The Westfield News



"A STRAIGHT LINE IS THE SHORTEST IN MORALS AS IN MATHEMATICS.

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TUESDAY, JUNE 25, 2019

Bridge at Grandmother's Garden vandalized

By HOPE E. TREMBLAY Correspondent

WESTFIELD - Members of the Friends of Grandmother's Garden are working to keep people from crossing a footbridge in Chauncey Allen Park that was vandalized last weekend.

Friends President Robert Watkins and group member Richard Holcomb said the bridge was initially vandalized June 14 or 15, then again

"We believe it was a group of kids seen at the park on Friday having a fight," said Holcomb. "They broke off the railing on the bridge."

Watkins said on Father's Day, cautions tape placed after the first incident was ripped down and the broken railing was then pushed into the water running under the bridge. Watkins said he is concerned for the safety of anyone trying to use the bridge, as well as the liability.

"I'm concerned about the liability for us and the city," he said. "Without a railing, someone could fall off the bridge."

See Vandalized, Page 3



Garden was vandalized last week. (Photo by Richard Holcomb)

PVPC to unveil long-term Regional **Transportation** Plan

By PETER CURRIER Correspondent

WESTFIELD- The Pioneer Valley Planning Commission (PVPC) will host an informational meeting Thursday at 7 p.m. at City Hall in room 201 to announce the 2020 update to the Regional Transportation Plan (RTP).

The meeting Thursday will be one of three hosted by the PVPC in the Pioneer Valley. The other two will be in Springfield and Northampton on Tuesday and Wednesday respectively. The RTP is updated at least once every four years in accordance to federal regulations, according to PVPC Principal Planner and Traffic Manager Gary Roux. He said that the update itself is meant to provide more information in response to federal planning rules and regulations. It will show the PVPC's intent on the progress of transportation planning and improvements up to 2040.

Roux said that part of the update will include efforts to make public transportation more accessible for the average person.

"It is always a goal of ours to identify the need for funding, and what is needed

See Transportation Plan, Page 3



State Rep. John Velis, Veterans Services Director Julie Barnes, Scott and Ilka Halliday, Mayor Brian P. Sullivan and City Council President Ralph J. Figy gather in the Memorial Garden at the Halliday home June 24, 2019. (Photo by Hope E. Tremblay)

Gold Star Ordinance exemption given to first recipients

By HOPE E. TREMBLAY Correspondent

WESTFIELD - The city's first Gold Star Ordinance exemption, signed May 7, has been issued to the first recipient.

The ordinance was adopted unanimously by the Westfield City Council and offers a 100 percent property tax exemption to Gold Star parents. A Gold Star parent is the parent of a US Armed Forces member who died in action.

Westfield resident Ilka Halliday, a Gold Star Mother, is the city's first recipient of the exemption, which was put into law in August of 2018 as the BRAVE Act and could be adopted locally as an ordinance.

Veterans Service Director Julie Barnes said she wasn't aware of any qualifying Gold Star parents at that time.

"At the time I put it aside, but I learned of one Gold Star mom in Westfield who lost her son 12 years ago," Barnes told the Council when she advocated for the ordinance passage.

Halliday 's son Christopher Wilson enlisted in the Army in 2002 and was trained as a rifleman. He died in combat at age 25 and was posthumously awarded the Purple Heart and Bronze Star Medal, among other awards, and was posthumously promoted to sergeant.

Halliday and her husband Scott honored him with a Memorial Garden in the front yard of their Westfield home where they gathered Monday with state Rep. John Velis, Barnes, Mayor Brian P. Sullivan and Council President Ralph J. Figy.

The garden featured 12 American flags, one for each year since Wilson's death, a



The Halliday family has a memorial honoring their son Christopher Wilson who died in military action. (Photo by Hope E.

large statue of a soldier, red, white and blue flowers and other memorial gifts given to the family.

Scott Halliday said he started the garden as a way to remember his stepson, whom he raised since he was 12.

"Christopher is buried in Arlington Cemetery and it's far, so I wanted to create a memorial here," he said, adding that he enjoys sitting in the yard, looking at the

See Gold Star, Page 3

Scam foiled

By CARL E. HARTDEGEN **Correspondent**

WESTFIELD - A city woman's bank account is back to normal after a shipping clerk became suspicious of a package she was mailing to a stranger and was able to convince her that she was being victimized

A city emergency dispatcher took a call Thursday from a man who said the he believed that a friend of his was being scammed by a caller who knew her social security number and other personal information. The man explained that his friend had been told that her social security number had been used to rent an apartment in San Antonio, Texas, where a police raid discovered 20 kilos of cocaine. The man said that his friend was told that she was being held responsible for the drugs and that a warrant had been issued for her

The dispatcher reports she then called and spoke directly with the woman who confirmed what her friend had reported. The victim also said that her caller knew her social security number and the name of her bank and credit card companies but not the account numbers. She said her caller had instructed her to empty her bank account and mail him the money, in a shoe box, via UPS.

The victim said that she had emptied her account and taken the money to a UPS mailing center in Northampton. There, a worker became suspicious of the package, decided not to mail it and instead opened it. When he found the money he contacted the victim to tell her that she was being victim-

He also reported the incident to Northampton police.

After the victim spoke with Northampton police, she again called the Westfield dispatcher to say that she was going to come to the Westfield police station to file a report - after she had redeposited her money in her bank.

Det. Todd Edwards, a detective with years of experience dealing with scams reported to Westfield police, said the it is "very unusual" for a shipping clerk to open a package but said that the clerk's intervention saved the woman a "significant" amount of money. Edwards did not say how much money was in the package but pointed out the the crime under investigation is grand larceny which is defined as an amount greater than \$1,200.

Edwards said that the scheme is not not unique and said that scams of this sort are very hard to investigate because of the many jurisdictions which become involved.

He also said that knowledge of the intended address of the package is not as useful as it might appear since the recipient is almost certainly a "money mule" whose sole purpose is to send the money somewhere else. "It becomes a gigantic shell game which usually ends up overseas" he



Dakotalyn Phelon shows off her favorite cow, Fruit Loop, at her family's farm in Westfield.

Westfield girl sees bright future working her family's farmland

Correspondent

WESTFIELD — For Dakotalyn Phelon's first birthday she received what many might consider an unusual gift - a cow.

"Fruit Loop is my favorite cow," said Phelon on the family's farm which spans 100 acres on the north side of the city. "Fruit Loop was my first cow and she is very protective of me."

Phelon, who first joined the Wyben 4-H Club when she was 3, couldn't imagine a better birthday gift and now counts five

more cows as her "own." The Westfield Intermediate School sixth grader is bullish on her future goals including being an integral part of the Prospect Valley Farm which is now being run by the family's fourth generation of farmers. She is the daughter of Shandalyn

and Jim Phelon.

Despite Phelon's petite size, she is eager to show off her skills around the farm especially handling Fruit Loop, a Milking Shorthorn dairy cow, which can weigh up to 1,800 pounds.

Phelon loves farm life and was surprised recently when the magazine Hoard's Dairyman arrived in the mail – featuring a photo of herself taken at last year's Big E New England 4-H Dairy Show in West Springfield. Phelon is pictured with her Milking Shorthorn calf, GMC RR Zeus Lady 1725. Zeus was purchased using a scholarship from the New England Milking Shorthorn Association.

Phelon was among 50 young people, ages 11 to 18, participating in the show, exhibiting cattle and competing in a variety of roles including showmanship. The event

See Family Farm, Page 3

















Submit your Around Town News to pressreleases@thewestfieldnews.com

Where is The Westfield News?

During a recent visit to Oslo, Norway, Westfield resident Cynthia Neary proudly displays her copy of the Westfield News. She is shown in front of Kongelige Slottet, the Royal Palace of Norway's Royal



Westfield **Homeless Cat Project**

WESTFIELD — June is Adopt A Cat Month and it is officially "kitten season" here at WHCP! We are filled to the brim with adult cats and kittens. Now, more than ever, WHCP is in desperate need of foster homes had has an urgent need for monetary donations and supplies. Can't foster but would like to help? WHCP is also seeking volunteers to launder cat beds, towels and blankets and assist at canned food drives and tag sales held throughout the Summer months. And, of course, we are always in need of cat litter, KMR, Gerber chicken flavored baby food and canned Friskies cat food, as well as other provisions. Donated items can be dropped off at 1124 East Mountain Road, Westfield, MA at any time and we also have a wish list online at www.amazon. com. If interested, please contact Denise at denisesinico@hotmail. com. Thank you for your support!



TONIGHT



62-63

THURSDAY Mostly Sunny Mostly Sunny. 85-88 85-88

Today, showers and thunderstorms before 3pm, High near 74. Tonight, a chance of showers, mainly before 9pm. Cloudy, then gradually becoming partly cloudy, with a low around 62. Wednesday, mostly sunny, with a high near 88. Wednesday Night, showers, low of 64. Thursday, patchy fog before 7am. Otherwise, mostly sunny, with a high near 88. Calm wind becoming northwest 5 to 8 mph in the morning.

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TODAY

SUNRISE

8:32 PM

SUNSET

LENGTH OF DAY

ODDS & ENDS

Historical marker commemorates reported alien abduction

PASCAGOULA, Miss. (AP) — A historical marker has been placed near the river where two men in southern Mississippi said they were abducted by aliens in 1973.

News outlets report the city of Pascagoula dedicated the marker Saturday at Lighthouse

Charles Hickson and Calvin Parker said they were on the shores of the Pascagoula River when what appeared to be aliens pulled them onboard a UFO, examined them for about 30 minutes and then returned them to Earth.

Both reported the event to the sheriff's department and were checked out at a hospital after it happened Oct. 11, 1973. The story has become known worldwide.

Parker published a book about the experience in 2018. Hickson died in 2011. Both said many people doubted their story. A few witnesses have come forward to corroborate some details.

LOCAL LOTTERY

LAST NIGHT'S NUMBERS

MASSACHUSETTS

Lucky For Life 03-17-21-23-44, Lucky Ball: 2 MassCash 09-19-21-34-35 **Mega Millions** Estimated jackpot: \$60 million **Numbers Evening** 4-1-5-5 Numbers Midday 0-1-6-1 Powerball

Estimated jackpot: \$122 million



CONNECTICUT

Cash 5 01-04-30-32-35 **Lucky For Life** 03-17-21-23-44, Lucky Ball: 2 **Lucky Links Day** 03-04-05-07-08-09-13-21 **Lucky Links Night** 01-02-04-06-16-18-19-22 Play3 Day 2-2-7 **Play3 Night** 5-2-2 Play4 Day 4-9-0-2 **Play4 Night** 4-1-8-5

TODAY IN HISTORY

TODAY IS TUESDAY, JUNE 25, THE 176TH DAY OF 2019. THERE ARE 189 DAYS LEFT IN THE YEAR.

n June 25, 1950, war broke out in Korea as forces from the communist North invaded the South.

ON THIS DATE:

In 1788, Virginia ratified the U.S. Constitution.

In 1876, Lt. Col. Colonel George A. Custer and his 7th Cavalry were wiped out by Sioux and Cheyenne Indians in the Battle of the Little Bighorn in Montana.

In 1910, President William Howard Taft signed the White-Slave Traffic Act, more popularly known as the Mann Act, which made it illegal to transport women across state lines for "immoral" purposes.

In 1943, Congress passed, over President Franklin D. Roosevelt's veto, the Smith-Connally Anti-Strike Act, which allowed the federal government to seize and operate privately owned war plants facing labor strikes.

In 1947, "The Diary of a Young Girl," the personal journal of Anne Frank, a German-born Jewish girl hiding with her family from the Nazis in Amsterdam during World War II, was first published.

In 1962, the U.S. Supreme Court ruled that recitation of a state-sponsored prayer in New York State public schools was unconstitutional.

In 1967, the Beatles performed and recorded their new song "All You Need Is Love" during the closing segment of "Our World," the first-ever live international telecast which was carried by satellite from 14 countries.

In 1973, former White House Counsel John W. Dean began testifying before the Senate Watergate Committee, implicating top administration officials, including President Richard Nixon as well as himself, in the Watergate scandal and cov-

In 1996, a truck bomb killed 19 Americans and injured hundreds at a U.S. military housing complex in Saudi Arabia

In 1998, the U.S. Supreme Court rejected a line-item veto law as unconstitutional, and ruled that HIV-infected people were protected by the Americans with Disabilities Act.

In 2003, the Recording Industry Association of America threatened to sue hundreds of individual computer users who were illegally sharing music files online.

In 2013, Democratic Texas State Senator Wendy Davis began a one-woman filibuster to block a GOP-led effort to impose stringent new abortion restrictions across the nation's second-most populous state. (Republicans voted to end the filibuster minutes before midnight, sparking a chaotic scene with demonstrators who succeeded in forcing lawmakers to miss the deadline for passing the bill.)

TEN YEARS AGO:

Death claimed Michael Jackson, the "King of Pop," in Los Angeles at age 50 and actress Farrah Fawcett in Santa Monica, California, at age 62. North Korea vowed to enlarge its atomic arsenal and warned of a "fire shower of

nuclear retaliation" in the event of a U.S. attack, as the regime marked the 1950 outbreak of the Korean War. **FIVE YEARS AGO:** In an emphatic defense of privacy in the digital age, a unanimous Supreme Court ruled that police generally may not search the cellphones of people they arrest with-

out first getting search warrants. Tim Lincecum (LIHN'-

sih-kuhm) pitched his second no-hitter against the San

Diego Padres in less than a year, allowing only one run-

ner and leading the San Francisco Giants to a 4-0 win.

The NFL agreed to remove a \$675 million cap on dam-

ages from thousands of concussion-related claims after a federal judge questioned whether there would be enough

ONE YEAR AGO:

money to cover as many as 20,000 retired players.

Facing rising costs from new tariffs, Harley-Davidson announced that it would begin shifting the production of motorcycles sold in Europe from the U.S. to factories overseas; President Donald Trump accused the company of waving a "White Flag" in the tariff dispute between the U.S. and the European Union. Britain's Prince William arrived in Israel for the first-ever official visit there by a member of the British royal family, ending the monarchy's mostly hands-off approach to one of the world's most sensitive regions.

TODAY'S BIRTHDAYS:

Actress June Lockhart is 94. Civil rights activist James Meredith is 86. Author-activist Larry Kramer is 84. Rhythm and blues singer Eddie Floyd is 82. Actress Barbara Montgomery is 80. Actress Mary Beth Peil (peel) is 79. Basketball Hall of Famer Willis Reed is 77. Singer Carly Simon is 74. Rock musician Ian McDonald (Foreigner; King Crimson) is 73. Actor-comedian Jimmie Walker is 72. Actor-director Michael Lembeck is 71. TV personality Phyllis George is 70. Rock singer Tim Finn is 67. Supreme Court Justice Sonia Sotomayor is 65. Rock musician David Paich (Toto) is 65. Actor Michael Sabatino is 64. Actor-writer-director Ricky Gervais (jer-VAYZ') is 58. Actor John Benjamin Hickey is 56. Actress Erica Gimpel is 55. Basketball Hall of Famer Dikembe Mutombo (dih-KEHM'-bay moo-TAHM'-boh) is 53. Rapper-producer Richie Rich is 52. Contemporary Christian musician Sean Kelly (formerly with Sixpence None the Richer) is 48. Actress Angela Kinsey is 48. Rock musician Mike Kroeger (KROO'-gur) (Nickelback) is 47. Rock musician Mario Calire is 45. Actress Linda Cardellini is 44. Actress Busy Philipps is 40. Jazz musician Joey Alexander is 16.

THE WESTFIELD NEWS WWW.THEWESTFIELDNEWS.COM TUESDAY, JUNE 25, 2019 - PAGE 3

CALABRESE FARMS

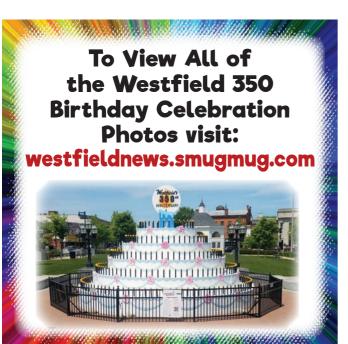
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Missing Cat: Wally

Details: Black, brown, gray tiger with white front and white legs. Last seen: Chester Rd, Blandford.

Reward for information leading to safe return. Call anytime.

Wanda: 413-221-1155 Jerry: 413-404-9009

Vandalized -

Continued from Page 1

Watkins said the incidents were reported to police and he asked to have Jersey barriers placed on either end of the bridge to block passage, but Holcomb feels there isn't enough being

'No one is doing anything to help," he said.

Police Capt. Michael McCabe said police are taking the vandalism seriously.

"This has been assigned to Community Police Officer Chris Coach and it is under investigation," McCabe said.

As far as the barriers, McCabe said that is not the purview

Watkins reached out to the Department of Public Works and Parks and Recreation Department for assistance with blocking

off the bridge. Watkins said he isn't sure how much it will cost to replace the 40-foot long railing but hopes to work with Westfield Technical Academy to build a new railing. WTA students have partnered with Grandmother's Garden on past projects, includ-

ing replacing benches in the park. Grandmother's Garden is located in Chauncey Allen Park across from WTA on Smith Avenue. It is an 11-acre municipally owned parcel. The nonprofit Friends group leases the

Transportation Plan — Continued from Page 1

to provide safe and reliable transportation infrastructure," said Roux. "We want to give people options other than driving a car."

half-acre Garden.

For example, Roux said there is huge interest in expanding the local passenger rail services. The PVPC wants to see more options for trains going north and south as well as expanding the options for travelling east and west. Roux added that some of the projects that may be presented at the meeting will be shown simply to demonstrate to the public that there may be a need for them, but they do not necessarily have any funding yet. In Springfield, for example, they had done a study that showed

ciency could be improved. As a more local example, Roux said that the PVPC does see a need for a new exit on the Mass Pike between existing

several areas for interstate-91

where traffic flow and effi-

exits two and three. Those two exits are separated by 30 miles, and exit three into Westfield can be observed to have heavy traffic backups during peak hours. Roux said that another exit would mitigate the traffic problems in the North Side of

The informational meeting is free and open for all to attend.



Family Farm Continued from Page 1

was sponsored by the Massachusetts 4-H Dairy advisory group.

The mission of Hoard's Dairyman, first established in 1885, is to supply dairy farmers and their advisers from around the globe with "practical, factual information to assist in all facets of their dairy businesses." The current issue touted June as Dairy Month.

Maureen Freniere, Phelon's aunt, actually knew several months ago that Dakotalyn would be featured on the cover but kept the news secret to surprise Phelon and their extended family members.

With school officially out for the summer, Phelon and her sisters, along with several extended family members, will be working the fields and tending to the animals. Chores run the gamut from feeding the cows, chickens, turkeys, sheep, cats, pigs, dogs, a rabbit and a goat, to cleaning their respective enclosures, hay baling, and even driving a tractor.

"I enjoy working on the farm because I am learning new things all the time," said Phelon.

The family farm was originally established in the 1940's by Leonard Phelon who then passed on the land to his sons and daughters. In 2000, James and Sheila Phelon took over the operation, and in 2013, Shandalyn and Jim Phelon, Bridget and Andy Rida, and Maureen and Andy Freniere became the new owners.

"This was a dream come true for me," said Shandalyn Phelon. "Farm work also teaches our kids responsibility as well as where our food is coming from."

Freniere echoed those sen-

"It's a real family affair here," said Freniere. "We all rely on cousins and our kids to give us a hand."

For Dakotalyn Phelon, she sees a bright future ahead working the farmland.

"I definitely want to work at this farm in the future and I hope my two sisters want to too," said Phelon. "It is also important for animals to have many people get involved in farming, not just a few peo-



Dakotalyn Phelon Westfield made the cover of Hoard's magazine Dairyman in celebration of June as Dairy Month.

Pickleball for All – Learn to Play

The Westfield Pickleball Group is offering "Learn to Play Pickleball" every Saturday morning thru the month of June at 10:00 am at the Municipal Courts on Franklin and Greylock St. Anyone, ages 6 to 96, is welcome to come and learn to play this highly fast paced game, that requires little running. Placement, shot selection, patience & control of shots is what this game is all about. A cross between ping pong & tennis; it is played on half of a tennis court & nearly always as doubles. Games are very short, exciting, & full of boisterous laughter. It is truly one of the fastest growing sports (esp. among seniors) in the US & Canada. Part of the charm is the social aspect of the game & the ability to become an intermediate level player very quickly.

Paddles will be provided, and the program is FREE. Just bring your water, sneakers & a desire to play. Bring the family too! Courts will also be available for the Social/Intermediate level players wishing to take their game outdoors at 8:00 am. Regular "open play" is Monday, Wednesday, Friday, Saturday & Sunday at 8:00 am and is open to all. Any questions please call Nan at 413 626-



A tribute to the son of Ilka and Scott Halliday in their Westfield garden. (Photo by Hope E.

Gold Star -

Continued from Page 1

statue and thinking about his son.

Every Memorial Day the Hallidays add something new to the garden as a way to continuously honor Wilson.

"He was a good kid," Scott Halliday said. "I remember when he told me he enlisted and we had a long talk about it."

Ilka Halliday, a U.S. Army veteran, said her son was always interested in the military.

"I remember when he was two-years-old and I would come home and take off my combat booths and he would just jump in them wearing his diaper and my boots," she said.

Ilka Halliday grew up in a military family. A native of Germany, her mother married a United States military man who was stationed in Germany. When he retired, the family moved to the United States and Ilka Halliday decided to join the Army herself and became a U.S. citizen.

Ilka Halliday described Wilson as "a typical GI" and said he was often in trouble at a young age, but matured in the military . . . mostly.

"People describe him as having a Jim Carey-type of personality," she said. "He was always joking around and always said I was his 'favorite dork'.'

Ilka Halliday lived in many places around the world as part of military life and settled in Westfield where she is a hair stylist. For her, it's home.

"I love Westfield," she said. "We have so much support here."

Among those supporters, said Mayor Sullivan, are the members of city government.

"There was full support from everyone to pass this," Sullivan said. "We had cooperation from the state down and the Council gave its support to the Gold Star Ordinance."

Figy said the city had the option of adopting the local ordinance and jumped at the opportunity to honor those who gave the ultimate sacrifice by helping their families.

"This is really a highlight of what we've done on the City Council," Figy said.

Local **Legislators Hold** Office Hours at the Westfield

Senior Center

WESTFIELD Representative John Velis and/or his Legislative Aide, Emily Swanson holds office hours at the Westfield Center every Senior Thursday from 11 a.m. to noon. City Council President Ralph Figy is generally at the Senior Center on the third Thursday of the month from 11 a.m. to noon. Please take advantage of these opportunities to meet with your local Westfield legislators and ask questions, voice your opinion, or just put a face with a name. The Westfield Senior Center is located at 45 Noble Street.

GOVERNMENT MEETINGS

TUESDAY, JUNE 25

WESTFIELD:

City Council public hearing on the FY20 City Budget at 6PM in City Hall.

WEDNESDAY, JUNE 26

BLANDFORD:

Fire Department Meeting at 7 pm

WESTFIELD:

Westfield: Board of Assessors at 5 pm ZBA at 7:15 pm

THURSDAY, JUNE 27

WESTFIELD

Pioneer Valley Planning Commission at 7 pm

Hyper • Local

When it comes to 21st century multimedia platforms, "hyper local" is a term you hear a lot.



It's not a new idea. In fact, The Westfield News has been providing readers with "hyper local" news coverage of Westfield, Southwick, and the Hilltowns all along. Television, radio and regional newpapers only provide fleeting coverage of local issues you care about. TV stations and big newspaper publishers, after years of cutbacks and mergers, frankly aren't able to provide in-depth coverage of smaller markets anymore.

But, day in and day out, **The Westfield News** provides consistant coverage of the stories you need to know about, that are important to your city, town, neighborhood and home.

The Westfield News Group

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The Westfield News • Pennysaver • Longmeadow News • Enfield Press

COMMENT

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Letter to the Editor

EST LEVY/LEVY CEILING

Councilor Flaherty Creates Alternative 5-year City Budget Plan

94.18%

92.71%

Over my five terms on City Council I have reviewed every annual budget, and have had significant issues with most of them. This year is no different. The Mayor submitted the proposed budget to the City Council less than two weeks ago. The Mayor's reasoning for the delay was that he wanted to wait until he had a better handle on union negotiations before submitting a budget. Is it just me, or does anyone else think this is a backwards process? Should the labor unions be telling us how much money we can spend on roads?

93.92%

The Mayor and financial team should have a long-term forward-thinking budget plan, and then give the budgets to the various departments. Let the department heads and managing boards or commissions figure out how best to work within the budget. Or course there has to be some back-and-forth, and at certain times there need to be changes in plan, but the process should be top-down – not bottom-up. The Mayor and financial team understand the broader financial needs and challenges of the city. Whereas, the department heads and union leadership are only focused on their section of the budget. Rightfully, every department head thinks their department and needs are important. It's very rare to have a department head say "I don't need that much money, you can use it for another purpose". Often, they have a list of "very important" needs that have to be met. Often they behave in protectionist mode instead of looking for ways to do things in a more efficient way across the city. This is the reality. The Mayor and the financial team including the City Council who has to approve the budgets have to take all these things into consideration and make the best choices for the city given the various demands and con-

The taxpayers are the ultimate customers and the ones who pay the bills. Their input is critical, and their demands should be respected. For the last ten years or so, the NUMBER ONE demand has been for better ROADS. Number two is to control tax increases

I'm often asked about running for Mayor, or what would I do if I was Mayor. First, I can't run for Mayor right now. I own a small business, and I can't leave it for a two-year Mayoral term and then hope to hop back into it as I work towards retirement. Second, the Mayor is grossly underpaid for the job scope

The Westfield News

A publication of the Westfield News Group LLC

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and impact. He or she manages a budget of over \$150 million and over 1000 employees. He or she sets and ultimately manages the budgets for every department in the city, appoints department heads, appoints boards and commissioners, chairs the School Committee, and is on the receiving end of every complaint in the city. He or she deserves to be paid for the job scope and impact. This job is easily comparable to a CEO of CFO of a mid-size public company. Some people think that it's "public service" and that a Mayor shouldn't be paid well. To me that says "we don't respect the Mayor's role" and "we're ok only attracting people who are willing to take that salary Neither opinion makes the job attractive for me or many other qualified people. Another way to look at the salary is by comparing it to other leadership salaries in the city (or in comparable cities). Right now there are over 75 employees in the City who make more than the Mayor. Would you think it's fair to have a department head who manages 3 employees earn the same amount as the Mayor? Or, how about three layers of management in the Schools, Fire, and Police departments all earning more than the Mayor? How's that make sense when the Mayor oversees all of those operations?

95.72%

97.41%

So, what would I do as Mayor? First, I'd start my making sure every taxpayer, department head, and employee understands all of the demands and challenges faced by the City. Then, I'd work with the financial team and key department heads to prepare a multi-year budget that addresses the needs and challenges. And, then I'd make sure to appoint department heads, and boards and commissions, who are willing to do what it takes to manage the budget for the betterment of the

I always prepare a multi-year budget after receiving the Mayor's annual proposed budget. For years I've been saying the math looks really bad, and that we can't keep going on the track we're on. As you read in my article last month, we are still on a collision path with the Levy Ceiling (the maximum we can tax). This is not good.

So, how do we address that? I've prepared a five-year forward looking budget summary that delays the collision with the Levy Ceiling, increases funding for roads, and that starts seriously addressing the long- term health care obligation.

This rough plan has something for everyone to hate. I get it. Employees won't like the way the wage increases look or the potential increases in health care contributions. People will want more spent on roads and infrastructure. Departments will say they can't possibly manage on such a tight budget. Taxpayers won't like to see the tax increases. The financial guys will say some of the estimates are a bit optimistic or pessimistic. Yup, all of that is true. However, this is fair, and it's a good starting point for discussions.

Please take a look at the spreadsheet included above. The top section summarizes the expenses. The bottom shows the expected revenues and taxes. The right section shows the changes from one year to the next. For each line item, I've included some discussion notes below.

For those who think some of the estimates are off, I agree, but we have to start somewhere. If we extra money one year, we can stash it away, or use some of it for one-time special needs. If we come up short one year, we can use a little bit of money from our reserve accounts. The goal is to have a plan, and then to use it as a long-term guide. Annual tweaks are to be expected.

For those who want to see more spending in one area or

another, take a look at the other expenses and the bottom line. There isn't much wiggle room. We are quickly approaching the tax limit, and all of those other expenses are just as important

to other departments or concerned citizens. For those departments that are not listed, they're included in the "Admin" line. My plan would be for the Mayor and his team to work within those numbers and be given the flexibility to move some things around as needed for particular years, and to look at ways of combining services or improving efficiencies. Flexibility is going to be very important moving forward.

Here are some notes about the line items: (1) **SCHOOLS** – this budget shows the labor and expense line items separately. The City Council only approves one lump sum of money each year. The School Committee and Superintendent decide how to spend the money. This is a tight budget for everyone – schools included. Schools can no longer expect to take larger and larger shares of the budget. They have to work as a team with all of the other departments in the City and manage their budget in a way that lives within the financial constraints of the City. New school building funding may require a Debt Exclusion override vote due to existing budget obligations and constraints. I'd also propose a school stabilization account that would allow the schools to carryover money between years if that situation arises. The budget assumes that the state funding is moderate and that student population settles out. If state school funding or grant revenue increases, those funds would go to the school department or their stabili-

zation account (in a way that satisfies the funding source). (2) POLICE – this budget is tight. It assumes that new leadership will not be paid as much as outgoing long-experienced leaders, and that there are some steps taken to further control total labor costs. On the expense side, the budget tries to fund most of the cruisers every year. However, 2 or 3 will be funded

using the towing and storage account or free cash. (3) FIRE - this budget is tight. It assumes that new leadership will not be paid as much as outgoing long-experienced leaders, and that there are some steps taken to further control total labor costs. On the expense side, this budget funds vehicles in the same way. It also assumes that a good portion of future ambulance revenue will be allocated to future vehicles or capital improvements.

(4) **DPW** – this budget is tight. It assumes that new leadership will not be paid as much as outgoing long-experienced leaders, and that there are some steps taken to further control total labor costs. One the expense side, the road construction expenses have been pulled out in order to make them clear to everyone. This DPW category includes all of the DPW departments except for Water, Sewer, Sewer Treatment, and

(5) AIRPORT – the budget keeps things even, but the goal is still to have the Airport increase revenue enough to cover most of the normal operating costs. Assumptions for that income are included in the "Local Receipts" line item. Increases in Local Receipts are critical to making this budget work, and the Airport needs to play their part.

(6) **ADMIN** – this line item includes all administrative, legislative, and operational departments not listed separately. I'm assuming that eventually the Mayor will be paid more, a CFO will be added, boards and commissions will take on a larger role and will see adjustments in their compensation, and that

See Letter to the Editor, Page 5

THE WESTFIELD NEWS WWW.THEWESTFIELDNEWS.COM TUESDAY, JUNE 25, 2019 - PAGE 5

Letter to the Editor

Continued from Page 4

departments and associated services will be tweaked to improve efficiencies and costs.

(7) ENGINEER CONSTRUCTION - I get that there are lots of projects in the pipeline, but we only have so much money. The people want their roads and other infrastructure maintained before adding new infrastructure and obligations. This 5-year plan should give the department the advance time it needs to manage future engineering planning costs.

(8) DPW CONSTRUCTION – this line item increases over time. It's still not enough to make everyone happy, and doesn't come close to the \$5 million per year that is needed, but it's a big step in the right direction. Chapter 90 (State Aid for Roads) is expected to be in addition to these funds – not part of these

(9) **HEALTH INSURANCE** - the big elephant in the room. This line item includes the costs from the City Budget and the chargebacks from the State Aid Cherry Sheet. The forward looking budgets assume that the expenses are controlled and that employee contributions increase. Even with these optimistic assumptions, you can see that this expense is growing at a significant pace. Any "premium holiday" money would be deposited into the OPEB liability fund and not used in the general operating budget.

(10) PENSIONS – this budget keeps the current PERAC funding plan in place. This is the second big elephant in the room. The PERAC schedule assumes that the city will pay 5.8% more each year going forward in order to fully fund the pension plan by the early 2030's. Hopefully with the current investment performance, the pension board and PERAC may be able to back off this 5.8% compounded burden. However, I'm not optimistic given the past performance and past accu-

(11) **DEBT & RDD** – this line item includes short and longterm debt payments, interest, and returns the Reserve for Debt Decline procedure. Any budgeted funds that are not needed in the budget year will be reserved for the future. This allows us to build up reserves, and by having this in the plan, we conserve enough budget space to handle projected future capital needs (with the exception of a giant project such as a school which may require a Debt Exclusion vote).

(12) SCHOOL CHOICE - this is how much money we spend sending kids to School Choice or Charter Schools. I'm hoping this is high, but it all depends on how many kids take advantage of these options. The School Committee and Superintendent are looking at ways of keeping more of these students in our system. There is a chance that the state could change the funding or reimbursements somehow, but nobody knows for sure. Public pressure is increasing.

(13) OTHER CHERRY SHEET CHARGES - this includes miscellaneous state charge, PVTA, etc... The budget shows modest increases.

(14) ALLOWANCE FOR ABATEMENTS AND **EXEMPTIONS** – this is a reserve account to cover property tax abatements and exemptions. \$450K is typical for Westfield. If more or less is needed, the variances can be handled with Free Cash or "reserve for undefined" accounts.

(15) WORKERS COMP & UNEMPLOYMENT – this is a reserve account to cover workers comp and unemployment claims. \$250K is typical for Westfield. Various labor agreements have different limitations on claims in this category. If more or less is needed, the variances can be handled with Free Cash or "reserve for undefined" accounts.

(16) OPEB - this is the reserve account to pay for retiree healthcare obligations. With current assumptions about health care costs, cost share, coverages, and life spans, the City owes employees over \$240 million net present value. To cover this, we need to invest \$9-\$18 million per year every year going forward. As you can see looking at this budget, that's impossible. Dramatic changes in the long-term healthcare plans are needed. This 5-year plan starts a path of funding, and gets the annual allocation up to a bit more than 2% of wages. More is definitely needed, but this is a good start.

(17) NET STATE AID – this is what we get from State Aid in Chapter 70 (Schools) and general funds (lottery and rare special funds) less a couple of earmarks. It does not include Chapter 90 (roads). The forward looking budget assumes modest increases. However, there are no guarantees with the state. Public pressure is on to improve the school funding formula, so maybe we'll see improvements in the new future. Sin taxes should be increasing, so we should see some benefit from Marijuana and Gambling

(18) SCHOOL BUILDING AUTHORITY – this is state reimbursement for old school work. This reimbursement will stop after FY21. NOTE: this money has been flowing into the city's general fund - not earmarked for school department or debt repayment. The loss will have to be covered with other revenue or budget cuts.

(19) LOCAL RECEIPTS – this includes all the local fees, vehicle excise taxes, meals tax, hotel tax, marijuana tax, fines, reimbursements, airport fees, etc... In this budget, I've assumed that the City will see increases due to Airport operations, new revenue from marijuana sales, and increased ILOT payments

(20) FREE CASH AND STABILIZATION – these are the two primary "savings" accounts for the City. My goals would be to only use them in an emergency, for special one-time expenses, or to buffer transitions between budget year upsand-downs. We should not be counting on them to pay for recurring growing operating expenses. \$200K in FY20 is to help increase road funding. \$400K in FY22 and FY23 is to help buffer the loss of \$879K in the SBA reimbursement.

(21) **NEW GROWTH** – this is the additional tax revenue associated with new development or property upgrades. It's essentially the value of the new property times the previous year's tax rate. So, if someone builds a million dollar property, and the tax rate is \$38/\$1000, the new growth would be \$38,000. When the Levy Limit reaches the Levy Ceiling, the maximum rate is \$25/\$1000. The \$850K estimates could be plus or minus several hundred thousand dollars. Extra revenue could reduce the tax burden, fund a reserve account, pay for a special one-time capital expense, or be used to pay-down a debt or obligation. A one-time variance should not be used to pay recurring growing operating expenses.

(22) PROPERTY TAX - after all of the expenses and incomes are considered, this is what's left to pay by taxpayers. It's growing. There is no way around this right now. As you can see from the budget, finances are a challenge. I'd certainly like lower taxes, but it's not likely give all of the requirements, obligations, expectations, and other sources of revenue. As discussed above, the budget already includes some optimistic projections.

(23) ESTIMATED LEVY CEILING – This is a GUESS at what the maximum property tax can be given the estimated total values of property in the City. This is really hard to guess, but these numbers are certainly within the realm of reason. If property values are less than this, the city will not be able to tax as much. In order to balance the budget, the City will likely have to make unpopular dramatic budget changes. If the values are higher, the City has more wiggle room, but the taxpayers are already stretched and they do not want to see higher property taxes.

In conclusion, this certainly isn't a perfect plan, and as I said above, there is something for everyone to hate. However, it is fair and realistic, and it's a good starting point for discussions. We cannot continue on the current path.

The City Council is holding a public hearing on the FY20 City Budget Tuesday evening at 6PM in City Hall. Please review the budget online athttps://www.cityofwestfield. org/727/Budgets-Studies, attend the Public Hearing, and express your opinions about the budget, expenses, and taxes. Your participation is critical.

I plan on suggesting about \$1.5 million in budget cuts. This will not be popular. There will be great pressure from special interests saying that their favorite line-item cannot handle a reduction. Expect this, and expect a whole bunch of City Councilors to just go along with the budget without suggesting or supporting any cuts. They need your encouragement to get the results you expect. NOTE: "cut" does not necessarily imply that an expense is less than last year - it means that it's less than the department asked for this year.

This budget drives your tax rates that will be set later in the year. As of right now, spending is up over \$3 million and there is a 2.5% tax increase in the budget.

If you have any questions or concerns about anything covered in this article, or about the budget process, please feel free to reach out to me at any time.

> Regards, **Dave Flaherty** City Councilor d.Haherty@cityofwestfield.org

Mass. budget talks may slide into new fiscal year

BOSTON (AP) — Negotiations between Massachusetts House and Senate lawmakers over differences in a proposed \$42.7 billion state budget likely won't wrap up in time to have the spending plan in place for the new fiscal year.

Democratic House Speaker Robert DeLeo told reporters Monday the new budget probably won't be done by July 1, the start

On Monday, the Massachusetts House and Senate approved a \$5 billion interim budget to keep state government running if a

full budget isn't approved by both chambers and signed by Republican Gov. Charlie Baker by Sunday.

While overall state spending is roughly the same in the House and Senate versions of the budget, there are key policy differences, including the Senate's plan to freeze tuition and fees at the University of Massachusetts.

Driver with record charged with 7 homicides in biker crash

By MICHAEL CASEY

Associated Press

of the fiscal year.

CONCORD, N.H. (AP) — The driver of a pickup truck in a fiery collision on a rural New Hampshire highway that killed seven motorcyclists was charged Monday with seven counts of negligent homicide, and records show he was stopped on suspicion of drunken driving last month and in 2013.

Volodymyr Zhukovskyy, 23, was arrested Monday morning at his home in West Springfield, Massachusetts, the New Hampshire attorney general's office said. He will be arraigned Tuesday in Lancaster, New Hampshire, authorities

He was handed over to New Hampshire authorities after a brief court appearance Monday in Springfield, Massachusetts. Zhukovskyy looked down at his feet as he was led into the courtroom with his hands cuffed behind his back.

Connecticut prosecutors say he was arrested May 11 in an East Windsor Walmart parking lot after failing a sobriety test. Officers had responded to a complaint about a man who was revving

his truck engine and jumping up and down outside the vehicle. Zhukovskyy's lawyer in that case,

John O'Brien, said he denies being

intoxicated and will fight the charge. Zhukovskyy refused to submit to a blood test, prosecutors said.

Additionally, Zhukovskyy was arrested on a drunken driving charge in 2013 in Westfield, Massachusetts, state motor vehicle records show. He was placed on probation for one year and had his license suspended for 210 days, The Westfield News reported. Records from the Federal Motor

Carrier Safety Administration indicate that the company Zhukovskyy was driving for, Westfield Transport, has been cited for various violations in the last two years, MassLive.com reported.

There were two instances where drivers were in possession of narcotic drugs. Other violations including a driver without a commercial driver's license, one for speeding and another for defective brakes.

The company did not respond to repeated requests for comment.

A man who answered the phone at the home of Zhukovskyy's family and would identify himself only as his brother-inlaw said Monday that the family is in shock and feeling the same pain as everyone else but couldn't say whether the driver was right or wrong. Since the accident, the brother-in-law

said, Zhukovskyy had remained in his room, not eaten and talked to no one.

Defense attorney Donald Frank called Friday's crash a "tragedy" but said it's important to let the criminal justice system play out.

Zhukovskyy's pickup truck, towing a flatbed trailer, collided with a group of 10 motorcycles Friday on a two-lane highway in the northern New Hampshire community of Randolph, investigators said. The truck was traveling west when it struck the eastbound group of motor-

The victims were members or supporters of the Marine JarHeads, a New England motorcycle club that includes Marines and their spouses, and ranged in age from 42 to 62. Four were from New Hampshire, two from Massachusetts and one from Rhode Island.

George Loring, a JarHeads member who lives in Hingham, Massachusetts, and was a few hundred yards from the crash, said Zhukovskyy has "got to live with it for the rest of his life.

"Everyone's suffering so much," Loring said. "It's so sad for the brothers and sisters who died. You can be angry at him, you can be whatever. I don't know.

See Driver Charged, Page 8

BITUARIES

THEWESTFIELDNEWS.COM/CATEGORY/OBITUARIES/

Judy Sears Jordan

GRANVILLE — Judy Sears Jordan, July 22, 1954 – June 19, 2019, 64, of Granville, passed away on June 19, 2019, at Baystate Medical Center in Springfield, surrounded by family and friends.

was born Judy in Northampton, MA to Russell L. Sears, Jr. and Ann (McGarty) Sears on July 22, 1954. She graduated from Wahconah High School in Dalton. Judy



and Douglas Jordan were married on April 3, 1976, in Cummington. Judy worked as the office manager for her family run business, Humphrey's Garage, in Granville for 25 years and was involved in many clubs including HOG & the Iron Butt Association.

Besides her parents, Judy was predeceased by her

brother, Mark Sears & nephew Joshua Jordan. Judy is

survived by her husband Doug of 43 years; sons Jason and his wife Jessica of Agawam, Dustin and his wife Patricia of Granville; four brothers, Russell III, Michael, David and his wife Carrie, Edward and his wife Cindy; brothers-in-law, Russell and his wife Deborah and Gregory and his wife Karen; sister-in-law Brenda and her husband Dale; seven grandchildren, Chase, Reese, Skylar, Cael, Ellowyn, Devlyn & Deklyn; several nieces and nephews and her dear friends Steve and Carol, Rick and Trish. Judy's grandchildren were her pride and joy and the

light of her life and she enjoyed spending time with them and making lasting memories. She will be remembered for her quick wit, infectious laugh, huge smile, and kind heart. She enjoyed sharing many stories of motorcycle and camping trips. Doug and Judy always sought out unusual roadside attractions and local restaurants following their motto, "Live to ride, ride to eat." Avalon Life Celebration Center & Cremation Services,

LLC 691 College Hwy., Southwick, MA is assisting the family with arrangements. To express condolences, share memories, and photos, please visit Judy's memorial page at www.avaloncelebrations.com

In lieu of flowers and donations, we ask that you remember to "check twice and save a life; motorcycles are everywhere." A celebration of life will be planned for the near future.

Police Logs

WESTFIELD Major crime and incident report **Tuesday, June 18, 2019**

8:54 a.m.: disturbance, Whitney Playground, Shepard Street, a resident came to the station to complain that he was assaulted by a man with a knife as he was collecting redeemable cans at the playground, the responding office reports the incident had been previously reported and remains under

4:03 p.m.: warrant service, St.Paul Street, a detective reports that a warrant was executed and two persons were found to be in possession of contraband, Melitza Cotto, 38, of 34 Arliss St., Springfield, was arrested for possession of a Class B drug and Alex J. Barnes, 30, of 9 St.Paul St., Westfield, was arrested for possession of a Class A drug with intention to distribute, a subsequent offense, and possession of a Class B drug with intention to distribute, a subsequent

8:29 p.m.: assault, Main Street, a caller reports he was assaulted by a person with a known nickname, the responding officer reports the alleged assault occurred in Springfield and the complainant was referred to the Springfield police;

9:30 p.m.: burglary, Colony Circle, a caller reports that he believes someone broke into his house and stole a tablet computer, the responding officer reports there are no signs of forcible entry.

Public to weigh in on right-to-die bills for terminally ill

BOSTON (AP) — Legislation that would legalize the right to die for the terminally ill is the subject of a hearing on Beacon Hill.

The legislation would allow those with a terminal illness or condition to ask their doctor for life-ending drugs. Advocates

on both sides are expected to attend Tuesday's hearing. In 2012 Massachusetts voters narrowly rejected a ballot question that would have allowed doctors to prescribe life-

ending drugs to the terminally ill. A handful of states, including California and neighboring Vermont, have approved similar bills.

The Massachusetts Medical Society in 2017 said it was no longer opposed to medical aid in dying as an end-of-life

option for the terminally ill Republican Gov. Charlie Baker said Monday he understand it's an issue people wrestle with and is interested in Tuesday's

Body of fisherman found in Quaboag River in West Brookfield

WEST BROOKFIELD, Mass. (AP) — The body of a fisherman who apparently drowned has been pulled from a Massachusetts river.

Authorities say 54-year-old Kevin Dion, of West Brookfield, was spotted in the Quaboag River by several people in a small boat Saturday evening.

West Brookfield police retrieved the body.

testimony.

Officials say Dion had packed a lunch and gone fishing Saturday morning. His friends began searching for him Saturday afternoon because he was not answering his cellphone. His friends found his folding chair and other belongings on the river bank in an area where he often fished.

Worcester District Attorney Joseph D. Early Jr.'s office said in a statement that Dion's death did not appear to be

The case remains under investigation.

HEALTHFITNESS

Trump signs order that aims to reveal real health care costs

By RICARDO ALONSO-ZALDIVAR

Associated Press

WASHINGTON (AP) — President Donald Trump signed an executive order Monday that calls for upfront disclosure by hospitals of actual prices for common tests and procedures to help keep costs down.

The idea is to give patients practical information that they can use to save money. For example, if a hospital charges your insurer \$3,500 for a type of echocardiogram and the same test costs \$550 in a doctor's office, you might go for the lower-price procedure to save on

But insurers said the idea could backfire, prompting hospitals that now give deeper discounts to try to raise their own negotiated prices to match what high earners are getting. Hospitals were skeptical of the move.

Trump's order also requires that patients be told ahead of time what their out-of-pocket costs like deductibles and copays will be for many procedures.

Little will change right away. The executive order calls for a rule-making process by federal agencies, which typically takes months or even years. The details of what information will have to be disclosed and how it will be made available to patients must be worked out as part of writing the regulations. That will involve a complex give-and-take with hospitals, insurers and others

Consumers will have to wait to see whether the results live up to the administration's promises.

"For too long it's been virtually impossible for Americans to know the real price and quality of health care services and the services they receive," Trump said at the White House. "As a result, patients face significant obstacles shopping for the best care at the best price, driving up health care costs for everyone."

Health and Human Services Secretary Alex Azar told reporters earlier that the order "will put patients in control by increasing choice and competition."

Lack of information on health care prices is a widespread problem. It's confusing for patients, and experts say it's also one of the major factors that push up U.S. costs. The same test or procedure, in the same city, can cost widely different amounts depending on who is performing it and who is paying the bill. Hospital list prices, which are available, don't reflect what they are paid by insurers and government programs.

The health insurance industry said disclosing negotiated prices will only encourage hospitals that are now providing deeper discounts to try to raise their rates to match the top-tier facilities. "Publicly disclosing competitively negotiated proprietary rates will reduce competition and push prices higher — not lower — for consumers, patients, and taxpayers," Matt Eyles, head of the industry group America's Health Insurance Plans, said in a statement.



President Donald Trump speaks during a ceremony where he will sign an executive order that calls for upfront disclosure by hospitals of actual prices for common tests and procedures to keep costs down, at the White House in Washington, Monday, June 24, 2019. (AP Photo/Carolyn Kaster)

The Federation of American Hospitals, representing for-profit facilities, warned that if the Trump administration regulations take the "wrong course," they may "undercut the way insurers pay for hospital services, resulting in higher spending."

While the prices Medicare pays are publicly available, private insurers' negotiated rates generally are not. Industry officials say such contractual information is tantamount to trade secrets and should remain

Azar pushed back against that argument, saying insurers do ultimately disclose their payment rates when they send individual patients an "explanation of benefits."

That's the technical term for the form that patients get after they've had a procedure or seen the doctor.

"Every time any one of us goes to a doctor or a hospital, within a couple of weeks in our mailbox arrives an explanation of benefits. (It) contains the list price ... the negotiated rate ... and what your out-ofpocket is," Azar said. "This is not some great state secret out there."

Patients should have that information ahead of time to help them make decisions, he added.

Trump's executive order also calls for: -expanded uses for health savings accounts, a tax-advantaged way to pay health care bills that has long been favored by Republicans. Coupled with a lowerpremium, high-deductible insurance plan, the accounts can be used to pay out-ofpocket costs for routine medical exams

and procedures. —a plan to improve the government's various health care quality rating systems for hospitals, nursing homes and Medicare Advantage plans.

- more access by researchers to health care information, such as claims for services covered by government programs like Medicare. The data would be stripped of details that could identify individual

'Michael Jackson drug' still prompts curiosity from patients

By CARLA K. JOHNSON

Associated Press

It remains the most widely used anesthetic in U.S. hospitals, but many patients still remember propofol as the drug that killed Michael Jackson.

Most are no longer afraid of it, doctors say, though many still ask if they will get "the Michael Jackson drug" before an operation. And most of them will.

Jackson died 10 years ago at his Los Angeles home after receiving a lethal dose of the drug intended for use only during surgery and other medical procedures - not for insomnia.

As Jackson rehearsed for his comeback tour, he struggled to sleep. Prosecutors said Jackson's personal doctor Conrad Murray gave the singer propofol, as he had many times before, then left him unattended. Murray, who maintains his innocence, was convicted of involuntary manslaughter in 2011.

A look at the history and safety of propofol:

MILK OF AMNESIA

Jackson called propofol his "milk." It's a white, oily solution injected into a vein. It acts fast, in about 40 seconds, and wears off quickly too. Patients wake up with no hangover or nausea. They don't remember much, earning the drug its nickname "milk of amnesia."

Propofol was a noteworthy advance when it was launched in the late 1980s, but it almost didn't make it out of the lab. An early version caused allergic reactions.

Discoverer John B. Glen kept at it and found a better formula using sovbean oil. Thirteen years after its discovery, propofol rapidly replaced sodium thiopental in most operating rooms. Up to 50 million U.S. patients receive propofol annually.

The World Health Organization deemed it an "essential medicine." Glen, who retired

from the pharmaceutical firm AstraZeneca, was honored with the prestigious Lasker medical research award last year.

HOW SAFE IS IT?

Because propofol lowers blood pressure and suppresses breathing, patients need to be

"It's quite safe in an anesthesiologist's hands," said Dr. Beverly Philip of the American Society of Anesthesiologists.

These days, patients aren't as afraid of going under, she said. "Now it's more of a matter of curiosity rather than being afraid for their own safety.'

Dr. Steven Shafer of Stanford University, a propofol expert who testified at Murray's trial, endorses the appropriate use of propofol.

'Michael Jackson was killed by a reckless and incompetent physician," he said.

Police rarely encounter the drug. It's not a controlled substance under federal law.

There's little abuse in the general public. Almost all cases involve health care workers. They steal it at work to get a pleasant but dangerous high. At least 18 deaths were reported among medical professionals from 1992 to

WHAT'S NEW?

University of Utah psychiatrist Dr. Brian Mickey is studying propofol for depression in people who don't get relief from medications or psychotherapy. Other treatments may include brain stimulation such as electroconvulsive therapy, but that can have side effects such as confusion and memory loss.

Mickey and his colleagues published a preliminary study last year that tested a series of high doses of propofol in 10 patients with moderate to severe depression. Half improved and maintained better moods for three months.

Now the researchers are planning a larger



In this Thursday, Oct. 20, 2011 file photo, anesthesiology expert Dr. Steven Shafer demonstrates the use of propofol after placing a bottle of the drug in an empty saline bag during Dr. Conrad Murray's involuntary manslaughter trial for Michael Jackson's death in Los Angeles. Jackson died 10 years ago at his Los Angeles home after receiving a lethal dose of the drug intended for use only during surgery and other medical procedures _ not for insomnia. (AP Photo/Reed Saxon, Pool)

study that will test propofol against a sedative called midazolam.

Mickey doesn't know how propofol may help depression, but said it may be triggering the brain to reorganize itself. It may be "coaxing the brain into getting unstuck from

this bad, depressed state that it's in," he said. The study was done in a hospital with an anesthesiologist giving propofol through an

"Don't do this at home," Mickey said.

Greater Westfield & Western Hampden County Medical Reserve Corps A 501(C)3 Non-Profit Disaster Organization will conduct a BASIC EMT COURSE in Downtown Westfield

Registration is now open for EMT Training that will be taught at the Westfield Episcopal Church of the Atonement in downtown Westfield (36 Court Street, Westfield, MA 01085)

Program dates are July 9th to December 12, 2019. The registration is now open. Class will be held Tuesday and Friday evenings from 6:00 to 10:00 p.m. and one Saturday per month from 8:00 a.m. to 4:00 p.m. in the Grand Hall located on the lower level of

36 Court Street, Westfield, MA (entrance from the rear parking lot)

Mission Statement

To educate and train entry level Basic EMTs in the provision of high quality EMS services according to Current National EMS Education Standards, State, Regional and Local Protocols, Policies and Procedures.

> For Financial/Course questions as well as Course Registrations email the Course Director: emellojr@comcast.net

> > There are 36 seats in this course.



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In this Aug. 1, 2018, file photo, Dikembe Mutombo speaks during the opening ceremony of Basketball without Borders Africa in Johannesburg, South Africa. U.S. health officials are turning to a basketball hall of famer for help in one of the deadliest Ebola outbreaks in history. Dikembe Mutombo is regarded as one of the greatest defensive players in NBA history and is a well-known philanthropist in his native Congo. He recorded radio and video spots designed to persuade people to take precautions and get care that might stop the disease's spread. (AP Photo/Themba Hadebe)

Dikembe Mutombo records Ebola messages for US officials

By MIKE STOBBE

Associated Press

NEW YORK (AP) — Unable to send disease fighters to help battle one of the deadliest Ebola outbreaks in history, U.S. health officials are turning to basketball hall of famer Dikembe Mutombo for help.

Mutombo, regarded as one of the greatest defensive players in NBA history and a well-known philanthropist in his native Congo, recorded radio and video spots designed to persuade people to take precautions and get care that might stop the disease's spread.

The U.S. Centers for Disease Control and Prevention began posting the spots Monday on its YouTube channel and on the agency's website . Officials are trying to get radio and TV stations in the Democratic Republic of Congo to air

More than 2,200 people have been reported ill - and about 1,500 have died - since an Ebola outbreak was declared in August in eastern Congo. It is the second deadliest outbreak of the

BENI, Congo (AP) — A driver working with an Ebola response team

is in critical condition after angry crowds hurled rocks at him and set his

Monday's attack in Beni is the latest

against health workers trying to combat the virus that has killed more than

1,500 people in eastern Congo since

Associated Press that authorities were

working to find the attackers and to protect the health teams out in the

Ebola response efforts have been

severely hindered by community mistrust and fear. Health centers have

come under deadly attack and teams in

the field have been threatened and

As a result, Ebola has spread in areas

where vaccination efforts have stopped

Col. Safari Kazingufu told The

the outbreak began last August.

vehicle on fire.

lethal virus, which jumps from person to person quickly through close contact with bodily fluids.

Rebel attacks and community resistance have hurt Ebola response work in Congo. A World Health Organization doctor was killed in April, health centers have been attacked and armed groups have repeatedly threatened health workers. Because of safety concerns, the U.S. State Department last year ordered CDC disease specialists to stay out of the outbreak areas.

Mutombo, who moved to the U.S. in the 1980s intending to pursue a medical degree, told The Associated Press he understands where the distrust comes

"Someone who doesn't look like you, who doesn't think like you, who is not from your village, who is from other places, just walk to your village with a nice beautiful white truck and telling you ... 'inject this chemical into your body to protect you from this deadly virus.' That's where there's a fight. This is where we're having a conflict," he

Driver with Ebola team severely injured by mob

"How do you that build trust? That's the big problem we're having in the 'he said. "I believe as a son of Congo, I think my voice can be heard. Because everyone in the country knows my commitment to the humanity and the health.'

The idea for the PSA was sparked in February when Mutombo, a member of the CDC Foundation's governing board who lives in Atlanta, was talking with Dr. Robert Redfield, the CDC's director.

"We are deeply appreciative of his interest to try to get accurate information to the community," Redfield said.

Mutombo, who turns 53 on Tuesday, previously did public service announcements focused on polio and yellow fever. A dozen years ago, his foundation established a 300-bed hospital on the outskirts of his hometown of Kinshasa.

The new spots were recorded in Kiswahili, French and Lingala. They talk about recognizing the early signs of Ebola, early treatment and prevention

Medical groups warn climate change is a 'health emergency'

By ELANA SCHOR **Associated Press**

WASHINGTON (AP) — As Democratic presidential hopefuls prepare for their first 2020 primary debate this week, 74 medical and public health groups aligned on Monday to push for a series of consensus commitments to combat climate change, bluntly defined by the organizations as "a health emergency." The new climate change agenda released by the groups,

including the American Medical Association and the American Heart Association, comes amid early jostling among Democratic candidates over whose environmental platform is more progressive. The health organizations' policy recommendations, while a stark departure from President Donald Trump's approach, represent a back-to-basics approach for an internal Democratic climate debate that has so far revolved around the liberal precepts of the Green New Deal.

'The health, safety and well-being of millions of people in the U.S. have already been harmed by human-caused climate change, and health risks in the future are dire without urgent action to fight climate change," the medical and public health groups wrote in their climate agenda, shared with The Associated Press in advance of its release.

Among other things, the groups are pressing elected officials and presidential candidates to "meet and strengthen U.S. commitments" under the 2015 United Nations climate agreement from which Trump has vowed to withdraw. They're also pushing for some form of carbon pricing, although without any reference to potential taxation of emissions, and "a plan and timeline for reduction of fossil fuel extraction in the U.S.'

Former Vice President Joe Biden's climate change plan, released earlier this month, tracks broadly with several of the medical and public health groups' priorities. While the groups call for a reduction in petroleum and natural gas use in transportation, they do not go as far as several of Biden's rivals in supporting an outright ban on the oil and gas extraction technique known as hydraulic fracturing, or fracking, which involves injecting high-pressure mixtures of water, sand or gravel and chemicals into rock.

Other groups signing onto the list of climate policy priorities include the American Lung Association, the American College of Physicians and multiple state-level and academic public health organizations. That the agenda's endorsing groups do not operate with "a political axe to grind" could help them draw more attention to climate change, said Ed Maibach, director of the Center for Climate Change Communication at George Mason University.

For voters who view climate change "primarily as a threat to things in the environment, like polar bears," talking about the issue as a health problem could reframe their thinking, Maibach said.

"It's incredibly helpful when health professionals point out the actual reality of the situation, point out that this is also a threat to our health and well-being now ... and it's likely to get worse, much worse, if we don't take action to address it," he said.



Supreme Court to review insurers Obamacare claims for \$12B

WASHINGTON (AP) — The Supreme Court will decide whether insurance companies can collect \$12 billion from the federal government to cover their losses in the early years of the health care law championed by President Barack Obama.

The justices say Monday that they will hear appeals in the fall from insurers who argue that they are entitled to the money under a provision of the "Obamacare" health law that promised insurers a financial cushion for losses they might incur by selling coverage to people in the marketplaces created by the health care law.

The companies cite Health and Human Services Department statistics to claim they are owed \$12 billion.

But Congress inserted a provision in the department's spending bill from 2015 to 2017 to limit payments under the "risk corridors" program.

"Male Call!" Fitness Class at Westfield

because of the dangers.

Senior Center Hannum, Greg Westfield State University Movement Science graduate, facilitates "Male Call!" an all-male fitness class at the Westfield Senior Center on Monday and Wednesday mornings from 9 to 10 a.m. The cost is \$5 per class on a pay-as-you-go basis. This is a general fitness class designed specifically for older men with a variety of fitness abilities. Please remember that participants utilizing the Fitness Room for classes and dance sessions required to change their footwear before walking on the hardwood floor and also sign a Release of Liability and Usage Agreement. For more information, contact the Westfield Senior Center

at 562-6435.

TOPS #411 Meetings

Westfield TOPS (Take Off Pounds Sensibly) Chapter #411, meets Tuesday mornings at the Second Congregational Church, 487 Western Ave, Westfield (near Stanley Park). Weigh-ins are from 9 to 9:50 am. Meetings follow from 10:00 to 11:00 am. The group is informative, supportive and a lot of fun. Come visit us and make a new beginning. Men are welcome. For more information, please contact our Leader: Denise at 413-579-7368 or Co-Leader Jackie at 413-426-Tai Chi at the Russell Senior

The Russell Council on Aging hosts a Tai Chi class Wednesdays at 6:00 p.m. at the Russell Senior Center, 65 Main St., Russell. The class is taught by a certified Tai Chi instructor from the Westfield YMCA. The classes are open to adults of any age and physical ability. The fee for the class is \$5.00 per class. Please call the Russell Council on Aging at 413-862-6217 with

questions or for more information.

Overeaters Anonymous

Congolese security forces attend the scene after the vehicle of a health ministry

Ebola response team was attacked in Beni, northeastern Congo Monday, June 24,

2019. A driver working with the team is in critical condition after angry crowds

hurled rocks at him and set the vehicle on fire, in the latest attack to strike efforts to

combat the virus that has killed more than 1,500 people in eastern Congo since the

Is food a problem for you? Are you obsessed with eating and body size? There is a solution! Please visit an Overeaters Anonymous Meeting held every Friday from 6 to 7pm and every Sunday from 3:30 to 4:30pm at the Southwick Congregational Church. 10/202 and Depot St. Southwick MA 01077. No dues or fees, no religious affiliations, no weighing and diets. Handicap accessible. Free parking. www.oawmass.org.

Overeaters Anonymous meeting

On Wednesday nights, downstairs at the Church of Atonement, men, women, and teens get together to help each other to stop hurting themselves with food. Food is fuel for the body; many of us eat because of what is eating us. We can promise a new approach to fueling our body. Please come join us in helping

others help themselves.

Pound at the YMCA of Greater Westfield The YMCA of Greater Westfield is offering the fastest growing group fitness phenomenon inspired by the sweat-dripping, infectious, energizing fun of drumming! POUND is a full body cardio jam session championed by fitness rebels around the world. Pound is the brainchild of Kirsten Potenza and Cristina Peerenboom, California-based former drummers who set out to fuse conditioning moves and cardio interval training with the distracting fun of drumming. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to all abilities. Sweat, Sculpt, & ROCK with POUND at the YMCA on Thursdays 6:30PM and Saturdays at 9:15AM. For more info,

contact Cindy Agan, Fitness Director, 413-

568-8631 or email: cagan@westfieldymca.

"Side By Side" Support Group at the Westfield Senior Center

The Westfield Senior Center's "Side By Side" support group meets on the fourth Friday of the month from 9:30 to 11 a.m. and is open to any senior who is a little overwhelmed with the stresses of life. Whether an older adult is dealing with health problems, the loss of close family members and friends, or caregiver responsibilities, the support of others, often "in the same boat," can be most helpful. Participants chat informally over coffee or tea and all discussions are strictly confidential. Please consider joining the group as a "regular" or a "drop-in." For more information, call Tina Gorman at the Senior Center, 562-6435. The Westfield Senior Center is located at 45 Noble Street.



outbreak began last August. (AP Photo/Al-hadji Kudra Maliro)



In this Nov. 16, 2018, file photo, the Golden Gate Bridge is obscured by smoke and haze from wildfires in this view from Fort Baker near Sausalito, Calif. Tens of millions of people in the Western US face a growing health risk due to wildfires as more intense and frequent blazes churn out greater volumes of lungdamaging smoke, according to research scientists at NASA and several major universities. (AP Photo/ Eric Risberg, File)

Jump in wildfires means smoke's health impact will spread

By MATTHEW BROWN Associated Press

BILLINGS, Mont. (AP) — Climate change in the Western U.S. means more intense and frequent wildfires churning out waves of smoke that scientists say will sweep across the continent to affect tens of millions of people and cause a spike in premature deaths.

That emerging reality is prompting people in cities and rural areas alike to gird themselves for another summer of sooty skies along the West Coast and in the Rocky Mountains — the regions widely expected to suffer most from blazes tied to dryer, warmer conditions.

"There's so little we can do. We have air purifiers and masks — otherwise we're just like 'Please don't burn,'" said Sarah Rochelle Montoya of San Francisco, who fled her home with her husband and children last fall to escape thick smoke enveloping the city from a disastrous fire roughly 150 miles (241 kilometers) away.

Other sources of air pollution are in decline in the U.S. as coal-fired power plants close and fewer older cars roll down highways. But those air quality gains are being erased in some areas by the ill effects of massive clouds of smoke that can spread hundreds and even thousands of miles on cross-country winds, according to researchers.

With the 2019 fire season already heating up with fires from southern California to Canada, authorities are scrambling to better protect the public before smoke again blankets cities and towns. Officials in Seattle recently announced plans to retroit five public buildings as smoke-

Scientists from NASA and universities are refining satellite imagery to predict where smoke will travel and how intense it will be. Local authorities are using those forecasts to send out real-time alerts encouraging people to stay indoors when conditions turn unhealthy.

The scope of the problem is immense: Over the next three decades, more than 300 counties in the West will see more severe smoke waves from wildfires, sometimes lasting weeks longer than in years past, according to atmospheric researchers led by a team from Yale and Harvard.

For almost two weeks last year during the Camp Fire, which killed 85 people and destroyed 14,000 homes in Paradise, California, smoke from the blaze inundated the San Francisco neighborhood where Montoya lives with her husband, Trevor McNeil, and their three children.

Lines formed outside hardware stores as people rushed to buy face masks and indoor air purifiers. The city's famous open air cable cars shut down. Schools kept children inside or canceled classes, and a church soup kitchen sheltered homeless people from the smoke.

Montoya's three children have respiratory problems that their doctor says is likely a precursor to asthma, she said. That would put them among those most at-risk from being harmed by wildfire smoke, but the family was unable to find child-sized face masks or an adequate air filter. Both were sold out everywhere they looked.

In desperation, her family ended up fleeing to a relative's vacation home in Lake Tahoe. The children were delighted that they could go outside again.

"We really needed our kids to be able to breathe," Montoya said.

Smoke from wildfires was once considered a fleeting nuisance except for the most vulnerable populations. But it's now seen in some regions as a recurring and increasing public health threat, said James Crooks, a health investigator at National Jewish Health, a Denver medical center that specializes in respiratory ailments.

"There are so many fires so many places upwind of you that you're getting increased particle levels and increased ozone from the fires for weeks and weeks," Crooks said.

One such place is Ashland, Oregon, a city of about 21,000 known for its summer-long Oregon Shakespeare Festival.

During each of the past two summers, Ashland had about 40 days of smoke-filled air, said Chris Chambers, wildfire division chief for the fire department. Last year that forced cancellation of more than two-dozen outdoor performances. Family physician Justin Adams said the smoke was hardest on his patients with asthma and other breathing problems and he expects some to see long-term health effects.

"It was essentially like they'd started smoking again for two months," he said.

Voters in 2018 approved a bond measure that includes money to retrofit Ashland schools with "scrubbers" to filter smoke. Other public buildings and businesses already have them. A community alert system allows 6,500 people to receive emails and text messages when the National Weather Service issues smoke alerts.

"We really feel like we've made a conscious effort to adapt to climate change,"

Chambers said. "But you can't just live your whole life inside."

The direct damage from conflagrations that regularly erupt in the West is stark. In California alone, wildfires over the past two years torched more than 33,000 houses, outbuildings and other structures and killed 146 people.

Harder to grasp are health impacts from microscopic particles in the smoke that can trigger heart attacks, breathing problems and other maladies. The particles, about 1/30th of the diameter of a human hair, penetrate deeply into the lungs to cause coughing, chest pain and asthma attacks. Children, the elderly and people with lung diseases or heart trouble are most at risk.

Death can occur within days or weeks among the most vulnerable following heavy smoke exposure, said Linda Smith, chief of the California Air Resources Board's health branch.

In the past decade as many as 2,500 people annually died prematurely in the U.S. from short-term wildfire smoke exposure, according to Environmental Protection Agency scientists.

The long-term effects have only recently come into focus, with estimates that chronic smoke exposure is causing on the order of 20,000 premature deaths per year, said Jeff Pierce, an associate professor of atmospheric science at Colorado State University. That figure could double by the end of this century due to hotter, dryer conditions and much longer fire seasons, said Pierce. His research team compared known health impacts from air pollution against future climate scenarios to derive its projections.

Even among wildfire experts, understanding of health impacts from smoke was elusive until recently. But attitudes shifted as growing awareness of climate change ushered in research examining wildfire's potential consequences.

Residents of Northern California, western Oregon, Washington state and the Northern Rockies are projected to suffer the worst increases in smoke exposure, according to Loretta Mickley, a senior climate research fellow at Harvard.

"It's really incredible how much the U.S. has managed to clean up the air from other (pollution) sources like power plants and industry and cars," Mickley said. "Climate change is throwing a new variable into the mix and increasing smoke, and that will work against our other efforts to clear the air through regulations. This is kind of an unexpected source of pollution and health hazard."

Driver Charged Continued from Page 5

I'm glad he's been arrested."

Joseph Mazza, whose nephew Albert Mazza Jr. was killed in the crash, welcomed the arrest but called it a poor consolation for the loss of a loved one.

"As long as he pays a price. He has caused lot of harm to a lot of families," Mazza said from his Haverhill home. "If he has a problem, he shouldn't be on the road. If he is a bad actor, he doesn't belong on the street. He caused enough of a tragedy. Enough is enough."

Authorities have only said they are investigating the cause of the collision.

JarHeads president Manny Ribeiro, who survived the crash, said the group had just finished dinner and was heading to a fundraiser at an American Legion post in nearby Gorham. A total of 21 riders and 15 motorcycles were in the group. Mazza, who was riding next to Ribeiro, was among those hit by the truck.

"It was just an explosion ... with parts and Al and everything flying through the air," he said. "He turned hard left into us and took out pretty much everyone behind me. The truck and trailer stayed attached and that is why it was so devastating ... because the trailer was attached and it was such a big trailer, it was like a whip. It just cleaned us out."

After the crash, Ribeiro recalled seeing Zhukovskyy "screaming and running around" in the middle of the road before he was taken away by authorities. Motorcycles and bodies were everywhere, he said, and several people were yelling at Zhukovskyy, demanding to know what he had just done.

"It was very surreal," he said, adding that he had put a tour-

niquet on the leg of one rider who remains hospitalized in

"I saw Al. I knew he was gone right away," he continued. "At that point, we just tried to figure out who needed help and got to work. There was debris everywhere and the truck was on fire. I was just looking for survivors, familiar faces and trying to find out who I had lost and ... trying to help the living."

Zhukovskyy was questioned at the scene of Friday's crash and allowed to return to Massachusetts, the National Transportation Safety Board has said.

Authorities identified the dead as Michael Ferazzi, 62, of Contoocook, New Hampshire; Mazza, 59, of Lee, New Hampshire; Desma Oakes, 42, of Concord, New Hampshire; Aaron Perry, 45, of Farmington, New Hampshire; Daniel Pereira, 58, of Riverside, Rhode Island; and Jo-Ann and Edward Corr, both 58, of Lakeville, Massachusetts.

Court Logs

Westfield District Court Tuesday, June 18, 2019

Sara M. Menard, 35, of 7 Union St., Apt. D, Westfield, was released upon payment of \$500 cash bail pending a July 31 hearing after she was arraigned on a charge of possession of a Class B drug with intent to distribute brought by Westfield police.



FACES OF CARSON

BHN The Carson Center

Mental Health, Addictions and Developmental Services Close to home



Our Faces of Carson feature shares experiences from the perspective of Behavioral Health Network's caregivers and program directors in helping individuals and families in our community.



The current opioid epidemic in the United States has not only broken numerous records, it has also shattered society's preconceptions about what drug addiction looks like. Prior to the current crisis, illicit drug abuse was largely contained within urban centers, disproportionately affecting communities of color and those of lower socio-economic status, such as the surge in crack cocaine use during the 1980s and 90s. However, a significant shift occurred during the late 1990s and into the 21st century, when healthcare providers began prescribing opioid painkillers at increasing rates. According to a study by the Centers for Disease Control (CDC), in 1999 drug overdose death rates for urban areas were higher than in rural areas, at 6.4 per 100,000 population versus 4.0 per 100,000. By 2004 the rates converged, and by 2006 the rural rate, 11.7 per 100,000, was slightly higher than the urban rate, 11.5 per 100,000. Today, the opioid epidemic is increasingly white, rural, and middle class.

Nicholas Licitra, a drug addiction counselor at Behavioral Health Network's (BHN) Carlson Recovery Center in Springfield, embodies the shifted profile of what drug addiction looks like. Nick grew up in Enfield, CT, a small, suburban New England town where 90 percent of its residents are white and median household income is around \$70,000. Nick lived with his parents, who were happily married, and a younger sister. By the time he was 12, Nick began using marijuana, and by his early teen years, he started selling. Nick recalls, "I had money brain. I realized that if I started selling drugs, I could save some for myself and use them for free." He eventually moved on to hallucinogens before finally settling on prescription painkillers, which he started using himself. During his late teens and early 20s, Nick went in and out of detox programs. At 27, Nick was arrested for the first time. "This should've been my wake-up call, but unfortunately I didn't wake up," he remembers. Not too long after being released, Nick was arrested a second time time it was more serious. The police found weapons along with drugs, and Nick was charged with a federal offense. "This time," he says, "the wake-up call was real." During his two-week stay in jail, Nick went through a "spiritual awakening," at one point getting on his knees to pray.

When Nick was released, his parents gave him 24 hours to come up with a plan to turn his life around. He took his first step by volunteering at a local food bank. "At first, I just did it to make my parents happy. But the more I did it, the more I realized that I liked the feeling I got from helping people out," he says. Nick capitalized on the momentum he gained from volunteering and decided to go back to school and get his degree in Human Services. This led to an internship at a drug addiction treatment facility in Holyoke, where he was eventually hired as a full-time employee. Nick continued his work as a counselor for three years, but in 2015, parted with the organization due to the mental strain associated with being an addiction counselor. "When I left, I was so mentally exhausted dealing with these types of individuals every day. It made me rethink if I could really handle being a counselor in the future.'

Soon after leaving the organization, Nick's girlfriend at the time found a job opening at BHN's Carlson Recovery Center and encouraged him to apply. When he did, he was asked to interview and was hired as a counselor the same day. "I never had an appreciation for the work drug counselors do until I became one — it's a ton of work and really takes a toll on an individual. But the results can be incredible — I leave work every day with a sense of satisfaction." Eventually, Nick was promoted to case manager, where he oversees all inpatient after-care services. In his words, "I transition them from detox to the next steps in their recovery

Now almost 10 years sober, Nick sees his own journey and struggle with addiction as an important piece in his success in this field. "I love being on the front lines. These people are just like I was when I was using. I treat them just as I would treat a friend, like someone I know." This builds trust and allows his clients to open up to him, and in return, they receive better care. "Being on the other side of the treatment process now, I see how things are run from the ground level, and I learned quickly that I wanted to put myself in a position to change things."

When asked about the opioid epidemic as a whole, Nick's experience on the 'other side' has informed him of the reality of the seriousness of the current crisis: "The death toll is shocking, and things are getting even worse." Specifically, the current system of addiction treatment, according to Nick, needs a major overhaul. "So many programs are just a revolving door – people come in and out and there's no system to keep them accountable. Ultimately, we need to change the way we think about addiction and treatment." Though much progress is yet to be made, it's clear that Nick's passion and insight positions him to play a major role in building a better future for each life he touches.



Westfield Bank is a proud supporter of The Carson Center

SPORTS





Westfield Little League Softball 12U All-Stars pitch at Agawam. (Photo by Chris Putz)



Camille Bruno slides safely into home plate for another Westfield pitcher Camille Bruno follows through with a Westfield's Rachel Bonfitto slides into home plate for a run against Belchertown in the District 2 finals Monday. (Photo by Chris Putz)

WLL Softball 12U All-Stars win District 2 title

Staff Writer

WESTFIELD - After two postseason contests, it is obvious that the Westfield Little League Softball 12U All-Stars are just beginning to shine.

The Westfield Little League Softball 12U All-Stars completed a two-game sweep of Agawam in the District 2 best-of-3 championship series Monday night, posting a 19-11 win at Agawam High School.

"This is just like a really good feeling knowing that you're the best in the district and knowing that all these girls put all the effort and we did it together," said Westfield's table setter Kelsey Bouchard, who went 2-for-4 with a double and five runs scored from the lead-off position. "It just really empowers us to keep on going and play softball. I hope future generations can get this feeling too because it's amazing. The heart of Westfield's order did not skip a beat with Nos. 2-3 hitters, Rachel Bonfitto

(3-5, 2 runs) and Camille Bruno (3-5, double, 4 runs) coming up big, clean-up batter Grace Leduc (3-5, double) producing, and No. 5 hitter Shea Hurley (3-5, 2 runs) contributing as "What I saw was a great group of girls playing right until the end," Westfield's manager

said. "Agawam is a great team. We were expecting a fight and they gave us one. Tonight, they had a couple of innings where they had us against the ropes and these girls came back and fought hard right until the end."

Bruno recorded six strikeouts in five innings as Westfield's starting pitcher. Hurley struck out the side in the sixth to close out the game.

Westfield opened play in the district tournament this past weekend with a 16-3 victory. Hurley was solid on the mound for the Whip City.

BASEBALL 12-YEAR-OLD ALL-STARS **DISTRICT 2 TOURNAMENT** Westfield 11, Southampton 3

Joe Maffia struck out seven batters in a complete game effort at Conant Park to help Westfield improve to 2-0 in tournament play.

Westfield jumped out to a 2-0 lead on a Josh Wagner double in the top of the first inning. After Southampton knotted things up, Westfield scored five times in the third to take control. The rally included consecutive hits from Nick Gauger, Wagner, and Nate Blackak. Westfield tacked on four more runs in the sixth behind hits from Wagner, Will Fruwirth,



WESTFIELD ALL-STARS DISTRICT 2 LITTLE LEAGUE SOFTBALL 12U CHAMPIONS

Josh Davis, and Patrick Willard.

Wagner went 3-for-5 with a double and three RBIs, while Blackak, Fruwirth, and Tyrus Traska collected two hits apiece. Traska also anchored Westfield's defense with outstanding play at short-

Westfield will next host Amherst Wednesday at Ralph E. Sanville Memorial Field on Cross Street

Worcester Bravehearts rally past Westfield Starfires

WESTFIELD – After shutting out the Worcester Bravehearts for the first three innings in Monday night's matchup, the Westfield Starfires added another loss to their season record with a final score of 12-6.

Westfield started their first offensive inning off strong with shortstop Elijah Dale hitting a single to put himself on base. Dale missed two games due to an injury and his first at-bat since then looked promising for the Starfires.



The first run of the game came soon after Dale's hit as left fielder Andrew Ciacciarelli drove Dale home on a hard hit single to left field.

Westfield saw their next run come across in the second



Chris Walsh (35) fires to first base.

inning with the bases loaded as the Starfires right fielder Andrew Selima scored after Dale walked in his second atbat of the game.

Worcester failed to tally up any runs in the first three innings as the Starfires continued to capitalize offensively. The Starfires had three hits in the third which helped push three more runs across, along with a walk and a crucial error made by the Bravehearts center fielder.

With the Starfires taking a 5-0 lead into the fourth inning, the Bravehearts had to make a change in their offensive production, which began with a single from Worcester's third baseman Ben McNeill. The Bravehearts kept that

momentum throughout the inning with a total of five hits that resulted in four runs, putting Worcester just one run behind the Starfires. Westfield's five-run lead

disappeared as the Bravehearts continued to dominate offensively and make quick outs on the defensive end, taking the lead shortly after tying it up in



Pitcher Pat Gallagher (26) at the plate for the Westfield Starfires at Monday night's game against the Worcester Bravehearts. (Photos by Marc St.Onge)

for the loss.

Worcester scored seven runs in the last four innings while the Starfires only generated one more in the ninth, leaving the field losing by

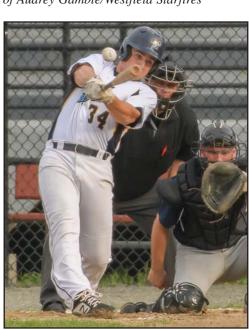
Pitcher Jakob Barker of the Worcester Bravehearts came away with the win and

Tyler Coppo of the Westfield Starfires settled

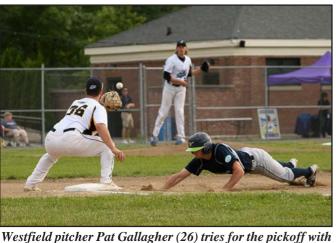
With a handful of home games still to play this week, the Starfires look to put the disappointing loss behind them and get back to being victorious at Bullens Field. - Courtesy of Audrey Gamble/Westfield Starfires



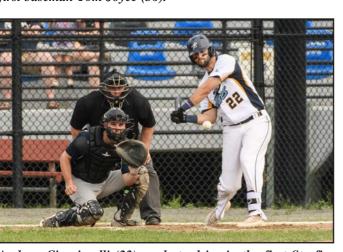
Anthony Clark (25) scores a run.



Andre Selima (34) making contact.



first baseman Tom Joyce (36).



Andrew Ciacciarelli (22) ready to drive in the first Starfire run of the game.



2019 FUTURES LEAGUE SCHEDULE

*ALL HOME GAMES PLAYED AT BULLENS FIELD



Mon., June 24

Worcester @ Westfield Starfires. 6:30 p.m.

Tues., June 25

Pittsfield @ Westfield Starfires, 6:30 p.m.

Wed., June 26

Nashua @ Westfield Starfires, 6:30 p.m.

Thurs., June 27

Westfield Starfires @ Brockton

Fri., June 28

Westfield Starfires @ Worcester

Sat., June 29

Nashua @ Westfield Starfires, 6:30 p.m. Sun., June 30

Brockton @ Westfield Starfires, 5 p.m.

Tues., July 2

North Shore @ Westfield Starfires.

6:30 p.m.

Wed., July 3

Brockton @ Westfield Starfires, 6:30 p.m.

Fri., July 5

North Shore @ Westfield Starfires,

6:30 p.m.

Sat., July 6

Worcester @ Westfield Starfires.

6:30 p.m.

Sun., July 7

Worcester @ Westfield Starfires, 5 p.m.

Mon., July 8

Westfield Starfires @ Pittsfield

Tues., July 9

Bristol @ Westfield Starfires, 6:30 p.m.

Wed., July 10

Nashua @ Westfield Starfires, 6:30 p.m.

Thurs., July 11

Westfield Starfires @ Bristol

Fri., July 12

Westfield Starfires @ Brockton

Sun., July 14

Westfield Starfires @ Brockton

Tues., July 16

League All-Star Game @ Pittsfield

Thurs., July 18

Westfield Starfires @ North Shore

Fri., July 19

Westfield Starfires @ Nashua

Sat., July 20

Westfield Starfires @ Bristol

Sun., July 21

Westfield Starfires @ Worcester Tues., July 23

Westfield Starfires @ North Shore

Wed., July 24

Westfield Starfires @ Pittsfield

Thurs., July 25

Westfield Starfires @ Nashua

Fri., July 26

Bristol @ Westfield Starfires, 6:30 p.m.

Sat., July 27

Worcester @ Westfield Starfires,

6:30 p.m.

Mon., July 29

Pittsfield @ Westfield Starfires, 6:30 p.m.

Tues., July 30

North Shore @ Westfield Starfires,

6:30 p.m.

Wed., July 31

North Shore @ Westfield Starfires.

6:30 p.m.

Thurs., Aug. 1

Worcester @ Westfield Starfires.

6:30 p.m.

Fri., Aug. 2

Westfield Starfires @ Brockton

Sat., Aug. 3

Westfield Starfires @ Worcester

Sun., Aug. 4

Westfield Starfires @ Pittsfield

TEKOA MONDAY NIGHT GOLF LEAGUE

STANDING WEEK OF JUNE 17TH

Week 6/17 Team 3 14 1/2 Jim Kenny -Bob Thompson Team 5 11 1/2 Mike Parent-Joe Vaschak Darren Galczynski-Jim Tinker Team 1 Team 2 10 Mickey Donnachie-Kirk Tewksbury Team 8 9 1/2 Jeff Haluch-Tim Dion 9 1/2 John McCormack-Jeff Martin Team 7 Team 6 Tristan Kiendzior-Dominic Costanzie 9 Adam Dasilva-Cole Morrison Team 10 8 1/2 Scott Ramsdell-Josh Adams Team 12 Jeremy Beltrandi-Dave Prouty Team 4 Team 9 Chip Ashwell-Jim Sullivan Team 11 7 1/2 Steve Mascadrelli-Mike Moran Jr Team 14 6 1/2 3 1/2

Team 1 Darren Galczynski Jim Tinker Team

Team 2 Mickey Donnachie Kirk Tewksbury Team 9 Chip Ashwell Jim Sullivan

Team 13

Team 3 Jim Kenny Bob Thompson Team

Team 4 Jeremy Beltrandi Dave Prouty Team

Team 6 Tristan Kiendzior Dominic Costanzi Team 13 Tom Denton Randy Christensen

Team 5 Mike Parent Joe Vaschak Team

Team 7 John McCormack Jeff Martin Team

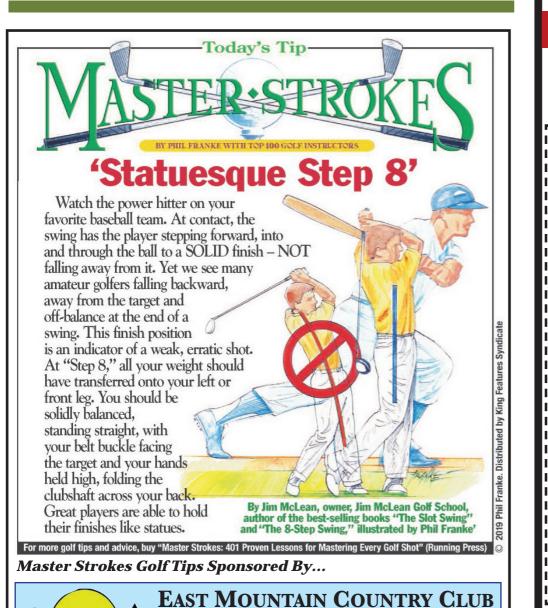
Tom Denton-Randy Christensen

8 Jeff Haluch Tim Dion

10 Adam Dasilva Cole Morrison

11 Steve Mascadrelli Mike Moran JR 12 Scott Ramsdell Josh Adams

14 PAR Par



PUTZ'S OLTIMATE **SPORTS CHALLENGE**









Take part in the race to ultimate victory! Win weekly prizes and become our grand prize winner. Choose your top PGA men's golfer from each of the four Majors, a NASCAR racer from the Daytona 500, a horse in the race to the Triple Crown, March Madness Final Four, and the winner for every Red Sox-Yankees series throughout the summer. Points will be awarded based on where your selection finishes (1st -3 points, 2nd -2 points, 3rd -1 point). Pick the 2019 Division I Men's Basketball Final Four. Receive one point for each correct Final Four team. One bonus point will be awarded for the exact Final Four. Beat our sports editor, Chris Putz, become each sporting event's top points-getter, and win our weekly prize. Any ties for the weekly prize will be broken by a random drawing. All winning entries will be eligible for our grand prize. One entry per person. "Putz Pick's" predictions will only appear in The Westfield News.

THIS WEEK'S ENTRY FORM SPONSORED BY:

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Predict the team who wins this series



June 29 - June 30, 2019

YOUR TEAM:

NAME:

ADDRESS:

PHONE:

MAIL OR DROP OFF YOUR ENTRY TO: **Putz's Ultimate Sports Challenge** c/o The Westfield News **62 School Street** Westfield, MA 01085

ENTRY MUST BE RECEIVED BY 5PM ON FRI., JUNE 28TH

This contest is open to anylall readers eighteen (18) years of age or older, unless otherwise specified by the Westfield News Group, LLC Contest is open to U.S. residents only. The Westfield News employees and their relatives are not eligible for the contest. Odds of winning a prize will depend on the number of qualified entries. All contest entries become the sole property of Westfield News Group, LLC only one winner or qualifier per family or household will be allowed. The decision of Westfield News Group, LLC. is final. All contest entries become the sole property of Westfield News Group, LLC, is final. All contest entries become the sole property of Westfield News Group, LLC, is final. All contest entries become the sole property of Westfield News Group, LLC, is final. All contest entries become the sole property of Westfield News Group, LLC is a right to publicize or broadcast the winner's name, character, likeness, voice, or all matters incidental herein. All prizes are non-transferable and void where prohibited by law. No cash substitution of prizes allowed. Winners must sign a liability release prior to receiving their prizes. Prizes will be mailed either first, second, or third class U.S. Mail at the discretion of Westfield News Group, LLC is not responsible for, on or obligated to replace, any lost, stolen, or demagaed prize sent through the U.S. Mail. If the winner is instructed by Westfield News Group, LLC is not responsible for, on or obligated to replace, any lost, stolen, or damaged prize sent through the U.S. Mail. If the winner is instructed by Westfield News Group, LLC is not responsible for any and all individual into the first of the time remaining on their prize. It is the responsibility of the winner is instructed by Westfield News Group, LLC with the third of the prize is to be mailed, it is the responsibility of the winner is instructed by with mether of unclaimed prize at the thirty (30) day grace period. In the event that a winner voluntarily chooses to not accept a prize, he/she autom

East Mountain Country Club Friday's Couples League dinner

WESTFIELD — Final evening for the 2019 Friday Couples League is September 27. Steak dinner and awards ceremony will follow golf. The final evening we will play a scramble format for each team with dinner to follow at approximately 7:00pm. Visit website - www.eastmountaincc.com

For more information on how you can be a sponsor in this advertisement spot, contact Flora at 413-562-4181 ext. 118, call today!

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AMERICAN LEGION BASEBALL - JUNIOR LEAGUE SCHEDULE

Tues., June 25 Westfield Post 124 at East Longmeadow, East Longmeadow HS, 5:45 p.m. Fri., June 28 Westfield Post 124 at Agawam, Shea Field,

5:45 p.m.

Sun.. June 30 Sheffield at Westfield Post 124, Jachym Field, 1 p.m.

Tues., July 2 Agawam at Westfield Post 124, Jachym Field, 5:45 p.m.

Tues., July 9 Westfield Post 124 at Wilbraham, Spec Pond, 7:30 p.m.

LITTLE LEAGUE SOFTBALL ALL-STARS

Wed., June 26 10-YEAR-OLDS DISTRICT PLAY Westfield vs. Agawam, Sadie Knox Fleld, 6 p.m.

Sat., June 29 12-YEAR-OLDS SECTIONALS Westfield vs. TBD, Site/Time TBA

Sun., June 30
10-YEAR-OLDS DISTRICT PLAY
Westfield at Northampton, Sheldon Field, 1 p.m.

Tues., July 2 12-YEAR-OLDS SECTIONALS Westfield vs. TBD, Site/Time TBA

10-YEAR-OLDS DISTRICT CHAMPIONSHIP TBD

Fri., July 5
12-YEAR-OLDS SECTIONALS
Westfield vs. TBD, Site/Time TBA

Sun., July 7
12-YEAR-OLDS SECTIONAL CHAMPIONSHIP Westfield vs. TBD, Site/Time TBA

Sat., July 13 12-YEAR-OLDS STATE CHAMPIONSHIP **DOUBLE HEADER** (at Woburn) Teams.Time TBD

Sun., July 14 12-YEAR-OLDS STATE CHAMPIONSHIP (at Woburn, if necessary) Teams/Time TBD



The Westfield Little League Baseball Majors All-Stars enjoy a fun moment together on game day. (Submitted

Sat., July 20 10-YEAR-OLDS STATE CHAMPIONSHIP DOUBLE HEADER (at Lynn) Teams/Time TBD

Sun., July 21 10-YEAR-OLDS STATE CHAMPIONSHIP (at Lynn, if necessary) Teams/Time TBD

AMERICAN LEGION BASEBALL - SENIOR LEAGUE SCHEDULE

Tues., June 25

Westfield Post 124 vs. Pittsfield, Jachym Field, 5:45 p.m.

Wed., June 26

Westfield Post 124 vs. Northampton, Jachym Field, 5:45 p.m.

Thurs., June 27

Westfield Post 124 vs. East Longmeadow, Bullens Field, 7 p.m.

Sat., June 29

Westfield Post 124 @ Wilbraham Blue, Spec Pond, 4:30 p.m.

Mon., July 1

Westfield Post 124 vs. Greenfield, Jachym Fleld, 5:45 p.m.

Wed., July 3

Westfield Post 124 @ Aldenville, Fortin Field, 7

Sat., July 6

Westfield Post 124 @ Agawam, Agawam HS, 1 p.m.

Mon., July 8

Westfield Post 124 vs. Belchertown, Jachym Field, 5:45 p.m.

Wed., July 10

Westfield Post 124 @ East Longmeadow, ELHS, 5:45 p.m.

Thurs., July 11

Westfield Post 124 @ Monson, Legion Field (Palmer), 7 p.m.

Sun., July 13

Westfield Post 124 vs. Longmeadow, Jachym Field, 1 p.m.

LITTLE LEAGUE BASEBALL ALL-STARS

Tues., June 25 10-YEAR-OLDS

Westfield vs. Amherst, Ralph E. Sanville Memorial Field (Cross Street), 6 p.m.

> Wed., June 26 12-YEAR-OLDS

Westfield vs. Amherst, Ralph E. Sanville Memorial Field (Cross Street), 6 p.m. 11-YEAR-OLDS

Westfield at Gateway, Pettis Field, 5:45 p.m.

Thurs., June 27 10-YEAR-OLDS

Westfield at Agawam, Memorial Field, 6 p.m.

Sat., June 29 12-YEAR-OLDS

Westfield at Easthampton, Milne Field, 10 a.m. 11-YEAR-OLDS

Westfield vs. Belchertown, Ralph E. Sanville Memorial Field (Cross Street), 12:30 p.m. Gateway at Northampton, McDonald Field, 11 a.m.

10-YEAR-OLDS

Westfield at Holyoke 1, Mayer Field, 3 p.m.

Mon., July 1

12-YEAR-OLDS Westfield vs. Agawam, Ralph E. Sanville Memorial Field (Cross Street), 6 p.m. 11-YEAR-OLDS

Westfield at Agawam, Memorial Field, 6 p.m. 10-YEAR-OLDS

Westfield vs. Longmeadow, Paper Mill Field, 7 p.m.

Wed., July 3
11-YEAR-OLDS DISTRICT SEMFINALS

Teams/Site/Time TBD
10-YEAR-OLDS DISTRICT SEMIFINALS Teams/Site/Time TBD

9-YEAR-OLDS Westfield at Longmeadow, Strople Field, 6 p.m.

Fri., July 5

12-YEAR-OLDS DISTRICT PLAY Teams/Site/Time TBD 9-YEAR-OLDS

Westfield vs. Easthampton, Ralph E. Sanville Memorial Field (Cross Street), 6 p.m.

Sat., July 6 12-YEAR-OLDS DISTRICT PLAY

Teams/Site/Time TBD 11-YEAR-OLDS DISTRICT CHAMPIONSHIP Teams/Site/Time TBD

10-YEAR-OLDS DISTRICT CHAMPIONSHIP Teams/Site/Time TBD

Sun., July 7 9-YEAR-OLDS Westfield at Agawam, Memorial Field, 1 p.m.

> Mon., July 8 12-YEAR-OLDS DISTRICT PLAY Teams/Site/Time TBD

> > Tues., July 9 9-YEAR-OLDS

Westfield at Easthampton, Milne Field, 6 p.m.

Wed., July 10

12-YEAR-OLDS DISTRICT SEMIFINALS Teams/Site/Time TBD

Thurs., July 11
12-YEAR-OLDS DISTRICT CHAMPIONSHIP Teams/Site/Time TBD 9-YEAR-OLDS

Westfield vs. Longmeadow, Ralph E. Sanville Memorial Field (Cross Street), 6 p.m.

Fri., July 2 12-YEAR-OLDS

Westfield vs. Longmeadow, Paper Mill Field, 7 p.m.

> Fri., July 12 11-YEAR-OLDS SECTIONALS **TBD**

> 10-YEAR-OLDS SECTIONALS TBD

> Sat., July 13 11-YEAR-OLDS SECTIONALS

> 10-YEAR-OLDS SECTIONALS TBD

9-YEAR-OLDS

Westfield vs. Agawam, Ralph E. Sanville Memorial Field (Čross Street), 12:30 p.m.

> Sun., July 14 11-YEAR-OLDS SECTIONALS **TBD**

10-YEAR-OLDS SECTIONALS **TBD** 9-YEAR-OLDS DISTRICT CHAMPIONSHIP Teams/Site/Time TBD

> Mon., July 15 11-YEAR-OLDS SECTIONALS **TBD** 10-YEAR-OLDS SECTIONALS

> Tues., July 16 11-YEAR-OLDS SECTIONALS

TBD

10-YEAR-OLDS SECTIONALS TBD

Wed., July 17 12-YEAR-OLDS SECTIONALS

(Double Elimination) Teams/Site/Time TBD

Thurs., July 18 12-YEAR-OLDS SECTIONALS (Double Elimination) Teams/Site/Time TBD

Fri., July 19 12-YEAR-OLDS SECTIONALS (Double Elimination) Teams/Site/Time TBD

Sat., July 20 12-YEAR-OLDS SECTIONAL CHAMPIONSHIP

Teams/Site/Time TBD 11-YEAR-OLDS STATE SEMIFINALS

(at Salem) Teams/Time TBD 10-YEAR-OLDS STATE SEMIFINALS (at Salem) Teams/Time TBD

Sun., July 21 11-YEAR-OLDS STATE CHAMPIONSHIP

(at Salem) Teams/Time TBD 10-YEAR-OLDS STATE CHAMPIONSHIP (at Salem)

Teams/Time TBD

Thurs., July 25 12-YEAR-OLDS STATE TOURNAMENT (at Middleboro)

Pool Play Fri., July 26 12-YEAR-OLDS STATE TOURNAMENT

(at Middleboro) Pool Play **Sat., July 27** 12-YEAR-OLDS STATE TOURNAMENT

(at Middleboro) Pool Play

Sun., July 28 12-YEAR-OLDS STATE CHAMPIONSHIP (at Middleboro) Teams/TIme TBD



Dear **Annie**

By ANNIE LANE

Feeling Obligated to See Grandfather

Dear Annie: My grandfather was violently abusive to his wife, and then his daughter (my mother), and then to me. He was also very racist -- he punished me for having a black friend in grade school -- and just generally cruel.

Now, his health is not so good, and his old age has mellowed him out considerably. He can still have temper rages if provoked enough, but most of the time he is calm.

The problem is that everyone in my family keeps urging me to spend more time with him "before he's gone." Everyone else is content with sweeping the way he treated us under the rug and brushing it off as "that's just how he is." Even my mom adores him, despite the things he did to her.

The thing is that I have no desire to see him again. I've visited before out of familial obligation, and I was uncomfortable the whole time. He's never apologized for his behavior or the way he treated us, and he still thinks everything is either his way or the highway. I don't wish him any ill will, I just don't want to see him. Am I wrong to feel this way? -- Guilted Granddaughter

Dear Guilted: The answer to the question "Am I wrong to feel this way?" is always no. Feelings, in themselves, are never wrong. It is our actions that fall under the categories of right and wrong, actions such as behaving cruelly and abusively toward vulnerable people. What your grandfather did -- not just across years but across generations -- was wrong. And it's easier for your family to engage in collective amnesia than to acknowledge that it happened.

It sounds as though you've made peace with this traumatic history and aren't harboring any anger toward him -- that you've made the decision not to see him out of love for yourself, not hatred for him. I commend you for doing all the emotional legwork it must have taken to reach that point. Hopefully, your mom will understand and meet you where you are eventually. In the meantime, know that you are not wrong.

Dear Annie: I read with interest the letter from the brother whose sister has Obsessive-Compulsive Personality Disorder. My husband has that diagnosis. He was motivated to change because, although he had no insight into his behavior, he wanted to keep our marriage intact. He had therapy with a fantastic therapist (I went with him sometimes) with no appreciable change, over two years. The therapist referred him to an excellent psychiatrist, who diagnosed him with OCPD.

The only way to treat this disorder is with medication. My husband takes an anti-depressant, not for depression but because it's an off-label treatment. And it works! It's not perfect; he still is stubborn and compulsive/rigid sometimes, but it changed the whole dynamic for the better. And he has some insight into his behavior, best of all. Our marriage has been terrific for many years now.

I realize the sister is not motivated, but perhaps all her unpleasant consequences could motivate her to go to a psychiatrist. Hope so! -- Been There, Came Out the Other Side

Dear Been There: Changing the dynamic from rigid to a little more relaxed is wonderful, and I congratulate you and your husband for keeping at it and finding a good psychiatrist who really helped. Thanks for sharing your story.

"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book -- featuring favorite columns on love, friendship, family and etiquette -- is available as a paperback and e-book. Visit http://www.creatorspublishing.com for more information. Send your questions for Annie Lane to dearannie@creators.com

HINTS FROM HELOISE

JOB INTERVIEWS

Dear Heloise: For the past six years, I've worked in human resources and done hundreds of interviews for a large corporation I'd like to make a few recommendations to help people applying for a position.

First, no matter what your line of work is, stay current. Learn all the new tech gadgets required for your line of work. Next, make certain your resume is updated and easy to read on one page. You need not go back to

your first job if it was more than 10 years ago. When interviewed, dress professionally. Good luck on the interview. -- Stacy W., Pendleton, Ore.

GARAGE SALE

Dear Heloise: I've never had a garage sale, and I don't know what to do. Can you make a few suggestions for the garage sale I plan on having this summer? -- Karen S., St. Joseph, Mo.

Karen, first, see if you need a permit to hold a garage sale, and if you do, then get one. Make sure everything you're selling is clean and tagged with a price. Be open to negotiate, because an item is only worth what someone will pay for it. Display items attractively in aisles so that people can move around and pick up an object. Have someone who is in charge of the money. Make sure you have 10 or 15 single dollars, and that way you can make change. Don't forget to put an ad in the newspaper and a sign out in front of the house. Also, you can mention on social media that you are having a garage sale. -- Heloise

ĞLOW IN THE DARK

Dear Heloise: I could never find my cellphone in my purse, so I took glow-in-the-dark paint and painted strips on my cellphone case. -- Nan D., Canton, Miss.



TV Sports Listings

Tuesday, June 25 **COLLEGE BASEBALL**

7 p.m.

ESPN — College World Series: Vanderbilt vs. Michigan, Finals, Game 2, Omaha, Neb.

MLB BASEBALL

7 p.m. MLB — NY Mets at Philadelphia **OR Chicago White Sox at Boston** 9:45 p.m.

ESPN — Colorado at San Francisco SOCCER (MEN'S)

FS1 — CONCACAF Gold Cup: Jamaica vs. Curacao,

Group C, Los Angeles, Calif. 10:30 p.m.

FS1 — CONCACAF Gold Cup: Honduras vs. El Salvador, Group C, Los Angeles, Calif.

SOCCER (WOMEN'S)

12 p.m.

FS1 — FIFA World Cup: Italy vs. China, Round of 16, France

3 p.m.

FS1 — FIFA World Cup: Netherlands vs. Japan, Round of 16, France

WNBA BASKETBALL

7 p.m.

CBSSN — Minnesota at Indiana

On The Tube

'Jeopardy!' champ playing in Las Vegas World Series of Poker

LAS VEGAS (AP) — "Jeopardy!" champion and professional sports gambler James Holzhauer made his World Series of Poker debut on Monday, telling event officials he'll donate half his winnings to charity.

Holzhauer won the first hand he played in a No-Limit Hold'em event, and planned to partner later in the day with Poker Hall of Famer Mike Sexton in another contest, tournament spokesman Seth Palansky said.

Holzhauer said he planned to donate winnings to a Las Vegas nonprofit for homeless, displaced and disadvantaged high school students called Project 150. Holzhauer played online poker semi-

professionally in the early 2000s, but makes a living now with sports betting.

He became a celebrity winning 32 consecutive "Jeopardy!" games and raking in more than \$2.4 million before he lost in early June. He ended his run a little more than \$58,000 shy of the overall earnings record set by Ken Jennings, who won 74 games in 2004.

Holzhauer left with the 16 highest one-day scores in the show's history.

He has taken part in several events in Las Vegas in recent weeks, and donated \$10,000 in May to Project 150. He and his wife Melissa also contributed \$10,000 to a different nonprofit school dropout prevention program called Communities In Schools of Nevada.

Holzhauer made a recent donation of about \$1,100 in "Jeopardy!" host Alex Trebek's name to a pancreatic cancer walk in Holzhauer's hometown, Naperville, Illinois.

Trebek, 78, announced earlier this year that he was being treated for advanced pancreatic cancer. He said last month that doctors told him he's in "near remission."



"Jeopardy!" champion and professional sports gambler James Holzhauer plays in a tournament at the World Series of Poker, Monday, June 24, 2019, in Las Vegas. (AP Photo/John Locher)

Warner Bros. names BBC's Ann Sarnoff as its new CEO

NEW YORK (AP) - BBC executive Ann Sarnoff was named chief of Warner Bros. on Monday, making her the first woman to head the movie studio in its 96-year history. Her appointment follows the departure in March of Kevin Tsujihara, who stepped down after misconduct allegations.

WarnerMedia chief executive John Stankey announced Sarnoff's hiring, concluding a three-month search for one of Hollywood's most prized posts. Many had expected WarnerMedia to turn to an experienced film executive like movie-division head Toby Emmerich, who was part of the interim committee running the studio after Tsujihara's departure, Disney veteran Anne Sweeney or former Fox chief Stacey Snider.

But to surprise of much of the industry, WarnerMedia turned to Sarnoff, who has worked primarily in television. Sarnoff, who takes over as chief executive and chair of Warner Bros., is currently president of BBC Studios Americas. She has previously been a top TV executive at Viacom and with

as the market leader, sliding Warner the WNBA. Bros. to an increasingly distant second.

"She brings a consistent and proven

track record of innovation, creativity and business results to lead an incredibly successful studio to its next chapter of growth," said Stankey. "Ann has shown the ability to innovate and grow revenues and has embraced the evolution taking place in our industry.

In March, Tsujihara stepped down following claims that he promised roles to an actress with whom he was having an affair. Tsujihara, whose attorney denied that Tsujihara had any direct role in the woman's hiring, said he was departing to avoid being a dis-

The rupture came at an awkward time for WarnerMedia, which has just expanded Tsujihara's role at the global conglomerate. AT&T last year acquired Time Warner Inc., which was renamed WarnerMedia, and the company is planning to a launch a streaming service later this year.

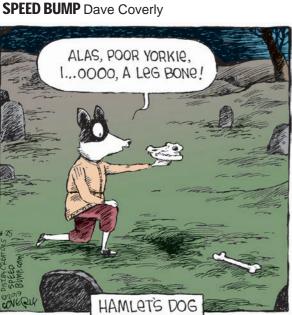
In Warner Bros., Sarnoff takes over one of the most storied studios in Hollywood. In recent years, the Walt Disney Co. has surpassed Warner Bros.

The studio this year has continued the

turnaround of its DC Comics films with "Shazam!" though its big summer movie, "Godzilla: King of Monsters," has underperformed.



WarnerMedia shows BBC executive Ann Sarnoff who was named CEO of of WarnerMedia. Sarnoff replaces former studio chief Kevin Tsujihara, who departed in March over misconduct allegations. She is the first woman to lead the 96-yearold Warner Bros. company. (WarnerMedia via AP)



AGNES Tony Cochran



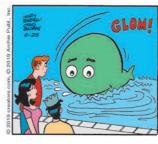
YOU WOULD KNOW IF YOU LISTENED TO ANYTHING ELSE THAT'S ALL MOM PLAYS ON OTHER THAN HIP HOP OR COUNTRY



ARCHIE Fernando Ruiz and Craig Boldman







DADDY'S HOME Tony Rubino and Gary Markstein





DUSTIN By Steve Kelley and Jeff Parker







SCARY GARY Mark Buford







DOGS of C-KENNEL Mick and Mason Mastroianni



B.C. Mastroianni and Hart





ONE BIG HAPPY Rick Detorie















ZACK HILL John Deering and John Newcombe



YOUR HOROSCOPE

HAPPY BIRTHDAY for Tuesday, June 25,

By Jaqueline Bigar

This year, you often feel conflicted. You have the moody temperament of your sign, but if a cause is appealing, you become a proactive pioneer. If single, juggling these energies could confuse someone you date or meet this year. Try to be clearer. If you're attached, you and your partner might not always be in sync, but you have some meaningful exchanges. Your mutual caring shows. For advice, avoid ARIES.

The Stars Show the Kind of Day You'll Have: 5-Dynamic; 4-Positive; 3-Average; 2-So-so; 1-Difficult

ARIES (March 21-April 19)

*** You might feel conflict between what you innately want to do and how you want to be perceived. A domestic matter or family member might need some attention. Don't put this situation on the back burner. Tonight: On the way home, buy a card or some other token of affection. TAURUS (April 20-May 20)

** In order to have a slower day, you might want to cancel an appointment or two. You have a lot on your mind that needs handling or at least some thought. Make sure to think this issue through. Tonight: Make it early.

GEMINI (May 21-June 20) ★★★★ You could be on your way to clear-

ly expressing what you expect. A meeting could be particularly important for aligning your goals with another person's. As a result, you'll find that others will go along with your ideas far more easily. Tonight: Pay bills, then decide.

CANCER (June 21-July 22)

*** You're emotional; no one can deny what's happening around you. You might feel pressured by all the responsibility that you carry. Lighten up; have a long-overdue conversation. If asked, another person will pitch in. Tonight: In the limelight. LEO (July 23-Aug. 22)

★★★★ Beam in more of what you want. You'll have a difficult time convinc-

ing someone that what you want is possible. The best way to prove your point is going off and manifesting what you want. Express your knowledge and belief in the power of manifesting. Tonight: For now, lie low. VIRGO (Aug. 23-Sept. 22) **** Your creativity emerges when

you're chatting and brainstorming with several people. Your sense of humor emerges when you most want to deal with a financial matter involving a loved one or partner. Tonight: Enjoy the moment LIBRA (Sept. 23-Oct. 22)

**** You cannot deal with another person until you've processed a difficult situation that involves an authority figure. You could feel pressured by a loved one who clearly expresses what he or she wants and expects. Tonight: Be available. SCORPIO (Oct. 23-Nov. 21)

*** Before you tackle a hassle that could come up, you might need to detach. When you look at the issue, your reactions might be off-kilter. Once in a while, you might need to slow down and respond to your feelings. Tonight: Make the most of the moment.

SAGITTARIUS (Nov. 22-Dec. 21)

★★★★★ Break through a problem; make the most of a moment of levity and cleverness. You might be amazed at how easily you can clear through a problem by relaxing and flowing. You seem to help others relax. Tonight: Go for adventure.

CAPRICORN (Dec. 22-Jan. 19)

★★★★ Let a loved one make a difference. You might judge that what he or she is doing is a little out of whack. You might not know what's best or how to tell this person that you think he or she is off point. Tonight: Head home; enjoy a special dinner. AQUARIUS (Jan. 20-Feb. 18)

★★★★ You'll probably express the more academic or serious facets of your personality. After seeking responses regarding a dayto-day problem, you might feel safer. You want to change the situation ASAP. You've waited a while to eliminate the problem. Tonight: Off doing errands. Catch up on another person's news, too!

PISCES (Feb. 19-March 20)

**** You see a financial matter far differently than a child or loved one does. You might not be as realistic as you think you are. You have a very idealistic side to your personality. Don't let that impair your vision regarding finances. Tonight: Please note that fun doesn't have to cost you.

BORN TODAY

Supreme Court Justice Sonia Sotomayor (1954), actress June Lockhart (1925), singer/songwriter George Michael (1963) **RUBES** Leigh Rubin



CONTRACT BRIDGE

Sylvia plays duplicate

West dealer. Both sides vulnerable NORTH ♠AKQ2 1076432 WEST EAST **♦** J ♥ A Q 10 8 6 5 **♥**KJ97432 **∨** K J 9 7 **♦** Q 8 5 **♣** Q 10 2 **SOUTH** 10 9 8 7 ′ ♦ 10 9 8 7 6 5 4 3 ♥— The bidding:
North

West 1 ♥ 5 ♥ South Dble jack of spades Opening lead — jack of spades.

The night Sylvia played in her first duplicate tournament was a night

of time the membership had become aware of her extraordinary exploits. It wasn't that Sylvia was a poor player — we had lots of them — it was just that her thought processes

weeks, but even in that short period

to remember. She had been a member of the club for only two or three

were so different from those of any other player. Her mistakes were so far removed from ordinary human error that it was clear her approach to

the game was totally unique.

Despite this, Sylvia's frequent misadventures occasionally resulted in a sensational triumph, and it was these victories that made her the most talked-about member of the club.

A few of the members were

opposed to allowing Sylvia to play in the duplicate for fear she would spoil the game, but most were in favor of the idea. They were curious to see what would happen, and they didn't have long to wait. On the very first poord Sylvia became declarer first board, Sylvia became declarer at six spades on the hand shown, and West led the jack of spades.

It is hard to explain what happened next. I don't know whether it

was the excitement of playing in her first duplicate that caused her to do what she did, but the fact is that Sylvia played the two from dummy!

This astonishing play was greeted by a strange and ceric silence on all sides. West then shifted to a club. sides. West then shifted to a club. Sylvia took the ace, cashed the ace of diamonds, played a spade to the queen, ruffed a diamond, played a spade to the king and ruffed another diamond, establishing dummy's last three diamonds. She then led a spade to the ace and discarded three clubs on the 10-7-6 of diamonds to make the contract the contract.

Of course, if she had won the opening lead with one of dummy's honors, she would have gone down!

23 Like

26 Lose

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28 Addict

love

31 Novelist

letters

program

35 Lunar

37 Mouths

38 Felines

(Lat.)

39 "The Haj"

Malamud

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premes

and the

Pointer

Sisters

scissors

Tomorrow: The better way. ©2019 King Features Syndicate In

2 Have

3 Gents

4 Light

5 Poet

7 Day

8 With

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as a

look

reversal

10 Banister

11 Beer

16 Monk's

title

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20 Cato's

21 Get

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6 Meadows 24 Use

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9 Complete 29 Zhivago's

Crosswords

37 Puccini

spice 40 Roundish

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52 Columnist Maureen

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50 Cupid's

43 Yearly

48 Up to

49 Oboe

work 38 Curry

ACROSS 1 Mausoleum

5 "Born Free' lioness 9 Branch

12 Ornamental jug 13 Jupiter

counter part 14 Sheepish

remark

15 Famed diarist

stopper 18 Historic times 19 Grown-up

21 Town square 24 Tizzv 25 Occupy the throne

26 Imaginary 30 Right angle 31 Count with an

32 Simile center 33 Bloated, in a way brand

35 Computer 36 Literary Jane

53 Milky gem DOWN 1 Earl Grey, e.g.

orchestra

22 Humdinger Solution time: 22 mins

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15

GRYPTOQUIP

Y QATUI NQTN TKNPU BTUO

ETH ZDVYLJ T LAE V P U O

QPKOAV NATB TLI KTWWYLJ

NQAB NQA UDRRTWP HTZUAH. Yesterday's Cryptoquip: FAVORED TUNE FROM SOMEBODY WHO WOULD LIKE TO BECOME A SHORT-ORDER COOK: "I BELIEVE I CAN FRY." Today's Cryptoquip Clue: V equals Y

Chicago takes 3-game slide into **Boston matchup**

By The Associated Press Chicago White Sox (36-40, third in the AL Central) vs. Boston Red Sox (43-37, third in the AL East)

Boston; Tuesday, 7 p.m.

PITCHING PROBABLES: White Sox: Carson Fulmer (1-1, 6.35 ERA, 1.94 WHIP, 13 strikeouts) Red Sox: David Price (4-2, 3.39 ERA, 1.10 WHIP, 73 strikeouts)

BOTTOM LINE: Chicago enters the matchup as losers of their last three games.

The Red Sox are 19-19 in home games. Boston ranks sixth in the majors in hitting with a .264 batting average, Rafael Devers leads the team with an average of .308.

The White Sox are 16-23 on the road. Chicago hitters have posted a team on-base percentage of .311 this season, led by James McCann with a mark of .391. The Red Sox won the last meeting 6-5. Brandon Workman earned his seventh victory and Jackie Bradley Jr. went 1-for-2 with a home run and an RBI for Boston. Jace Fry took his third loss for Chicago.

PERFORMERS:

Devers leads the Red Sox with 93 hits and is batting .308. Andrew Benintendi has 15 hits and is batting .341 over the last 10 games for

Jose Abreu leads the White Sox with 37 extra base hits and is slugging .500. Eloy Jimenez is 11-for-35 with a double, three home runs and 10 RBIs over the last 10 games for Chicago.

LAST 10 GAMES: Red Sox: 7-3, .300 batting average, 3.44 ERA, outscored opponents by 21 runs

White Sox: 4-6, .277 batting average, 5.34 ERA, outscored by eight runs

Red Sox Injuries: Hector Velazquez: 10-day IL (back), Tyler Thornburg: 10-day IL (hip), Heath Hembree: 10-day IL (elbow), Nathan Eovaldi: 10-day IL (elbow), Dustin Pedroia: 60-day IL (knee), Steve Pearce: 10-day IL (back), Mitch Moreland: 10-day IL (quad), Tzu-Wei Lin: 10-day IL (knee), Brock Holt: day-to-day (hamstring).

White Sox Injuries: Carlos Rodon: 60-day IL (elbow), Michael Kopech: 60-day IL (elbow), Nate Jones: 60-day

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White 2005 Chrysler Sebring GTC Convertible

Runs great and was a fun car but it's taking up room in the garage. Car was only used when the sun was out and garaged all winter.

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413-388-3048

IL (elbow), Dylan Covey: 10-day IL (shoulder), Ryan Burr: 10-day IL (elbow), Manny Banuelos: 10-day IL (shoulder), Welington Castillo: 10-day IL (oblique).

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www.southwickma.org

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Hernández walk-off, single lifts Red Sox over White Sox By KYLE HIGHTOWER Chicago's Lucas Giolito, who is looking to

AP Sports Writer

BOSTON (AP) — Marco Hernández is

starting to see two years of pain finally bring him some moments of joy. Hernández beat out an infield single with

the bases loaded in the ninth and the Boston Red Sox rallied to beat the Chicago White Sox 6-5 on Monday night.

"When I hit the ball, I don't see it. I'm just trying to make a play," Hernandez said. "I had a chance to run and I run hard."

Andrew Benintendi led off the ninth with a double. J.D. Martinez struck out and Rafael Devers grounded out to first to move Benintendi to third. Fry then intentionally walked Xander Bogaerts, bringing up Bradley Jr. Bogaerts stole second uncontested, prompting Chicago to intentionally walk Bradley to load the bases for Hernández. He grounded the ball to the hole and beat shortstop Tim Anderson's throw.

It was the second straight walk-off victory at home for Boston, which has won nine of

But it also marked yet another highlight for Hernández, who earned his first-career walkoff hit and is finally contributing after missing the entire 2018 season and enduring multiple surgeries over the past two years to stabilize a left shoulder injury.

After the game Hernandez spread his arms wide as teammates doused him with a bucket of water in celebration.

It was his second clutch performance this month. He also had a game-tying home run late to help Boston rally to an extra-inning victory at Baltimore on Father's Day.

He said the support of his teammates is what contributed most about his recent success

"Even when I was hurt, they never let me be alone," Hernandez said. "They're part of my family and I enjoy being here.

Brandon Workman (7-1) got one out in the eighth, to pick up the victory. Jace Fry (1-3) took the loss for Chicago, which has lost six out of eight.

Boston starter Eduardo Rodriguez gave up

five runs off six hits, including two home runs over 6 1/3 innings. "I'm so happy for him," Rodriguez said of Hernandez. "Everything he's been through, all

those surgeries, all those things to play this

game. It's something special to see."

become the first White Sox All-Star pitcher since Chris Sale and José Quintana in 2016, allowed three runs off six hits, struck out seven and walked four over 5 2/3 innings. They just did a good job battling, staying

with it," Giolito said. "I think I gave up the lead, let them come back and tie it up two or three times. For me, an unacceptable performance. I need to bear down there at the end of my outing and get through it."

Yoán Moncada had a two-run home run and José Abreu added a two-out, solo home run for the White Sox.

Chicago was clinging to a 3-2 lead in the sixth when Devers drew a one-out walk, followed by sharp double by Xander Bogarts down the left field line. Giolito intentionally walked Bradley to

load the bases, then struck Christian Vázquez looking on five pitches, to bring up Michael

But Chavis was selective and after taking a ball and a strike, and laid off three consecutive balls to draw a walk and tie the game. TRAINER'S ROOM

White Sox: Rick Renteria said right-hander Dylan Covey, who has been on the injured list since June 6 with right shoulder inflammation, will likely have at least one rehab assignment before a decision is made on when he might be activated. "We'll see how it goes," Renteria said.

Red Sox: Right-hander Steven Wright is expected to be activated on Tuesday after he was suspended for 80 games in March following positive test for Human Growth Hormone. Manager Alex Cora said Wright would initially out of the bullpen.

DEBUT

Jon Jay finally made his White Sox debut on Tuesday, starting in right field. A free agent pickup from Arizona this winter, Jay had been on the injured list since straining his right hip late during spring training. Renteria said he plans to use the 34-year-old in multiple capacities, playing all three outfield posi-

UP NEXT

White Sox: Carson Fulmer (1-1, 6.35 ERA) was named the starter Tuesday.

Red Sox: David Price will make his fifth

start of the month. Since returning from the injured list on May 20 he is 3-0 with a 2.97

Yanks homer in 27th straight game, beat Toronto

By The Associated Press

NEW YORK (AP) - Aaron Hicks and Giancarlo Stanton stretched the Yankees' home run streak to a record-tying 27 games, and New York beat the Toronto Blue Jays 10-8 Monday night. Hicks and Stanton each hit three-run drives,

and New York matched the mark set by Alex Rodriguez and the 2002 Texas Rangers. CC Sabathia (5-4) pitched six innings of two-run ball. He threw 104 pitches and struck

out a season-high nine. Stanton hit his shot during a seven-run sixth inning for his first homer in a season spoiled by various injuries.

Blue Jays starter Aaron Sanchez (3-10) allowed seven runs in 5 1/3 innings. Toronto had won three of four. Freddy Galvis hit a grand slam and Lourdes

Gurriel Jr. hit his 10th homer for Toronto.

Yankees closer Aroldis Chapman allowed an unearned run during the ninth but got his

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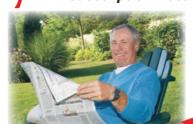
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