record for donations this year," said Faulkner.

The Foundation's current grant cycle is open, and they invite teachers, staff, administrators, and others affiliated with the schools to check out the grants page on their website. Applications are due May 1.

To learn more about BEF, you can sign up for the newsletter at info@belchertowneducationfoundation.org or go to their website, <https://belchertowneducationfoundation.org/>.



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ANNUAL CEMETERY CLEANING NOTIFICATION

The Department of Public Works, Maintenance Division will be conducting the annual removal of ALL seasonal decorations within the Towns' Cemeteries. For anyone wishing to retrieve personal graveside items, please do so before March 23, 2026.

All items will be removed beginning March 23, 2026.

COMMUNITY

Community Summit to bring Belchertown residents and organizations together

A morning for collaboration and connection

BELCHERTOWN — The Town of Belchertown invites residents, volunteers, and community groups to attend the upcoming Belchertown Community Summit, a morning gathering designed to foster connection, collabora-

tion, and conversation across the community.

The Belchertown Community Summit will provide a welcoming space for attendees to share ideas, learn about ongoing initiatives, and explore opportunities to work together to strengthen Belchertown. Participants will have the chance to connect with local organizations and committees, hear about current proj-

ects and available resources, and help shape future community efforts.

Whether you are actively involved in a committee or organization, or simply interested in becoming more engaged in the community, all residents are encouraged to attend.

Event Details:
What: Belchertown Community Summit

When: Saturday, March 14, 2026

Time: 10 a.m. to noon
Where: Belchertown Town Hall Auditorium

Event details can be found via Facebook at: <https://www.facebook.com/share/1C4hKKqKtA/>

RSVP: <https://forms.gle/VoJob5BDeSJgbsEy7>
Email culturaldistrict@belchertown.org with any questions.

Office of Rep. Mindy Domb announces March office hours

AMHERST — Representative Mindy Domb (D-Amherst) office will host community office hours in March at the following times:

Tuesday, March 24, 4 to 5 p.m. at the Granby Free Public Library (297 E State St., Granby)

Friday, March 27, 4 to 5 p.m. at the Amherst Town Hall, 1st floor, (4 Boltwood Ave., Amherst)

Tuesday, March 31st, 12:30 to 1:30 p.m. at the Amherst Survival Center (138 Sunderland Road, Amherst)

This is an opportunity for constituents of the Third Hampshire District to speak to the Representative and her team and to share concerns and thoughts on state legislation, and to seek assistance. There is no need to sched-

ule an appointment; constituents can stop by anytime during the hour to speak to Representative Domb or a member of her staff. If this is an urgent matter, please do not wait for office hours; you may want to call (413) 335-1362 or (617) 722-2060.

If you are unable to attend at these times or if you have a time-sensitive or private matter,

Representative Domb's office can be reached via email at mindy.domb@mahouse.gov or via phone at (413) 335-1362 or (617) 722-2060. Please include your name, address, and contact information when reaching out to the office. Rep. Domb holds community office hours every month in the district and meets regularly with residents.



SUBMITTED PHOTOS ROSEY BONNER

MG Ed Sourdiffe presents the "Design You Own Water Feature -Made Easy" workshop.

WORKSHOP from page 3

so not only are they master gardeners, they have such practical, hands-on experience."

Bonner said another concern gardeners have is invasive species in "how to identify it and what to do about it," with the focus on spotted lanternflies, jumping worms, Japanese Knotweed and more.

"The person doing it is very careful to say manage, not completely eradicate, because sometimes, once you get these invasives in here, you can't get rid of them,

but you could at least manage them. Others you catch them early enough because you've identified them early enough you can really get rid of," Bonner said. "She is the point person for Massachusetts that watches over what plants or insects that go on the invasive list, so she's really got her hands into this part."

After Bonner expressed gratitude to the Western Mass community for supporting the event year after year and, also, for this year's raffle, as many community members donated items too, she added that she hopes attendees take



Master Gardener Debby Lapointe created a floral arrangement for the Symposium in 2025.

away inspiration and ideas to help better understand biodiversity.

"They're an important part in saving our world and making a difference, and it's not mammoth things they have to do. It's small, little changes that they can do. Whether it's adding a little water feature or adding a native or addressing that invasive or adding a bush with berries for the birds, there's something that they're going to walk away with that they truly will make

a difference in helping to save our world," Bonner said. "They're taking care of our environment and that's really what we need is everybody doing a little piece."

Bonner's message was this. "If you're looking to get energized, inspired, get out of this humdrum of winter, come to our workshops. We guarantee you'll walk away with a smile and feeling spring is here!" Bonner said.

To learn more and to register, visit wmmga.org.

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- Grade A Large White Eggs \$2.99 doz
- Boar's Head**
- Golden Classic Chicken \$12.99 lb
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OPINION

GUEST COLUMN

Trauma, ACES, mental health and addictions

Interconnection of substance use and eating disorders

By Suzanne Yerdon Lewandowski, M.Ed.

Guest Columnist, 32 ½ years sober, 30 year tobacco free, 26 years eating disorder free

Up to 50% of individuals with eating disorders misuse alcohol or illicit drugs, a rate five times higher than the general population. (1)

Up to 70% of adults with bulimia nervosa and up to 18% with anorexia nervosa have a coexisting substance use disorder. Conversely, up to 35% of those with substance use disorders have a co-occurring eating disorder, a rate roughly 11 times higher than in the general population, confirming a strong, dangerous link.

These intertwined, often hidden, conditions share common risk factors like anxiety, depression, and trauma. (2)

Scientifically defined, "Addiction is a complex, chronic brain disease driven by a combination of biological, environmental, and developmental factors, rather than a mere failure of will-power or moral weakness."

Addiction is also a developmental disorder, usually beginning in adolescence as a result of what is identified as ACES. Trauma and Adverse Childhood Experiences are the strongest predictors of addiction.

Trauma may be caused by a single stressful or dangerous event, or repeated and prolonged exposure to highly stressful events such as child abuse, bullying, or domestic violence.

Individuals with an ACE score of four or higher face significantly elevated risks for substance use disorders: they are seven to 10 times more likely to report illicit drug addiction, and seven times more likely to be alcoholics.

Research considers trauma as the "gateway drug." Trauma survivors struggle with anxiety, depression, PTSD, emotional dysregulation, shame and low self-worth. Many individuals use substances to escape, "not feel," or self-medicate for emotional, physical, or sexual abuse.

Because the brain does not fully mature until age 25, young people are more vulnerable to addiction; PTSD and trauma can have varying degrees of severity and long-term effects.

SAMHSA 2024 data reveals that 16.8% of the U.S. population aged 12 or older (about 48.4 million individuals) met the criteria for a substance use disorder (SUD) and that 10.1% of youths aged 12-17 reported significant suicidal thoughts.

2.7% attempted suicide.

Prevention and intervention by friends, families, teachers, and professionals, at any stage of development, can reduce the risk of an individual turning down the very dangerous path of addiction.

Awareness and education are the best places to begin and why public and mental health agencies and advocacy groups designate certain months to encourage people to recognize the signs of trauma and associated mental health concerns.

January brings us National Mental Wellness Month as well as Substance Use Disorder Treatment Month. Teen Dating Violence Awareness Month and National Eating Disorders Awareness Month follows in February. All mental health conditions are interwoven!

Eating disorders, again scientifically defined, can be understood as a maladaptive coping mechanism. This means that they serve a function for people; an eating disorder may help someone feel safe or in control during challenging times.

Eating disorders in teens often emerge as a coping mechanism for control, trauma, or emotional pain stemming from unhealthy relationships. Eating disorders are serious mental illnesses, where one's relationship with food and eating is disturbed. This can also extend to preoccupation with movement and body size/weight/shape.

Early signs of an eating disorder include body dissatisfaction and feelings of unhappiness, rapid weight loss or weight gain, changes in body shape and size, or particular body parts/areas, an intense fear of gaining weight, fear, avoidance or lack of interest in food and certain types of foods, denial of being hungry, deceptive behavior around food (hiding or tossing out food), avoiding food and eating in social situations, excessive or compulsive physical activity, cutting out particular food groups, developing food rituals – such as always using the same bowl, cutting food up into tiny pieces or eating very slowly.

These in turn can bring on behavioral changes such as social withdrawal, or not engaging in activities once enjoyed, sleep difficulties, low self-esteem, moodiness, and/or irritability.

Binge Eating Disorder (BED) is defined by recurring episodes of eating large quantities of food, often quickly and to the point of discomfort, accompanied by a feeling of a loss of control and shame.

Bulimia Nervosa is characterized by frequent episodes of binge eating followed by vomiting, using laxatives, or exercising to excess to avoid gaining weight. Your hungry

body responds to its need for food with powerful cravings and another binge ensues. To feel (short-lived) relief and regain control, you purge, but purging only reinforces binge eating and a vicious cycle of bulimia begins.

Anorexia Nervosa is a restrictive eating disorder, characterized most notably by weight loss and nutrient deficiency. Those with anorexia have difficulty maintaining an appropriate weight for their size and shape. In addition to restricting calories, compulsive exercise, use of laxatives, and/or purging is used to keep their weight low.

There are other specified feeding disorders (OSFED) that are subcategories of eating disorders that do not fit into the diagnostic criteria. A few include:

- Atypical Anorexia is a disorder that despite food restriction, the person's weight is average or above for their height, not under
- Rumination disorder (habitual regurgitation of food after eating, which may then be re-chewed, re-swallowed, or spit out) avoidant or restrictive food intake
- Pica (the persistent eating of non-food substances with no nutritional value, such as dirt, hair, paint chips, or soap)
- Orthorexia (an obsession with healthy eating with associated restrictive behaviors)
- Drunkorexia (skipping meals or excessive exercise along with heavy alcohol consumption.)
- Diabulimia is a life-threatening eating disorder specifically affecting individuals with Type 1 diabetes, characterized by the intentional restriction or omission of insulin to induce weight loss.
- Avoidant/Restrictive Food Intake Disorder (ARFID) is similar to picky eating in children or restricted intake in adults, this

involves limiting food intake based on a lack of interest in food, avoidance of sensory characteristics (texture, smell), or fear of negative consequences (choking, vomiting).

In addition to affecting mental health, addictions can seriously damage the physical health systems: gastrointestinal, endocrine, nervous, cardiovascular, immune, respiratory problems, as well as liver damage and kidney disease.

It doesn't take long for tolerance to increase with substance use; more of the drug/alcohol is required to have the same effect. Dependence follows, and the body needs the substance to function normally.

Addiction takes time to develop but soon the cravings and compulsions are stronger than the consequences that follow. If you try to quit, the negative physical and mental health symptoms of withdrawal take over.

Recovery from substance use disorders and eating disorders have many similarities but also a big difference. Abstinence is the goal for many recovering from SUD, but for anyone with an eating disorder, abstinence becomes an eating disorder.

Never in your right mind would you even think about telling an alcoholic to have a beer for breakfast, wine for lunch, cocktails for dinner and a few shots for snacks. One sip, one drug, or one cigarette and the body and mind crave the substance – substance reuse ensues!

For an eating disorder, food is both the enemy (drug) AND the cure. The body and mind crave food in the same way as a SUD, but eating is essential for recovery.

One must eat to regain both mental and physical health, yet EVERY SINGLE BITE triggers intense emotions, anxieties and potential knee-jerk bingeing/restriction

reactions. One must sit with those overwhelming negative feelings day in and day out.

You can only imagine what it is like for those 35%-50% with dual diagnosis to abstain from substance use while relearning what is the right amount of food to provide the best nutrition for healing. What is good for the body will not feel good to the mind and the person resists!

The interplay between physical health and mental health is intense.

With food disorders, there is an interplay of the endocrine and nervous system constantly trying to keep the body at equilibrium whether a person is suffering from bingeing, purging or starvation caused by anorexia nervosa.

Once you're in recovery, it can take three months or more to heal metabolism after an eating disorder. This includes unwanted weight gain, digestive issues, thyroid and hormone problems, and fatigue.

Like alcoholism, anorexia can have fatal consequences without medical intervention. Typical eating disorder recovery takes three-six years.

Marilyn Barrett, author of "Creating Eden: The Garden as a Healing Place" encapsulated my recovery when she wrote:

"Come into the garden with me. Don't worry about not knowing your way: Your heart remembers, even if your head has forgotten. When you were small and first had time to create your dreams, you were at one with the earth you played in and with each leaf, bird, and cloud you saw. This is the garden to which I invite you to return.

Imagine a place to which you can bring stress, sorrow, loneliness, and confusion and from which you

Please see **DISORDERS**, page 13



Garden related chores to ease in the season

Last week I'm writing about a blizzard, while this week it looks as if the mercury is going to climb! How about our crazy New England weather?

If the skyrocketing temps have you feeling the urge to get a jump on the gardening season, you are not alone! Here are a few tasks, straight from the archives that will get you outside, and a few more to get you back indoors, because inevitably, winter is here for awhile longer. I think.

Perform appropriate garden chores.

I am usually negligent in cutting down asparagus foliage in the fall. Weather permitting, in other words, if the snow melts enough

over the course of the next two weeks, I will get out there and cut it back to its base soon, then haul off the branches to prevent any bugs that overwintered there from infesting this year's spears.

It is also time to prune blueberries, apples, raspberries and grapes.

Pruning can vary depending on the age and health of your specimens. If you are

not experienced at it, consult any number of good books on the subject before you head outdoors with your pruning shears and loppers.

Assess your tools

Was the rototiller running rough last fall? Perform or schedule a tune up for later this month and beat the rush. Same goes for the weed whacker and lawn mower.

Hoe and spade blades can be washed of dirt and debris then sharpened with a metal file. Medium grit sandpaper works wonders to smooth out the wooden handles of these and other garden tools.

After which, boiled linseed or tung oil can be applied to both the handle and the metal blade. It helps the wood

resist moisture which leads to cracking and prevents rust on the blades.

I love my Dad's old spade. It has a great, hand-made wooden handle that is about to crack through; sure wish I had oiled it 20 years ago!

Take inventory. Many of us have our seed orders in by now. If you don't, or if you plan to buy your seeds locally, it is a great idea to go through your leftovers.

Before you decide whether or not they are keepers, consider their age and how they were stored. My rule of thumb is that if any seed is over three years old it isn't worth the risk. Some seeds, such as those for parsley, hyacinth onion, carrot and parsnip expire even sooner. These are

discarded after only one year.

If seeds were stored in a moist or overly hot location, their viability can be cut short sooner than normal. If you have concerns that they might not germinate, sow a few seeds indoors in pots in a warm location and see what kind of results you get.

Nothing is more upsetting than planting seeds in the garden and having few or no seedlings come up. Time is wasted and the harvest is delayed by unknowingly utilizing dead seeds.

We can also take inventory of the various supplies we use during the growing season. How are you set on lime, grass seed, and fertilizers?

Please see **GARDEN**, page 11

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

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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.

SENTINEL TEAM

EDITORIAL
sentinel@turley.com



STAFF WRITER
Emily-Rose Pappas
epappas@turley.com



SPORTS EDITOR
Greg Scibelli
sports@turley.com

The Sentinel is published every Thursday by Turley Publications, Inc., 24 Water St., Palmer, Mass. 01069. Telephone (413) 283-8393, Fax (413) 289-1977.



@The Sentinel

WEB

www.sentinel.turley.com

PATRICK H. TURLEY
CEO

KEITH TURLEY
President

Turley Publications, Inc.

www.turley.com

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TURLEY PHOTOS BY GREGORY A. SCIBELLI

The Jabish Brook Middle School Drama Club all in costume last Friday during their dress rehearsal for "More than a Fairy Tale."

PLAY from page 1

to take place on Friday, Mar. 6. There will be three performances.

Two are for the students at Chestnut Hill Community School.

"They are going to perform for both the fifth grade and sixth grades," Miller said. "Then they will have a performance for the community that evening."

The performance will take place at 5:30 p.m. with doors opening at 5 p.m. It was also performed at Chestnut Hill. The final performance is free of charge, but the Jabish Brook Drama Club is appreciatively accepting donations for what they hope is a full auditorium.

Aliah Miller said it has been a long process to get

to this performance, but she is so proud of everyone has come together to make the performance a reality.

"This has been an amazing journey," Aliah Miller said. "We really have come together as a group."

The group she refers to is a drama club that did not exist. Thanks to the grassroots efforts and the volunteering of Miller and Donovan, 24 students formed the drama club this year.

The club not only worked together on creating the play, they also created the costumes, props, set designs, as well as handling technical crew aspects, working together to do scene transitions, and finally, members worked to market the play and even raise a little bit of money.



Teddy, played by Aliah Miller, and Elsie, played by Miranda Barrett perform a scene.

"We did not have any kind of a budget," said Mel Donovan. "The kids did everything."

Students approached the PTO and received a funding donation to pay for the bus that will transport the students from Jabish to CHCS for the day performances. Costumes were put together by students bringing various clothing and other fashion items from home. Sets were made from cardboard and put together by the students.

"I feel like a proud parent," said Calvanese. "This has been kid-led and kid-ran. Seeing this come together is very fulfilling."

Amelia Donovan is excited for the performances and watch all the characters they have created come to life.

"It's a really funny play and the characters are really

fun to play," she said.

"More than a Fairy Tale" is the story of a young girl named Elise who is about to enter middle school. She doesn't want to grow up and wishes she could stay a child forever. Her wish "comes true" as she transported into a fairy tale world. But as much as the fairy tale creatures are real, so are the villains. With her teddy bear by her side, she journeys through the fairy tale world and learns a few lessons along the way.

With the school reconfiguration bringing the sixth grade to Jabish Brook, two new classes of students are heading for the middle school this fall. The drama club hopes the play will be a great way to welcome the students to the school.

Country Bank celebrates 175 years of making a difference

Over \$1M in community donations and sponsorships

REGION – Country Bank, a full-service financial institution serving Central and Western Massachusetts marked its 175th anniversary. This milestone year served as both a celebration of history and a reaffirmation of the Bank's long-standing commitment to the communities it has served since 1850, a legacy built over 175 years and grounded in relationships, trust, and service.

Throughout its anniversary year, Country Bank contributed over \$1M in community donations and sponsorship to nonprofit organizations, supporting essential programs and services across Central and Western Massachusetts. This investment reflects Country Bank's belief that community banking is about consistently showing up for the people and organizations that strengthen the region.

Giving during the Bank's 175th year focused on key areas including food insecurity, housing stability, education, youth development, health and human services, and financial literacy, causes that have long aligned with Country Bank's mission and values.

In addition to financial support, Country Bank employees demonstrated a deep personal commitment to service. During the year, team members contributed 1,826 volunteer hours across 846 community initiatives, with 171 employees actively participating. This collective effort reinforces the Bank's belief that meaningful impact extends beyond financial contributions to include time, talent, and hands-on

involvement.

A signature initiative of the 175th anniversary year was Country Bank's "Season of Difference", a bank-wide effort created to intentionally honor this milestone by giving back in ways that directly addressed local needs. Through this campaign, employees came together to support food pantries, shelters, schools, children and families, and nonprofit partners throughout the region, reinforcing a shared culture of generosity, teamwork, and service.

Financial education also remained a cornerstone of Country Bank's community impact. Through its Money School program, Credit for Life Fairs, and classroom-based initiatives, the Bank continued to empower students and families with practical, real world financial skills, helping prepare the next generation for long term financial confidence and success.

"Celebrating 175 years is about honoring the relationships and values that have guided us since 1850. Our anniversary year was a powerful reminder that our greatest impact comes from standing alongside our communities, not just in moments of need, but year after year. I am incredibly proud of our team for the heart, generosity, and purpose they bring to this work," stated Mary McGovern, President and CEO, Country Bank.

The 175th anniversary served as a moment to reflect on the partnerships and community relationships that have defined Country Bank for generations, honoring those who came before us while continuing to invest in the next generation of customers, students, and communities we serve.



The fairies, played by Madisyn Martin, Rae Fontaine, and QP Parcutt perform their parts.

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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 Feb. 20, through Feb. 26. 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

Friday, Feb. 20

8:22 p.m. – Ra Tim, 56, of 27 Fox Street, Palmer, was arrested on charges of operating under the influence, second offense. An officer responded to Bay Road and Hamilton Street for an accident where a vehicle struck a fire hydrant. The vehicle was on the side of the road. The person was asked for their license but couldn't find it. The officer made observations the person was unsteady on their feet. An additional officer responded. The person said they weren't hurt. They declined a sobriety test and they were charged accordingly. The vehicle was towed from the scene.

Sunday, Feb. 22

7:03 a.m. – Peter Zcepiel, 24, of 235 Shea Ave, Belchertown, was arrested on charges of operating under the influence of alcohol, second offense and possession of an open container in a motor vehicle. An officer responded to Cold Spring Road for a report of a vehicle parked in the middle of the road and it appeared the driver was sleeping in it. The person fell back asleep again. They were found it still running in the middle of the road. The officer approached the person who they were able to wake up. As the driver was exiting, there was an open beer can on the driver's side door pocket. The person said they were hanging out. They had bloodshot eyes with an odor of alcohol. There was a field sobriety test given and then they were

placed into custody.

8:55 a.m. – A 38-year-old Hartford CT male was issued a summons on charges of unlicensed operation of a motor vehicle. An officer responded to Bay Road for a disabled white box truck across the road. There was a small passable for vehicles to go through. They worked for an appliance delivery company but got the rear of the truck lodged in a driveway and a tow company was called to winch it out. Dispatch advised the officer their Conn. license was suspended. It was towed from the scene.

Tuesday, Feb. 24

1:17 p.m. – A person was issued a summons for an alleged violation of an abuse prevention order.

ACCIDENTS/INCIDENTS

Friday, Feb. 20

7:51 a.m. – An officer responded to North Wahington Street for a report of damage to a vehicle. There was a circular crack larger than a hockey puck in the windshield. The incident was documented.

11:38 a.m. – An officer spoke to a Shea Ave resident who had an incident of fraud. There were phone bills and a debt collection company contacted the person for an account they didn't open. They needed a report on file.

12:40 p.m. – An officer responded to Franklin Street for an accident. A vehicle lost control while rounding a corner. Another vehicle traveling in the opposite direction stopped after noticing the first vehicle sliding. Then the first vehicle struck the front left corner of the stopped vehicle. The vehicle came to rest in the southbound travel lane. Both vehicles were towed and no injuries were reported.

12:50 p.m. – An officer responded to an accident on Chauncey Walker Road. A vehicle traveling north on Chauncey Walker Road went into the opposite lane and struck a second vehicle. A third vehicle traveling north on Chauncey Walker Road behind the first vehicle went off the roadway into an embankment. Another vehicle traveling behind the

second vehicle also went off the roadway and into an embankment. No injuries were reported. All four vehicles were towed from the scene.

2:40 p.m. – An officer responded to Federal Street and Amherst Road for an accident. A vehicle traveling west on Federal Street slowed while going around a parked delivery van on the side of the road. Another vehicle traveling behind the first vehicle was unable to stop in time and struck the rear of the first vehicle. No injuries were reported. No tows were needed.

3:15 p.m. – An officer responded to an accident on Boardman Road and Eskett Street. An officer took report of a vehicle that went off the roadway, getting stuck in snow. The operator was not in the area or in the vehicle when the officer arrived. There were also no keys in the ignition. Due to the vehicle being in a public way, the vehicle was towed.

5:18 p.m. – An officer responded to an accident on Amherst Road. A vehicle waiting to turn left on Amherst Road when a second vehicle struck the first. The operator said they saw the vehicle waiting to turn and tried to stop. The vehicle's breaks locked and struck the first vehicle. Both vehicles were towed from the scene and no injuries were reported.

7:40 p.m. – An officer responded to an accident on Federal Street. A vehicle slowed to turn right onto Federal Street. A second vehicle struck the first. The operator said they tried to slow down but the breaks didn't work. Another vehicle struck the first as well. No tows were needed and no injuries were reported.

11:12 p.m. – An officer responded to an accident on North Washington Street. A vehicle traveling south on North Washington Street approached the underpass. There was snow on the road, and the vehicle was unable to turn so it struck an embankment and a utility pole. National Grid was contacted. The person was given a ride to the station. The vehicle was towed.

Saturday, Feb. 21

10:16 a.m. – An officer took a report of an alleged assault and battery between neighbors on Jackson Street. The officer spoke with the person who went to the Fire Department to get treatment for injuries. The incident is under investigation.

10:48 a.m. – An officer responded to an accident on Turkey Hill Road. A vehicle traveling east on a cut through between Turkey Hill Road and State Street was struck by another vehicle went through a stop sign. The operators exchanged information. No injuries were reported and no tows were needed.

1:02 p.m. – An officer took a set of keys turned into the department. The person found the set of keys in their mailbox. They were taken and placed into property.

7 p.m. – An officer responded to an accident on Depot Street. A vehicle parked in a driveway on Depot Street A vehicle pulling into the driveway rear ended the first vehicle. There was damage to both vehicles. No injuries were reported and no tows were needed.

Sunday, Feb. 22

5:42 a.m. – An officer responded to an accident on Franklin Street. A vehicle traveling south on Franklin Street struck a curb, left the roadway and struck a traffic sign. Then the vehicle returned to the roadway. There was damage to the front and undercarriage. No injuries were reported. The vehicle was towed.

Monday, Feb. 23

5:25 p.m. – An officer responded to an accident on Bay Road. A vehicle stopped in the northbound lane with a directional on was struck as it made the turn. The second vehicle was trying to go around the vehicle on the right side. One vehicle was towed from the scene. One person was transported.

Tuesday, Feb. 24

9:14 a.m. – An accident on Federal Street and Pelham Road. A vehicle traveling west on Route 9 was struck in the rear by a second vehicle as the vehicle was turning left onto Federal Street. The second vehicle left the scene. No injuries were reported and no tow was needed.

Wednesday, Feb. 25

2:36 p.m. – An officer spoke with a person about

issues they were having with a contractor. They said there was missing property from a house that's under construction. The matter is under investigation.

2:58 p.m. – An officer responded to an accident on Federal Street. It was a two-vehicle accident with airbag deployment and Amherst Fire responded for mutual aid. One person was transported to the hospital.

5:17 p.m. – An officer responded to Old Farm Road for a report of a mailbox was struck by a postal vehicle. They have a ring camera. The matter was documented.

Thursday, Feb. 26

2:50 a.m. – An officer responded for a report of Orchard Street resident there was banging outside of the door. An officer looked in the area and found nothing.

Granby Police Log

Editor's Note: The Granby Police Department responded to 136 calls for the week of Feb. 20, through Feb. 26. Those arrested are presumed innocent until proven guilty in a court of law. The Granby Police Department provides all information.

Friday, Feb. 20

10:32 a.m. – A resident reported being scammed during an online transaction. An incident report was completed.

12:45 p.m. – Several callers reported a two-car accident. Granby Police and Fire responded. South Hadley D2 ambulance was requested. Two people were transported to the hospital with non-life-threatening injuries.

1:39 p.m. – A motorist reported a minor two-car accident with no injuries.

1:54 p.m. – A motorist reported a minor two-car accident with no injuries.

9:12 p.m. – A motorist reported that a vehicle slid off the road and was stuck in a snowbank. Granby Police responded and after speaking with the operator, it was determined that they were under the influence of alcohol.

10:29 p.m. – Raymond Quatacker, 32, of Springfield, was placed under arrest for operating a motor vehicle under the influence of alcohol.

10:42 p.m. – A motorist reported sliding off the road and striking a tree. The

State Police responded with Granby Fire. The operator was transported to the hospital with non-life-threatening injuries.

Sunday, Feb. 22

4:24 p.m. – While on patrol, an officer observed a motor vehicle traveling at a high rate of speed. The vehicle speed was clocked at 50MPH in a posted 35MPH zone. The vehicle was stopped and it was discovered that the operator had a suspended MA license and the vehicle had an expired inspection sticker.

4:28 p.m. – Keith Harris, 66, of Granby, was placed under arrest for operating a motor vehicle with a suspended license, subsequent offense.

9:59 p.m. – A motorist reported sliding off the road and striking a snowbank and a utility pole guide wire. Granby Police and Fire responded. There were no injuries.

Monday, Feb. 23

5:15 a.m. – A motorist reported a two-car accident with injuries. Granby Police and Fire responded. One operator was transported to the hospital with non-life-threatening injuries.

9:08 p.m. – A motorist reported a vehicle slid off the road and was stuck in a snowbank. Granby Police responded and discovered that the operator left the scene. The operator was contacted and issued a criminal citation for leaving the scene of a property damage accident and failing to stop for a stop sign.

Tuesday, Feb. 24

11:40 a.m. – While on patrol an officer performed a random license plate query, discovering the vehicle registration was revoked for no insurance. The vehicle was stopped and it was further discovered that the operator had a suspended MA license. The operator was issued a criminal citation for operating a motor vehicle with a suspended license, revoked registration and no insurance.

Thursday, Feb. 26

9:31 p.m. – While on patrol, an officer observed a motor vehicle traveling at a high rate of speed. Radar confirmed that the vehicle was traveling at 50MPH in posted 30MPH zone. The vehicle was stopped and the operator was issued a civil citation for speeding.

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CLUES ACROSS

- 1. Unit of dry measure
- 5. One who defies authority
- 8. Social media giant
- 12. Render holy
- 14. "Much ___ about nothing"
- 15. Computer manufacturer
- 16. Creed
- 18. Immoral act
- 19. Mountain pass
- 20. Winged nut
- 21. Don't know when yet
- 22. Elected officials
- 23. Corrupt tendencies
- 26. Popular adult beverage
- 30. Made a mistake
- 31. Morally correct
- 32. Type of whale
- 33. Portable conical tent
- 34. Native people of the Congo
- 39. More (Spanish)
- 42. Classroom implements
- 44. Cognizant of
- 46. One who tells
- 47. Free from bondage
- 49. Thick piece of something
- 50. Containing two adjacent nitrogen atoms
- 51. Removed from the record
- 56. Legendary singer
- 57. Broke up the earth
- 58. Hunting expedition
- 59. Contributes
- 60. Unit of work or energy
- 61. Wreckage on the sea bed
- 62. Affirmative! (slang)

CLUES DOWN

- 1. "___ and flows"
- 2. Humble request for help
- 3. A position of leadership
- 4. Continent
- 5. Adherent of a particular religion
- 6. Things that can be eaten
- 7. Self-governing Netherlands territory
- 8. Long-tailed crow
- 9. Repeated
- 10. Bluish greens
- 11. Humanities
- 13. Someone who serves in the armed forces
- 17. Labor (Spanish)
- 24. Zero
- 25. Shared by involving three parties
- 26. Queens ballplayer
- 27. Consumed
- 28. Rest here please
- 29. Men's fashion accessory
- 35. American time
- 36. Sound unit
- 37. They ___
- 38. Soviet Socialist Republic
- 40. Places to play video games
- 41. A sudden attack of illness
- 42. When you hope to arrive
- 43. Charges
- 44. Actress Seyfried
- 45. A tributary of the Ohio River
- 47. Omit when speaking
- 48. Armored fish
- 49. Remain
- 52. From a distance
- 53. Adventure story
- 54. Geological times
- 55. Eat dinner

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Orioles' buzzer-beater misses in state tournament defeat



Cassidy MacLean shoots all alone.



Gabby Slovack goes for a layup under pressure.



Emily Waller gets her shot off.



Morghan Litz has an open shot.

BELCHERTOWN – Last Wednesday night, it was close throughout the entire evening, but trailing by a point, Belchertown had a chance to score and win in the closing second, but the shot did not make it in the hoop and Belchertown was defeated in the first round of the Division 3 State Tournament against Saint Paul's 47-46. In the defeat, Gabby Slovack had a huge game with 19 points. Kina Roy had eight points for the Orioles.

TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM

Kina Roy shoots in traffic.

Rams breeze through first-round matchup

By Tim Peterson
Sports Correspondent

GRANBY– Aside from missing several foul shots, the eighth-seeded Granby Lady Rams delivered an impressive performance against 25th-seeded Keefe Tech in the Division 5 round of 32 state tournament game.

Building a commanding 13-3 lead at the end of the first quarter, the Lady Rams maintained control throughout the contest. Their efforts culminated in a decisive 53-32 victory over the Broncos at Sullivan Gymnasium last Friday afternoon, which earned them a spot in the sweet 16 for the first time.

"We're very excited about going to the next round," said Granby junior Kalli White. "It also felt very nice to hold the lead for the whole game, which took the pressure off us."

The Lady Rams (19-3), who won the Western Mass. Class D championship in the middle of February, won their eleventh consecutive game. They also have a perfect 13-0 home record this season. The three games that they lost during the regular season came on the road against Ware, Amherst, and Southwick.

"No one expected us to win Western Mass. Class D," said Granby head coach Dave Padavano. "We ended up being the number one seed, and we took the plaque home. This is a good group of girls. They deserve every bit of what they've got."

The last team to beat Granby on their homecourt was Lee High School, who posted a 50-27 victory on January 20, 2025.

Since the start of the 2021-22 regular season, the Lady Rams have a 3-3 record in the Division 5 state tourna-



TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM

Rowan Cook shoots over a pair of guards.

ment.

Granby was scheduled to host ninth-seeded Hoosac Valley in the Sweet 16 game on Monday night.

The trio of junior Brenna Moreno, junior Kalli White, and freshman Rowan Cook, who are all starters, combined to score 40 points in the Lady Rams round of 32 victory.

Moreno led the way offensively with a game-high 18 points. She scored nine points in each half.

White finished with 12 points despite sitting on the bench for the entire fourth quarter.

"You just can't take what

Brenna and Kalli do for us for granted," Padavano said. "They're our leading scorers and are only juniors."

Cook also reached double figures with 10 points.

Rounding out the box score for the home team were junior Eleanor Szlosek (7 points), sophomore Kaelyn Slapski (4 points), and senior Kaitlyn Curran (2 points).

Curran is a co-captain, along with senior Mylin Laliberte.

Moreno made three straight field goals in the middle of the first quarter giving Granby a 10-0 lead.

After White made a free throw, Curran hit a foul-line jumper making the score 13-0 with 1:55 left in the opening quarter.

"You can't let a team think they can win," Padavano said. "We almost shut them out in the first quarter. It set the tone for the rest of the game. I was able to play everyone in a postseason game, which was very good. Everyone contributed in their own way."

The Broncos (14-5) advanced into the Round of 32 after dispatching 40th seeded Edward Kennedy Academy, 33-22, in a preliminary round game, which was their first ever postseason victory.

The visitors from Framingham, who had a lot

Please see **RAMS**, page 10



Brenna Moreno takes an easy layup.

HCC Women celebrate final home game

HOLYOKE – Women's basketball played their last regular season game on Friday evening, Feb. 20, hosting regional opponent Bunker Hill CC. The Lady Cougars defeated their opposition 67-56 to earn their seventh straight win. Holyoke's two second-year players, Emily McGrail (Ware, MA / Ware HS) and Erin Bullough (South Hadley, MA / South Hadley HS), were honored with a sophomore night that included a pregame ceremony recognizing the athletes and their accomplishments. Posters, photos and decorations were hung on the walls and in the stands around Golas Court.

McGrail led the Cougars in blocks during Friday's game and was second in rebounds, tallying six of

Please see **HCC**, page 10



TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM

Johany Andrade goes for the layup.



Annastacia Dixon gets the short jumper away.



Tatiyana Zuniga passes in transition.

SPORTS

T-Birds score win over Checkers

SPRINGFIELD – The Springfield Thunderbirds (21-25-5-2) overpowered the Charlotte Checkers (30-18-4-0) on Saturday night before a sellout crowd of 6,793 inside the MassMutual Center on Military Appreciation Night, coming away with a 5-1 victory.

Zach Dean provided instant offense on Friday night, and the third-year pro experienced déjà vu on this night, jabbing home a 2-on-1 pass from Hugh McGing just 2:20 into the action to give Springfield a 1-0 lead.

Unlike a night earlier, Steve Ott's team was able to build upon its early lead with two successful penalty kills, followed by a power-play redirection by Matthew Peca at 18:57 of the first, as the captain tipped a Calle Rosen shot through Kirill Gerasimiyuk.

The T-Birds' offense

proved to be far from finished, as Alek Kaskimaki took a breakaway pass from Otto Stenberg at 4:30 of the second and stayed with his initial shot to cash in on a rebound past Gerasimiyuk, extending the lead to 3-0.

Charlotte finally got on the board just 52 seconds later when Noah Gregor crashed the net to chip a Brian Pinho pass over the shoulder of Will Cranley, but it proved to be just a small blip on the T-Birds' radar in what would evolve into a firestorm of offense for the home team.

Only 1:03 of game time passed before Springfield had restored its three-goal advantage, as Jakub Stancl circled the offensive zone to the right circle before firing the puck back toward the goal mouth. Dylan Peterson parked himself right outside the crease and allowed the puck to ricochet off his

skate and past Gerasimiyuk to make it a 4-1 game, chasing Gerasimiyuk from the game in the process.

Charlotte backup Louis Domingue did not fare much better, as McGing revved up the ice on a breakaway 55 seconds later. McGing was tripped and may have earned a penalty shot, but as he was falling, the puck continued on a straight line path under Domingue's legs, giving McGing credit for the third T-Birds goal in a 2:50 blitz, extending the lead to 5-1.

There would be no more goals in the final half of the game, but the fireworks were far from done, and with just eight seconds remaining and tempers flaring, Cranley and Domingue met at center and dropped the mitts for a goal-ie fight, the first in T-Birds history, which left the sellout crowd in an uproar to close out the victory.

RAMS from page 9

of trouble handling the Lady Rams full court press, finally broke the ice when sophomore Maria Pimenta (7 points) buried a 3-pointer.

Cook began the second quarter with a jumper and White made a put-back hoop before Szlosek scored the next five points. She made a jumper in the lane and a 3-pointer, which increased the Lady Rams lead to 22-3 with four minutes left in the opening half.

The Lady Rams, who held a 29-11 halftime lead, put together a 12-2 run during the first five minutes of the third quarter. They were leading 41-13, after White sank a pair of free throws with 2:39 remaining in the third quarter.

Curran and Cook were the only Granby starters standing on the court at the start of the final quarter.

The other three Granby players were freshman Kara White, junior Meredith Bartosz, and Laliberte.

Keefe Tech outscored Granby, 16-8, during the final eight minutes, but the home fans were already thinking about the Sweet 16 game at that point.



Mylin Laliberte takes a shot.



Eleanor Szlosek grabs the pass.



Kaitlyn Curran sends a pass away.



Girls Basketball goes to Basketball Hall of Fame



Belchertown Girls Basketball at the Basketball Hall of Fame, playing against South Hadley. It was an amazing experience for the girls. Submitted photo



HCC from page 9

each. She leads Holyoke in blocks this season with 59 and blocks per game, averaging 3.5. McGrail is sixth in NJCAA Division III in blocks and third in blocks per game. Bullough sunk the Lady Cougars first basket of the game on Friday. She leads Holyoke in three-point shooting percentage this season and is second in three-pointers made. Bullough has made 41.3% of the three-point shots she has attempted this year, ranking her fourth in NJCAA Division III. She has drained 31 total shots from long range on the year. Anastacia Dixon (Keene, NH / Keene HS) had an outstanding



Erin Bullough, of South Hadley, tries to overcome pressure.

game in the regular season finale, leading Holyoke in points with 24 and rebounds with eight.

Women's basketball closes out the regular season with a 10-3 regional record and a 14-7 overall record. They are the second-place team in the New England (Region XXI) standings and will be the #2 seed entering the regional tournament. This will be HCC women's basketball's first postseason appearance in over 15 years. The Lady Cougars will get a bye to the tournament semifinals and will host the winner of one of the two quarterfinals.



Mileidy Rosado avoids a block and gets a shot.

More players wanted for 2026 Pioneer Valley Baseball, registration fully open

SOUTH HADLEY – The Pioneer Valley Baseball League, an adult baseball league for players who are age 18 and over, is now fully open for registration for the 2026 season.

The adult league will be administered by the Quabbin Valley Baseball League, and a registration link is on the home page of the league's website www.quabbinvalley-

baseball.org. Thought it will be under the Quabbin umbrella, there will be no major changes in how the league is operated.

This year, the PVBL will have a 22-game regular season schedule followed by a double-elimination playoffs. The league, which had five teams last year and had to utilize multiple byes throughout the season, will be fielding a

sixth team this season.

There are several spots open for that sixth team, so players interested in joining the league should get signed up as soon as possible to claim a spot.

The league is a wood-bat only league utilizing playing under regular baseball rules though all players do bat. The league operates on a Saturday-Tuesday schedule.

Games are played on Saturday mornings with 10 a.m. starts typical and on Tuesday evenings with start times in the 5:30 to 6 p.m. range. The league will start play in late April and run through the end of August. There are slots open for both full-time playing and part-time players. The fee for full-time players will be \$260 with part-time players getting up to 11 games for

\$130. Fees paid go toward the operation of the league, paying for insurance, umpires, fields, and baseballs. No one profits in any way.

In addition to the new sixth team, there are limited open roster spots on the other teams in the league, so get your registration in as soon as possible to participate in this season.

Games are played at ballfields throughout the

region from as far south as Southwick's Whalley Field, through South Hadley's Beachgrounds and up north at Frontier Regional High School in South Deerfield.

For any questions, please go to the league website for more information. The league hopes interested players will come out and join the fun this spring and summer.

Quabbin Photo Group presentation on wildlife tracking rescheduled

Monday, March 23, 7 p.m., Belchertown Recreation Department, 66 State Street, Belchertown (behind the Belchertown Police Department)



Deer in the Quabbin by Ed Comeau, Comeau Photography.

BELCHERTOWN – Due to the snowstorm in February, the Quabbin Photo Group (QPG) has rescheduled its presentation featuring Outdoor Education Specialist Jack Bonafini from the Massachusetts Division of Fisheries and Wildlife. His presentation will focus on tracking deer, designed especially for photographers.

With nearly a decade of experience in the Hunter Education and Learn to Hunt programs, Jack brings deep field knowledge and practical insight into deer biology, habitat, food preferences, and tracking techniques. This session will give you a clearer understanding of deer behavior and movement pat-

terns, along with real-world strategies for reading sign and interpreting the landscape.

You'll come away with tools and techniques to improve your chances of meaningful, ethical, and respectful close encounters and to capture stronger, more informed wildlife photographs. Whether you're new

to wildlife photography or looking to sharpen your field skills, this informative seminar will help take your work to the next level.

Founded in 1984, the Quabbin Photo Group traces its roots to the Belchertown Color Camera Club that was established in 1948 by noted local photographer Les Campbell. QPG welcomes anyone with an interest in nature photography, whether beginner or experienced. Meetings throughout the year feature educational presentations, guest speakers, and Member Nights where participants share and discuss their photographs.

For more information, visit our website at quabbinphotogroup.com or contact QPG President Mark Lindhult at mlindhult@gmail.com or Program Chair Ed Comeau at ecomeau@comeauphotography.com.

OBITUARY

Alicia Lee Hanscom

Alicia Lee Hanscom, born on May 3, 1974, in Pascagoula, Mississippi, passed away peacefully at her home on February 28, 2026, leaving behind a legacy of resilience, independence, and an indomitable spirit.



Alicia was the beloved daughter of Wendy Lamothe and "bonus Dad" Gerry Lamothe, with whom she lived, and her father, Laforest Hanscom of Winslow, Maine. Her memory will forever remain with numerous cousins, most especially Natalie and Justin, with whom she had a special bond. She was loved by a large family, and most dearly Aunt Lynn, and dear friends Corrine Shaw of United Cerebral Palsy and Joy of Granby, who were integral parts of her life.

Also surviving her are her step-brothers, David and Jason Lamothe, along with many aunts, uncles, cousins, and extended family. She is predeceased by her grandparents, Grandma and Grandpa Tozier, Grandma Hanscom, and her cousin, Stormy Tozier, in addition to Aunt Eleanor and Uncle Kirby.

A proud member of the special education community, Alicia received her education through the Belchertown Public Schools and was assisted day to day by Community Options in Belchertown for many years. She took significant pride in her work at the Holiday Inn, in their laundry department, a position that provided her with a sense of independence and quality of life.

Alicia faced challenges with remarkable bravery.

In 1999, she underwent a successful brain operation at Yale New Haven Hospital, performed by Dr. Dennis Spencer, who became not only a trusted physician but also a friend. With the unwavering support from organizations such as United Cerebral Palsy of Western Massachusetts, Community Options, and Multi-Cultural Services, Alicia blossomed into a fiercely independent individual.

She was known for her love of Snapple, the joy she found in life, and the accomplishments she achieved, which she often attributed to the dedicated individuals in her support community. In recognition of her journey, she was awarded the Member of Excellence Award in 2025 by United Cerebral Palsy.

Visitation will be held on Friday, March 20, from 4 to 6 p.m., with a service commencing at 6 pm at the Beers & Story Belchertown Funeral Home. As a testament to the loving care Alicia received and other children and adults like her, her family requests that, in lieu of flowers, donations be made to the United Cerebral Palsy of Western Massachusetts in Amherst, Community Options in Belchertown, or Multicultural Services in Springfield/Holyoke. Alicia Lee Hanscom will forever be remembered for her courageous spirit and the love she shared with those around her. She leaves behind a leg-

DEATH NOTICE

Alicia Lee Hanscom
Died February 28, 2026
Visitation:
March 20, 4 to 6 p.m.
Belchertown Beers & Story Funeral Home

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

acy that continues to inspire others to embrace independence and resilience.

BUDGET from page 1

ments of roughly \$250,000, which could translate into between \$2 million and \$3 million in borrowing, depending on the term.

Free cash split under review

Another unresolved issue is how to divide free cash between operating budgets and reserves such as capital, stabilization and other long-term obligations.

Right now, the town policy uses a 40/60 split — 40% to reserves and 60% to operating. Officials have been debating whether to change that to 50/50 or even 60/40 in favor of reserves.

"There was discussion about the free cash being a 50/50 split versus a 60/40," Williams said. He told the board that he and the town accountant shared updated income and expense sheets with the Finance Committee that show both options.

"I would recommend that we stay at 50/50 this year and we lower another 10% next year. We start to slow that down a little bit," he said. "The reason I do that is because we are tightening up the amount of free cash. So what we're doing is we're hurting ourselves at both ends of budgeting, because we're having less free cash available, and we're taking less of that pool and putting it into the operating expense."

Selectboard member Nicole Miner asked that future budget worksheets clearly show the impact of each option.

"Can you have her add a column to that sheet for

when we see it on the 16th that shows current at the 40/60, what it looks like at the 50/50, and what it would look like at the 60/40 that we had initially thought we might go to last year," Miner said. "It will help in seeing how much of an increase that is in free cash and a decrease to operating so that I think we can make a more informed decision on that."

Pathfinder savings and health insurance payback

Williams also outlined how the town might use an unexpected reduction in its Pathfinder Regional Vocational Technical High School assessment and recent health insurance changes.

"Pathfinder is coming in with an \$8,000 lower amount than what we had last year, give or take, it's going to be right around \$80,000," he said. He recommended those savings go back into operations rather than being earmarked separately.

"I don't think we need to use the Pathfinder money for additional capital. I'm recommending that we roll that back into our operating budgets," he said. "If it wasn't already designated to Pathfinder, it would have gone into our operating budgets and just been part of the income expense sheets."

On health insurance, Williams said the town and school department now expect to be able to repay almost all the money previously taken from stabilization to cover rising health insurance costs.

"We think we can pay it all back at the special," he

said, referring to a planned special town meeting. "The school department voted Tuesday night to return \$200,000 of the money we needed for health insurance. Jill and I are going to identify at least 100,000, maybe a little more, so we will be extremely close to what we took out of stabilization."

He said the idea is to move the money back into stabilization via special town meeting.

"Not only did we fulfill our obligation to our taxpayers who voted to let us borrow that money, we paid it back in less than a year," he said.

Compressed timeline and tri-board schedule

The board and staff also acknowledged the tight timeline to get a final budget in front of voters at the May 11 annual town meeting.

Williams laid out a multi-step process for March: a March 10 Finance Committee meeting to make recommendations, a March 16 Selectboard meeting to decide key policy questions and a March 23 tri-board session with the Finance and School committees to present the final numbers.

"If I can get recommendations from the Finance Committee on the 10th, I'd like to bring that information to Select Board on the 16th, get your concurrences, and then with any luck, I could have the final budgets to you for consideration on the 23rd of March," Williams said. "That will give us enough time, that'll give us all of April to pull everything together before the town meeting."

GARDEN from page 6

Plan to take advantage of pre-season sales by knowing what you need ahead of time. Do you have enough containers, trays and labels?

If you find yourself short, you need not buy them. You can start seeds in repurposed fruit and vegetable boxes, the kind that mushrooms, strawberries and lettuce mixes come in. They work great as long as you make a few drainage holes in the bottom.

Pint sized ice cream containers are perfect for a second transplanting of tomato or pepper plants. Seeds of squash or annual flowers can

be sown in single serving ice cream cups. As a kid I always saved our Popsicle sticks for labeling seedlings or garden rows.

When I run out of labels, all it takes is a trip to the recycle bin to make some more.

Last year I cut them out of quart-sized yogurt containers; they were the perfect length.

Practice good garden hygiene

Disinfect any containers, labels, stakes etc. that you wish to reuse this gardening season by washing them in hot soapy water then a quick rinse of one part bleach to nine parts water. This mixture

will kill any pathogens left behind from previous gardening endeavors.

Out with the old, and in with the new — all in due time!

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For 34 years she has held the position of staff horticulturist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to pouimette@turley.com with "Gardening Question" in the subject line.

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The Town of Oakham is seeking an experienced certified municipal **TOWN CLERK.** 10 hours a week. \$31.82 -\$40.30 depending on experience.

Email admin@oakham-ma.gov for a full job description and town employment application.

The Town of Oakham is seeking an experienced working **HIGHWAY SUPERINTENDENT.** The Highway Superintendent serves as the working department head responsible for the planning, administration, and day-to-day operations of the Town's Highway department. Pay rate is \$31.82 - \$40.30/hr depending on experience.

Email admin@oakham-ma.gov for a full job description and town employment application.

REAL ESTATE

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.

This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings advertising in this newspaper are available on an equal opportunity basis. To complain about discrimination call The Department of Housing and Urban Development " HUD " toll-free at 1-800-669-9777. For the N.E. area, call HUD at 617-565-5308. The toll free number for the hearing impaired is 1-800-927-9275.

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22			Base Price \$28.00
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27			Base Price \$30.50
28			Base Price \$31.00
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PUBLIC NOTICES

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Hampshire Division
Docket No.
HS26P0065EA
Estate of:
Christine Praisner
Date of Death:
October 22, 2025
INFORMAL PROBATE
PUBLICATION NOTICE**

To all persons interested in the above captioned estate, by Petition of Petitioner **Scott Barry of Marlborough, MA**.

Scott Barry of Marlborough, 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. 03/05/2026

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Charles J. Lydon and Elaine A. Lydon to UMass Five College Federal Credit Union, said mortgage being dated December 5, 2014, and recorded in the Hampshire County Registry of Deeds in Book 11823, Page 134, of which mortgage the undersigned is the present holder, for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at **11:00 A.M. on Wednesday, March 18, 2026**, upon the premises described in said mortgage, namely 89 Green Avenue, Belchertown, Hampshire County, Massachusetts, all and singular the premises described in said mortgage, to wit:

THE LAND IN BELCHERTOWN, HAMPSHIRE COUNTY, MASSACHUSETTS BOUNDED AND DESCRIBED AS FOLLOWS:

TRACT 1:

BEGINNING AT A POINT ON THE SOUTHERLY SIDE OF GREEN AVENUE, WHICH POINT IS THE WESTERLY SIDE OF THE INTERSECTION OF GREEN AVENUE AND A RIGHT OF WAY LEADING FROM GREEN AVENUE TO THE PREMISES NOW OR FORMERLY OF GEORGE H.B. GREEN KNOWN AS THE "CARVER LOT"; THENCE RUNNING WESTERLY ALONG SAID GREEN AVENUE TWO HUNDRED SIXTEEN (216) FEET AND THENCE RUNNING IN A SOUTHERLY DIRECTION ALONG LAND NOW OR FORMERLY OF WILLIAM CHARLES BELMONT AND WILLIAM BELMONT, JR. EIGHTY-THREE (83) FEET, MORE OR LESS, TO A STAKE; THENCE RUNNING EASTERLY ALONG SAID LAND OF WILLIAM CHARLES BELMONT AND WILLIAM BELMONT, JR. FIVE HUNDRED AND FIVE (505) FEET TO THE WESTERLY SIDE OF SAID RIGHT OF WAY; THENCE NORTHERLY ALONG SAID RIGHT OF WAY FOUR HUNDRED SEVENTY-FIVE (475) FEET, MORE OR LESS, TO THE PLACE OF BEGINNING. SUBJECT TO THE RIGHT OF ALL PERSONS LAWFULLY ENTITLED THERETO, TO USE THE RIGHT OF WAY WHICH RUNS ALONG THE EASTERLY LINE OF THE ABOVE DESCRIBED PREMISES.

BEING THE SAME PREMISES CONVEYED TO CHARLES J. LYDON BY DEED OF ELAINE A LYDON DATED OCTOBER 14, 1977 AND RECORDED IN SAID REGISTRY OF DEEDS IN BOOK 1985, PAGE 67.

TRACT 2:
BEGINNING AT A POINT

ON THE SOUTHERLY LINE OF GREEN AVENUE, WHICH POINT MARKS THE WESTERLY SIDE OF THE INTERSECTION OF GREEN AVENUE AND THE BROOK THAT PASSES UNDER THE ROAD; THENCE WESTERLY ALONG THE SOUTHERLY LINE OF GREEN AVENUE TWO HUNDRED TEN (210) FEET, MORE OR LESS, TO A RIGHT OF WAY LEADING FROM GREEN AVENUE TO THE PREMISES NOW OR FORMERLY OF GEORGE H.B. GREEN, KNOWN AS THE "CARRIER LOT"; THENCE SOUTHERLY FOUR HUNDRED SEVENTY-FIVE (475) FEET, MORE OR LESS, ALONG LAND NOW OR FORMERLY OF ROBERT O. BLAKESLEE TO A POINT; THENCE NORTHWESTERLY ALONG SAID OTHER LAND OF BLAKESLEE FIVE HUNDRED FIVE (505) FEET, MORE OR LESS, TO A STAKE; THENCE SOUTHERLY ONE HUNDRED TEN (110) FEET, MORE OR LESS, TO A STAKE IN A STONE WALL (SIC); THENCE SOUTHEASTERLY THREE HUNDRED (300) FEET, MORE OR LESS, ALONG LAND NOW OR FORMERLY OF WILLIAM CHARLES BELMONT AND WILLIAM BELMONT, JR. TO A STAKE AND STONE WALL, CORNER; THENCE RUNNING NORTHERLY ALONG SAID BELMONT PROPERTY THREE HUNDRED (300) FEET, MORE OR LESS, TO THE AFOREMENTIONED RIGHT OF WAY; CONTINUING NORTHERLY ACROSS SAID RIGHT OF WAY AND ALONG LAND OWNED NOW OR FORMERLY BY SAID GEORGE H.B. GREEN FOUR HUNDRED FIFTY (450) FEET, MORE OR LESS, TO THE WESTERLY SIDE OF THE AFOREMENTIONED BROOK; THENCE NORTHWESTERLY ALONG SAID BROOK FIVE HUNDRED (500) FEET, MORE OR LESS, TO THE PLACE OF BEGINNING.

BEING THE SAME PREMISES CONVEYED TO ELAINE A. LYDON BY DEED OF CHARLES J. LYDON DATED OCTOBER 14, 1977 AND RECORDED WITH SAID REGISTRY OF DEEDS IN BOOK 1985, PAGE 68.

SUBJECT TO RESTRICTIONS, RESERVATIONS, EASEMENTS, COVENANTS, OIL, GAS OR MINERAL RIGHTS OF RECORD, IF ANY. BEING THE SAME PREMISES CONVEYED TO CHARLES J. LYDON AND ELAINE A. LYDON, HUSBAND AND WIFE, AS TENANTS BY THE ENTIRETY FROM CHARLES J. LYDON AND ELAINE A. LYDON BY DEED DATED 3/31/1997, AND RECORDED ON 4/4/1997, AT BOOK 5089, PAGE 275, IN HAMPSHIRE COUNTY, MA.

Said premises will be sold subject to and/or with the benefit of any and all rights, rights of way, restrictions, easements, improvements, covenants, outstanding tax title, municipal or other public taxes, assessments, liens or claims in the nature of liens, rights of parties in possession, and existing encumbrances of record created prior to the mort-

gage, if any there be, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the Deed.

No representations, express or implied, are made with respect to any matter concerning the premises which will be sold "as is".

The successful high bidder will be responsible for paying the Massachusetts State Documentary Tax Stamps, all closing costs and all recording fees.

TERMS OF SALE: The highest bidder in the sale shall be required to deposit cash, bank treasurer's check or certified check in the amount of **TEN THOUSAND DOLLARS (\$10,000.00)** at the time and the place of the sale of the premises to qualify as a bidder (the present holder of the mortgage is exempt from this requirement) to be held by the Mortgagee. The successful bidder will also be required to deposit an additional sum equal to ten percent (10%) of the amount bid less the \$10,000.00 deposit (but no less than \$10,000) with the Mortgagee's auctioneer, Aaron Posnik & Co., Inc., 31 Capital Drive, West Springfield, Massachusetts 01089 or the Mortgagee's attorney as may be directed within five (5) days of the date of the sale to be held by the Mortgagee, and the balance of the purchase price shall be paid in cash, certified or bank treasurer's check at the closing which shall occur within thirty (30) days after the date of foreclosure sale, time being of the essence, unless the Mortgagee agrees otherwise. The successful bidder at the sale will also be required to pay a buyer's premium of 5% and shall be required to sign a Memorandum of Terms of Sale containing the above terms at the auction sale.

In the event that the successful bidder at the public auction shall default in purchasing the within described property according to the terms of this Notice of Mortgagee's Sale and/or the terms of the Memorandum of Sale executed at the public auction, the Mortgagee reserves the right, at its election, to sell the property to the second highest bidder at the public auction provided that Mortgagee, in its discretion, may require (1) said second highest bidder to deposit the amount of the required deposit as set forth herein within three (3) business days after written notice to the second highest bidder of the default of the previous highest bidder, (2) the second highest bidder to execute a Memorandum of

Sale, and (3) the closing to occur within twenty (20) days of said written notice, time being of the essence unless the Mortgagee agrees otherwise. The Mortgagee reserves the right to sell any parcel or any portion thereof separately, or in any order that Mortgagee may choose and/or to postpone this sale to a later time or date by public proclamation at the time and date appointed for the sale and to further postpone any adjourned sale date by public proclamation at the time and date appointed for the adjourned sale date.

Other terms, if any, to be announced at the time and place of the sale.

The description for the premises contained in said mortgage shall control in the event of a typographical error in this publication.

UMass Five College Federal Credit Union
Present Holder of said Mortgage
By

David A. Lavenburg,
Its Attorney
BACON WILSON, P.C.
33 State Street
Springfield, MA 01103
(413) 781-0560
02/19, 02/26, 03/05/2026

Belchertown Zoning Board of Appeals Public Hearing Legal Notice

In accordance with the provisions of Massachusetts General Laws Chapter 40A, Section 11 the Zoning Board of Appeals will hold a Public Hearing on **March 18, 2026 at 6:00 PM.**

This hearing will be held in the Planning Board's meeting room of Lawrence Memorial Hall, 2 Jabish Street, Belchertown, MA on the application from Joshua Kenney seeking a special permit §145-69; for the addition of a one bedroom apartment in the existing attached garage at 167 Warren Wright Rd (Map 217 Lot 3, Zoned AG-A); §145-11 Residential Use (4). A copy of the application may be inspected at the Town Clerk's office (Room 201) 9:00 AM to 5:00 PM, Monday through Friday, Lawrence Memorial Hall, 2 Jabish Street, Belchertown, MA. or at website https://www.belchertown.org/committees/zoning_board_of_appeals/index.php

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

Jennifer Sharrow, Chair
Zoning Board of Appeals
03/05, 03/12/2026

End-of-life issues program comes to St. Francis

*Sunday, March 22,
2 to 3:30 p.m., St. Francis
Parish Center, Pine Room,
10 Park Street, Belchertown*

BELCHERTOWN – Our Respect Life Committee is hosting an informational afternoon on End-of-Life Issues, with multiple speakers presenting on topics to include hospice care, funeral planning (funeral home

arrangements and funeral liturgy), the MOLST (Medical Orders for Life Sustaining Treatment) form, and File for Life and Lock Box.

After a general Q&A, speakers will be on hand for more specific questions. Brochures, forms, and informational materials, as well as refreshments and coffee will be available.

DISORDERS
from page 6

can leave with a sense of resolution, understanding, and calm. Imagine a place where you can express your own unique nature, create beauty, grow pure food, and gain control over your life. In my life, the garden has been such a place."

Marilyn so aptly penned that the garden is a place for clearing away anger, confusion, and pain, the trash of the past. She added this clearing is a prerequisite to achieving inner peace, balance and harmony and people must sort through the emotional rubble of the past they have inherited, and they must get to the roots of attitudes and behavior patterns that have stunted their growth.

Getting to the roots of attitudes and behavior patterns that have stunted growth doesn't have to be in the garden. Return to what you loved as a child – sports, art, music, writing, hiking. Find a safe place to face the past.

If you are able, volunteering can be crucial in recovery addiction because it provides structure, fosters a renewed sense of purpose, provides new skillsets, builds a supportive sober community, and improves mental health by reducing depression and anxiety.

It helps individuals replace the self-centered nature of addiction with empathy and structure, ultimately reducing relapse risk by providing meaningful, productive activity.

Additionally, employers value volunteers because

they demonstrate key, transferable skills like initiative, teamwork, and leadership, while also signaling a strong work ethic and passion. On a resume, it fills gaps, shows practical experience, and indicates a proactive, community-minded employee.

For every addicted individual, the descent into dependency is uniquely complex as is the journey of recovery. Professional treatment makes for a more successful outcome, so please insist that all your symptoms and conditions are addressed.

Be honest so that you can understand your past and how it affects today's choices.

Joy and well-being will return with each little success!

National Eating Disorders Association:
<https://www.nationaleatingdisorders.org/>

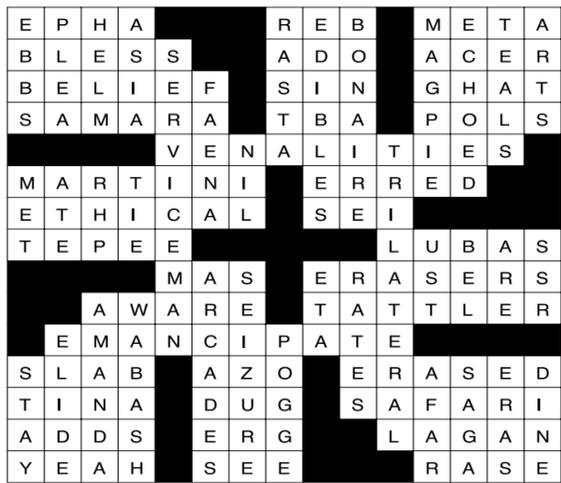
Multiservice eating Disorders Association:
<https://www.medainc.org/>

Online Eating Disorder Treatment: Equip <https://equip.health/>

Quabog Hill Substance Use Alliance: <https://qhsua.org/>

Recovery Center of Hope: <https://www.facebook.com/Recovery-CenterofHOPEWare/> 52 Main Street, Ware. RCH is run by people in recovery and helps those reach goals through a strengths-based and community-based approach.

(1 National Eating Disorders Association (NEDA), 2 National Institute of Health)



PUBLIC NOTICES ARE NOW ONLINE

- 1 Email all notices to notices@turley.com
- 2 Access archives and digital tear sheets by newspaper title.
- 3 Find a quick link to the state of Massachusetts' public notice web site to search all notices in Massachusetts newspapers.

Public notice deadlines are Friday at 3 p.m.

visit www.publicnotices.turley.com

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EDUCATION

Willems of Belchertown competes on Regis Men's Track and Field

REGION — Pierre Willems, Class of 2029, and the Regis College Men's Indoor Track and Field team recently completed the 2025-26 season.

The Pride concluded the Great Northeast Athletic Conference (GNAC)

Championships with a strong third-place finish.

"As our winter seasons come to a close, I want to congratulate our student-athletes on their hard work and determination," said Dean of Athletics Pam Roecker. "The growth they've achieved

through competition, discipline, and teamwork will stay with them well beyond the season."

Willems is majoring in Diagnostic Med. Sonography at Regis.

The Pride is led by head coach Kiera Murray.

Residents named to Simmons University Dean's List

BOSTON — The following local residents have been named to the 2025 fall semester dean's list at Simmons University in Boston.

Amherst: Shuchang Yin

Belchertown: Gulsah Cayan and Simone Robinson, Belchertown

To qualify for dean's list status, undergraduate students must obtain a grade point average of 3.5 or higher, based on 12 or more credit hours of work in classes using the letter grade system, centered programs that accelerate professional success.



Granby library to host month-long book sale

GRANBY — Book lovers! Bargain Hunters! The Friends of the Granby Free Public Library will host their Month-Long Book Sale during the month of March in the Community Room of the Library. You will be able to choose from a large assortment of used and like-new hardcover, softcover, paperback books, teen books, and children's books, along with a selection of CDs, DVDs, video games, and audiobooks. The sale will run during regular library hours from March 3 through 31.

The Library is no longer accepting donations after February 25th. Thank you for your support!

The Granby Free Public Library is located at 297 E State St, Granby, MA 01033. Visit granby-library.org for hours and more information.

TURLEY PHOTO BY EMILY-ROSE PAPPAS
The community has been very generous with their book donations!

SUMMER CAMP

Check Out These Great Camps!

summer@HCC

Holyoke Community College Summer Youth Programs for Ages 8-16

Save your spot and register today for summer fun!

July 27-31, Minecraft Designers (ages 8-10, 11-14)
August 3-7, Python Programmers (ages 8-10, 11-14)
July 20-24, Make Your First Video Game (ages 8-10, 11-14)
July 13-17, ROBLOX Coders (ages 8-10, 11-14)
July 6-10 and 13-17, Fun Bites with Chef Swanigan (ages 9-16)
July 20-24 and 27-31, Around the world with Chef Swanigan (ages 9-16)
July 6-10 and 13-17, Cooking without Borders with Chez Vargas-Gonzalez (ages 9-16)
July 20-24 and 27-31, Passport to Flavors with Chef Vargas-Gonzalez (ages 9-16)

**HOLYOKE
COMMUNITY
COLLEGE**

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Make the most of the summer camp

Summer camp season will soon be here, and throngs of children will board buses each morning or pack their parents' cars full of essentials to survive a few weeks away from home.

Looking back, many adults who experienced summer camp have fond memories of their adventures — whether they all went according to plan or there were some hiccups along the way. Parents want their children to make their own summer camp memories. Even if the canoe capsizes or the cabin leaks during a summer thunderstorm, such experiences can build character and strengthen friendships.

According to RegPack, an online registration software company, more than six million American children participate in some form of camp each year, including sleep-away camp or day camp. The American Camp Association says that number is closer to 14 million, with the most popular camp session length around one week or less. Families getting prepared for camp can follow these guidelines to ensure the experience is one kids won't soon forget.

Search for an accredited camp

Accredited camps must meet more than 300 standards related to program quality, safety and health, according to the ACA. An accredited camp will likely give parents the most peace of mind.

Consider children's readiness

There's no magic age when a child may be ready to go to camp, but generally kids who are ages seven or eight may be fine to start a resident sleep-away camp. Day camp kids can begin as early as age three, the same age kids often begin preschool programs. Gauge whether the child has spent time away from home at friends' or family members' homes to decide if a resident camp will be the right fit or if a day camp is a better fit.

Connect with fellow campers

If possible, attend a meet-and-greet prior to the start of the season. Neighborhood day camps tend to draw kids from local communities, so there's already a chance kids will know a few fellow campers.

Get to know camp counselors early on

Campers can introduce themselves to camp counselors and other program directors and are urged to ask questions about specific programs. Counselors can direct campers toward activities they may enjoy.

Make the most of all situations

Much of summer camp will likely be smooth-sailing, but it's reasonable to expect some bumps along the way. Campers shouldn't expect perfection, but use the situations that may go awry as learning experiences on how to handle adversity — trying to find the fun in them anyway. Even a medical situation can be overcome, particularly because camps staff qualified medical personnel to ensure campers are safe and well.

Greene Acres Equestrian Center L.L.C.

2026 Summer Riding Sessions

June 29 - July 3 • July 20 - July 24
August 10 - August 14 • August 24-28

9AM - 3PM LUNCH NOT PROVIDED

Basic Horse Care, Daily Riding, English & Western, Ages 5 & up

Call to Register (413) 813-9291
 53 Ware Road, Belchertown
 Email: Amanda.greeneacres@gmail.com

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DAY & OVERNIGHT

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 *Start of camp based on Belchertown School Schedule

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The Bement School
 94 Old Main Street
 Deerfield, MA 01032

Registration Link
bement.org/summer