

Country Journal

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BLANDFORD

Praying mantises hatching at library

By Mary Kronholm
Correspondent

The next hatching expected at the Porter Memorial Library will be the birth of anywhere from 100 to 300 baby praying mantises.

The egg case is in a small container at the desk. The babies will hatch all at once and will clamber all over each other and the inside of the small container. At hatching they are barely an inch long.

The baby mantises will look just like the adults, just much smaller. At this point, the mantises should be released into the yard, otherwise they will eat each other if they are crowded.

Once freed to the outside world, the mantises will eat pest insects and a next generation will show up the following year.

All the mantises have triangular shaped heads with goo-goo-googley eyes and their necks are flexible. "They are the only insect that can turn its head to look at you," said Library Director Nicole Daviau.

Their name, Praying Mantis derives from their appearance. They have long forelegs, good for grabbing their prey, but are often folded in a prayer like position.

The scientific name for this insect is *Mantis Religiosa*. They eat all manner of bugs and insects and ticks, which this year are prevalent.

Right, waiting for their bretheran, toy mantises were arranged by library staff. Below, it is possible to see the number of insets and how small they are once hatched. These hatchlings were released into the yard.



This is an earlier hatching. The baby mantises can be seen inside the plastic cup. Submitted photos

BLANDFORD

Library expansion planning continues

By Mary Kronholm
Correspondent

"There are many exciting developments in the expansion plan for Porter Memorial Library," said Library Director Nicole Daviau.

An architect has recently been hired as the Library Building Committee continues with the planning and design phase of the project. Blandford residents can meet the team members at an event on Thursday, June 12 at 6 p.m. at the Town Hall. The designers and the project manager will share the current plans and welcome input and questions from residents.

Other information sessions will be held later on in June. After that event, the Library Building Committee will meet at 7 p.m., also at Town Hall. Those meetings are open to the public.

Both the architect, DRA and the project manager, Skanska, will be at Town Hall before the Annual Town Meeting on Monday, June 2 to share details and answer questions.

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OTIS

Council on Aging hosts stroke awareness program

By Mary Kronholm
Correspondent

Baystate Noble Nursing Supervisor and Stroke Coordinator Chrissy Humason, Emergency Room Nursing Education Coordinator Tami Westcott and Otis EMS member Brittany Phair presented a program on Stroke Awareness Monday, May

19 at the Otis Town Hall for the Council on Aging.

The Otis seniors learned that time is of the utmost importance if anyone thinks they may be having a stroke, or someone they are with is experiencing symptoms. There is new medication available that can prevent or lessen the severity of a stroke, but any preventative medica-

tion must be administered quickly.

The acronym for stroke recognition is BEFAST, which reinforces the need to get help quickly.

B is for balance, if suddenly someone staggers or falls, even with an immediate recovery, call for help. E is for eyes, a blurring

STROKE, page 5



Baystate Noble Nursing Supervisor Chrissy Humason speaks to seniors at the Stroke Awareness class. Turley photo by Mary Kronholm

CHESTER

Chester on Track offers lots of fun



Another interesting stop is the Chester jail circa 1850.



The Chester museum was open during the Chester on Track Event held on May 17. It contains interesting items.



A freight train on time goes through Huntington. Turley photos by Deborah Daniels



Becket.....2	Florence.....7	Otis.....5
Blandford.....5	Goshen.....3	Pittsfield.....2
Chester.....2	Huntington.....3	Schools & Youth.....5
Classifieds.....6	Northampton.....7	Westfield.....5
Easthampton.....3	Opinion.....4	Worthington.....2

Memorial Day is May 26



CHESTER

Library announces events

CHESTER – Hamilton Memorial Library, 195 West Main Street, will hold Story and Fun time every Thursday at 11 a.m.

This is a great opportunity to foster a love of reading in our young patrons while providing an opportunity for socialization and learning new skills through crafts and play. The library staff thank everyone who supported their annual book and bake sale. Movie for The next children's featured film will be held on Tuesday, June 3 at 4 p.m. with the showing

of Disney Pixar adventure film, "Cars." This 116-minute G rated film follows a young self-obsessed racecar named Lightning McQueen who, on the way to the most important race of his life, becomes stranded in a forgotten town along U.S. Route 66 called Radiator Springs, where he learns about friendship and begins to reevaluate his priorities. There will be refreshments. RSVPs are helpful.

The Book Club meets Wednesday, June 18, every third Wednesday of the month, at 4:30 p.m. This

month they will be discussing the novel, "Tom Lake" by Ann Patchett. This is a story about young love, married love and the lives parents live before their children are born. Light refreshments will be served and extra copies are available.

"Level Up At Your Library" Summer Reading Program begins Thursday, July 3. Children should sign-up for all the fun at the library. People may visit <https://chester.cwmars.org> or call 413-354-7808 for more details.

Transfer Station permits due

CHESTER – The Chester transfer station permits renew Tuesday, July 1 at the Chester Transfer Station and they are now available.

The Transfer Station is open Wednesdays from 3-6 p.m. and Saturdays from 9 a.m.-1 p.m. for Chester residents. A yearly permit is required to use the transfer station. They can be purchased at the attendant's shed during operating hours for \$65, cash or check and there

is a discount for seniors.

Additional stickers for households are \$5 each. The permit gives Chester residents access to free cardboard/paper, universal waste and plastic/glass recycling. Rubbish requires a bag sticker (\$3 each); people may use their own clear trash bag up to a 33-gallon size.

The Transfer Station also accept demo/bulky items, metal, electronics, batteries, textiles, weed whack-

ers, appliances and more. The Chester Swap Shop is open year round for even more.

People should see the attendants or visit the website for the fee schedule and tips on recycling at <https://townofchester.net/transfer-station/>. People may call the Board of Health 413-354-7781, text 413-519-3396 or email boardofhealth@townofchester.net for any questions.

Chester Hill Association meets June 8

CHESTER – The Chester Hill Association will hold its 41st annual meeting on Tuesday, June 8 at 2 p.m. at its restored historic Chester Center Schoolhouse across from 343 Skyline Trail.

A recap of the year's

activities as well as plans for the coming year will be discussed. The prestigious "Citizen of the Year" and CHA scholarships will be presented to deserving recipients. All are invited to attend, meet their neighbors and learn more about the

organization.

They recently partnered with the Littleville Fair Association in sponsoring community events and are looking for more board members to continue to grow. Light refreshments will be served.

WORTHINGTON

Grab and go luncheon to be held on June 16

WORTHINGTON – Grab and go meal on Monday, June 16 is from noon-1 p.m. at the Worthington Town Hall, 160 Huntington Road.

The menu will be a choice of broccoli and cheese chicken or turkey tetrazzini with pasta, broccoli, garlic knots and chilled pears.

To reserve a meal, people should call or text 413-238-1999 by Wednesday, June 11 and leave their name, number of meals and the name of the person also receiving the meal and their meal choice.

This meal will be on Monday, June 16 at Thursday, June 19, is the Juneteenth holiday. The deadline to call is on Wednesday, June 11.

New Highland Valley Elder Services enrollee forms may be downloaded by visiting the town website at worthington-ma.us/vp-content/uploads/2-24/04/Community-Dining-Registration-Form and are also available at the Town Hall bulletin Board and the COA bulletin board at Corners Grocery. People can also fill one out when they come to pick up. People should bring a bag with them to carry their meals to the car.

If people have any questions, they may call Phyllis Dassatti at 413-238-5962 of the Worthington Council on Aging. The meals are sponsored by the Worthington Council On Aging and Highland Valley Elder Services.

Rod and Gun Club hosts spaghetti dinner

WORTHINGTON – The Worthington Rod and Gun Club hosts a spaghetti meatball dinner on Sunday, June 1 with dinner served at 5 p.m. and doors open at 4 p.m.

Tickets are \$20 and are available by calling Deana Casparini at 413-433-0009. There will be raffle and more.



BECKET

Planning Board seeks applicants

BECKET The Becket Select Board and Becket Planning Board seek applicants to fill vacancies on the Planning Board.

The term of this Planning Board appointment is until the May 2026 Annual Town Election. The May 2026 Annual Town Election ballot will include a Planning Board position to fill the remainder of Howard G. Lerner's term through May 2029.

Planning Board Associate Member serves in a non-voting capacity, unless participation is required to establish a quorum). The term of this Select Board appointment is July 1, 2025 through June 20, 2026.

To apply, applicants should submit a cover letter, resume and an appointment application to:

Select Board and Planning Board via email to

adminasst@townofbecket.org or via mail to Select Board and Planning Board c/o Beverly Gilbert, Town Hall, 557 Main Street, Becket, MA 01233).

The application may be obtained from the Town Hall or Town website at the Forms and Documents page by visiting the town website www.townofbecket.org. Applications are due Monday, June 16.

PITTSFIELD

Berkshire Green Drinks host Peggy White and Richard Clapper June 11

PITTSFIELD – Local activists Peggy White and Richard Clapper will speak at the June Berkshire Green Drinks event on Wednesday, June 11.

This free hybrid event will take place online via Zoom and in person at Hot Plate Brewing Co., 1 School St. The in-person social gathering will begin around 5:15 p.m.; the presentation and Zoom meeting will start at 6 p.m.

Peggy White and Richard Clapper will share their work on a grow-

ing movement to protect Massachusetts' birds of prey and other predators from deadly rodent poisons. Supported by Mass Audubon, Peggy and Richard are helping lead the campaign to restrict the use of anticoagulant rodenticides-poisons that are killing not just rodents, but the wildlife and pets that feed on them.

Raptors, coyotes and other predators play a critical role in keeping the ecosystems healthy and balanced. But these animals are being

poisoned at alarming rates simply for doing what nature intended-eating rodents. When a predator consumes a poisoned rodent, it can suffer internal bleeding and die a slow, painful death.

The toxins-known as Anticoagulant Rodenticides are meant to control rodents, but their impact extends far beyond pests. Household pets, such as dogs and cats, hawks, owls, eagles, bobcats, and even people, can be harmed by these chemicals. ARs stay in a rodent's body for days, posing a deadly risk

to any animal that comes into contact with them.

Massachusetts lawmakers are now considering S. 644 / H. 965: An Act Restricting the Use of Rodenticides in the Environment. This legislation could be a game-changer for protecting wildlife, pets and people, but it needs public support to pass.

Join Berkshire Environmental Action Team to learn more about the dangers of rodenticides, the solutions being proposed, and what citizens can do to

help move this critical legislation forward.

Learn more and RSVP at <https://tinyurl.com/June2025-Berks-Green-Drinks>.

Berkshire Green Drinks is an informal gathering on the second Wednesday of the month that is free and open to everyone with any environmental interest. A guest speaker talks about an environmentally related topic for approximately 30 minutes beginning at 6 p.m.; the presentation is followed by a discussion and question and

answer.. The drinks aren't green but the conversations are. Everyone is welcome and encouraged to join and bring along questions!

Berkshire Green Drinks is sponsored and organized by the Berkshire Environmental Action Team. This month's Berkshire Green Drinks event is co-sponsored by Hot Plate Brewing Co. For more information regarding Berkshire Green Drinks, people may email Chelsey Simmons, chelsey@thebeatnews.org or call 413-464-9402.



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GOSHEN

Council on Aging announces upcoming news and events

GOSHEN – The Council on Aging will go to Panda Garden Chinese Restaurant at 49 Main St., Williamsburg on Tuesday, June 10 at 11:30 a.m.

Please note earlier time. They will be setting up a special buffet for the group with a variety of delicious choices. The seniors will sit in their dining room at the tables and booths in their festive restaurant. It might be a little cozy, but it will be fun. They should call Kerry at 413-268-9354 by Monday, June 2 to receive a spot.

On Wednesday, June 4 Elder Law Education will present a program from 4-5 p.m. at the Goshen Town Hall. This program is sponsored by the Massachusetts Bar Association (MBA) with generous assistance and con-

tinued collaboration from the Massachusetts Chapter of the National Academy of Elder Law Attorneys. It is coordinated by the MBA in celebration of Law Day. Atty Sarah E. Dolven from Zurn, Sharp, Heyman & Dolven, LLP will come to the Town Hall to educate us on Essential Documents including Wills, Power of Attorney, and Health Care Proxies and also the Realities of Protecting our Assets. Atty. Dolven will answer questions you may have about planning for your future needs. Refreshments will be provided. All are welcome.

On Wednesday, June 4 Crafts Group meets in the library. People may bring their own craft project to work on in community one. They plan to have a small

paper packet craft if anyone would like to work on these as well. The decorative packets may be brought home or they can donate them to the COA to use when handing out small thank you gifts.

On Friday, June 6 Community Connections is held from 10-11 a.m. in the Town Hall upstairs dining room. This month Lynne Paterson, owner of the Prakasa Yoga and Wellness Studio at 152 Ball Road in Goshen, will talk about meditation. If prayer is defined as speaking to God/ Spirit, then meditation could be described as listening. Many health benefits are gained from the regular practice of meditation. Lynne will introduce the HeartMath technique proven to harmonize body-mind-spirit and leave people feeling

refreshed and at peace. All are welcome, bring a friend.

An Ice Cream Social will be held on Saturday, June 14 from 12:30-2 p.m. at Tilton Town Field. Rain location is the town hall. This year we will have music by AJ and Sylvia's Folksy Tunes. AJ and Sylvia are from Chesterfield and they play a variety of songs that will have our toes tapping and our hands clapping. The COA board will be scooping out bowls of ice cream and they will have plenty of toppings, including strawberries and blueberries to make a patriotic sundae in honor of Flag Day. People may have a sundae and listen to some music. There are a few picnic tables but feel free to bring a chair. All ages are welcome. This event has been funded by generous grants

from the Goshen Cultural Council / MA Cultural Council and Highland Valley Elder Services.

On Tuesdays, June 17 and 24 Highland Valley Elder Services will offer grab and go lunches. HVES delivers meals to Goshen COA on the third and fourth Tuesdays of the month. Participants pick up their hot lunch at the Goshen Town Hall. The lunch for June 17 is a choice of Greek chickpea salad or chicken salad and the choice for June 24 is fish sandwich or broccoli and cheese quiche. The meals also include milk, vegetables and dessert. There is a suggested \$4 donation given to Highland Valley to offset the cost of the meal. People may call Kerry at 268-9354 if they would like to sign up to get

these nutritious and delicious meals.

On Wednesday, June 18 Games Group will meet in the Library from 2-4 p.m. Playing the card game Pitch has proven to be popular so they will have cards to play, but there will also have other games if people would prefer to play something different. This will be a really fun way to spend a couple of hours together.

On Thursday, June 19 Technology Help is offered in the Library from 12:30-1 p.m. Goshen resident Stephen Morley who is a volunteer. He will be there from noon-2 p.m. People may bring any and all questions regarding computer, phone, tablet to Stephen and he will problem solve with them. The COA is lucky to have this volunteer program.

HUNTINGTON

ATM rescheduled to June 23

HUNTINGTON – The Annual Town Meeting scheduled for Monday, June 2 has been moved to Monday, June 23 at 7 p.m.

Due to the June 2 Special Town Meeting Warrant already having been posted, the Special Town Meeting will still be convened on Monday, June 2 at 6:30 p.m. No discussion will be made on the

warrant article and the meeting will be continued on Monday, June 23 at 6:30 p.m.

A second census form will be sent out June 13 to residents, who have not completed the 2025 Census form, as those voters who have not completed the Census also known as the Annual Street Listing, become listed as inactive.

Renewal annual dog license applications are due by June 30 for the upcoming year. Any dogs not licensed for this past year, July 1, 2024-June 30, 2025, will need to update their license with fees for this past year. Any questions, people may call Town Clerk Michelle Fieldstad-Booth at 413-512-5209 or email town-clerk@huntingtonma.us.

Author talk, Games and Goodies, Memory Café events offered

HUNTINGTON – The Huntington Council on Aging will be hosting the following events at Stanton Hall, 26 Russell Road.

Local author, Steven Cormier, will talk about his book "The Sacrificial Land" on Wednesday, June 4 at 1 p.m. Heather Morgan from Southern Hilltown Adult Education Center will provide computer and cell phone help also on Wednesday, June 4 from 1-2 p.m. Lori Bocon will lead a "Junebugs" craft workshop on Wednesday, June 4 at 2 p.m.

Games and Goodies will be held on Tuesday, June 10 at 1 p.m. On Wednesday, June 11 at 2 p.m., the Pioneer Valley Fiddlers will perform. A presentation on Health Impacts of Heat and Hydration and blood pressure checks will be provided by the Hampshire Public Health Preparedness Coalition's nursing team on Wednesday, June 18 at 1 p.m.

The Hilltown Memory Café is held weekly at 2 p.m. The weekly café provides seniors with activities while their caregivers partic-

ipate in a support group. The café is open to all with and without memory issues. The Café is made possible by a grant from Highland Valley Elder Services through funding under the Federal Older Americans Act and by a grant from the Huntington Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency. All events are free and open to residents of any community. For more information, people may call Crystal Wright-Partyka at 413-685-5283.

Clerk announces election results

HUNTINGTON – Seventy one voters cast ballots for the 12 positions on the ballot for the May 10 Annual Town Election.

All positions were unopposed for this election and one position had no contestants. The following are the unofficial results. The Board of Selectmen position was won by Roger D. Booth, Jr. with 60 votes. Regional School Committee three-years, Peggy Ann Dragon-Blumenthal won a three year position on the

Gateway Regional School Committee with 60 votes and Brianna Sloane won the Gateway Regional School Committee one year position with 64 votes.

Other unopposed positions on the ballot include: Kathleen Peterson for Board of Health with 64 votes, George Peterson III Moderator with 63 votes, Roxanne Pin for Board of Assessors with 61 votes and Sue Fopiano for Water and Sewer Commissioner with

64 votes. Also running unopposed were James Helems for Constable with 65 votes, Alicia Hackerson for Trustee, Alfonso Pettis Fund with 65 votes, Erica Wells as Trustee, Library with 60 votes and Henry Sarafin as Tree Warden with 68 votes.

Trustee for Whiting Street fund was one position on the ballot with no nominees and several write-ins. The position was not filled at the time of this announcement.

EASTHAMPTON

bankESB launches drive to benefit veterans support center

EASTHAMPTON – bankESB is proud to announce the launch of its Veterans Drive, a community-wide campaign supporting the One Call Away Veterans Support Center in Agawam.

The initiative will run from Memorial Day through Independence Day, inviting customers and community members to donate items and funds to help local veterans in need.

The One Call Away Veterans Support Center provides essential services to veterans and their families, including peer-to-peer support, emergency assistance, and outreach programs designed to reduce veteran

suicide and improve mental health and well-being. Through this drive, bankESB aims to raise awareness and provide tangible support to those who have served our nation. Community members are encouraged to contribute by donating much-needed items such as toiletries, household goods, and personal care items.

"Supporting veterans is a year-round priority for us at bankESB, and this drive is one way we can make a real difference in the lives of local heroes," said Matthew Sosik, president and CEO at bankESB. "The One Call Away Veterans Support Center is doing critical work, and we're honored to stand

alongside them."

This effort builds on bankESB's longstanding commitment to the veteran community. Donations for the Veterans Drive can be made at any bankESB branch from now through Monday, July 7. Requested items include gift cards for groceries, gas, and clothing, non-perishable food, toiletries, household goods, and personal care items.

For more information about the Veterans Drive or bankESB's community initiatives, people may visit bankESB.com. Founded in 1869 as Easthampton Savings Bank, bankESB is headquartered in Easthampton.

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OPINION

GUEST COLUMN



SOCIAL SECURITY Matters
By Russell Gloor

How do I apply for Social Security?

Dear Rusty:

I just turned 65 years old in February 2025. I need to sign up for Social Security but don't even know where to start.

either online or by calling SS for an appointment. Just be aware that by applying at age 65 your benefit will be permanently reduced, and you will be subject to Social Security's earnings limit. The earnings limit lasts until you reach your FRA, after which you can earn as much as you like without penalty.

Also, because you are 65, if you wish to enroll in Medicare, please be aware that you don't need to take your Social Security benefits to enroll in Medicare. You can enroll in Medicare (only) by calling Social Security as explained above or enrolling in Medicare online. Here is a link which explains how to enroll in only Medicare: <https://www.ssa.gov/medicare/sign-up>

I hope this information is helpful, and please know that the AMAC Foundation is always available to answer your questions. If it's easier, you can also speak directly to one of our certified Social Security Advisors by calling us during normal EST business hours at 1-888-750-2622. We cannot submit your SS application for you, but we can answer all questions you have about applying.

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

Signed:
Seeking Assistance

Dear Seeking:

It is fairly easy to sign up for your Social Security benefits, by either calling the Social Security Administration at 1-800-772-1213 or your local SS office, to make a telephone appointment to apply, or by completing your application for Social Security benefits online at www.ssa.gov/apply. However, to apply for benefits online you will need to first create your personal "my Social Security" account at www.ssa.gov/myaccount. Once you have your personal account set up, you can apply directly from that account and also see an estimate of your SS benefits at different ages.

You may already be aware that age 65 is not your Social Security Full Retirement Age. Your FRA is when you get 100% of the benefit you've earned from a lifetime of working. By taking benefits at age 65, your monthly amount will be reduced to about 87% of your FRA amount; a permanent reduction.

Born in 1960, your FRA is age 67, which means you will be taking your SS benefit about two years early and also means that if you are still working, you will be subject to Social Security's Annual Earnings Test.

The AET limits how much you can earn before some of your benefits are taken away. For 2025, the annual earnings limit is \$23,400 and, if that is exceeded, SS will take back \$1 in benefits for every \$2 you are over the limit they take benefits back by withholding future payments long enough to recover what you owe.

So, you can apply for your Social Security benefits, as indicated above,



GUEST COLUMN

Love a good nap? So does your brain... maybe

The headlines were all over the internet a couple of months ago: Napping is good for brain health. But, as with all health studies, you have to read the fine print.

Habitual napping was associated with larger total brain volume, which is in turn associated with a lower risk of dementia and other diseases, according to researchers from University College London (UCL) and the University of the Republic of Uruguay. The researchers estimated the difference in brain volume between nappers and non-nappers was equivalent to 2.5 to 6.5 years of aging.

As I've noted before, though, association is not causation. Is brain volume larger because of napping, or could there be other factors at play – heredity or physical activity, for instance. The study only compared people who are genetically predisposed to nap and those who aren't – not those who elect not to nap. Also, the napping behaviors studied were self-reported by participants, which is not exactly the gold standard for research.

Even with all of those caveats, I agree with the researchers that there's nothing wrong with a brief daytime nap. By brief I mean 30 minutes or so -- you don't want it to interfere with the next night's sleep. Afternoons are a good time for napping because that's when we tend to experience a dip in energy levels.

Nappers tend to feel more alert and clear-headed after a snooze, and there's a movement afoot to permit naps on the job, particularly for office workers. Naps are especially helpful for people who don't work regular schedules or who are doing shift work. Aging bladders can wake us up during the night, too. If you don't fall back asleep right away, a nap the next day might be just the thing.

But if you're not regularly getting seven to nine hours of sound sleep a night, I don't recommend long daytime naps to make up the difference. First, you're more likely to wake up groggy after an extended nap because your brain is trying to enter the deep sleep phase. There's evidence that people make more mistakes after a long daytime nap.



your health

By Teri (Dreher) Frykenberg, RN
Guest Column

Second, a nap doesn't give you the benefit of the restorative nature of sleep – when your eyes and muscles fully relax and your body is repairing and rebuilding bone and muscle, consolidating memories and shoring up the immune system.

Everyone has a bad night once in a while. For many consecutive nights of disrupted sleep and days filled with naps, though, consult your doctor. You might need a sleep study to determine whether something like sleep apnea could be the cause.

Napping is associated with other issues as well. Elderly adults who napped at least once a day or more than an hour a day were 40 percent more likely to develop Alzheimer's than those who did not nap daily or napped less than an hour a day, according to a study published in Alzheimer's and Dementia: The Journal of the Alzheimer's Association, in March 2022. Also last year, a study found that people who often nap have a greater chance of developing high blood pressure and having a stroke, according to CNN.

And then there are those who can't nap. Just as there appears to be a genetic disposition toward napping, there also appear to be people for whom napping is physiologically difficult, if not impossible. Jeremy Derbyshire, writ-

ing in the Financial Times, is one of those. His attempts at napping usually end in frustration, he says, "after 10 minutes or so lying down rigidly and willing myself, unsuccessfully, into unconsciousness."

Maybe we need to expand the definition of "nap." Let's consider a nap everything from closing your eyes for 10 minutes to just letting your mind wander for a while.

No pressure here! Even one of the authors of the UCL study is not a big fan of napping. "Honestly," she told the BBC, "I would rather spend 30 minutes exercising than napping."

So, nap if you can. But if you're not cut out for napping, don't lose sleep over it. A brisk walk might be just as beneficial.

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



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If you notice a factual error in our pages, please let us know, so that we can set the record straight. Email information to countryjournal@turley.com, or call us at 413-283-8393. Corrections will be printed in the same section where the error originally occurred.

Country Journal welcomes Election letters to the editor

The Country Journal welcomes readers to participate in this year's election campaigns by writing letters to the editor for publication on these pages. Letters of up to 250 words from local residents endorsing candidates on the ballot or discussing campaign issues should be sent to The Country Journal, care of Turley Publications, 24 Water St., Palmer, MA 01069, faxed to 413-289-1977 or emailed to countryjournal@turley.com.

Please include a daytime telephone number for verification purposes (it will not be printed). Letters must be received by **noon Friday** to be considered for the following Thursday's newspaper. No attack letters will be printed. No letters written by candidates supporting their own candidacy will be printed. If the volume of letters received is larger than the space available in the newspaper, or if the letters become repetitive, the

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Campaign news
As part of its election coverage, the newspaper plans to print stories about contested races for Congress, state Senate, state House, district attorney and Governor's

Council during the weeks leading up to the election, as well as a question-and-answer voters guide. In order to ensure fairness to all candidates, no political press releases will be printed, nor will reporters cover political rallies or fundraisers.

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SCHOOLS & YOUTH

GATEWAY'S JESSICA RIDA SHOWN IN ACTION



Jessica Rida, right, is shown with a Gateway soccer team member. Submitted photos



An article about Jessica Rida, right, a Gateway Regional High School athlete appeared in last week's paper. These photos were submitted too late to accompany the story.

HCC awards \$364,400 in scholarships

HOLYOKE – The Holyoke Community College Foundation awarded \$364,400 in scholarships to students for the 2025-2026 academic year.

This year, the HCC Foundation awarded 410 scholarships to 379 incoming, current, and transferring HCC students. Some students received multiple scholarship awards. Individual awards range from \$500 to \$5,000.

HCC celebrated this year's recipients and donors at a scholarship reception on May 15. The HCC Foundation is a 501(c)(3) that works to advance the college's mission, vision, and values. Founded in 1968 as the Friends of Holyoke Community College, in response to a devastating fire that forced the college to rebuild on a new campus, the Foundation now manages assets of more than \$20 million, the largest community college foundation endowment in Massachusetts.

Local scholarship recipients are: Ian Cartmill of Chester, Erin McCormick of Chesterfield, Andrew Ashlock of Easthampton, Sashka Avayan of Easthampton, Gabrielle Carey of Easthampton, Brenda Carrier of Easthampton, Brie Chartier of Easthampton, Chase Cummings of Easthampton, Isabella Gitana of Easthampton, Nataly Gonzalez of Easthampton, Renee Hill of Easthampton, Cadence Hiller of Easthampton (two awards), Elishama Jean of Easthampton, Melanie Jimenez of Easthampton, Stien Kusuma



Nataly Gonzalez of Easthampton, from left, Erykka Rocha of Holyoke and Julius Dixon of Springfield celebrate their scholarship awards at the 2025 HCC Foundation Scholarship Reception. Submitted photo

of Easthampton (two awards), Lisa Miwa of Easthampton, Niko Ndreouf of Easthampton, Jennifer Purdon of Easthampton, Faith Vittum of Easthampton (two awards), Rosio Yungalazo of Easthampton, Leah Zielenski of Easthampton, Matthew Krueger, of Florence, Sebastian Pacheco of Florence, Halle Pashkin of Florence, Karissa Robinson of Florence, Simon Sinclair of Florence, Lauren Williams of Goshen, Brie LeBeau of Haydenville, Staci Barrett of Lee (two awards), Mark Cronin, of Northampton, Ania Gabis of Northampton, Xyrus Moore of Northampton, Orlando Morales of Northampton, Edie Parker-Yourga of

Northampton, Greta Slegers of Northampton, Cecil Voorhees of Northampton, Dan Winter of Northampton, Zachary Young of Northampton, Amber Coley of Russell, Olivia Maciver of Russell, Diana Mire of Russell, Joseph Bartolucci of Southamptn, Vincent Bartolucci of Southamptn, Karina Dreichan of Southamptn, Kathleen Ley of Southamptn, Shay Samuelson of Southamptn, Brandon Schmidt of Southamptn, Cari Avalone of Westfield, Milo Berrien of Westfield, Corrin Brockney of Westfield, Luz Caballero of Westfield, Raven Carrasquillo of Westfield, Rachel Cornier of Westfield, Brandi Damon of

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OTIS

Otis Library announces events

OTIS – The Otis Library, 48 North Main Road, will hold the June Book Club on Thursday, June 12 at 4 p.m. in the Roosevelt Room and via Zoom.

“Braiding Sweetgrass” by Elizabeth Gilbert. She imparts indigenous wisdom, scientific knowledge and the teaching of plants.

The June Cookbook Club meets on Friday, June

20 at 12:30 p.m. The cookbook for June is “Dinner in One” by Melissa Clark. People may stop by the library circulation desk to pick out a recipe to share at the club meeting.



Presenters Baystate Emergency Room Nursing Education Coordinator Tami Westcott, Nursing Supervisor Chrissy Humason and Otis EMT Brittany Phair speak to Otis seniors about strokes. Turley photos by Mary Kronholm

STROKE

from page 1

of vision or loss of sight in one eye or the other. F is for face, or a sudden drooping of one side of the face. A is for arm weakness, arms extended for at least 10 seconds without dropping, or be able to touch the nose with either or both arms from an extended position. S is for speech, slurred or the inability to communicate. And finally T, for time to call 911.

All of these symptoms can occur suddenly, with no warning and it is important, according to all the present-

ers, to have them checked out; the sooner the better.

In medical terms, a stroke is the death of brain tissue from a lack of oxygenated blood. The most important thing to remember is to seek help right away.

The nurses also discussed what to expect in the ambulance, hospital, recovery and how to help yourself. Today, ambulance personnel can speak via the internet from the ambulance to a doctor to make diagnosis and procedural plan once in the emergency room. Care

is immediate.

Otis is midway between both Baystate Noble in Westfield and Fairview Hospital in Great Barrington. Berkshire Medical Center in Pittsfield is a bit farther away, but patients have the option of which hospital.

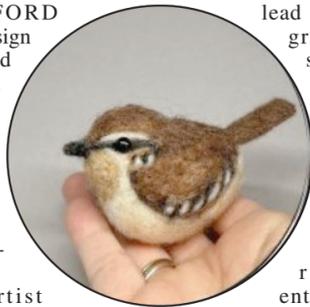
EMS in Massachusetts is obligated to transport to the closest appropriate facility. People should be aware of their own stroke risk factors such as high blood pressure, high cholesterol, diabetes, etc.

BLANDFORD

Library hosts felting class

BLANDFORD – People may sign up for a Bird Ornament Needle Felting Class at the Porter Memorial Library on Saturday, June 7 from 10 a.m.-12:30 p.m.

Fiber Artist Tracy Kochanski will



lead the program. All supplies will be provided. Both novice and experienced enthusiasts are welcome

and a felted bird will go home with everyone.

The program is funded by a grant from the Local Cultural Council Grant. This class is great for any level and ages 12 and up, according to Library Director Nicole Daviau.

Class attendees will make this felted bird. The library will supply the materials. Submitted photo

Sign up for summer reading

BLANDFORD – It's sign-up time for summer reading at the Porter Memorial Library.

“Imagine Our Library” will be a fun filled program with artsy projects and fun stories about creativity. The kick-off event is on Saturday, June 14 from 10 a.m.-2 p.m. at the library.

Children should sign up by Tuesday, June 10 and make sure to bring a

shirt to paint or tie-dye. There will also be a gook give-away and some fun snacks.

The weekly summer reading sessions will take place on Tuesday afternoons from 4-5 p.m. starting Tuesday, June 17 and will continue through Tuesday, Aug. 12. These sessions are designed for elementary school students from those entering kinder-

garten through fifth grade.

There are plans in the works for a tween and teen program for those entering sixth grade and beyond. Those dates are to be determined when library staff knows the size of the group.

People should visit the library soon to sign up and learn all the details about this fun reading and arts program for children.

LIBRARY

from page 1

Residents are encouraged to stop in at the library to talk to staff about the project and exciting plans. The goal is to improve on the existing structure and add more space for mate-

rials and meeting rooms along with a technology space and a newly designed children's room.

There are also study rooms and a unique space for teenagers, which were

priorities highlighted in focus groups that were held earlier in the year. Making the building Americans with Disabilities Act compliant is another major goal of the redesign.

WESTFIELD

104th Fighter Wing to conduct night flying training missions

BARNES AIR NATIONAL GUARD BASE WESTFIELD – The 104th Fighter Wing is scheduled to conduct night training flights May 27

through May 29.

Night training maneuvers allow pilots based at Barnes Air National Guard Base to stay current with mandatory Air Force

requirements as a part of their overall readiness training. The pilots will be training on both critical homeland defense and overseas wartime aviation skills.

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NORTHAMPTON

Forbes Library announces upcoming news and events

NORTHAMPTON – Forbes Library, 20 West St., will screen the documentary, "Here Is Better" on Thursday, May 29 from 5:30-7:30 p.m.

This powerful documentary offers a uniquely hopeful and impactful perspective on a rising mental health crisis in America. Every year, nearly 13 million adults suffer from Post Traumatic Stress Disorder

in the U.S. alone. Veterans are up to three times more likely to have PTSD than civilians. The documentary follows four of these Veterans, each with diverse backgrounds and service experience, as they undergo the most clinically effective, evidence-based trauma psychotherapies for PTSD.

At the Hosmer Gallery now through May 30 the JFK

Middle School sixth through eighth grade art students will have a special exhibit featuring over 400 works in ceramic, sculpture, printmaking, painting and design. Gallery hours are Monday through Thursday from 10 a.m.-8 p.m. and Friday and Saturday from 10 a.m.-6 p.m.

Next exhibit on view June 2 through June 28 are The

Iron Horse Posters by Blanche Cybele Derby The Iron Horse Music Hall was and still is a much loved musical venue

The 31st Northampton Garden Tour is Saturday, June 14 from 10 a.m.-4 p.m., rain or shine. There are six self-guided tour of six privately-owned Northampton gardens as a fundraiser by Friends of Fobes Library.

Tickets are \$20 each through June 13, then \$25 on the day of the tour. Children under 12 are free. Payments may be made at the Main Desk by cash or check made out to The Friends of Forbes, Inc. Payment by debit or credit card, PayPal, and Venmo may be made on the Friends of Forbes website. Tickets purchased online can only be

picked up on June 12 from 4-8 p.m.; June 13 from 10 a.m.-6 p.m. and June 14 from 10 a.m.-1 p.m.

Tickets will also be on sale at Bay State Perennial Farm in Whately, Cooper's Corner in Florence, Gardener's Supply Company in Hadley, State Street Fruit Store in Northampton and Sugarloaf Gardens in Sunderland.

FLORENCE

Florence Bank promotes Amanda Constantilos to manager

FLORENCE – The Florence Bank announces Amanda Constantilos has been promoted to manager of the bank's King Street branch in Northampton.

Constantilos joined the bank's



Amanda Constantilos

team in 2016 as a senior teller, and since, she has served as a teller operations manager in the Granby branch and as a customer service representative and assistant branch manager in Hadley. She has 19 years

of experience in the banking industry and is skilled in customer service, team work, communication, problem-solving and employee development.

In her new role, which she assumed in May, Constantilos is responsible for leadership and team development, decision-making and community engagement. "I will make

sure our customers feel welcome and taken care of from the moment they walk in," she said. "It's about building real relationships and helping our community with big and small needs."

Matt Garrity, president and CEO of Florence Bank, said, "We appreciate Amanda's dedication to our customers and we are proud to see her

growing as a bank leader."

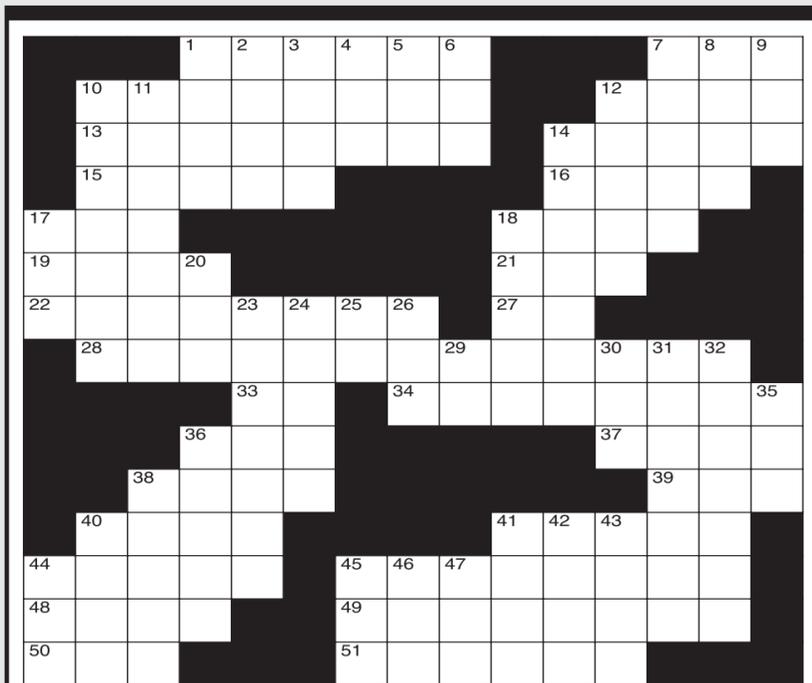
Florence Bank is a mutual savings bank chartered in 1873. Currently, the bank serves the Pioneer Valley through 12 full-service branch locations in Florence, Northampton, Easthampton, Williamsburg, Amherst, Hadley, Belchertown, Granby, Chicopee, West Springfield, and Springfield.



\$12.50 Each

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CLUES ACROSS

- 1. Bring up
- 7. Child
- 10. Formal written defense
- 12. Bangladeshi currency
- 13. Burial site
- 14. In the lead
- 15. Large recesses in a church
- 16. Count on
- 17. Defunct phone company
- 18. Golf scores
- 19. Afflicts
- 21. Defensive nuclear weapon
- 22. Prominence
- 27. "The Great Lakes State"
- 28. SoCal ballplayer
- 33. Location of White

House

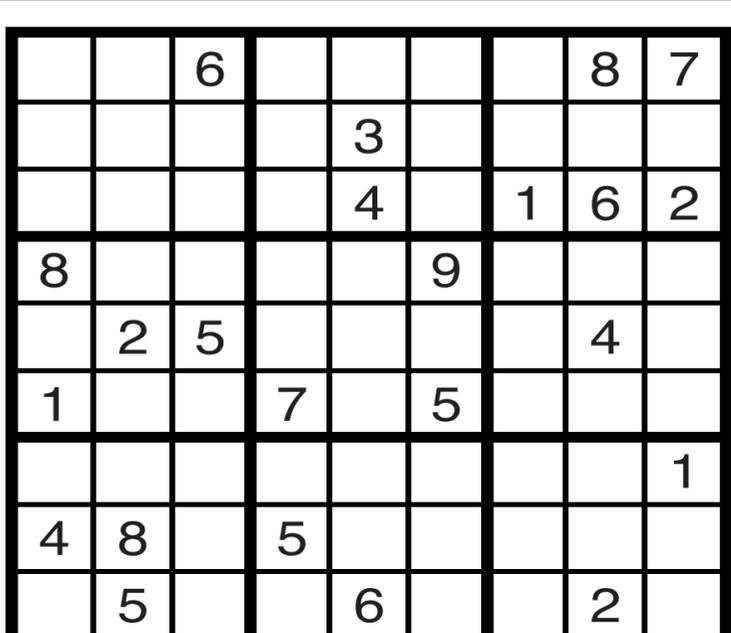
- 34. Magnificence
- 36. Hip hop songstress
- 37. Capital of Yemen
- 38. ___ Blyton, children's author
- 39. Bomb
- 40. Pancake made of buckwheat flour
- 41. Pinkish-violet color
- 44. A way to make right
- 45. Monument to one buried elsewhere
- 48. Region south of Dead Sea
- 49. Acts out against
- 50. Harsh cry of a crow
- 51. Formal title for a woman

CLUES DOWN

- 1. Kitchen devices
- 2. Wings
- 3. Mythological birds
- 4. Everyone has one
- 5. Matchstick game
- 6. Bar bill
- 7. Weights
- 8. Satisfactorily
- 9. Small amount
- 10. Tree types
- 11. Small protuberances
- 12. Equivalent of 100K BTU
- 14. Type of horse
- 17. More (Spanish)
- 18. Argentinian province
- 20. A bad act
- 23. Moving in a circular way
- 24. Battery type
- 25. Atomic #58
- 26. Popular breakfast food
- 29. An alternative
- 30. Tooth caregiver
- 31. A way to conform
- 32. Disfigured men
- 35. Cool!
- 36. Genus of mosses
- 38. Body part
- 40. Kashmiri people
- 41. Round water pot
- 42. Something to purchase
- 43. Emit coherent radiation
- 44. Indicates 10
- 45. Advertising metric
- 46. Pitching stat
- 47. Head movement

THIS WEEK'S HOROSCOPES

- ARIES**
Mar 21/Apr 20
Your dreams might be a tool for gaining insight on what you want to accomplish. Although dreams can't predict the future, they may reveal some of your subconscious desires.
- TAURUS**
Apr 21/May 21
Follow your instincts this week, Taurus, even if you're more prone to reason than whimsy. Let the chips fall where they may and go with the flow.
- GEMINI**
May 22/June 21
This week can be all about feeding your mind, Gemini. Walk around a bookstore and pick up the first book that catches your eye, regardless of its subject matter.
- CANCER**
June 22/July 22
Something may be worrying you lately, Cancer, but you can't exactly put your finger on it. Talk about your feelings with others as another person may have a different perspective.
- LEO**
July 23/Aug 23
Leo, seize an opportunity to pursue the things that you want most of all. Use this week to map out a plan and then get started on all of the steps before you reach your goal.
- VIRGO**
Aug 24/Sept 22
Check out ways that you can advance your career or education this week. The energy around you is favoring growth, so now is the time to take advantage and learn a new skill.
- LIBRA**
Sept 23/Oct 23
Others trust your opinions because your intuition tends to be spot on, Libra. When a friend comes to you this week asking for some advice, you will not hesitate.
- SCORPIO**
Oct 24/Nov 22
Use your creativity to make things happen this week, Scorpio. This may not produce a finished product, but it could be about an innovative way to approach a task or problem.
- SAGITTARIUS**
Nov 23/Dec 21
Figure out some new ways to expand your horizons this week, Sagittarius. Identify means to personal growth, including educational opportunities.
- CAPRICORN**
Dec 22/Jan 20
Capricorn, it is important to step out of your routine every so often to increase your knowledge and expand your horizons. This is one of those weeks to do so.
- AQUARIUS**
Jan 21/Feb 18
Are you satisfied with your career, Aquarius? If you have been mulling a career change, this could be the week to start moving your chess pieces around.
- PISCES**
Feb 19/Mar 20
Pisces, don't worry too much about the changes that lie ahead this week. You have a more adaptable nature than you might realize. As changes come your way, embrace them.



SUDOKU

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

answers

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HILLTOWN HIKING ADVENTURES



This year the Hilltown Hikers brought the outdoor gear and this foldable kayak with Karen in it.

Karen and Liz on Main Street, Chester with Karen's granddaughter, Stevie, from California, the next generation of Hilltown Hikers.

Cybill enjoys her custom chair out on the lawn of the historic Riverside Inn. Submitted photos

Hilltown Hikers participate in Chester on Track

Chester on Track 2025, thanks to all, who came out to discover Chester Factory Village on a beautiful spring day.

It was nice to see so many folks attend this year as the streets were filled with fairgoers. The Western Massachusetts Hilltown Hikers celebrate the history of Chester Factory Village each year at Chester On Track. The coming of the Western Railroad, boldly laying tracks from Chester over the wild wilderness west over the steep grade to Albany brought immigrants from Ireland and Italy to make a living and feed their families with the endless work hours offered to them.

Chester Depot, an icon in the village center was saved from demolition as so many along the line were not. Today, folks can experience the rich history of Chester Factory Village as countless volunteers over many years have worked to preserve its rich history for all.

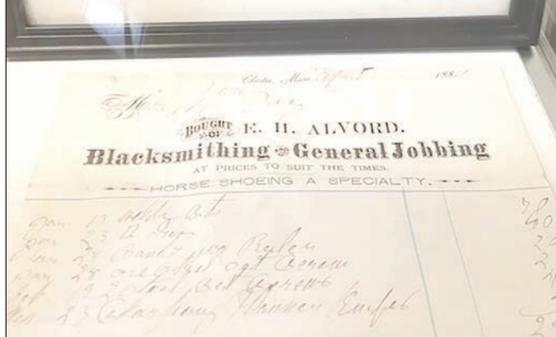
A great day was had by all at the Historic Chester Granite and Polishing Works property Saturday, May 17, home of the one and only Historical Granite Saw in Western Massachusetts. Guided tours were given all day by volunteers Frank Kennedy from Hancock and Hikers

Director Greg Deily from Southwick.

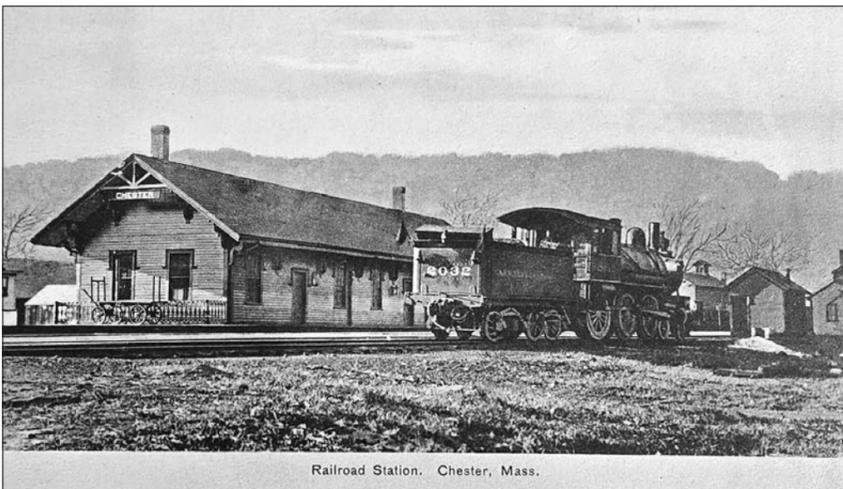
It was smiles all day and the experience of so many who walked in and said "wow." This is the experience that the Western Mass Hilltown Hikers was aiming for. The group displayed relics and granite from each quarry they hiked to and also before photos of

when this three acre lot was an abandoned jungle.

Thank you to all, who came out and walked our interpretive trail, there will be so much more to come! Please donate at www.hilltownhikers.com so we can continue our preservation efforts. All work here is by volunteers and with no mechanical equipment.



This building, located on Route 20, was the village blacksmith's shop.



This is a historic photo postcard of the Chester Depot.



Storyboards at the Granite Saw included maps and railroad sidings in addition to the interpretive signage.



Linda from Walker Island Campground won a baked goods basket by Mel's Kitchen and donated by Rich and Shelly Holzman, which included an autographed copy of "Rockachusetts" by Christy Butler.



Families enjoyed the free guided tours at the Granite Saw property. Frank Kennedy and Greg Deily gave the tours.



The parade kicked off at 10 a.m. and included beautiful horses and stunt tractors.