



The Westfield News



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"PEOPLE ARE LONELY BECAUSE THEY BUILD WALLS INSTEAD OF BRIDGES."

— JOSEPH FORT NEWTON



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Babe Ruth Baseball

Westfield's shortstop Nick Lenfest (2) tries to make the out. See additional photos and story in today's Sports Section. (Photo by Kellie Adam)



Southwick Fire Chief Russ Anderson

Southwick chief deems first month of ALS a success

By HOPE E. TREMBLAY
Assistant Managing Editor

SOUTHWICK – Since July 1 the Southwick Fire Department has completed 30 Advanced Life Support runs.

The SFD operates at the ALS level during daytime hours, said Fire Chief Russ Anderson and it's already saving the town money, time and most importantly, providing faster medical support to those who need it.

"We have saved about \$10,000 already," said Anderson.

The savings comes mainly from not having to pay fees to neighboring communities – such as Westfield and Agawam – that provide ALS services to the town.

"It costs us about \$275 every time Westfield has to come here," Anderson said.

Southwick has been working toward ALS operations for about five years. The town's population has grown, and Anderson said they were getting more and more calls for ALS level service.

"The problem is that Agawam and Westfield were also getting more calls, so sometimes we would call them, and no one was available because they were assisting their own residents," said Anderson.

When a call for an emergency comes in, Anderson said a dispatcher determines whether or not ALS is necessary based on a series of questions. Before having its own ALS operations, Southwick EMTs would arrive on scene and call for ALS interception, which usually meant that a Westfield or Agawam ambulance was also dispatched and two ambulances – one from Southwick and one from the ALS responder – were used for the call. Southwick was paying for its own ambulance plus an ALS ambulance.

Anderson said for the next three to six months the SPD is required to have two paramedics and a Basic EMT on every ALS call while the service is still new. After that, one paramedic and one EMT will respond, which

See ALS Success, Page 8

Skyline granted license changes

By PETER CURRIER
Staff Writer

WESTFIELD- Skyline Beer Company was granted a change in LLC managers, change of ownership interest, and a change in location during Monday evening's License Commission meeting in the City Council Chambers.

Owners Lisa Pac and Daniel Osella stood before the commission to argue in favor of several changes to their business, the most significant being their location. They will now go from their current location at 124 Elm St. to 98 Southwick Road.

The third co-owner, Dana Bishop, was not able to attend the hearing.

The new location is a four-room brewery with a walk-in cooler for beer and another cooler for the kitchen. It will also feature outdoor seating for 25 to 30 people on the patio and gazebo area of the property. There will also be an area outside for games such as horseshoes or cornhole.

In order to go through with the changes, Skyline Beer Company had to be approved for a Pub Brewers License, of which there are just five others in Massachusetts. In order to sell beer from other local brewery, they would need a second license.

The commission's only con-



Lisa Pac (left) and Daniel Osella, owners of Skyline Beer Company, at their public hearing before the License Commission. (Photo by Peter Currier)

cern was the distinction between Skyline Beer and beer from other breweries. Specifically, they wanted to know how each product would be sold. Commissioner Alice Dawicki's concern was that people may leave the property with other beer that is not meant for retail sale.

"Our beer is packaged up in cans. When it comes off we package a certain percentage of it. We have eight taps essentially that are our taps on one side of the wall," said Pac.

She added that there would be eight taps in another part of the

building that would be meant for other beers not made by Skyline. The only retail sales of beer would be for Skyline products.

Pac and Osella also applied for an entertainment license for their outdoor seating and inside the establishment. Pac noted that any entertainment in the outdoor section would be mostly acoustic music played by one or two people. She added that the outdoor portion of the brewery would likely not be open until next spring.

When asked by Commission Chair Christopher Mowatt about the outdoor hours in relation to

the music, Pac said that on weekdays they will be open until 9 p.m., and on weekends they would close at 10 p.m.. She added that there would be no excessively loud music or any sort of PA system outside.

Ward 5 City Council Leslie LeFebvre spoke in favor of the changes during the public comment section of the meeting. Nobody in the audience spoke in opposition of them.

Peter Currier can be reached at Peter@thewestfieldnews.com.

Old Dominion truck recommended

By AMY PORTER
Staff Writer

WESTFIELD – The Zoning, Planning and Development subcommittee, chaired by Nicholas J. Morganelli, Jr. with members Matthew Emmershy and Andrew K. Surprise, voted to recommend Old Dominion Freight Lines' special permit application for a truck terminal on Medeiros Way to the city council, with five conditions.

Emmershy started the discussion at Monday's meeting by saying that ODFL had already changed their design to a no right turn on the exit in response to residents' concerns about additional truck traffic on Root Road. The new design creates a hard barrier, so that trucks leaving the facility are only able to make a left turn towards Southampton Road.

Emmershy said since all trucks should only be coming in from Southampton Road, he recommended hardening the turn into the entrance as well, so that trucks entering would only be able to

make a right turn coming in from Southampton Road.

Morganelli asked hypothetically what if a truck made a wrong turn and came in from Root Road, turned onto Medeiros Way and couldn't take the left into ODFL, would the truck then have to go onto Southampton Road and find a place to turn around.

Emmershy said in theory, then they wouldn't do it again.

"The residents don't want traffic on Root Road," he said, adding that the same drivers would be making the trip every month, and would know the roads.

"Unless someone is out sick," said Surprise, who also expressed concern about access for emergency vehicles.

Emmershy's third recommended condition, in addition to the exit and entrance turns, was to extend the sewer line for the business to Medeiros



City Planner Jay Vinskey speaks to ZPD committee members Andrew K. Surprise, Matthew Emmershy and chairman Nicholas J. Morganelli, Jr. (Photo by Amy Porter)

See Old Dominion, Page 8



AROUND TOWN

Submit your Around Town News to pressreleases@thewestfieldnews.com

Challenges await those attempting to 'escape' from Whitney Study

By **LORI SZEPELAK**
Correspondent

WESTFIELD — For area residents age 13 and older, a unique experience awaits those wishing to be a part of a “Ghost Getters” team that will work together to “escape” the Whitney Study at the Westfield Athenaeum.

The escape room experience is slated this Wednesday, Aug. 14, with teams starting at 2, 3, 6 and 7 p.m. Registration is necessary for the free program and can be made by visiting www.westath.org or calling (413) 568-7833.

Olivia Eberli, youth services and young adult librarian, created a club earlier this summer called “The Escape Room Planners” and recruited three city teens to help her with the logistics for this month’s escape room program.

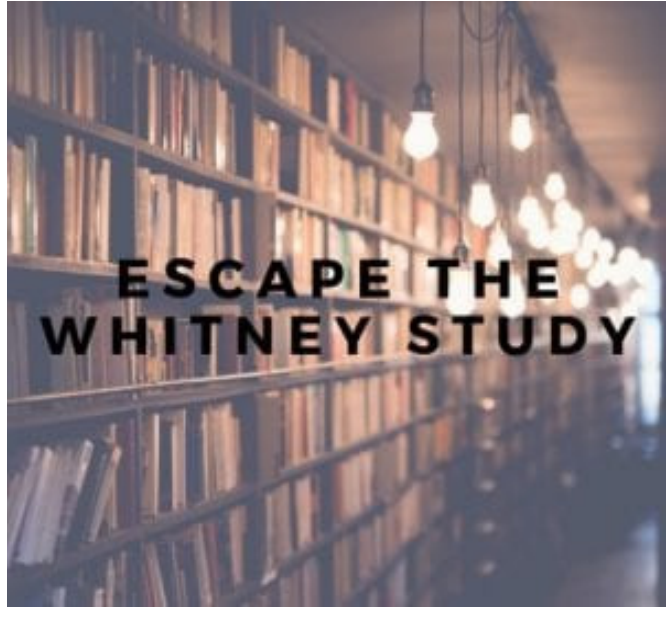
“The club is open to teenagers in Westfield who want to help create escape rooms,” said Eberli. “Those who help with the escape room are volunteers. So together, Zuzanna, Maeve, and Tyler helped me create the story, the clues, and decorations for the room.”

Eberli said the team chose the Whitney Study as the escape room backdrop because it has an “old timey feel” and the fixtures and antiques in the room worked well with the fictional story.

“The Whitney Study is part of the original Fowler-Gillett Homestead,” said Eberli. “The Fowler-Gillett house was built in 1838 and was said to be the finest house in Western Massachusetts.”

Eberli said the homestead was gifted to the Westfield Athenaeum by the Westfield Academy in 1898 and the room itself was named for Milton B. Whitney, president of the Athenaeum, who left \$80,000 to the library in his will.

“Since the Whitney Study was part of the original homestead



it is possible that someone died there,” said Eberli. As the program’s fictional story unfolds, “under mysterious circumstances,” a janitor on May 22, 1918, had been in the study checking for any trash and never made it out of the room – and was never found. Participants will have 45 minutes to work together to solve the clues of the missing janitor and also escape from the room. While this scenario may seem easy, expect some “chilling” effects.

A maximum of eight people can participate in each time slot, noted Eberli, and space is still available in all timeframes.

“I would suggest arriving 10 minutes early because we want to start on time,” said Eberli. “Also, we will ask the participants to come up with a group name in the time they are waiting to start.”

Participants are asked to head upstairs to the Teen Loft where they will be checked in before their escape room experience begins.

Eberli and her team of “Escape Room Planners” will be monitoring each session and will be in the room in the event participants need assistance.

“I hope that no one gets too scared, but if they do we will, of course, let them out,” said Eberli.

This is the third escape room that has been offered at the Athenaeum and the first that is also open to adults because of requests.

“This is a great free event for residents that is different from other events in Westfield,” said Eberli. “Escape rooms are one of the most popular forms of entertainment.”

Eberli noted that escape rooms also provide “unique challenges” for participants and forces them to think outside the box.

“Escape rooms also provide an element of team building,” said Eberli. “A group of strangers or even friends will learn to work together if they want to escape. Plus, you will be supporting the library and the Westfield teens who took time out of their summer to create something for the city.”

Eberli said she “definitely” will continue to host escape rooms at the Athenaeum.

“I know the Escape Room Planners would love to do more too,” she said.

22 **STORM NEWS TEAM**

LOCAL FORECAST

TONIGHT	WEDNESDAY	THURSDAY
 Showers. 63-64	 Partly Sunny. 77-80	 Partly Sunny. 77-79
WWLP.COM • Working For You		
TODAY		
5:57 AM SUNRISE	7:57 PM SUNSET	13 hours 59 Minutes LENGTH OF DAY

ODDS & ENDS

Heinz offers to help reformed ‘Ketchup Thief’

LACEY TOWNSHIP, N.J. (AP) — Heinz is offering to help a person who fears that the theft of a bottle of ketchup has led to bad luck.

The thief took a bottle from a New Jersey restaurant. But when the person got into a car accident and experienced other misfortunes, he or she returned two bottles to the eatery, with a note of apology. The note said the theft of the ketchup was the worst thing the person had ever done, but he or she was seeking to do something “risky.”

Heinz offered on Twitter to pay for the damage from the car accident if the thief contacted the Pittsburgh-based company.

The company said: “Heinz makes you do crazy things.”

Heinz posted Friday that it found the person whose identity it has promised to protect.

LOCAL LOTTERY

LAST NIGHT’S NUMBERS

MASSACHUSETTS

MassCash
05-08-11-25-28

Mega Millions
Estimated jackpot: \$65 million

Numbers Evening
5-7-6-6

Numbers Midday
1-7-9-1

Powerball
Estimated jackpot: \$138 million

CONNECTICUT

Cash 5
01-13-14-15-19

Lucky Links Day
03-04-06-07-11-16-19-20

Lucky Links Night
05-09-10-16-18-19-20-22

Mega Millions
Estimated jackpot: \$65 million

Play3 Day 0-1-1

Play3 Night 6-3-3

Play4 Day 7-9-7-2

Play4 Night 9-6-8-6

TODAY IN HISTORY

TODAY IS TUESDAY, AUG. 13, THE 225TH DAY OF 2019. THERE ARE 140 DAYS LEFT IN THE YEAR.

On August 13, 1961, East Germany sealed off the border between Berlin’s eastern and western sectors before building a wall that would divide the city for the next 28 years.

ON THIS DATE:
In 1846, the American flag was raised in Los Angeles for the first time.

In 1860, legendary sharpshooter Annie Oakley was born in Darke County, Ohio.

In 1889, William Gray of Hartford, Conn., received a patent for a coin-operated telephone.

In 1910, Florence Nightingale, the founder of modern nursing, died in London at age 90.

In 1932, Adolf Hitler rejected the post of vice chancellor of Germany, saying he was prepared to hold out “for all or nothing.”

In 1960, the first two-way telephone conversation by satellite took place with the help of Echo 1. The Central African Republic became totally independent of French rule.

In 1967, the crime caper biopic “Bonnie and Clyde,” starring Warren Beatty and Faye Dunaway, had its U.S. premiere; the movie, directed by Arthur Penn, was considered shocking as well as innovative for its graphic portrayal of violence.

In 1989, searchers in Ethiopia found the wreckage of a plane which had disappeared almost a week earlier while carrying Rep. Mickey Leland, D-Texas, and 14 other people — there were no survivors.

In 1995, baseball Hall of Famer Mickey Mantle died at a Dallas hospital of rapidly spreading liver cancer; he was 63.

In 2003, Iraq began pumping crude oil from its northern oil fields for the first time since the start of the war. Libya agreed to set up a \$2.7 billion fund for families of the 270 people killed in the 1988 Pan Am bombing.

In 2008, a man barged into the Arkansas Democratic headquarters in Little Rock and opened fire, killing state party chairman Bill Gwatney before speeding off in a pickup. (Police later shot and killed the gunman, Timothy Dale Johnson.) Michael Phelps swam into history as the winningest Olympic athlete ever with his 10th and 11th career gold medals.

In 2017, in a statement, the White House said President Donald Trump “very strongly” condemns individual hate groups such as “white supremacists, KKK and neo-Nazis;” the statement followed criticism of Trump for blaming the previous day’s deadly violence at a white supremacist rally in Charlottesville, Virginia, on “many sides.” Protesters decrying hatred and racism converged around the country, saying they felt compelled to respond to the white supremacist rally in Virginia.

TEN YEARS AGO:
The Philadelphia Eagles signed Michael Vick to a one-year deal, prompting criticism from animal rights activists over his role in a dogfighting ring. NFL commissioner Roger Goodell suspended Cleveland Browns receiver Donte Stallworth for the entire season after Stallworth served 24 days in jail for DUI manslaughter in the death of 59-year-old Mario Reyes in Miami.

FIVE YEARS AGO:
Six people — including Associated Press video journalist Simone Camilli — were killed when leftover ordnance believed to have been dropped in an Israeli airstrike blew up in the Gaza Strip. Brazilian presidential candidate Eduardo Campos died when the small plane that was carrying him and several campaign officials plunged into a residential neighborhood in the port city of Santos.

ONE YEAR AGO:
President Donald Trump dared New York Gov. Andrew Cuomo to challenge him in 2020, warning, “Anybody that runs against Trump suffers.” A lawyer for longtime FBI agent Peter Strzok, who’d been removed from the Russia investigation over anti-Trump text messages, said Strzok had been fired by the agency.

TODAY’S BIRTHDAYS:
Former U.S. Surgeon General Joycelyn Elders is 86. Actor Kevin Tighe is 75. Former Federal Reserve Chair Janet Yellen is 73. Opera singer Kathleen Battle is 71. High wire aerialist Philippe Petit is 70. Hockey Hall of Famer Bobby Clarke is 70. Golf Hall of Famer Betsy King is 64. Movie director Paul Greengrass is 64. Actor Danny Bonaduce is 60. TV weatherman Sam Champion is 58. Actress Dawnn (correct) Lewis is 58. Actor John Slattery is 57. Actress Debi Mazar is 55. Actress Quinn Cummings is 52. Actress Seana Koford is 49. Country singer Andy Griggs is 46. Actor Gregory Fitoussi is 43. Country musician Mike Melancon (Emerson Drive) is 41. Actress Kathryn Fiore is 40. Former White House press secretary Sarah Huckabee Sanders is 37. Actor Sebastian Stan is 37. Actor Eme Ikwuakor is 35. Pop-rock singer James Morrison is 35. Actress Lennon Stella is 20.

Delaney's Market denied liquor license

By **PETER CURRIER**

Staff Writer

WESTFIELD — The License Commission Monday denied Delaney's Market a wine and malt section 15 package store license for its proposed location on East Main Street.

Owner Peter Rosskothan and General Manager Roberta Hurwitz appeared before the License Commission Aug. 12.

The proposed location is 587 East Main St. Unit 160 in the Little River Shops Plaza.

Due to the denial of the license, however, the store's opening may now be in jeopardy.

"We will not open that store without a liquor license," said Rosskothan as he left the City Council Chambers following the public hearing.

The commission's chief concern with their liquor license was that the area in which they would like to open is already 'saturated' with other stores with the same license. During public participation, several representatives from Super Phipps Package Store spoke in opposition of granting the license.

They said that they already face steep competition with the other stores in the area, and another one would only add to that. No one in the audience chose to speak in favor of granting the license.

The commission's other concern was that the city only has the ability to give out two more such licenses. Adding one to a saturated location would take away from somebody else who would like to open up shop elsewhere, in a more ideal location with less competition, said commissioners.

Delaney's Market would not just be a liquor store, however. Their specialty is selling prepared meals for people to take home to cut down the amount of cooking they have to do themselves. In the public hearing, Rosskothan said that they offer 50 to 60 choices of meals and alcohol sales would be secondary.

Unlike the Delaney House and the Log Cabin, the Delaney's Market is take-out only. There would be no seating in the



Peter Rosskothan, owner of The Delaney House, The Log Cabin in Holyoke, and the expanding Delaney's Market. (Photo submitted)

store.

"The best way to describe it is a high quality, fresh, ready-made meal for a good value," said Rosskothan in a December interview. "It's a retail store with the variety and quality of a restaurant."

The first Delaney Market opened in Longmeadow in 2016. A second location opened in Springfield in June, which Rosskothan said has had kind of a slow start. The Delaney's Market website notes four locations, including Wilbraham and Westfield.

Before the vote was made to deny the permit, Mowatt gave his reason for the decision.

"What Delaney's Market proposed has merit. I think it's a great idea and it serves their business well. But we are currently in a time and situation where we are over-served in that area and it doesn't serve the public need in Westfield," said Mowatt.

*Peter Currier can be reached at
Peter@thewestfieldnews.com.*

WSU Professor Dr. Maria Carranza appointed AAAS Science & Technology Policy Fellow

WESTFIELD - Westfield State University Assistant Professor of Chemistry Maria G. Carranza, Ph.D., has been awarded an American Association for the Advancement of Science (AAAS) Science and Technology Policy Fellowship (STPF) with a placement at the National Science Foundation's (NSF) INCLUDES office for the 2019-20 academic year.

Dr. Carranza is among 278 highly trained scientists and engineers who will spend a year serving professionally in federal agencies and congressional offices. The U.S. government benefits from the contributions of STPF fellows while fellows learn first-hand about federal policymaking and implementation. As a fellow, Dr. Carranza will have the opportunity to make a positive impact on a broad range of policy and program issues and concerns, including her areas of interest — STEM education, diversity and inclusion.

"We are happy to welcome the 47th class of Science & Technology Policy Fellows this fall," said STPF Director Jennifer Pearl. "The incoming class of fellows are on their way to making a big step forward in advancing science and society."

The fellowship program is operated as part of the AAAS mission to advance science and serve society. The program aims to support evidence-based policymaking by engaging the knowledge and analytical mindset of science and engineering experts, and foster leaders for a strong U.S. science and technology enterprise. Fellows represent a broad range of disciplines, backgrounds and career stages.

"The AAAS NSF Science and Technology Policy Fellows program only accepts a dozen or two scientists into the program each year, so we are extremely happy that Dr. Carranza was chosen for this opportunity," said Christopher Masi, Ph.D., professor and chair of the Westfield State Department of Chemical and Physical Sciences. "Further, that Dr. Carranza will be working in the NSF INCLUDES office to expand opportunities in chemistry to underrepresented groups makes us extremely proud."

The 2019-20 class is comprised of 278 fellows sponsored by AAAS and partner societies. Of these, 33 will serve in Congress and 245 in the executive branch among 19 federal agencies or departments.

Since the program's inception in 1973, more than 3,000 fellows have supported the executive, judicial and legislative branches of the U.S. government seeding every corner of Washington and beyond with a high caliber of scientific know-how. After the fellowship, many fellows remain in the policy arena working at the federal, state, regional or international level. Others pursue careers in industry or the non-profit sector. Those who choose academia often teach or mentor students to understand the policy context for research and the importance of science communication.

INCLUDES, one of NSF's Ten Big Ideas for Future Investment, is a comprehensive national initiative designed to enhance U.S. leadership STEM discoveries and innovations by focusing on broadening participation in these fields at scale. The vision of NSF INCLUDES is to catalyze the STEM enterprise to collaboratively work toward a STEM workforce that reflects the diversity of the Nation. https://www.nsf.gov/news/special_reports/nsfincludes/pdfs/INCLUDES_report_to_the_Nation.pdf Dr. Carranza hopes to utilize her expertise as a researcher, chemist, and STEM educator to advance the mission and goals of the office of NSF INCLUDES.

Weekend shutdowns planned to speed Subway Improvements

BOSTON, AUG. 12, 2019....Hundreds of thousands of MBTA subway commuters will see multiple weekends of service disruptions and diversions in the coming months, a sacrifice that T officials - under scrutiny in the wake of multiple derailments - say is necessary to accelerate planned maintenance and infrastructure improvements.

The T's new \$27.5 million proposal will shut down rail service on large stretches of the Red, Orange and Green lines on weekends, sometimes several in a row, through December.

About three-quarters of Red Line passengers and four-fifths of Orange Line riders will be affected, most of whom will need to use shuttle buses to access or cross the most heavily trafficked downtown Boston stops, according to MBTA estimates.

Marchers will seek to end detentions, deportations

Faith leaders and community activists plan a six-day trek across New England next week, starting at a rally outside U.S. Sen. Elizabeth Warren's Boston office and converging on Aug. 24 at a New Hampshire facility that Immigration and Customs Enforcement uses as a detention center.

Participants, from groups including Faith in Action, Essex County Community Organization, Massachusetts Communities Action Network, New Hampshire Council on Churches and Vermont Interfaith Action, will set off at various points from Boston, Concord, N.H., Montpelier, Vermont, and Kittery, Maine, and march to the Strafford County House of Corrections in Dover, N.H.

Girl Scouts honoring local girl leadership champions

WESTFIELD - The Girl Scouts of Central and Western Massachusetts is pleased to announce nominations are open for the third annual ToGetHerThere Awards. Do you know a champion for the next generation of female leaders? ToGetHerThere Awards honor western Massachusetts professionals in the following five categories:

- Entrepreneur
- Financial Literacy
- Health & Wellness
- Man Enough to Be a Girl Scout
- Science, Technology, Engineering and Mathematics (STEM)

The ToGetHerThere Awards gives area businesses and organizations the opportunity to honor a difference maker from within their ranks who has shown exceptional achievement in their profession, is an inspiration to their co-workers and young women and have made contributions to their communities. The nominated person must signify role model behavior in their professional career and represent the Girl Scout's mission of building girls of courage, confidence, and character, who make the world a better place.

Girl Scouts of Central and Western Massachusetts will honor the winners at the ToGetHerThere Awards Luncheon on Friday, Oct. 18, from 11:30 a.m. to 1:30 p.m. at the Springfield Country Club.

Nomination deadline is Friday, Aug. 30, 2019.

Nomination forms and requirements can be found on the Girl Scout website, <http://www.gscwm.org/en/events/special-events/TGHTA.html> or by contacting Mel LeBoeuf, 413-584-2602 ext. 3617 or mleboeuf@gscwm.org. Nominations will be reviewed by a panel of business, community and civic leaders who will then select the ToGetHerThere Awards honorees.

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 Senior Center every 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, AUGUST 13

TOLLAND:

- Conservation Commission at 3 p.m.

CHESTER:

- Municipal Light Department Meeting at 6 p.m.

WEDNESDAY, AUGUST 14

BLANDFORD:

- Fire Department Meeting at 7 p.m.

THURSDAY, AUGUST 15

WESTFIELD:

- City Council at 7 p.m.

BLANDFORD:

- Library Trustees Meeting at 7:30 p.m.

CHESTER:

- Municipal Light Department Meeting at 6 p.m.

If you would like to run a Birthday Announcement in The Westfield News contact us at: 413-562-4181

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COMMENT

LETTER TO THE EDITOR

I've got a brand new bag, baby

By G. MICHAEL DOBBS

Managing Editor, Reminder Publishing

I hope you're not upset about the gradual but inevitable demise of the single-use shopping bag.

I'm sure some people are.

There are always people who seek to be upset if their status quo is disturbed.

The simple truth is we once lived without one-time plastic bags and we can live without them now.

Granted I'm an aging Baby Boomer, but I clearly remember when the paper shopping bag was king. Paper bags could be re-used and we turned to them when we were told to cover our textbooks with brown paper.

Do I have to explain the term "text book" to the whip-persnappers?

A paper bag was the way you could ripen fruit such as plums and peaches, as well.

And once upon a time many stores gave shoppers a choice: plastic or paper. Some even offered a paper bag inside of a plastic one.

That was a high-class establishment.

Granted plastic bags have their charms, but it's mostly in the service of disposing of trash and dog poop.

A few years ago the Chicopee City Council attempted to institute a single-use plastic bag ban in that city. The response from the electorate was strong and immediate. The objections centered on dog poop. People told the council they needed plastic bags in order to clean up after their pooches.

The proposed ordinance was soon dead, and the dog owners prevailed.

The decision by the Big Y should be celebrated. The stand that company is taking is a very real step forward in addressing an element of trash that is ubiquitous. How many times have you seen plastic bags hanging in trees or rolling in the wind like a tumbleweed?

Few of us can see the fact the bags clog landfills, even though it's apparent they do.

All we have to do now is remember the bags we buy in the store. Of course, for an aging Baby Boomer this is a hurdle that must be overcome.

Shopping is often-times an improvised kind of activity and my wife and I have amassed quite a collection of shopping bags. The issue is making sure there are a significant number of them in the car.

Then, of course, I have to remember to bring them into the store. My mind is usually occupied with remembering the list of items I needed to buy.

So inevitably I wind up buying another bag.

That's okay. I'd rather do that than use a bag that is still going to be around long after me.

Concerned about losing plastic bags? Elated they are on the way out? Drop me a line and tell me at news@thereminder.com.



G. MICHAEL DOBBS



In this June 13, 2019, file photo, ExpressVote XL voting machines are displayed during a demonstration at the Reading Terminal Market in Philadelphia. More than one in ten voters could vote on paperless voting machines in the 2020 general election, according to a new analysis, leaving their ballots vulnerable to hacking according to a new study. (AP Photo/Matt Rourke, File)

Analysis shows 2020 votes still vulnerable to hacking

By MARY CLARE JALONICK

Associated Press

WASHINGTON (AP) — More than one in 10 voters could cast ballots on paperless voting machines in the 2020 general election, according to a new analysis, leaving their ballots vulnerable to hacking.

A study released by the Brennan Center for Justice at NYU School of Law on Tuesday evaluates the state of the country's election security six months before the New Hampshire primary and concludes that much more needs to be done. While there has been significant progress by states and the federal government since Russian agents targeted U.S. state election systems ahead of the 2016 presidential election, the analysis notes that many states have not taken all of the steps needed to ensure that doesn't happen again.

The report also notes that around a third of all local election jurisdictions were using voting machines that are at least a decade old, despite recommendations they be replaced after 10 years. The Associated Press reported last month that many election systems are running on old Windows 7 software that will soon be outdated.

"We should replace antiquated equipment, and paperless equipment in particular, as soon as possible," the report recommends.

The analysis comes as Congress is debating how much federal government help is needed to ensure state election systems are protected. Democrats have

"We should replace antiquated equipment, and paperless equipment in particular, as soon as possible."

Brennan Center for Justice at NYU School of Law study on US Election Security

put forward legislation to require paper balloting, give more assistance to the states and give them more dollars to make improvements. But some Republicans, including Senate Majority Leader Mitch McConnell, are wary of too much federal intervention.

Using voter registration and turnout data, the Brennan Center estimates that as many as 12% of voters, or around 16 million people, will vote on paperless equipment in November 2020. Security experts have said that paper-based systems provide better security because they create a record that voters can review before casting their ballots and election workers can use them to audit results.

Still, the number represents an improvement from 2016, when 20 percent of voters cast ballots on paperless equipment. In the last presidential election, 14 states used paperless voting machines as the primary polling place equipment in at least some counties and towns. In 2020, the Brennan Center estimates, that number will drop to no more than eight.

The states that could still have some paperless balloting are Indiana, Kansas, Kentucky, Louisiana, New Jersey, Mississippi, Texas and Tennessee.

Three states, Arkansas, Delaware and Virginia, transitioned to paper-based voting equipment since the 2016 election. And Georgia, South Carolina and Pennsylvania have committed to replacing equipment by the 2020 election.

Homeland Security officials notified election officials in 21 states in 2017 that their systems had been targeted by Russia. Authorities have since said they believe all states were targeted to varying degrees.

Russian President Vladimir Putin, responding to a question from the AP during a meeting with chief executives of international news agencies in St. Petersburg in June, denied that his government interfered in the 2016 U.S. presidential election despite the extensive evidence to the contrary. Putin also insisted that Moscow has no intention of interfering in any future elections, saying that "we didn't meddle, we aren't meddling and we will not meddle in any elections."

ABSENTEE VOTING

Early Voting is currently not available during Municipal Election year

WESTFIELD — Unlike early voting, which is currently available only for November state elections (*Please check back in 2020 for Early Voting Updates*), absentee voting is available for all elections. Absentee voting is available to those who qualify. If you will be out of town on Election Day, you have a disability, or you have a religious belief which prevents you from going to your polling place, you can apply for an absentee ballot. Absentee ballots are available before the early voting period. (Source: <https://www.cityofwestfield.org/745/Early-Voting>)

LETTER TO THE EDITOR

Election Security and Source for Election News

To the Editor,

What will be the most important source of news for voters during the 2020 presidential election? When Mark Zuckerberg, Facebook CEO, testified in a Senate hearing he said; "didn't do enough to prevent these tools from being used for harm as well. That goes for fake news, foreign interference in elections, and hate speech, as well as developers and data privacy. White House spokesman said; It's proven by every metric that Russian meddling did not affect on the outcome of the election. But, Russia's sophisticated, multipronged effort did meddle with the 2016 election. A Russian Agency employed hundreds of people, which they called specialists, to create fake social media accounts, particularly on Facebook, Twitter and Instagram, that would appear to belong to ordinary American citizens, according to the indictment. But President Trump insisting that Mueller's work is a ridiculous hoax, a series of legislative proposals aimed at boosting election security were bottled up in the Republican-controlled Senate on Thursday as lawmakers prepare to leave for their August recess. Senate Majority Leader Mitch McConnell (RKY.) quickly blocked the Democrats' move, however, saying Washington's intervention in the local administration of elections needs to be carefully considered.

For the past two and a half years, the panel led by Chair Sen. Richard Burr (R-NC) and Vice Chair Sen. Mark Warner (D-VA) has reviewed the intelligence that the Kremlin sought to meddle in the last presidential election, an effort separate from the highly partisan probe in the House that ended in 2018 and found no collusion between the Trump campaign and Russia.

Foreign adversaries are likely already planning to interfere in the 2020 U.S. election, the nation's top intelligence official warned on Tuesday. Former Director of National Intelligence Dan Coats wrote that competitors such as Russia, China and Iran "probably already are looking to the 2020 U.S. elections as an opportunity to advance their interests." Note: Trump asks Coats to resign. In Coats' statement, he predicted that these countries "will use online influence operations to try to weaken democratic institutions, undermine U.S. alliances and partnerships and shape policy outcomes in the United States and elsewhere." Moscow may also seek to spread disinformation; launch cyberattacks and manipulate data.

Overall, half of Americans say they're extremely or very concerned about foreign interference in the form of altered election results or voting systems, even though hackers bent on causing widespread havoc at polling places face challenges in doing so. A poll conducted, shows 63% of Americans have significant concerns about at least one of those types of interference.

One concerned we should have what political ads are real or that distorted pictures, videos, or articles. "United States officials are already grappling with Russian attempts to interfere in the 2020 presidential race, and are powerless to stop American tricksters from joining the fray because they are protected by the First Amendment," wrote Matthew Rosenberg. For example, by contrasting a positive image (say a smiling face) alongside a negative image (say pollution), you might be communicating that the smiling face caused the confusion, which may not be the case. Always check spelling and the sentence structure, foreigner's grammar, and pronunciation could have a different meaning. This will tell you there is interference.

Changes in media technology have repeatedly knocked on American democracy. In the 21st century, newsprint and improved presses allowed partisan newspapers to expand their reach dramatically. Remember that in addition to the presidential election, there are state and local elections taking place in many parts of the country, providing more opportunities for civic involvement.

Norman Hall

CHINA WARNS HONG KONG PROTESTERS NOT TO 'PLAY WITH FIRE' ...

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A publication of The Reminders Publishing, LLC

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OBITUARIES

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Cesar M. Angco M.D.

WESTFIELD – Cesar M. Angco M.D., of Westfield, MA, passed away peacefully on August 10, 2019 at Baystate Medical Center, surrounded by his family. He was born in the Philippines on December 14 to the late Dominador and Jesusa (Martinez) Angco. Dr. Angco was a graduate of University of Santo Thomas, Philippines. He was the first of his family to emigrate to the United States after being invited to complete his internship at Mount Sinai Hospital (WI); followed by a residency at Malden Hospital (MA), where he was Chief of Staff. As a long-time resident of Westfield, he worked at Western Mass Hospital, then Noble Hospital, where he practiced, as a general practitioner and surgeon for 35 years; a caring physician to his patients.

Dr. Angco was a devoted husband to his beloved wife of 53 years, Editha (Talamayan) Angco, a loving father to his daughter, Kathleen Angco-Vieweg, her husband Jason and their son, Calae; a proud father of his younger daughter, Arlene A. Cabral, her husband, Dan, and their daughter Kayla; a supportive brother to Griceta Angco-Soberano (NY), Pompeyo (MI, deceased), Marcial (London), Antonio (MI, deceased), Virgilio (Philippines), Ramon (MA), Manuel (WV, deceased), & Corazon Angco-Viola (CA). He was a respected and beloved patriarch to his extended family, and a loyal friend to many.

Calling hours will be held Friday, August 16, 2019 from 4pm – 8pm at Firtion-Adams, 76 Broad Street, Westfield, MA. The funeral service will be at St. Mary's Parish Church, 30 Bartlett Street, Westfield, MA on Saturday, August 17, 2019 at 9:30 am. In lieu of flowers, contributions may be made to St. Mary's Parish Church and School or to The Clergy Retirement Home Villa Domingo Renewal Center of Maddarulug, Solona, 3503 Cagayan c/o 262 Steiger Drive, Westfield, MA 01085. A burial will be at a later date at St. Mary's Cemetery. For online condolences please visit www.firtionadams.com.



Visitor brings narcotics to hospital patient

By CARL E. HARTDEGEN

Correspondent

WESTFIELD – City police were notified Friday night that a visitor apparently attempted to deliver heroin to a patient in the Baystate Noble Emergency Department.

A caller from the hospital's security department called police at 10:04 p.m. Friday to report that a "suspicious" visitor attempted to deliver food, a grinder, to her father, a patient in the emergency room. The caller said that a security officer examined the sandwich "and found packets of what they believe to be heroin."

Officer Joseph Pescitelli responded to the call and reports that the visitor had left the hospital, reportedly on a bicycle, before he arrived. Officers searched the area but the suspect was not found.

Police Capt. Michael McCabe said Monday that the suspect has been identified and that a warrant for her arrest has been issued.

POLICE LOGS

WESTFIELD

Major crime and incident report
Tuesday, Aug. 6, 2019

10:22 a.m.: fraud, East Mountain Road, a resident came to the station to complain of fraudulent access to her bank account, the responding officer reports the complainant said that several unauthorized debits were found to have been made from her bank account since April, the complaint was referred to the Detective Bureau;

11:00 a.m.: accident, Russell Road, a caller reports utility wires are down atop a vehicle, a second caller reports vehicles are driving into a low hanging wires, the responding officer reports the wires are believed to be telephone and cable television wires and have been pulled away from two houses, the wires were removed from the roadway and the G&E was notified;

11:20 a.m.: animal complaint, North Elm Street, an animal control officer reports an abandoned cat found near a veterinary clinic was transported to the municipal animal shelter;

3:53 p.m.: larceny Elm Street, a patrol officer reports that a resident notified him that his refuse bins have been stolen, the responding community policing officer reports the bins were not found in the area and the complainant's landlord was notified;

3:54 p.m.: disturbance, East Bartlett Street, a caller reports a known party is instigating fights with others, the responding officer reports the suspect was found with a stick in the middle of the roadway challenging passersby to fight, **Thomas Henry Favreau**, 31, of no fixed address, was arrested for disorderly conduct;

4:40 p.m.: weather complaint, Kensington Avenue, a patrol officer reports a delivery truck struck a large tree branch which fell into the roadway, the responding officer reports the limb was moved to the side of the road and the DPW was notified to remove it.

COURT LOGS

Westfield District Court

Tuesday, Aug. 6, 2019

Anthony A. Sanchez, 31, of 38 Jefferson St., 1st. Flr. Left, Westfield, was released on his personal recognizance pending a Nov. 5 hearing after he was arraigned on a charge of breaking and entering a building in the nighttime with intent to commit a felony and two charges of malicious destruction of property valued less than \$1,200 brought by Westfield police.

Roy Weaver, 45, of 11 Bush St., Westfield, was released on his personal recognizance pending a Nov. 5 hearing after he was arraigned on a charge of operating a motor vehicle with a suspended license and a marked lanes violation brought by Westfield police. In a second case also brought by Westfield police, **Weaver** was again released on his personal recognizance pending a Nov. 5 hearing after he was arraigned on charges of assault and battery on a family or household member and threatening to commit a crime.

Yahaira I. Vega, 41, of 118 Elm St., Apt. 301, Westfield, was released on her personal recognizance pending a Nov. 1 hearing after she was arraigned on a charge of assault and battery with a dangerous weapon resulting in serious bodily injury brought by Westfield police.

Connecticut students explore plastic consumption project

By JO KROEKER

Greenwich Time

GREENWICH, Conn. (AP) — From clothing that ships in plastic packages to trash going out in plastic bags, businesses consume large quantities of single-use plastic, a dozen Greenwich Public School students determined during a summer project.

A cohort of soon-to-be seventh graders investigated the sustainability of Greenwich businesses, from Chase Bank to Vineyard Vines — a study that also motivated them to swap out single-use plastics for reusable options in their own lives. The project was the culmination of their six weeks of work in Horizons at Brunswick, a program that the private school runs every summer for boys in Title 1 Greenwich public schools who are performing at or below grade level.

Horizons is in its seventh year and is one of 55 such programs across the nation. Toni Jones, the new superintendent of schools, checked in with the students as they gave presentations on Monday. Other administrators, including Julian Curtiss School Principal Trish McGuire and Western Middle School Principal Gordon Beinstein, were there, too.

"I haven't seen a program that operates like this," Jones said. "What makes this unique is it is the same kids every summer. That concept is really powerful."

The program also frees students and teachers from standardized tests, she said.

"Summer learning is so different," Jones said. "It is not driven by state scores. It's freeing for educators to focus on joy."

The program is open to students from New Lebanon, Hamilton Avenue, Julian Curtiss and Western. Eleven students are rising seventh graders, and about 15 students are rising fifth-graders. The program expands every year and will have rising eighth-graders next summer and rising ninth-graders, its final year, in the summer of 2021.

The oldest cohort investigated plastic consumption in town, the first time Horizons tried out the project.

"At this age, they can be critical of adults but without just pointing fingers," said Jim O'Connell, who teaches math at Brunswick's middle school. "They can talk about business practices, and what customers want."

The students quickly called out Beinstein for carrying a Dunkin' Donuts iced coffee cup.

"They did a nice job," he said. "They answered all my questions and held me accountable for my cup."

About half of the middle school students attend his school, Western, including, J.P. Robledo and Anthony Colmenares, who spoke to store managers at Vineyard Vines, Chase Bank and Lilly Pulitzer for the project.

Robledo has since swapped plastic straws for metal ones in his own life. Colmenares has started refilling the plastic water bottles he uses.

Horizons has paid off for Robledo, who said he had been struggling in math before. "It got easier," he said. "I wouldn't say I'm good at math, but it got easier."

Studying sustainability was a first for Central Middle School student Jeremy Abrego. He and Richard Pesantez interviewed managers at Le Pain Quotidien, Meli-Melo, Richards and Green & Tonic.

Le Pain Quotidien had early success with paper straws, but the store ran out and temporarily switched back to plastic, he said. Most of Meli-Melo's plastic use comes from takeout and soup containers. Richards uses the most plastic, the two found, because of how the items of clothing are packaged to be shipped to the store.

"We wanted to show why it's a big problem," Abrego said.

But Abrego said he preferred last year's project, a "Shine a Light" photojournalism project in which students interviewed local businesses and took pictures.

Azael Rojas, who will be attending Turn of River School in Stamford this fall, profiled Cos Cob's newest cafe, Chocoylatte, and tried a frozen coffee and chocolate drink.

"We were pretty caffeinated," he told Jones. "And with the extra sugar, we were pretty hyped."

Rojas said he learned how the pastries are made and how to use Keynote, software designed for making presentations.

"The program has a lot of value — academically and socially and emotionally," McGuire said of Horizons. "It is such a pleasant environment with diverse programming."

She said she has seen growth among her students who attend Horizons, and, McGuire added, "it prevents the summer slide."

Water Use Restrictions

WESTFIELD — Pursuant to its authority under State and local laws, rules, and regulations, the City of Westfield Board of Water Commissioners has declared a State of Water Supply Conservation. A water supply shortage was created with the removal of Municipal Wells Number 7 and 8 due to contamination with PFASs, and increased summer demand has placed stress on the water supply.

The Board of Water Commissioners has determined that mandatory conservation measures are necessary to ensure that an adequate supply of water exists for all water consumers.

Water use restrictions. These restrictions apply to customers of the City of Westfield Department of Public Works Water Division and are necessary to maintain water pressure to ensure public safety and to ensure an adequate system capacity for essential uses by all customers. These restrictions are subject to change as conditions require.

This Non-Essential Water Use Restriction begins July 17, 2019 and shall be effective until further notice.

A All non-essential water use is ONLY ALLOWED on Tuesday, Thursday, and Saturday before 9am and after 5pm at ODD Numbered Houses.

B All non-essential water use is ONLY ALLOWED on Wednesday Friday, and Sunday before 9am and after 5pm at EVEN Numbered Houses.

C No non-essential water use is allowed on Mondays.

Examples of "non-essential" water use include:

- Irrigation of lawns via sprinklers or automatic irrigation systems;
- Washing of vehicles, except in a commercial car wash or as necessary for operator safety; and
- Washing of exterior building surfaces, parking lots, driveways or sidewalks, except as necessary to apply surface treatments such as paint, preservatives, stucco, pavement or cement.
- Irrigation of lawns, gardens, flowers and ornamental plants by means of a hand-held hose, soaker hose or drip irrigation system.

Examples of water uses NOT subject to restrictions:

- For health and safety reasons;
- By regulation;
- For the production of food and fiber;
- For the maintenance of livestock; or
- To meet the core functions of a business (for example, irrigation by golf courses as necessary to maintain tees, greens, and limited fairway watering, or irrigation by plant nurseries as necessary to maintain stock).

Enforcement:

It is unlawful for any person to violate the terms, conditions, restrictions or requirements of a declaration of a state of water supply emergency or state of water supply conservation. The penalty for violation of these mandatory restrictions is \$25.00 for the first citation and \$50.00 for the second and each additional citation. Each day on which a violation occurs constitutes a separate violation.

This mandatory water restriction program is designed to sustain the water supply for all. Your anticipated cooperation is greatly appreciated. If you have any questions please contact the Water Division at (413) 572-6269

'Be Aware, Be Prepared!' Packets Available

WESTFIELD —The thought of preparing for disasters or emergencies can be overwhelming. Planning is key! The Medical Reserve Corps of Hampden County has prepared a family records packet to assist in the planning process. The document is extensive but simple to complete. 'Be Aware, Be Prepared!' packets are available at the Westfield Senior Center, 45 Noble Street. Once completed, the document should be kept in a clear watertight plastic bag, ready to be taken with you in the event of a disaster if you need to evacuate your home. It is the hope of the Medical Reserve Corps that you will never have to use the 'Be Aware, Be Prepared!' document. But hope is not a plan!

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For more information, please contact **Suzanne M. Boniface** at sboniface@westfield.ma.edu, or **Mary Ann Roussi** at (413) 572-8696.

HEALTHFITNESS

Early study results suggest Ebola treatments saving lives

By LAURAN NEERGAARD

Associated Press

WASHINGTON (AP) — Two of four experimental Ebola drugs being tested in Congo seem to be saving lives, international health authorities announced Monday.

The preliminary findings prompted an early halt to a major study on the drugs and a decision to prioritize their use in the African country, where a yearlong outbreak has killed more than 1,800 people.

The early results mark “some very good news,” said Dr. Anthony Fauci of the U.S. National Institutes of Health, which helped fund the study. With these drugs, “we may be able to improve the survival of people with Ebola.”

The two drugs — one developed by Regeneron Pharmaceuticals and the other by NIH researchers — are antibodies that work by blocking the virus.

While research shows there is an effective albeit experimental vaccine against Ebola — one now being used in Congo — no studies have signaled which of several potential treatments were best to try once people became sick. During the West Africa Ebola epidemic several years ago, studies showed a hint that another antibody mixture named ZMapp worked, but not clear proof.

So with the current outbreak in Congo, researchers compared ZMapp to three other drugs — Regeneron’s compound, the NIH’s called mAb114 and an antiviral drug named remdesivir.

On Friday, independent study monitors reviewed how the first several hundred patients in the Congo study were faring — and found enough difference to call an early halt to the trial. The panel determined that the Regeneron compound clearly was working better than the rest, and the NIH antibody wasn’t far behind, Fauci explained. Next, researchers will do further study to nail down how well those two compounds work.

The data is preliminary, Fauci stressed. But in the study, significantly fewer people died among those given the Regeneron drug or the NIH’s — about 30% compared to half who received ZMapp. More striking, when patients sought care early — before too much virus was in their bloodstream — mortality was just 6% with the Regeneron drug and 11% with the NIH compound, compared to about 24% for ZMapp, he said.

Among people who receive no care in the current outbreak, about three-fourths die, said Dr. Michael Ryan of the World Health Organization. All of Congo’s Ebola treatment units have access to the two drugs, he added, saying he was

hopeful that the news would persuade more patients to seek care — as soon as symptoms appear.

Tackling Congo’s outbreak has been complicated both by conflict in the region and because many people don’t believe Ebola is real and choose to stay at home when they’re sick, which spurs spread of the virus.

“Getting people into care more quickly is absolutely vital,” Ryan said. “The fact that we have very clear evidence now on the effectiveness of the drugs, we need to get that message out to communities.”

Fauci said Regeneron and Ridgeback Biotherapeutics, which has licensed the NIH compound, told authorities enough doses are readily available.

One issue researchers will have to analyze: Occasionally people who receive the Ebola vaccine still become sick, including some in the treatment study, which raises the question of whether their earlier protection inflated the drugs’ survival numbers.

The Associated Press Health and Science Department receives support from the Howard Hughes Medical Institute’s Department of Science Education. The AP is solely responsible for all content.



In this Nov. 12, 2017 file photo, participants march against sexual assault and harassment at the #MeToo March in the Hollywood section of Los Angeles. The number of complaints against California physicians for sexual misconduct has risen 62% since fall of 2017, a jump that coincides with the beginning of the #MeToo movement, according to a newspaper investigation published Monday, Aug. 12, 2019. A Los Angeles Times analysis of California medical board data found complaints of sexual misconduct, though small in number, are among the fastest growing type of allegation. (AP Photo/Damian Dovarganes, File)

Sex misconduct complaints against California doctors up sharply

LOS ANGELES (AP) — The number of complaints against California physicians for sexual misconduct has risen 62% since fall of 2017 — a jump that coincides with the beginning of the #MeToo movement, according to a newspaper investigation published Monday.

A Los Angeles Times analysis of California medical board data found complaints of sexual misconduct, though small in number, are among the fastest growing type of allegation.

During the fiscal year that ended in June, the board got 11,406 complaints against physicians and surgeons, the most it has ever received.

In fiscal year 2017-18, 280 complaints were filed against physicians for sexual misconduct, compared with 173 the previous year. In the 2018-19 fiscal year, there were 279.

During that same time, medical boards across the country also noticed a surge in sexual misconduct complaints, according to Joe Knickrehm, spokesman for the nonprofit Federation of State Medical Boards, though national figures were not available.

Many experts link the increase to societal shifts spurred by the #MeToo movement, which encouraged victims to speak out, as well as noteworthy abuse cases involving medical professionals, the newspaper said.

Larry Nassar, a former USA Gymnastics doctor, was sentenced in 2018 to 40 to 175 years in prison for molesting young athletes. The same year, hundreds of women came forward to accuse former longtime University of Southern California gynecologist George Tyndall of inappropriate behavior. In June, former University of California, Los Angeles gynecologist James Heaps was charged with sexual battery and exploitation during his treatment of two patients at a university facility.

As these stories make headlines, patients have become more vocal in the doctor’s office, seeking to know what physicians are doing each step of an exam, doctors told the Times. They are also more willing to speak up if something bothers them, empowered by these recent revelations, said Dr. Sheryl Ross, an OB-GYN in Santa Monica.

“The days of just sitting back and having the doctor tell you what to do are gone,” she said.

The California medical board, which licenses more than 140,000 physicians, has the power to take away a doctor’s license if it decides that person has acted inappropriately and violated the terms of their license. Anyone can file a misconduct complaint with the board, which will then be investigated by staff.

The medical board hasn’t changed policies or tried to round up more complaints against physicians, for sexual misconduct or anything else, said spokesman Carlos Villatoro. However, the board “takes allegations of sexual misconduct very seriously,” he said in an email to the Times.

Since mid-2017, 23 physicians in California have lost their medical licenses because of sexual misconduct.

The Times story comes from public records requests to the state medical board, which does not typically publicize sexual misconduct complaint numbers and has not yet published any data from the 2018-19 fiscal year.



In this June 26, 2019, file photo, UCLA gynecologist James Heaps appears in Los Angeles Superior Court. The number of complaints against California physicians for sexual misconduct has risen 62% since 2017, a jump that coincides with the beginning of the #MeToo movement. A Los Angeles Times analysis reveals complaints of sexual misconduct, though small in number, are among the fastest growing type of allegation. In fiscal year 2017-18, 280 complaints were filed against physicians for sexual misconduct, compared with 173 the previous year. (Al Seib/Los Angeles Times via AP, Pool, File)



File-In this July 13, 2019 file photo, health workers wearing protective gear check on a patient isolated in a plastic cube at an Ebola treatment center in Beni, Congo. Health authorities in Congo have halted an Ebola treatment study early with good news: Two of the four experimental drugs seem to be saving lives. More than 1,800 people have died in the African country’s yearlong outbreak. (AP Photo/Jerome Delay, File)

Nursing Services at the Westfield Senior Center

WESTFIELD —Nursing services are available at the Westfield Senior Center, 45 Noble Street, thanks to the generosity of Baystate Noble Hospital. Mary Ellen Asher, RN, is at the Senior Center **Tuesday and Friday mornings from 9 a.m. to noon** and can assist older adults with blood pressure checks, medication review, blood glucose testing, and one-to-one health education. There is no charge for this service and no advance appointments are necessary.

‘Viewpoints’ Low Vision Support Group

WESTFIELD —The Westfield Senior Center’s ‘Viewpoints’ low vision support group meets on the **third Tuesday of the month from 10:30 to 11:30 a.m.** and is open to individuals with low vision and those who support them. The group is facilitated by Council On Aging Activities Aide, **Agnes Fleming**. Guest speakers, group discussions, solutions and strategies for common challenges, and new friendships are just some of the benefits of participation. Please call Agnes Fleming at the Senior Center, 562-6435, if you would like more information. The Westfield Senior Center is located at 45 Noble Street.

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What's on school menus this fall?

Trade mitigation

By CANDICE CHOI
Associated Press

NEW YORK (AP) — School lunch menus already have Meatless Mondays and Taco Tuesdays. Now some may get Trade Mitigation Thursdays.

This fall, some U.S. school cafeterias are expecting shipments of free food, one little known consequence of President Donald Trump's trade disputes. The products are coming from the Department of Agriculture, which is giving away the \$1.2 billion in foods it's buying to help farmers hurt by trade negotiations.

A Maryland district is awaiting a truckload of canned kidney beans — one of several "trade mitigation" items schools were offered.

"We make our own chili soup, so we knew we had a use for that," said Barbara Harral, a nutrition official for Montgomery County Public Schools.

All told, she said the district is getting \$70,000 worth of free products for the fall, including apples and oranges. Harral, who has been with the district for 22 years, doesn't recall the USDA offering trade mitigation foods before.

The USDA has long purchased and distributed agricultural products to help farmers, who can face swings in supply and demand in any given year. But the agency is buying even more as a result of Trump's trade fight, which prompted other countries to take retaliatory actions that curb imports of American farm products.

That's resulting in an unusual bounty for the groups that get government foods, showing one way federal policies influence what people eat.

According to the USDA, most food purchased as part of trade-relief efforts is going to programs that help the needy. The Los Angeles Regional Food Bank, for instance, says it's getting roughly twice as much government food as normal, including rarely donated items like pistachios. Though they may struggle to handle the sudden deluge, food banks say they're generally happy for the bounty.

The USDA says schools are only getting a tiny slice of trade mitigation foods, accounting for a majority of the \$27 million of products ordered for child nutrition programs. But at a national convention for school cafeteria employees this summer, agency officials noted the program is expected to continue with additional items.

Already, schools are entitled to annual allotments of USDA foods based on how many students they serve through the national school lunch program. But cafeteria officials who operate on tight budgets say they have always welcomed the "bonus" foods the agency offered in the past, even if the market forces that make the products available isn't always clear.

One year, they recall there was bonus almond butter, long before it was popular. Another year, there were frozen catfish pieces.

"At the time, we didn't have a way to use them," Harral of Montgomery County said of the catfish.

In the last couple years, the USDA said it hasn't really offered bonus foods to schools, instead diverting them to programs for the needy. That's making the trade mitigation items that much more of a treat for school food officials.

"The room lights up when everyone knows we've got new items that are coming," said Scott Clements, director of child nutrition at the Mississippi education department, which ordered two truckloads of trade mitigation pulled pork and four loads of kidney beans.

Still, putting bonus foods to use can be tricky for schools, which plan menus far in advance and have to consider factors like procurement contracts and warehouse capacities. Such limitations are likely why schools didn't take full advantage of the \$100 million in trade mitigation foods they were offered for the fall, according to the USDA.

In Alaska, officials only ordered a half truck of free kidney beans.

"There's only so many ways you can use them," said Sue Lampert, a school food official for the state.



A teacher lines up the students for school-prepared lunches at Madison Crossing Elementary School in Canton, Miss., Friday, Aug. 9, 2019. (AP Photo/Rogelio V. Solis)

Westfield State University to offer Addiction Counselor Education program

WESTFIELD — The College of Graduate and Continuing Education at Westfield State University is accepting applications for the 2019–20 Addiction Counselor Education (ACE) program. Classes will be held on weekends and evenings starting in **September** and ending in May 2020.

The goal of this non-credit certificate program, offered at the University since 1991, is to provide students with the knowledge, skills, and techniques necessary for the successful treatment of individuals and families afflicted by alcoholism and/or other drug addictions. This program has been highly instrumental in the professional development of individuals in the western Massachusetts area whom are either working in or interested in the growing healthcare field of addiction services.

To help with this mission, Westfield State University has expanded its ACE program to be offered in a new location in Pittsfield. The program aims to train potential counselors in the Berkshires area with the goal of filling critical positions in treatment facilities that are currently understaffed and unable to fill open positions. Classes for the Berkshires program will begin in March 2020 and conclude in November.

Applications for both programs are available online at www.westfield.ma.edu/ace. For more information or to have an application mailed to you, contact Brandon Fredette at bfredette@westfield.ma.edu or 413-572-8033.



This undated X-ray image provided by the BMJ in August 2019 shows dentures stuck in the throat of a 72-year-old patient. They became lodged in his throat during surgery and weren't discovered until eight days later. (BMJ via AP)

Missing dentures found stuck in throat 8 days after surgery

By CARLA K. JOHNSON
Associated Press

Here's why it's best to remove false teeth before surgery: You just might swallow them.

A medical journal is reporting the case of a 72-year-old British man whose partial dentures apparently got stuck in his throat during surgery and weren't discovered for eight days.

The man went to the emergency room because he was having a hard time swallowing and was coughing up blood. Doctors ordered a chest X-ray, diagnosed him with pneumonia and sent him home with antibiotics and steroids. It took another hospital visit before another X-ray revealed the problem: His dentures — a metal roof plate and three false teeth — lodged at the top of his throat.

The man thought his dentures were lost while he was in the hospital for minor surgery.

How it happened isn't exactly clear, but a half-dozen previous cases have been documented of dentures going astray as surgical patients were put to sleep.

Placing a tube in a patient's airway can push things where they don't belong, said Dr. Mary Dale Peterson, an anesthesiologist at Driscoll Children's Hospital in Corpus Christi, Texas.

Besides dentures, retainers, loose teeth and tongue piercings can cause problems, said Peterson, who is president-elect of the American Society of Anesthesiologists. Before a child's surgery, she'll pull a very loose tooth and tell the patient to expect a visit from the tooth fairy. "We can make a nice game of it."

In the British case, after the dentures were removed, the man had several bouts of bleeding that required more surgery before he recovered. The journal article didn't identify the man or the hospital involved.

What can be learned from this case? Doctors need to listen carefully to their patients and build a timeline of what happened rather than relying heavily on scans and tests, said Dr. Rui Amaral Mendes, an associate editor of BMJ Case Reports, which published the paper Monday.

For their part, patients should tell their doctors about mouth problems before surgery, said Mendes, an oral surgeon at Case Western Reserve University in Cleveland. That includes dentures, blisters and serious gum disease. Loose teeth could be knocked down the throat when tubes are put into the airway.

"Stay on the safe side," he said. "Inform your physician of what's going on in your mouth."

'Male Call!' Fitness Class at Westfield Senior Center

WESTFIELD — Tyler Cronin, a 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 are 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.

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

WESTFIELD — 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.

Hearing Aid Service Expanded at the Westfield Senior Center

WESTFIELD — For several years, Jeff Halls from 'Baystate Hearing Aids' has been at the Westfield Senior Center, 45 Noble Street, on the fourth Wednesday of every month from 10 a.m. to noon. Because of an increased demand for this type of service, Gary Wynn owner of 'New Ears' in Southwick will be at the Senior Center on the second Wednesday of every month from 10 a.m. to 12:30 p.m. Both Jeff and Gary are Licensed Hearing Instrument Specialists. They evaluate each participant's needs on an individual basis including accurate hearing screening, in-the-canal earwax inspection, hearing aid cleaning, and free minor repairs including tubing replacements. Visits are approximately 15 to 30 minutes in length. The informational and testing services provided at the Westfield Senior Center are free of charge to those who have an appointment. Please call Agnes Fleming at the Senior Center at 562-6435 to schedule an appointment.

Ballroom Dance at the Westfield Senior Center

WESTFIELD — Do you enjoy ballroom dancing? On the fourth Monday of every month from 2 to 4 p.m., the Westfield Senior Center Great Room is the hot spot to trip the light fantastic! Couples and singles have the opportunity to dance the afternoon away. Local favorite musician, Richie Mitnick provides the live music each month. The cost is \$3 per person on a pay-as-you-go basis. No advance sign-ups are necessary. The Westfield Senior Center is located at 45 Noble Street.

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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 newspapers 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.

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FACES OF CARSON

SUE WEST, SVP

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.



WESTFIELD – Alex has had quite a journey over her several years attending Kamp for Kids™. During her first year, her cerebral palsy kept her in a wheelchair for most of her time at Kamp. With the assistance of Kamp staff, Alex could walk a small portion of the Nature Trail, but she dreamed of one day making it all the way around the trail, even the parts unnavigable by her wheelchair.

A year later, Alex told her counselor about her wish. Together, they constructed a reasonable goal for Alex; by the end of her two sessions at Kamp for Kids, she would traverse the shorter loop of the Nature Trail without her wheelchair. Some days, Alex doubted herself. It was heartbreaking to hear Alex say that she knew she was different and that she didn't think she would ever be able to walk the whole trail. Her counselor never quit on her, though. With the staff's help, Alex's persistence won. She started the trail each day by walking with her group as far as she could. By the end of her first session, she completed the short loop. Alex was inspired by her own success and set her sights higher for her second session. Within days of first completing the smaller loop, Alex achieved her ultimate goal of walking the full Nature Trail by herself. The trail left her exhausted, but eager to tell anyone who would listen about what she had accomplished and how proud she was.

The next year, returning staff members were excited to see Alex arriving on the morning bus. As the van's side door opened, Alex stood from her bus seat and walked onto the lift.

Thinking she was just eager to start her day at Kamp, her counselor suggested that they wait for her wheelchair. "I don't have it!" she exclaimed. The bus driver confirmed that Alex's mother wasn't sending her wheelchair to Kamp, as she wouldn't be needing it. Kamp staff were amazed at the progress Alex had made during the school year, but not surprised. They knew that Alex liked to set lofty goals, and worked hard to make sure she achieved them.

Located at Camp Togowauk in Westfield, BHN The Carson Center's Kamp for Kids™ offers children and young adults – both with and without disabilities – an opportunity to experience growth, inclusion and fun in a summer camp setting. Kamp's focus is on personal achievement and building friendships, while having fun in a safe, non-competitive environment. Founded over 40 years ago by Judy Hoyt as the first and only camp of its kind in the region, Kamp has served more than 6,000 youth from various backgrounds.



Westfield Bank is a proud supporter of
The Carson Center

ALS Success

Continued from Page 1

Anderson said will help cut costs and create better staffing flow.

"Staffing will be a challenge for a little while," he said.

The SFD has three career paramedics and two per diem paramedics staffing the ambulance from 6 a.m. – 6 p.m. Anderson hopes the department will receive a state grant that will allow him to hire three more fulltime paramedics. The three-year grant would pay 65 percent of the salary for the three positions for the first two years, then 35 percent the third year. Anderson said Southwick has three years to become a fulltime ALS department.

"We need to be operating at the ALS level 24/7, 365 days a year," he said.

Anderson said so far, operating at the ALS level has been a great experience.

"This was a priority of the Finance Committee and Select Board to provide this service to residents," he said. "I'm appreciative of the support from the town so that we can increase the quality of life here."

Anderson commended Deputy Chief Rich Stefanowicz for his role in bringing ALS to Southwick.

"He made this happen and got it off the ground," said Anderson. "He has worked hard."

Hope E. Tremblay can be reached at hope@thewestfieldnewsgroup.com.



Southwick Fire Department Field Training Officer Juan Rivera and Paramedic Ian Dipietro conduct morning inventory on an ambulance. (Photo submitted)

Urinary tract infections a common health problem for women

Local expert discusses prevention, symptoms and treatment

WESTFIELD — Most women have either had a urinary tract infection (UTI) or know someone who has. In fact, a woman's lifetime risk of developing a UTI is as high as one in two according to some estimates, and repeat infections are quite common. Amy Metzger, CNM, a certified nurse-midwife at Women's Health Associates in Westfield and Springfield, offers practical advice to help women reduce their risks, know the symptoms and treat these pesky, and usually painful, infections.

"Women are predisposed to UTIs due in large part to anatomy," said Metzger. "The female urethra is close to the anus, which increases the risk of a bacterial invasion. In addition, women have shorter urethras, so bacteria don't have to travel far to reach the bladder. Intercourse can also result in the transfer of bacteria."

Metzger noted that women can reduce their risks for a UTI by:

- Always wiping from front to back
- Emptying their bladders regularly and completely
- Cleansing the genital area before intercourse, and urinating after
- Showering instead of bathing
- Keeping the genital area dry, including wearing breathable cotton underwear and not lingering in wet swimsuits
- Drinking plenty of water

Some women are more genetically predisposed to urinary tract infections, and certain conditions—like diabetes, multiple sclerosis and even pregnancy—increase susceptibility.

For women who have repeat infections, additional preventative steps include avoiding products that can cause irritation and increase the likelihood of infections, such as feminine hygiene sprays and scented feminine care products; unlubricated condoms or spermicidal jelly; tight-fitting pants or nylon underwear and tights that can trap moisture; or a diaphragm, which can increase bacterial growth.

Women who have a urinary tract infection are likely to experience:

- Pain and burning while urinating
- An increased urge to urinate, but with little output
- Fever, chills and fatigue



- Bad-smelling or cloudy, dark or bloody urine
- Pain or pressure in the pelvis, abdomen or lower back

Metzger said that women who suspect they have a UTI should seek medical care promptly as infections can worsen and spread to the kidneys.

"We'll test your urine and if an infection is detected, prescribe antibiotics," she said. "If UTIs are a chronic problem for you, we'll work with you to try to determine why and develop a more robust prevention strategy and treatment plan."

The providers at Women's Health Associates take the time to get to know their patients and enjoy providing a personal level of care. For more information, visit WHAOB-GYN.com.

About Women's Health Associates

Women's Health Associates is a compassionate and caring practice whose providers include Dr. Robert S. Wool, Dr. Jacqueline S. Kates and three certified nurse-midwives, Debra (Burt) Ames, Anne Vaillant, and Amy Metzger. The practitioners at Women's Health Associates are dedicated to practicing the "Art of Medicine" in the modern world. They know that the latest technology cannot replace the understanding and intuition of a conscientious, empathetic practitioner. WHA is small enough to remember patients by name and give personal attention, but large enough to offer the most advanced medical technology backed by years of experience. WHA's services include comprehensive gynecological and obstetrical care. The practice offers state-of-the-art bone density testing, obstetric and gynecologic ultrasound, laser therapy for line and age spot removal, hair removal and treatment for acne. More information about the Women's Health Associates offices in Springfield and Westfield can be found at WHAOB-GYN.com.



Chamber of Commerce Executive Director Kate Phelon has been a vocal supporter of the ODFL special permit application. (WNG File Photo)

Old Dominion

Continued from Page 1

Way. Current design has the company hooking up out the back, using easements across neighboring properties and a school. Emmershy said he asked ODFL to extend the city line, and they were agreeable.

Surprise recommended requiring the company to install an air quality monitor, because the residents are concerned about emissions from all the trucks.

Emmershy said the trucks that ODFL will be using are three and a half years old, and not throwing out smog. "It's C&S, Home Depot and the turnpike; I don't know how we put it on these guys," he said.

"It wouldn't hurt to have another air monitoring system, but it's unfair to put this on them," Morganelli said. Surprise said it would cost about \$50,000.

Emmershy said there would also be a cost for upkeep. He said during the winter, there would be an increase in emissions. "Their trucks aren't idling. It's not them," he said, adding, "If we put this on Old Dominion, are we going to hold them accountable?"

"The same argument could be made for requiring trucks to take a left or right turn," Surprise said.

"As a meteorologist and (serving) on the Board of Directors of the American Lung Association, you can't hold them accountable," Morganelli said.

"What are we going to gain?" Emmershy asked. "Knowing the air quality," said Surprise. "If we're going to require the other, have them put in an air quality monitor."

Surprise also proposed an average of daily truck trips of no more than 60 per day, a little more than double ODFL's estimated trips of 26 per day, to be reported quarterly to the City Council.

At that point, City Planner Jay Vinskey, who was among the group spilling out of the small meeting room into the hall, was asked to come to the table to assist with the voting process.

Vinskey explained that the committee had to vote for nine findings for the site plan, and four special permit conditions. The councilors then voted 3-0 for each of the nine site plan findings.

The vote was 2 to 1 for the first two standard special permit conditions, with Morganelli voting no to finding the site appropriate, and to its having an adverse impact on the neighborhood. The other two standard conditions passed 3-0.

Votes were then taken on the committee's added conditions. The design for no right turn at the exit of the facility passed 3-0. The design for a no left turn into the entrance of the facility passed, 2-1, with Surprise voting no.

A sewer line extension to connect on Medeiros Way passed 3-0.

Installing air monitoring instrumentation to provide data to the appropriate government agency passed 2-1, with Emmershy voting no. Morganelli said he would vote for it and let the council decide. "Any time we put another air monitoring device out there is a good thing. I don't like that we're putting it on them," he said.

Limiting the average truck trips per day to 60 also passed 3-0, along with a quarterly reporting requirement to the city.

The committee then voted to give a positive recommendation on the ODFL truck terminal to the city council.

Following the vote, Greater Westfield Chamber of Commerce Executive Director Kate Phelon, who was present at the meeting, said she hoped the city council would take the new special conditions seriously, and vote in favor of the special permit.

"I think if the city council doesn't approve the special permit, they're missing out on a great economic opportunity for the city, and not just for the city, but for job opportunities. There is a domino effect; 43 new employees need housing, their kids go to school here, they shop here, and buy locally," Phelon said, adding that the company is also philanthropic, which will help non-profit organizations in the city.

Amy Porter can be reached at amyporter@thewestfieldnews.com.

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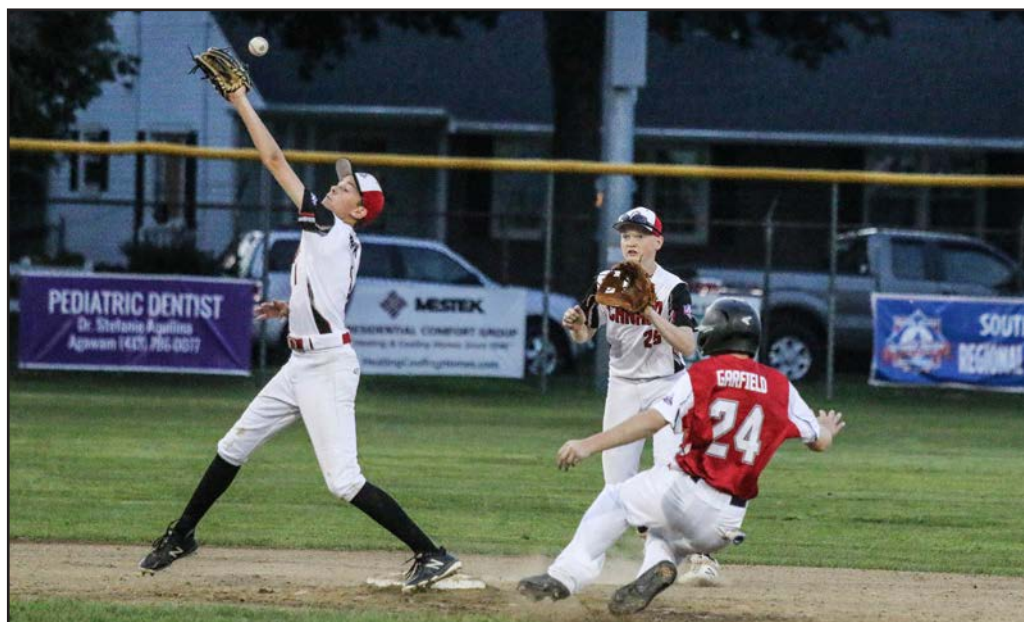
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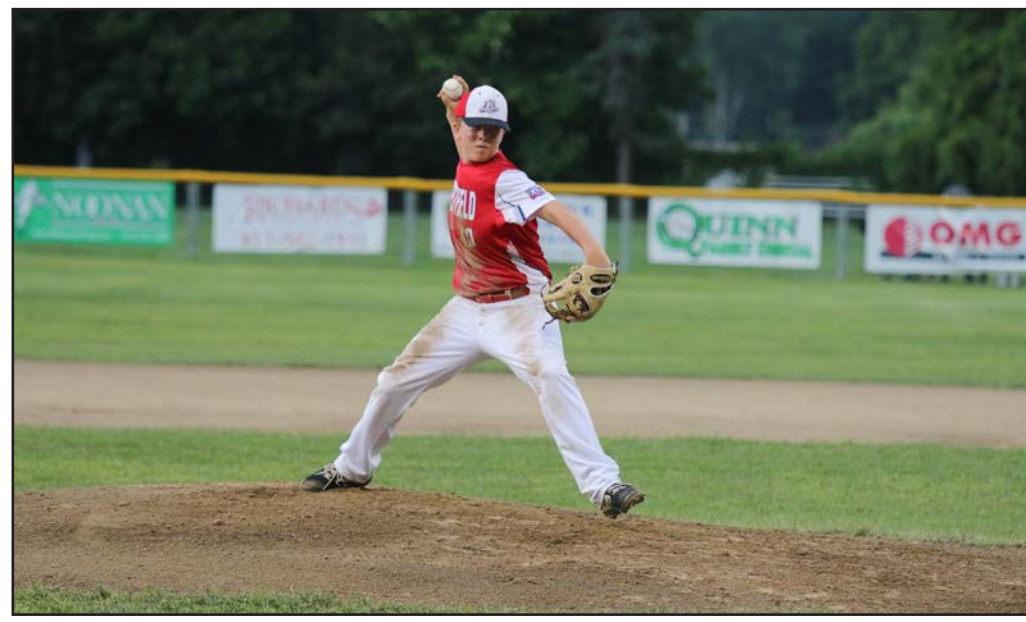
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SPORTS



Emmet Garfield (24) beats the throw at second. (Photo by Kellie Adam)



Jacob Mello (10) starts on the mound for Westfield at the Babe Ruth 13-Year-Old World Series. (Photo by Kellie Adam)



Senator Don Humason and State Representative John Velis present a check to the City of Westfield for \$25,000. (Photo by Kellie Adam)



Canada presents the Westfield team with white cowboy hats. (Photo by Kellie Adam)



Westfield's Coach Dunn gives his players a pep talk. (Photo by Kellie Adam)

Uh oh, Canada knocks off Westfield

By CHRIS PUTZ
Sports Editor

WESTFIELD – A year ago, Westfield native Kacey Bellamy and the United States women's ice hockey team broke through against Canada to win a gold medal at the Winter Olympics. It might not be the same sport, but our neighbor north of the finally got its just revenge.

Herman Figueroa scattered five hits, striking out six batters, and Calgary, Alberta (Canada) put together a 3-run, sixth inning to pull away from Westfield, eliminating the host city from the Babe Ruth Baseball 13-Year-Old World Series on the final day of pool play Monday night at Bullens Field.

"We played our hearts out for four games," Westfield manager Dick Lenfest said. "These guys really got to hold their heads high in what they did. We had a chance in every single one of these ballgames to come out on the other end."

Canada drew first blood.

Aaron Krueger reached on an infield error — Westfield's second of the game — to lead off the top of the third inning. A perfect sac-bunt from Quaid Power moved Krueger over to second base. Krueger advanced to third on a wild pitch. A run-scoring single through the right side from Herman Figueroa made it 1-0.

The inning continued on.

Emmett Scott followed up Figueroa's single with a base hit of his own. A Jackson Trea walk loaded the bases. With two outs, Westfield starting pitcher Jacob Mello hit Zack Wagstaff with a pitch, giving Canada a 2-0 advantage.

Westfield had several opportunities to score, especially early on. The host team stranded two base runners in each of the first three innings.

In the first, Mello singled and Connor Niemiec was intentionally walked before Figueroa forced a fly out to center field to end the inning. In the second, Emmett Garfield walked and stole second base, and Zach Olsen clubbed a base hit to right field before stealing second. Again, Figueroa got out of a jam with a fly ball out to center. In the third, Mello reached after being hit by a two-out pitch. Niemiec

singled to center field. Figueroa recovered though to strike out the next batter to end the threat.

Westfield got another base runner on in the fourth when Riley Heeter reached on an error. Figueroa forced a ground out though for the inning's third out.

Finally in the fifth, Westfield cracked the goose eggs on its side of the scoreboard. Noah Lewis walked. Colby LaPoint singled. The ball got by the right fielder, allowing Lewis to get to third. LaPoint was caught stealing. With two outs, Mello belted a run-scoring double to cut the host city's deficit in half.

It would be the closest Westfield would get since they trailed 1-0.

Canada extinguished Westfield's plans on playing another day, piling up three runs in the sixth. Zack Wagstaff reached on an outfield error. With one out, Brendan Churchill singled to make it 3-1. Mitchell Fink collected a base hit. Aaron Krueger singled to take a 4-1 advantage. Then, Quaid Power laid down a suicide squeeze to seize a 5-1 lead.

Figueroa retired three of the four batters he faced in the bottom of the sixth, and forced a fly out in the seventh before being lifted for reliever Krueger. Krueger faced two batters, striking out the first and getting a fly out to end the game.

**Midwest Plains (Fargo, ND) 13,
Southwest (Meridian, MS) 5**

The stage was set this morning for the two undefeated teams in the American Division, both with a 3-0 record. The Southwest champions from Meridian (MS) fell behind early and just could not come back in a 13-5 loss to the Fargo (ND) team. The high-powered Fargo offense put together 13 hits total, coming from six different players. Connor Holm, Charlie Kalbrenner, and Jaxon Beiswenger each claimed three of those hits, with Jordan Leininger, Drew Rerick, and Bo Merier all adding onto the offensive push. Holm put on an offensive showing, going 3-for-4 at the plate, waking once and knocked in three RBIs.

Southwest started scoring in the first inning, but could not catch up to the Fargo defense that put up six runs in the second, five in the third and two in the top of the seventh to clinch the win. For Meridian, Brett Busbea went 2-for-2 at the plate, with Cannon Graham, Fred Liddell, Jake Shelby, Braxton Cornish, Jace Wiggins and Andrew McCary all adding on with a hit each. Graham, Liddell, and Shelby each knocked in three of the five runs for the Meridian offense. Fargo improves to 4-0, while Meridian falls to 3-1 in the final day of pool play. At the end of the game, one player from each team is selected as the Ron Tellefson "Player of the Game" based on skills and sportsmanship. For Meridian, Brett Busbea was the winner and for Fargo, Connor Holm received the award.

**Pacific Northwest (Spokane, WA) 4,
New England (Pittsfield, MA) 3**

Although the Washington defense allowed three runs to the Pittsfield offense in the second inning, they were able to come back with a 4-3 win over the New England champions. Washington put up an early run in the bottom of the first, but Pittsfield responded by pushing three across in the top of the second to take the lead. In the bottom half of the inning, Washington plated two — tying the game at 3-all. Spokane took the lead for good with another run in the bottom of the fourth inning and was about to hold off the Pittsfield offense for the rest of the game. Each team relied on one pitcher to take them the distance. Evan Blake and Nate Fitzpatrick both threw very well for their teams, with Fitzpatrick dominating by striking out six, walking no one and allowing only one earned run. For Pittsfield, Antonio Scalise claimed two of the five hits, with Keegan Crouse, Owen Salvatore, and Damon Pause accounting for the other three. Crouse, Salvatore, and Cam Sime were the three that were able to score for the Pittsfield offense. Spokane was able to push across their four runs by stringing together seven hits. Kole Legrant, Easton O'Neal, Xavier Hattenburg, Nate Fitzpatrick, Zach McCurtrey, Henry

Sandberg, and Drew Rayment each had a hit for the victorious Washington team. At the end of the game, one player from each team is selected as the Ron Tellefson "Player of the Game" based on skills and sportsmanship. For Pittsfield, Nick Brindle was the winner and for Spokane, Kole LeGrant received the award.

**Game 19: Southeast (Greenville, NC) 9,
Mid Atlantic (Centre County, PA) 1**

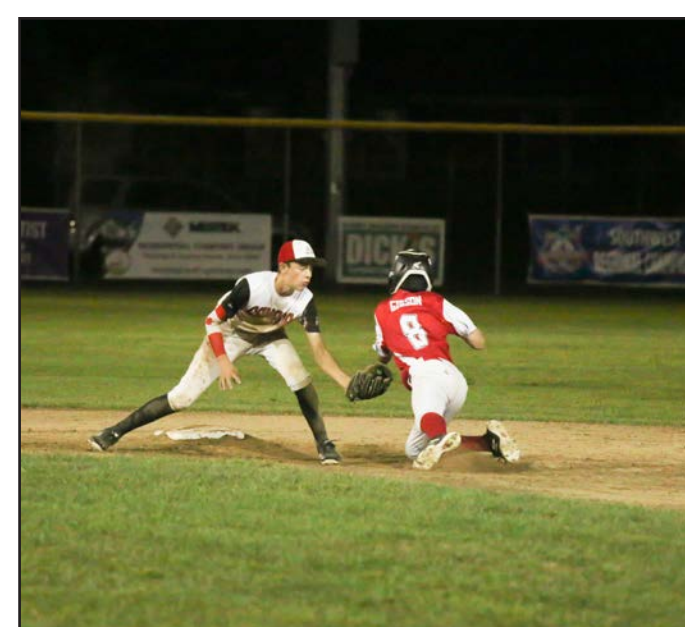
The Southeast Regional champions from Greenville (NC) defeated the Mid-Atlantic champions 9-1 today thanks to a timely six runs in a big fifth inning. The Greenville boys combined for 13 hits, with their first four hitters getting credit for nine of them. Cole Smith, Andrew Wallen, and Collin Woolard and their No. 9 hitter, Jay Clemmons, each had two while Collin West had three. Marcus Byrd and Davis Hathaway added on with one hit apiece. Smith and Wallen also contributed by pushing two runs across the plate. Greenville was also very disciplined at the plate, only striking out once throughout the entire game. Marcus Byrd threw a dominant five innings, scattering only four hits and only allowing one walk. Matthew Conway and Aaron Holly came in to finish out the game, only allowing one earned run to cross the plate. The Mid Atlantic offense came so close to scoring more runs, but was not able to put things together in a timely fashion to finish the job. Braedyn Kormanik and Weston McClain each had two hits for Pennsylvania with Camron Watkins and Tyler Serb adding on one each. Braedyn Kormanik started on the mound for Pennsylvania, going four innings and allowing six runs on 10 hits and walking none. Tyler Serb and Camron Watkins entered the game from the bullpen, throwing one inning each. At the end of the game, one player from each team is selected as the Ron Tellefson "Player of the Game" based on skills and sportsmanship. For Greenville, Collin Woolard was the winner and for Pennsylvania, Camron Watkins received the award. — *Additional game reports courtesy of Annalise Eak*



Paul Lawry (5) takes a whack at one. (Photo by Kellie Adam)



First baseman Eli Petrone (34) makes the out. (Photo by Kellie Adam)



Westfield's Dylan Gibson (8) steals second. (Photo by Kellie Adam)



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SHELL'S TEKOA TUESDAY GOLF LEAGUE 2019

RESULTS FROM AUGUST 6, 2019

1st Place Jack Poci & Bill Wallinovich 160.0 Points
 2nd Place Dick Williams & Ron Sena 147.5 Points
 3rd Place Bob Czarnecki & Ray West 145.5 Points
 4th Place Harry Pease & Ed West 138.5 Points
 5th Place Bill Lawry & Dave Gile 135.0 Points
 6th Place Fred Rogers & Bob Berniche 132.5 Points
 7th Place Gene Theroux & Jack Kennedy 132.0 Points
 8th Place Jack Campaniello & Phil Lewis 126.5 Points
 9th Place Rich Chistolini & Eric Wilder 125.0 Points
 10th Place Jim French & Dave Liberty 124.0 Points
 11th Place Pat McGinn & Dave Lees 123.0 Points
 12th Place Angelo Masciadrelli & Frank Kamlowski 121.0 Points
 12th Place Harry Thompson & Mark Thompson 121.0 Points

13th Place Errol Nichols & John Kidrick 119.5 Points
 14th Place Stu Browning & Jeff Guglielmo 118.0 Points
 14th Place Jack Blascak & Bob McCarthy 118.0 Points
 15th Place Mike Ripa & Ron Bonyeau 108.5 Points
 16th Place Bob Dudas & Skip Couture 107.5 Points
 17th Place Jim Johnson & Jim Besaw 105.5 Points
 18th Place Jim Liptak & John Lucas 100.0 Points

Low Gross Bill Lawry @ 44

Low Net Stu Browning @ 31

Closest to pin on 3rd Bob Berniche

Closest to pin on 3rd (2nd shot) Stu Browning

Closest to pin on 6th Dick Williams

ED NORMAND GOLF LEAGUE AT EMCC

STANDINGS WEEK 18 OF 23 8/8/19

Division 1

172 Tim Laramie – Dan Laramie
 170.5 Joe Boutin – Henry Smith
 165 Bob Bihler – Larry Cournoyer
 163.5 Roy Barton – Bill Reinhagen
 163 Bob Lewko – Richard Hebert
 160.5 Tom Denton – Jim Johnson
 156.5 Dave Dover – Bill Chaffee
 155 Jim Strycharz – Richard Roy
 154 Tom Massimino – Tim Huber
 152.5 Dave Dubois – Alan Velazquez
 148.5 Marty Tyler – Stan Jackson
 141 Dan Burns – Mike Manijak

Division 2

172.5 Bruce Kellogg – Richard Kellogg
 172.5 Cam Lewis – Bill Grise III
 167 Paul Carrier – Gary McQuillan
 166.5 Mike Mahan – Joe Hebda
 161 Gary Gladu – Fran Dwyer
 161 Carlos Santos – Bill Grise II

160 Bob Collier – Don Clarke
 159.5 Ed Bielonko – Branden Bielonko
 158 Jay O'Sullivan – Rick Burke
 146.5 Shawn Bradley – Ben Jones
 145.5 Wayne Brown – Old Tom Morris
 133 Mike Rash – Bob Rash

Division 3

179.5 Jack Beaudry – John Bagge
 169.5 Mark Chase – John Palivoda
 167 Randy Anderson – Bob Genereux
 167 Dan Harris – Jim Haas
 167 Glenn Grabowski – Jeff Berger
 162.5 Art Williamson – Al Nubile
 160 Ryan Maloney – Chuck O'Brien
 157.5 Bill Williams – Pat Bresnahan
 156 Mark Grenier – John LaRose
 155 Jason George – Dan Van Kruiningen
 148.5 Mike Soverow – Mike Mulligan
 144.5 Rick Brown – Jim Cartwright

TEKOA MONDAY NIGHT GOLF LEAGUE

STANDING WEEK OF JULY 29

Team 5	21 1/2	Mike Parent-Joe Vaschak
Team 8	21	Jeff Haluch-Tim Dion
Team 3	21	Jim Kenny-Bob Thompson
Team 7	20 1/2	John McCormick-Jeff Martin
Team 2	18 1/2	Mickey Donnachie-Kirk Tewksbury
Team 1	17 1/2	Darren Galczynski- Jim Tinker
Team 10	17 1/2	Adam Dasilva-Cole Morrison
Team 4	17	Jeremy Beltrandi- Dave Prouty
Team 6	16 1/2	Tristan Kiendzior-Dominic Costanzi
Team 11	14 1/2	Steve Mascadrelli-Mike Moran Jr
Team 12	13 1/2	Scott Ramsdell-Josh Adams
Team 9	11 1/2	Chip Ashwell- Jim Sullivan
Team 14	10 1/2	Par
Team 13	10	Tom Denton-Randy Christensen

Team 1	Darren Galczynski Jim Tinker	Team 8	Jeff Haluch Tim Dion
Team 2	Mickey Donnachie Kirk Tewksbury	Team 9	Chip Ashwell Jim Sullivan
Team 3	Jim Kenny Bob Thompson	eam 10	Adam Dasilva Cole Morrison
Team 4	Jeremy Beltrandi Dave Prouty	Team 11	Steve Mascadrelli Mike Moran JR
Team 5	Mike Parent Joe Vaschak	Team 12	Scott Ramsdell Josh Adams
Team 6	Tristan Kiendzior Dominic Costanzi	Team 13	Tom Denton Randy Christensen
Team 7	John McCormack Jeff Martin	Team 14	PAR Par



In this Aug. 25, 2012, file photo, driver Tony Stewart throws his helmet at Matt Kenseth's car after the two collided during a NASCAR Sprint Cup Series auto race at Bristol Motor Speedway in Bristol, Tenn. The track forever marketed itself as a raging tempest for drivers to lose their cool and explode in aggressive anger. Jeff Gordon once shoved Matt Kenseth, Tony Stewart threw a helmet, middle fingers are the common form of communication, and tempers are typically teetering right at the boiling point. (Earl Neikirk/Bristol Herald Courier via AP, File)

Column: Bristol needs 'cage rattling' to spark playoff push

By JENNA FRYER

Associated Press

CHARLOTTE, N.C. (AP) — It was 20 years ago when Dale Earnhardt Sr. spun Terry Labonte to win a Saturday night race at Bristol Motor Speedway.

Earnhardt was chasing the trophy — the playoffs didn't exist, no stages, no bonus points — and The Intimidator simply wanted the victory. Labonte had squeezed past Earnhardt to momentarily take the lead and Earnhardt immediately spun him out of his way.

The crowd at the packed Bristol bullring jeered Earnhardt's aggressive move, and the seven-time champion dismissed the criticism.

"Didn't mean to really turn him around, meant to rattle his cage, though," said an unapologetic Earnhardt.

Two decades later, there is so much more on the line as NASCAR returns to Bristol on the anniversary of one of the most famous finishes in series history. There are only three races left to make the playoffs and only nine drivers have locked in their slots. Jimmie Johnson is on the outside of the top 16, desperately trying to work his way into a chance to race for a record

eighth championship.

As NASCAR looks back — fondly, no doubt — on that hot summer night showdown between a pair of Hall of Famers, perhaps there needs to be a whole lot more cage rattling at this stage of the season.

Bristol, particularly its August race around the 0.533-mile concrete, gladiator-style oval, was always one of the toughest tickets in NASCAR and boasted 55 consecutive sellouts from 1982 through 2010. The track accommodated 30,000 fans at the start of the streak, but expanded as most NASCAR promoters did during the 1990s to an obese 161,000 seats because fans were pouring through the gates in record numbers at venues across the country.

When the 2008 economic crisis began, and fans were no longer willing to pay inflated prices for hotels along the Tennessee/Virginia line, the crowd began to dwindle. The sellout streak ended two years later, Bristol's great Coliseum has removed roughly 20,000 seats since and the track didn't even bother selling tickets in the turns for the spring race in April. In a cruel twist, the Darrell Waltrip grandstand was closed on the same weekend the 12-time

Bristol winner announced his retirement as Fox Sports' longtime analyst.

The cost of a weekend at Bristol — the get-in price on the track website Monday was \$80 and lodging is typically \$300 or more per night at nearby motels — has certainly harmed attendance for the former bucket list sporting event at a track that marketed itself as the site of a raging tempest where drivers could lose their cool and explode in anger. Jeff Gordon once shoved Matt Kenseth, Tony Stewart threw a helmet, middle fingers are the common form of communication and tempers are typically at the boiling point.

Of course, fans can argue the racing just isn't the same as it was in 1999 when Earnhardt used his bumper to win a race. First came alterations to the Bristol track surface. Then drivers became scared of upsetting a sponsor with bad behavior. NASCAR's rules package has since eliminated many of the opportunities for the bumping and banging that made the sport so popular.

Drivers also don't want the drama that comes with a feud. Johnson and Ryan Blaney found themselves embroiled in a weeklong

saga after the two made contact two races ago, Johnson felt Blaney showed a lack of respect, and Blaney didn't back down from his position. It took a conversation over beers to smooth things out between the two, but it was a headache neither wanted as they jockey for berths in the 16-driver playoff field.

Problem is, NASCAR needs rivalries and controversies and drivers willing to rattle a cage to get a win.

Especially now, in a rebuilding period for NASCAR, and with seven slots open in the playoff field. Blaney, Aric Almirola, William Byron, Kyle Larson, Erik Jones, Ryan Newman and Clint Bowyer are all mathematically eligible to make the postseason, but Daniel Suarez, Johnson and Paul Menard are lurking.

Bristol was once a special stop on the NASCAR circuit for its intense on-track action and the anger it aroused in the field. It's time to race hard again, to take no prisoners at Bristol and lock down playoff berths. There's too much on the line to play nice or race for points, and it would do the sport a world of good if the drivers attacked Saturday night the same way Earnhardt did 20 years ago.

Torres (13 homers vs Os) lifts Yanks to doubleheader sweep

By RONALD BLUM

Associated Press

NEW YORK (AP) — Gleyber Torres walked to the plate in the eighth inning with runners on first and second, two outs and the Yankees ahead by five runs.

Baltimore called for an intentional walk, and who could blame the Orioles?

Torres hit three of New York's seven home runs in an 8-5, 11-8 doubleheader sweep Monday, including three-run drives in the fifth and sixth innings of the night game. Torres has 13 of New York's record 59 long balls against Baltimore this season, a big reason the Yankees have 14 consecutive wins versus the Orioles.

"I take all the opportunities they give and then just do damage," Torres said.

Gio Urshela had six hits in the twin-bill, including a 461-foot homer in the opener, and raised his average to .332 with 18 homers and 63 RBIs.

AL East-leading New York has five doubleheader sweeps to go along with one split. The Yankees improved to 15-2 against Baltimore with two games left, winning 12 of their past 14 overall and moving a season-high 38 games over .500 at 79-41.

Torres set a big league record with his fifth multihomer game against a team in a season, breaking a tie with Ralph Kiner (1947), Gus Zernial (1951) and Roy Sievers (1955). His 26 homers are two more than his total as a rookie last year, and the 13 against Baltimore matched Roger Maris in 1961 against Cleveland for the second-most against one team in a season for the Yankees, one behind Lou Gehrig's total in 1936 versus Cleveland.

"I just kind of had enough," Orioles manager Brandon Hyde said of the walk, which was followed by Brett Gardner's groundout. "We're making him look like a first-ballot Hall of Famer."

Didi Gregorius hit a three-run homer in the first inning of the day game and had four RBIs. Urshela, Torres and Cameron Maybin added solo shots, all off Gabriel Ynoa (1-7).

Gardner hit a three-run triple off Ty Blach (0-1) in the opening inning of the night game, Mike Ford had a solo home run and Torres homered off Evan Phillips and Tom Esheloff to make it 11-3.

James Paxton (8-6) started the opener and won a third straight start for the first time since his streak of seven for Seattle from 2017. The injury-decimated Yankees brought in some fresh arms in the night game, when 27-year-old left-hander Joe Mantipliy (1-0) got his first big league



New York Yankees' Aaron Judge, center, and Gleyber Torres (25) celebrate after Torres' three-run home run during the fifth inning of the second game of a baseball doubleheader against the Baltimore Orioles, Monday, Aug. 12, 2019, in New York. (AP Photo/Frank Franklin II)

win in his Yankees debut.

Purchased from Cincinnati on Friday for \$1, Mantipliy relieved with one out in the second and allowed three runs over three innings in his return to the major leagues from Tommy John surgery in March 2018. Mantipliy's only previous appearances were five relief outings for Detroit in September 2016, and he wondered whether he would make it back.

"There were definitely those thoughts," he admitted.

He was followed by 28-year-old righty Brady Lail, who pitched 2 2/3 innings in his big league debut after eight seasons in the minors.

"When I got on the mound, I basically told myself not to look up because the stands went so high," Lail said.

Lail gave up Hanser Alberto's three-run homer. His parents surprised him by taking a red-eye from South Jordan, Utah, and they sat in the seats with Lail's fiancée Katelyn Sharp and 10-month-old daughter Olivia.

"Didn't know they were coming to the game until I showed up to the field," he said.

Baltimore has allowed an AL-record 248 homers, 10 from the season mark Cincinnati set in 2016.

New York's team store has banners and T-shirts (at \$29.99 each) heralding "Savages in the Box," manager Aaron Boone's infamous comment on his batters during his July 18 ejection, and its batters certainly have been barbarians against Baltimore with 11 more homers than the previous mark against a single team.

"Unfortunately, they really don't miss any mistakes," Ynoa said through a translator.

GIO
Urshela was purchased by the Yankees from Toronto on Aug. 4 last year for \$1 — that's not a typo — and entered the season with eight homers and 39 RBIs over 167 games with Cleveland and Toronto. "I didn't know that I had that power," he said.

DIDI
Gregorius has 35 RBIs in 47

games since Tommy John surgery. He rolled over his left wrist going for a grounder on July 31, straining the area between his left ring finger and pinkie.

"Every time I take a swing, I do adjust the batting glove to make sure that everything stays in tight," he said. "Ain't much I can change about it. Pain tolerance, basically."

STARTERS
Paxton (8-6) allowed three runs in six innings, including Renato Núñez's sacrifice fly in the first. He has a 10.71 ERA in the opening inning and a 2.58 ERA over the rest of his outings.

CLOSERS
Aroldis Chapman (32) and Adam Ottavino (two) got saves.

QUICK TRIP
Mantipliy and Lail were optioned back to Triple-A.

O'S OFFENSE
Trey Mancini homered in each game, and Anthony Santander went deep in the opener.

BIG NEWS
Maybin learned his mother's

breast cancer was in remission.

TRAINER'S ROOM
Yankees: 1B Luke Voit (core injury) sprinted and plans to hit off a tee Tuesday. Voit said offseason surgery was a possibility. ... LHP CC Sabathia (inflamed right knee) is to throw a second bullpen Tuesday and is on pace to start against Cleveland this weekend. ... RHP Dellin Betances (lat) threw off a mound for the first time since June 5. He plans another bullpen for Thursday. ... RHP Luis Severino (lat) threw his second bullpen, three days after his first since spring training. He is to throw another bullpen Thursday, then may face batters on Sunday. ... OF Aaron Hicks (strained right flexor) was examined and told not to start throwing until Aug. 26.

UP NEXT
Yankees RHP Domingo Germán (15-2), tied for the big league lead in wins, is scheduled to start Tuesday night against Baltimore LHP John Means (8-7).

Indians top BoSox 6-5 on Santana walk-off, 1st in AL Central

By TOM WITHERS

Associated Press

CLEVELAND (AP) — The comeback's complete. Four months later, the Indians are again atop the AL Central.

Carlos Santana homered leading off the ninth inning as Cleveland continued its stunning climb with a 6-5 win over the fast-fading Boston Red Sox on Monday night, moving the Indians into sole possession of first place for the first time since April 19.

After the Red Sox tied it in the top of the inning off closer Brad Hand, Santana, who hit a grand slam in the 10th to beat Minnesota on Sunday, connected on a 2-2 pitch from Marcus Walden (7-2). Santana's shot barely cleared the wall in left to give the Indians their biggest win in a season that seemingly grows more special every day.

"Right when you get punched in the stomach he takes a swing like that," Francona said of Santana, who connected for his 200th homer with Cleveland. "That was a gorgeous swing. I know the last two days, but he's been doing it all year."

Santana, who has had a storybook return to Cleveland after playing in Philadelphia last season, circled the bases and was mobbed at home by his overjoyed teammates, who trailed the idle Minnesota Twins by 11 1/2 games but have gone an MLB-best 43-17 since June 4.

"Nobody threw in the towel," said Hand, who blew his second save in two days but got bailed out again by Santana. "Nobody gave up and we all battled together."

José Ramírez hit a three-run homer and Franmil Reyes had a two-run shot as the Indians moved 25 games over .500 with their sixth walk-off win.

It's been an uphill battle for months, but the Indians are finally in front — and hope to stay there.

"Playing these type of high-energy atmosphere games, it's amazing," said Indians rookie starter Zach Plesac. "I feel the chemistry we have is special. Everyone feels it. It's been so much fun, this whole ride, this whole year coming back and battling up to first place. We have something great going."

Down 5-1 after three innings, the Red Sox chipped away and finally tied it in the ninth on a two-out double by Xander Bogaerts off Hand (6-3). The left-hander gave up a one-out



The Cleveland Indians mob Carlos Santana after Santana hit a game-winning solo home run in the ninth inning of a baseball game against the Boston Red Sox, Monday, Aug. 12, 2019, in Cleveland. The Indians won 6-5. (AP Photo/Tony Dejak)

walk and struck out Rafael Devers before Bogaerts doubled off the right-field wall.

"It was joyful for a quick five minutes," Bogaerts said. "It's rough."

An All-Star, Hand has not had his usual command in his last few outings.

"I just can't make the big pitch to get out of it," Hand said. "I had a chance yesterday to get out of some stuff — two outs, runner on first today, but I just can't make that pitch to get the job done right now."

J.D. Martinez and Jackie Bradley Jr. homered, but Boston lost for the 12th time in 15 games.

The defending World Series champions are quickly vanishing from the playoff picture as well. They came in trailing the New York Yankees by 16 games in the AL East and 7 1/2 back in the wild-card race.

"It's not easy. You fight, fight, fight and in one swing, it's over," Red Sox manager Joey Cora said.

FIRST SHOT
The Indians were without slugger Yasiel Puig, who pulled the appeal of his three-game suspension for his involvement in the July 30 brawl with Pittsburgh while he was with Cincinnati. So Reyes took Puig's cleanup spot and promptly hit a two-

run homer — his first with the Indians.

After Santana drew a two-out walk, Reyes, who came in batting just .111 (4 of 36) since coming to Cleveland from San Diego, drove an 0-1 pitch into the bullpens in right-center.

ELITE COMPANY
Santana is the first Cleveland player to hit a game-winning homer in the ninth or later in consecutive games since Hall of Famer Jim Thome and Albert Belle each did it in 1995.

HARD WOOD
Indians reliever Hunter Wood was replaced in the sixth after taking a comebacker off his right calf. It was his birthday.

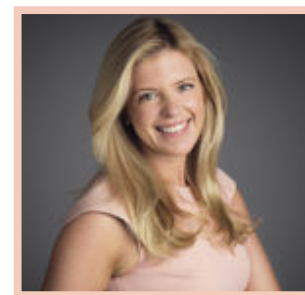
"He's going to be OK," said Francona, who tied Tris Speaker for third on the Indians' career wins list with 617. "It hit him in the calf and he got tight real quick. I'm actually glad we took him out because by the time he got to the dugout he was pretty sore."

TRAINER'S ROOM
Red Sox: LHP David Price, out with a cyst in his left wrist, played catch at Fenway Park on Monday. The five-time All-Star had a cortisone injection last week after being placed on the injured list.

Indians: RHP Mike Clevinger (7-2, 3.02 ERA) will start for Double-A Akron on Tuesday as he nears his return from a broken right arm. Kluber, who pitched three innings last week at Triple-A Columbus, is scheduled to throw roughly 65 pitches. He's been out since May 1, when he was nailed by a line drive in Miami.

UP NEXT
Red Sox: LHP Chris Sale (6-11, 4.41 ERA) will start needing five strikeouts to reach 2,000 in his career. According to information provided by the Red Sox, Sale could reach the milestone faster than any pitcher. He's thrown 1,623 innings. Hall of Famer Pedro Martinez reached 2,000 strikeouts in 1,711 1/3 innings.

Indians: RHP Mike Clevinger (7-2, 3.02 ERA) has won six consecutive decisions. He's 3-0 with a 0.92 ERA — baseball's second lowest — at home.



Dear Annie

By ANNIE LANE

Molar Mayhem

Dear Annie: Recently, I stayed with my niece and nephew while my brother and his wife took a trip. This seems like a trivial problem, but I know it can lead to serious health issues in the long run. Neither of my brother's teenaged kids brushed their teeth regularly. I reminded them often, but they found ways to wiggle out of it. One was even running the electric toothbrush outside of his mouth -- so I would think he was brushing his teeth. When I went into the bathroom afterward, the electric toothbrush was bone dry. His sister later told me about that trick.

I asked my brother about this, and he said they've tried for years to get the kids to brush their teeth more consistently. They gave them excellent electric toothbrushes and set a great example of brushing at least twice a day themselves. If they try to watch the kids brushing, it turns into a huge fight every time. They've spent hundreds of dollars on dental care as a result. They're at a loss as to what to do. The kids understand it's important but just don't care enough to change their habits. Of course, they do not realize the long-term damage they may be doing, including dangers of infection and disease.

Anything I can do to help them? We're very close, so my brother and his wife would not see it as budding in. They'd welcome a solution. -- *Brushless in Baton Rouge*

Dear Brushless: While this may seem like a molehill of a problem now, a mountain of plaque buildup on your niece's and nephew's teeth is a huge problem. This is a fight worth fighting. Since they are teenagers, explain to them the diseases and long-term damage that they are at risk of if they fail to brush their teeth. Showing them actual pictures of decayed teeth, while disturbing to look at, could be powerful motivators. Being upfront about the cost of the dental work, and what their family could have spent money on instead -- vacation, shopping, extracurricular activities -- might have them see the impact of their poor dental hygiene in a new way, too.

Perhaps your brother and his wife could try incentives or rewards for completed brushings. It takes roughly two months to form a good habit. So, when setting the reward, have that goal in mind. When they do brush their teeth or get a good cleaning, take a moment to point out just how good it feels to be clean and taking care of your body. Naturally, as humans, we like to be clean.

Also, continue to have their dentist talk to your niece and nephew about the importance of dental hygiene.

Dear Annie: I am the person who wrote to you, and you responded in your column, "Dreading Wife's Reaction." I haven't talked with my children about the discovery of another son but plan to do so in the very near future.

I just want to thank you for your advice and to let you know that I appreciate your clear thinking on the matter. I am sure your column has helped many people, and I will count myself among them. -- *Faithful Reader*

Dear Reader: Thank you for your kind words. Good luck with your upcoming conversation with your children. I love hearing follow-ups from readers. Remember, the truth will set you free!

"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

HARD-WATER BUILDUP

Dear Heloise: How do I get rid of hard-water buildup on my drinking glasses? -- Leah S., Jericho, N.Y.

Leah, to remove hard-water buildup on drinking glasses, try soaking the glasses in warmed (not boiling) household vinegar for about an hour (or overnight), then scrubbing them with a nylon-net scrubber. If the hard-water buildup does not come off, you may have permanently etched the glass, and nothing can be done to correct this problem.

Looking for more easy household hints? If so, you'll love my pamphlet Heloise's Fantabulous Vinegar Hints and More! To get a copy, send \$5, along with a stamped (70 cents), self-addressed, long envelope, to: Heloise/Vinegar, P.O. Box 795001, San Antonio, TX 78279-5001. Or you can order it online at www.Heloise.com. Vinegar will clean all things glass, including decanters, windows, mirrors and windshields. -- Heloise

ALZHEIMER'S SCAM

Dear Readers: Recently, the Food and Drug Administration has taken issue with several companies that claim their vitamins help or prevent Alzheimer's disease. In fact, these false claims may stop someone from seeing a qualified physician for an accurate diagnosis.

While dietary supplements may be good for a person's overall health, claims that taking certain nutrients can help Alzheimer's disease have yet to be proven. -- Heloise

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UNIVERSAL Sudoku Puzzle

			4	9				
8	3		1	6	4			9
			3			6		
7	1		8					6
5	2				9			1
3			9		5			8
		8			5			
9	7	6	2			1		5
			9	3				

Complete the grid so every row, column and 3 x 3 box contains every digit from 1 to 9 inclusively.

Previous puzzle solution

4	5	1	3	6	9	8	2	7
9	2	3	8	5	7	1	4	6
6	8	7	4	2	1	5	3	9
5	9	6	2	1	3	4	7	8
3	1	4	9	7	8	6	5	2
8	7	2	5	4	6	9	1	3
1	6	8	7	3	5	2	9	4
2	3	5	6	9	4	7	8	1
7	4	9	1	8	2	3	6	5

8/13

DIFFICULTY RATING: ★★☆☆☆

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8/12

TV Sports Listings

Tuesday, August 13

LITTLE LEAGUE SOFTBALL

7 p.m.

ESPN2 — World Series: Teams TBD, semifinal 1, Portland, Ore.

9:30 p.m.

ESPN2 — World Series: Teams TBD, semifinal 2, Portland, Ore.

MLB BASEBALL

7 p.m.

MLB — Chicago Cubs at Philadelphia OR NY Mets at Atlanta

TENNIS

11 a.m.

TENNIS — Western & Southern Open: Early Rounds, Mason, Ohio

Entertainment

Samira Wiley says she'll never forget her character Poussey

By LEANNE ITALIE

Associated Press

NEW YORK (AP) — Samira Wiley has some advice for us all: "Find something that you love to do and get somebody to pay you for it."

Before that happened to the "Orange is the New Black" co-star, before she was even accepted to The Juilliard School, there was little more than her "tortured love" of the craft. That was no deterrence, though.

"There's this intense, intense love on my part but, like, I don't know if it loves me back, kind of thing," said Wiley, who spent her childhood participating in various arts programs. "I just never got any encouragement or any,

really, indication at all that I was possibly talented. I just knew that I was in love with theater."

After high school, she applied to conservatories but came up empty-handed, landing at Temple University and eventually Juilliard.

"Acting, it's almost like this addiction," said Wiley, who played Poussey Washington on the Netflix series that released its seventh and final season in July. "I can't imagine my life without it."

The show's creative team has established a fund that will support advocacy groups pressing for criminal justice reform and women re-entering society from prison, along with those working

to protect immigrants' rights and end mass incarceration. The fund is named in honor of Wiley's character.

After Poussey's death under the knee of a prison guard on "Orange," Wiley went on to win an Emmy for Moira Strand on "The Handmaid's Tale." But Poussey, who died in Season 4, remains a part of her.

"I think so much about Poussey's potential. If she wasn't in prison, who would she be? Would she be one of Samira's peers? There are real Pousseys out there being thrown away because people think they don't matter. Think about what we're depriving the world of."



This June 28, 2019, photo shows Samira Wiley posing for a portrait in New York to promote the seventh season of "Orange is the New Black." Wiley has some advice for us all: "Find something that you love to do and get somebody to pay you for it." Wiley told The Associated Press her love of acting is like an addiction, but it wasn't until she attended Juilliard that she realized it could be a living. (Photo by Christopher Smith/Invision/AP)

Cosby lawyers ask appeals court to toss #MeToo conviction

By MARYCLAIRE DALE

Associated Press

HARRISBURG, Pa. (AP) — A Pennsylvania appeals court on Monday questioned why actor Bill Cosby never got a supposed non-prosecution agreement in writing as his lawyers asked the panel to overturn his sexual assault conviction.

Cosby, 82, is serving a three- to 10-year prison term for drugging and molesting a woman at his home in what became the first celebrity trial of the #MeToo era.

The three-judge panel asked why Cosby's top-shelf lawyers didn't follow the norm and get an immunity agreement in writing, and approved by a judge, when accuser Andrea Constand first came forward in 2005.

"This is not a low-budget operation. ... They had an unlimited budget," said Superior Court Judge John T. Bender. "Could it be they knew this was something the trial court would never have allowed?"

Cosby's lawyers have long argued that he relied on the promise before giving testimony in Constand's 2005 lawsuit that proved incriminating when it was unsealed a decade later.

Judge Carolyn Nichols echoed Bender's point, asking, "how can the

elected district attorney bind that office in perpetuity?"

Cosby's lawyers also attacked Montgomery County Judge Steven O'Neill's decision to let five other accusers testify when Cosby went on trial last year, after more than 60 accusers came forward and his deposition was unsealed. Prosecutors said they chose women whose accounts showed that Cosby had a "signature" crime pattern. Bender seemed to agree, interrupting defense arguments that their stories had significant differences.

"The reality of it is, he gives them drugs and then he sexually assaults them," he said. "That's the pattern, is it not?"

Kristen L. Weisenberger, representing Cosby, said one of the women wasn't even sure she'd been violated. But prosecutors said that's how Cosby planned it.

"The defendant should not be rewarded because she has no recollection because of the drugs he gave her," Assistant District Attorney Adrienne Jappe argued.

The court's decision on how many other accusers should be allowed to testify will be closely watched by sexual assault survivors and defense lawyers as men like movie mogul Harvey

Weinstein await trial in #MeToo-type cases.

O'Neill had allowed just one other accuser at Cosby's first trial in 2017, when the jury failed to reach a verdict.

Cosby's lawyers called the decision to let five testify at the retrial arbitrary and prejudicial. However, the panel said judges are not bound by their earlier trial rulings.

Cosby, who is serving time at a state prison near Philadelphia, was not in court for the arguments at the Pennsylvania Capitol in Harrisburg. The court typically takes several months to issue decisions.

Long beloved as "America's Dad" for his TV role as Dr. Cliff Huxtable, Cosby has called his encounters with Constand and other accusers consensual.

In his deposition, Cosby acknowledged getting quaaludes in the 1970s to give to women before sex, including 19-year-old Therese Serignese, whom he had met at a Las Vegas hotel. Serignese traveled from Florida to attend Monday's hearing.

"Remember, there are 60 accusers," she said. "Out of 19 prior bad act witnesses requested by the prosecutors, the judge only allowed five. I say Bill Cosby got a good deal there."

Comedian Andy Dick reports attack in New Orleans

NEW ORLEANS (AP) — Comedian Andy Dick says he was assaulted outside a New Orleans nightclub after performing in the French Quarter.

Dick tells The Times-Picayune/The New Orleans Advocate he was unconscious for 15 minutes after someone knocked him to the ground with a punch early Saturday.

The comedian and musician is known for his role on the 1990s NBC-TV show "NewsRadio." He was performing at a nightclub before the alleged assault.

Dick says he was taken by ambulance to a hospital, adding he was observed there for what he described as a "possible brain bleed."

Robert Couvillion, who promoted the show, says the performer didn't have any reason to expect to be attacked. He says he was "flabbergasted" by what happened.

LEGAL NOTICES

August 13, 2019

Commonwealth of Massachusetts

The Trial Court
Probate and Family Court
Hampden Division

Docket No. HD19P1503EA

INFORMAL PROBATE PUBLICATION NOTICE

**Estate of:
Victoria Herman
Date of Death:
July 10, 2019**

To all persons interested in the above captioned estate, by Petition of

Petitioner
**Lynn A Herman
of Chester, MA**

a Will has been admitted to informal probate.

**Lynn A Herman
of Chester, MA**

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

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

LEGAL NOTICES

August 13, 2019

NOTICE OF SALE ON EXECUTION

COMMONWEALTH OF MASSACHUSETTS

HAMPDEN SS: July 19, 2019

CITY OF WESTFIELD

By virtue of an Execution which has been issued on a Judgment recovered in the Housing Court-Western Division, Hampden County, Massachusetts on January 2, 2019, in favor of James Buratti, C/O Arbor Mobile Home Park, Judgment Creditor, against Richard Fanion of 7 Klondike Ave., Westfield, Massachusetts, Judgment Debtor, on July 19, 2019 at 9A.M. all the right, title, and interest, which the said Judgment Debtor has in and to the following described Personal Property has been seized and taken, said seizure was made at 7 Klondike Ave., Westfield, Hampden County, Massachusetts.

Said Personal Property consists of the right, title, and interest, in and to Personal Property of said Judgment Debtor, which is described as follows;

1986 Skyline, 14 x 52, Serial # 01110776R

The above Personal Property is subject to all outstanding liens, taxes, tax titles, assessments or encumbrances, if any.

And afterwards on August 16, 2019 at 12:00P.M., all the right, title, and interest the said Judgment Debtor has in and to the above described Personal Property shall be sold at Public Auction to the highest bidder, to satisfy said Execution and all charges and fees of said sale. Terms of sale: Cash or Certified Check at the time of sale.

J. Diaz
Deputy Sheriff

NORTHERLY: by land formerly of Collins and Carpenter, later of M.L. Pierce, One Hundred Twenty-Three and 42/100 (123.42) feet;

EASTERLY: by other land formerly of Collins and Carpenter, now of said Bradford R. Collins et alii, Sixty-Nine and 00/100 (69.00) feet;

SOUTHERLY: by land formerly of the heirs of Eveline Barber, now of said Bradford R. Collins et alii, One Hundred Twenty-Three and 42/100 (123.42) feet.

BEING the same premises conveyed to the grantor herein by deed dated November 24, 2004 and recorded in Hampden County Registry of Deeds Book 14662, Page 195.

The premises are to be sold subject to and with the benefit of all easements, restrictions, encroachments, building and zoning laws, liens, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession, and attorney's fees and costs.

TERMS OF SALE:

A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. **TIME WILL BE OF THE ESSENCE.**

Other terms, if any, to be announced at the sale.

JPMorgan Chase Bank, National Association

Present Holder of said Mortgage,

By Its Attorneys,

ORLANS PC
PO Box 540540
Waltham, MA 02454
Phone: (781) 790-7800

18-012755

ST. JUDE

THANK YOU ST. JUDE for prayers answered. Publication promised. S.F.

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TIMOTHY'S AUTO SALES. Stop by and see us! We might have exactly what you're looking for, if not, let us find it for you! Bartlett Street, Westfield. (413)568-2261. **Specializing in vehicles under \$4,000.**

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44' TRAILER, Breckenridge, 1997, mint condition, 2 fenced-in yards, dog room, full size kitchen and bath. Just 20 minutes outside Rutland.
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HELP WANTED

Town of Southwick
Southwick Public Library

Assistant Director

The Southwick Public Library is seeking a candidate to fill a 37.5 hour per week benefited, non-union position. This position requires a B.A. or B.S. degree and 2-4 years of experience in library work and some supervisory experience. Experience with Evergreen is highly desirable. Pay range \$40,000-\$45,000 depending on qualifications and experience. A copy of the job description and employment application can be obtained by visiting the library at 95 Feeding Hills Road, contacting the library at:

413-569-1221

or visiting the Town of Southwick website at:

www.southwickma.org

Applications must be returned in hard copy to the library. Hire is contingent upon a successful physical and background check. The position will remain open until filled. The Town of Southwick is an ADA/EOE/AA employer

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Children's Librarian

The Southwick Public Library is seeks to fill the role of Children's Librarian. This position is an 18 hour per week union position paying \$16.94/hour. A Bachelor's degree from an accredited college or university is required (a major in Education or English is preferred). Hours of work include Monday, Tuesday, and Wednesday 4-8pm, Thursdays and Saturdays 10-1 (July and August M-F). A copy of the job description and employment application can be obtained by visiting the library at 95 Feeding Hills Road, contacting the library at:

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RN-Evening Supervisor
Looking for experienced RN supervisor for 32 hours 3-11:30pm shift. This position is an EOW weekend with rotating holiday schedule. McLean is an 89 bed facility with one short term and two long term neighborhoods. Looking for a nurse with excellent clinical and computer skills to supervise and mentor our 3-11:30pm shift. Our post acute unit is staffed with RN's only.

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EOE

McLean

HELP WANTED

COMMUNITY ACTION PIONEER VALLEY

Teacher Preschool (Westfield):
Head Start program seeks preschool teacher. Excellent teacher: child ratios. Minimum AA in Early Childhood Education or related field with EEC Preschool Teacher Certification. 37.5 hours/week school year. Pay Range: \$15.55-\$16.50.

Teacher Assistant (Agawam):
Head Start program seeks preschool assistant. Excellent teacher: child ratios. EEC Pre-K Teacher Certification preferred. 25 hours/week/school year. Pay Range \$13.20-\$14.00.

Lead Teacher Preschool (Northampton):
\$1,000 sign on bonus! Head Start Program seeks experienced preschool teachers. NAEYC Accredited, excellent teacher: child ratios. Successful candidate must be EEC LT/Pre-K certified and have a minimum of an AA in Early Childhood Education or related field; BA preferred. Position is 37.5 hours a week/full year. Pay Range: \$17.81-\$18.89 plus \$1.35/hour full day differential.

Teacher Assistant (Northampton):
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NEW!!! Teacher Assistant (Northampton):
Head Start program seeks preschool classroom assistant. NAEYC Accredited, excellent teacher: child ratios. EEC Pre-K Teacher Certification preferred. 37.5 hours/week/full year. Pay Range \$13.20-\$14.00 plus \$1.35 full day differential.

Community Action is committed to building a diverse workforce. Qualified multi-lingual applicants encouraged to apply. We are a Touchpoints Site! Excellent benefits, training, supervision and collaborative work environment.

Send Cover Letter and Resume to:

hselpad223@communityaction.us

Include the position and location you are interested in on the email subject line

For full job descriptions and benefits information visit www.communityaction.us

August 6, 13, 2019

CITY OF WESTFIELD PLANNING BOARD

NOTICE OF PUBLIC HEARING

The Westfield Planning Board will conduct a Public Hearing on August 20, 2019, at 7:00 P.M. in City Council Chambers, Municipal Building, 59 Court St., Westfield, MA on the application of Big Y Foods for a Special Permit, Site Plan Approval and Stormwater Management Permit per Zoning Ord. Sec. 3-120.3(4), 4-110 and 6-10.1 to allow for construction of a convenience store/gas station at 330 E. Main St, zoned Business B and Floodplain. The application is available for public inspection at the Planning Office and at www.cityofwestfield.org/applications

July 30, 2019
August 6, 13, 2019

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue of and in execution of the Power of Sale contained in a certain Mortgage given by William Foxe, Jr. and Rachel Williams to Mortgage Electronic Registration Systems, Inc., as nominee for Mortgage Master, Inc., its successors and assigns, dated November 1, 2013 and recorded with the Hampden County Registry of Deeds at Book 20086, Page 367, subsequently assigned to JPMorgan Chase Bank, National Association by Mortgage Electronic Registration Systems, Inc. as nominee for Mortgage Master, Inc., its successors and assigns by assignment recorded in said Hampden County Registry of Deeds at Book 21297, Page 587 for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 9:00 AM on August 20, 2019 at 31 Crown Street, Westfield, MA, all and singular the premises described in said Mortgage, to wit:

Certain land in Westfield, Hampden County, Massachusetts, bounded and described as follows:

WESTERLY: by Crown Street, Sixty-Nine and 00/100 (69.00) feet;

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or: floram@thewestfieldnewsgroup.com

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Include the position and location you are interested in on the email subject line

For full job descriptions and benefits information visit www.communityaction.us

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HELP WANTED

BARTENDER

Shaker Farms Country Club is looking for someone who is experienced and friendly to bartend with exceptional skills. Nights & weekends

Email: info@shakerfamscc.com to apply

ON-CALL TECHNICIAN

Russell Municipal Cable is seeking an on-call technician with at least 2 years experience with CATV headend and outside plant equipment. Send resume and application to Russell Municipal Cable, P.O. Box 372, Russell, MA 01071 or email rcable@russellma.net no later than August 23, 2019. Application can be found at www.townofrussell.us Select-board tab. The Town of Russell is an equal opportunity employer.

JOB OPPORTUNITY

Busy coating, distribution facility seeks ambitious persons to join our team and participate in all aspects of order processing and machine operation no experience necessary, just a good attitude. Extremely clean working environment and excellent benefits.

Send information to: careers@titancuttingtools.com

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STRAIN FAMILY HORSE FARM hiring experienced rider. Full time position. Must be able to ride English and Western well.

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PENNSAVER ROUTE DRIVER:

The Westfield News Group has positions open on our weekend Pennsaver delivery team. We are looking for responsible, motivated adults with reliable transportation. Candidates must be team players who are able to follow directions and provide good customer service. Applications are available at The Westfield News Group office on 62 School St, Westfield, MA.

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TAG SALES

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Ski Blandford is looking for a Seasonal Ski Rental/Retail Shop Supervisor. Interacting with guests to ensure proper rental equipment selection and excellent customer service is essential.

Responsibilities include:

Maintenance and repair of ski/snowboard equipment, Meeting testing requirements Hiring, scheduling and training team members Assisting guests with retail ski shop items for purchase.

Training available for the right candidate. High School Diploma is required. Seasonal position from approximately October - April. Please visit www.skiblandford.com to download an application or send resume to rcrozier@skiblandford.com

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