

Agawam Catalyst
August 2013
Your online hometown News

Kathy Shepard, Editor
 413-786-3672

agawamcatalyst@gmail.com
<http://tinyurl.com/agawamcatalyst>

30th Annual National Night Out Crime and Drug Prevention Event Draws Many Participants

On August 6th 2013 from 5:00 pm until 8:00 pm, many residents of the Town of Agawam joined forces with thousands of communities nationwide for the “30th Annual National Night Out” crime and drug prevention event. National Night Out, sponsored by the National Association of Town Watch and co-sponsored locally by the Agawam Police Department and the Office of Mayor Richard A. Cohen, involved over 15,704 communities from all 50 states, U.S. territories, Canadian cities and military bases around the world. In all, over 37.5 million people had been expected to participate in “America’s Night Out Against Crime”. Designed to heighten crime and drug prevention awareness and to generate support for and participation in local anti-crime efforts, strengthen neighborhood spirit and Police-Community partnerships, and send a message to criminals letting them know neighborhoods are organized and fighting back, National Night Out was a true success. According to Bob Burke, School Resources Officer and co-coordinator of the event at the local level, the turnout surpassed expectations. The Agawam Police Department, the Office of Mayor Richard A. Cohen, and our community partners hosted the National Night Out at the Agawam High School Athletic Fields. This event included live entertainment from Corey and the Knightsmen Band, free hot dogs, popcorn, beverages, a dance school presentation, face painting, a puppet show and a number of other safety-oriented activities for both children and adults. The Agawam Police Department, Agawam Fire Department, Massachusetts State Police, Massachusetts Emergency Management Agency, Baystate Medical Center Safety Team, Army, Navy, Marines, and the U.S. Marshals Office all had displays

at the event and all provided representatives to be on hand to meet with residents. The Agawam Police Department, and the Office of Mayor Richard A. Cohen have also partnered with private sector businesses that focus on home security and general public safety. These private sector community partners were available to discuss home security and safety, child safety seats, pet and animal awareness and safety, and much more. This was the first time Agawam Police Department decided to participate in this national event. The community welcomed and embraced the summer evening event. A mood of enjoyment and appreciation prevailed for people of all ages. National Night Out is free to the public. For further information contact Officer Robert Burke @ 413-726-9787



Payton Roderick, Elias Wepler, Claire Wepler and Chloe Roderick



John Holbrook, Pat Carnevale, Director of Regions III and IV MEMA, Robert Griffith, EM Mgmt staff, Mike Nicora, Dep. Director Agawam Em.Mgmt. Frank Disco, Ag. EM Mgmt., Chet Nicora, Agawam EM Mgmt Director, Dominic Nicora, Ag EM Mgmt staff



Bob Burke, School Resource Officer McKenna Strong, Colin Jorgensen, Alison Strong, Animal Control Officer, Riley Jorgensen, and Karen Langevin, DARE Officer, at National Night Out



Bob Burke, School Resources Officer and Keith Gibbings, Probation Officer at Juvenile Court, Springfield Co-Chaired Agawam’s very successful National Night Out event with Mayor Richard Cohen’s Office and Agawam Police Department.



Continued from page 1- National Night Out

Bob Burke, School Resources Officer and co-chair of National Night Out
in Agawam and Mayor Richard Cohen



Richard A Cohen
Mayor

Agawam Massachusetts

Office of the Mayor
36 Main Street, Agawam, MA 01001
mayor@agawam.ma.us

Tel: 413-786-4520
Fax: 413-786-9927

August 1, 2013

Dear Students,

It is with great pleasure that I welcome you to a new school year and wish everyone great success.

Your community, School Committee, City Council, School Superintendent, and I have made a strong financial commitment to your education. Our students deserve nothing less. Our financial commitment is a must for meeting the high standards of an ever increasing technological society and to provide a positive and productive education that makes you "ready" for the future.

In these extremely difficult economic times, the taxpayers – your parents – have committed themselves to your education; in return, we ask no less of you. Each day when you enter into the classroom, please assume the responsibility to do your best to succeed. Your success is important to all of us; including your family, teachers and most importantly to yourself.

Our schools continue to offer so many wonderful activities, programs and events. Please take advantage of all the educational and extra-curricular opportunities available to you.

All of the Agawam School Department Administrators, teachers, and staff work to provide a well- rounded quality education for you and I know you are as grateful for their hard work as I am. Please remember to show your appreciation.

Good Luck and Best Wishes for a very productive and exciting school year. If there is anything that I can do to help make your time attending our Agawam Public Schools successful, please do not hesitate to ask.

Very truly yours,

Richard A. Cohen
Mayor/Chairperson of the
Agawam School Committee

Agawam Cultural Council Applause Series opens 10th season

THE MUSIC OF GEORGE SHEARING (AND BEYOND) (Agawam, Mass.) The Agawam Cultural Council kicks off the tenth season of its popular *Applause Series* on Friday, September 6, 2013 at 7:00 PM when **The Argiro Quintet** performs *Music in the Style of George Shearing (and beyond)* at the Agawam Senior Center. Noted pianist/composer James Argiro will lead his quintet through a most enjoyable evening of jazz, with music in the style of legendary jazz pianist George Shearing – including his classic *September in the Rain* and signature anthem *Lullaby of Birdland*, along with other jazz pieces and original compositions. Argiro received his training at The Hartford Conservatory of Music and the University of California at Los Angeles. His musical career began while in his teens, leading a band that provided backup to some of the top groups of the late 1950s, including The Moonglows, The Drifters, and others. He has worked with jazz great Cat Anderson, played with the Harry James big band, and served as music director for such stars as Bernadette Peters, Joan Rivers, and Carol Channing. Argiro’s collaborators include accomplished musicians Mario DeCutiis on vibraphone, Rich Goldstein on guitar, Jason Schwartz on bass, and Ben Bilello on drums. This event is sponsored by United Bank. The Agawam Senior Center is located at 954 Main Street in Agawam, Massachusetts and can be reached by phone at (413) 821-0604. This and all Applause Series events are free and open to the public. Additional information on each of the Applause Series events is available at the Agawam Cultural Council web site, www.agawamcc.org. The Agawam Cultural Council is an all-volunteer local partner of the Massachusetts Cultural Council, a state agency, and is funded, in part, by the MCC. The ACC is charged with bringing engaging, entertaining, and educational events and opportunities in the arts, humanities, and sciences, to children and adults from Agawam and the surrounding communities.



The Agawam Cultural Council’s popular Applause Series kicks off its tenth season on Friday, September 6, 2013 at 7:00 PM. The Argiro Quintet will perform *Music in the Style of George Shearing (and beyond)* at the Agawam Senior Center, 954 Main Street, Agawam. The Argiro Quintet consists of, from left: Mario DeCutiis, vibraphone; Rich Goldstein, guitar; Jason Schwartz, bass; Ben Bilello, drums; James Argiro, piano, (front center)



FRESH FROM OUR FIELDS

CANTALOUPE

HEAD LETTUCE | ROMAINE | BOSTON | LEAF LETTUCE
 BASIL | GREEN BEANS | WAX BEANS | POLE BEANS
 ROMA BEANS | SHELL BEANS | RASPBERRIES
 PICKLES | COUSA | SUMMER SQUASH | ZUCCHINI
 GOURMET SUMMER SQUASH | BEETS | RADISHES
 WHITE, YELLOW, and BUTTER & SUGAR CORN
 SCALLION | PARSLEY | EGGPLANT | CUT FLOWERS
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We're all ears for the Corn Fest this weekend at Cecchi's Fruit and Vegetable Stand on Springfield Street Feeding Hills!!

CLEANING UP THE DIRTY MONEY!

YMCA of Greater Springfield, United Bank and Six Flags Working Together for Agawam Community

In the spirit of Youth Development, Healthy Living and Social Responsibility, the **YMCA of Greater Springfield, United Bank** and **Six Flags** are working together to provide greater opportunities for youth, teens, families and seniors in the Agawam region. Recently, Six Flags New England presented buckets of dirty coins collected from a fountain in the park to the Y, in support of the creation of the Agawam YMCA Wellness & Program Family Center. On Monday, July 29 at noon, United Bank will estimate the amount of money contained in the buckets and youth from the region will assist the bank staff in cleaning and counting the money. Six Flags has been a strong advocate for the creation of the Agawam Y, hosting numerous informational



and fundraising events to support the campaign to raise the \$500,000 needed to open the facility. A longtime supporter of the Y, United Bank was among the first businesses in the region to commit support for this initiative. "With support from great community partners like Six Flags, United Bank and many others, the creation of a Y facility in Agawam will help to address critical needs of the residents through innovative and needed programs," says Kirk Smith, President & CEO, YMCA of Greater Springfield. "Programming for teens, families, and active older adults will be our focus, as these populations have been identified by community leaders as underserved groups." "We are incredibly grateful to the Six Flags and United Bank for their generous support and advocacy." The Agawam YMCA Wellness & Program Family Center will have an anticipated impact on over 3,000 residents in the Agawam region.

Mayor Richard Cohen assisted at the media event with United Bank and Six Flags - Monday, July 29th at 12:30pm at the United Bank, Agawam Branch. Present were representatives from United Bank, Six Flags, Six Flags characters, and the children from Y programs, feeding the coins into the counter. The funds counted and donated from Six Flags will go towards supporting the Agawam "Y". If you require additional information please contact Jason Pirnie -Executive Director, YMCA of Greater Springfield - Agawam YMCA Program and Wellness Family Center, P: 413-206-5699.

Household Hazardous Waste Collection Day Set for September 7th

Agawam – The Agawam Department of Public Works will hold its annual Household Hazardous Waste Collection Day on Saturday, September 7th at the DPW Annex, 1000 Suffield Street between 9am – noon. This program offers residents a safe, economical way to dispose of household items that are flammable, reactive, corrosive or toxic. Solvents, pesticides, caustic cleaners, and oil based paints are some examples of the different types of items that will be accepted. For a complete list of acceptable materials visit the town website at www.agawam.ma.us This event is free to Agawam residents, but **pre-registration is required**. Appointments may be scheduled by calling the DPW at 821-0600 ext.0 or 821-0624 beginning Monday, August 12th. Contact: Tracy DeMaio, 821-0624

For the month of August the Agawam Public Library will be displaying the photographs of Alex Zmaczynski. The show will be on the gallery walls and in the lower level case. A lifelong resident of Agawam, Alex Zmaczynski is a professional photographer. During college he developed a passion for photography and started to teach himself the basics. A few years later he graduated from Hallmark Institute of Photography. Since then he has worked for an international company, been in online publications, and photographed weddings, portraits, and events. His company, Alex Zmaczynski Creative, can be found online at www.alexzcreative.com. Contact: Joanne G. Szlag, Adult Services Librarian, (413)-789-1550 x8851, jszlag@agawamlibrary.org



The Pioneer Valley Women's Running Club (PVWRC) awards scholarships

The Pioneer Valley Women's Running Club (PVWRC) recently awarded scholarships to two deserving young women, Sara Vannah and Diamante' Spencer, at their Scholarship Night held at The Red Rose in Springfield. Sara Vannah, a distance runner, is from Amherst Regional High School. She will be attending Wellesley in the fall. She runs both cross country and track. She has won the Lynn Jennings Award for demonstrating the spirit of Cross Country. She has been a track team captain and placed 6th in the D2 state meet in the 2 mile. She also competes in triathlons, and has qualified to compete in the World Age Group Triathlon this year and is currently training for that. She is a National Honor Society student and is a volunteer coach for Sugarloaf Youth Track and Cross Country. Diamante' Spencer, a sprinter, is from Springfield Central High and will attend U-Mass- Amherst in the fall. She has been varsity indoor and outdoor track team captain. She was athlete of the week in April, 2012 and Springfield Athlete of the year. She is the Western MA champion in the 55 meter dash and 100 meter dash, and school record holder in the 55 and 300 meter, as well as the 4 x 2 relay. She is an honor roll student and a member of ROTC, holding the highest GPA in the ROTC graduating class. Her community involvement is mainly thru ROTC. where she is a Salvation Army Bell ringer, and she places flags at graves for Veterans Day and Memorial Day. We all wish both of these young women continued success in their college careers. Contact: donna@crestviewcc.org for further information.

STORROWTON VILLAGE SEEKING VOLUNTEERS FOR 2013 BIG E

Eastern States Exposition's Storrowton Village Museum is extending an invitation to individuals ages 14 and up to volunteer as costumed guides in our classic 1800s village during The Big E. Volunteers are needed to act as hosts, conducting guided tours of the Village's historic buildings and to work in the Village Gift Shop during this year's Big E, Sept. 13 – 29. Training sessions for prospective volunteers begin Wednesday, August 21. To participate, volunteers must complete a Volunteer Interest Form and schedule an in-person interview with a Storrowton Village staff member. Selected volunteers must be available to attend all three training sessions which take place August 21, August 28, and September 4 at 1pm and 6pm. Village volunteers dress in Early American-inspired apparel to give fairgoers a glimpse of New England's past. Interpreting the roles of 19th century New Englanders, volunteers will gain a wealth of knowledge about crafts, food and daily life of the era while participating in the excitement of The Big E. Costumes, parking and admission for volunteers on-duty will be provided by The Big E as well as a 25 percent discount on items purchased at the gift shops operated by Storrowton Village. Volunteers will also have the opportunity to attend the staff field trip, picnic and the annual Big E staff party. A recognition luncheon will be held for those who have donated more than 75 hours of service during the year. Volunteering at Storrowton Village is a rewarding experience. Past volunteers have said that the interaction with the public and other Village volunteers and the friendships they make is the most memorable part of their commitment to the Village. For more information or to schedule an interview, contact Storrowton Village Museum before August 15 at [413-205-5051](tel:413-205-5051), weekdays between 9 a.m. and 5 p.m. More Info: Catherine Pappas , Communications Manager [413-205-5041](tel:413-205-5041) Info Line [413-205-5115](tel:413-205-5115)

iPad Mini Raffle at the Agawam Public Library

The Agawam Public Library will be holding a raffle for an iPad Mini. Tickets will go on sale August 5th through August 30th, with the drawing to be held at 3:00 on that day. Tickets will be available at the Information Desk and are \$2 each or 3 tickets for \$5. The raffle is sponsored the Friends of the Agawam Public Library. For more information on the Friends, visit www.agawamlibrary.org. CONTACT: Wendy McAnanama wmcananama@agawamlibrary.org 789-1550 x8866



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The uNi Coffeehouse Concert Series

sponsored by The Unitarian Universalist Society of Greater Springfield

For further information contact: Ed or Beth Brown [\(413\) 562-3990](tel:413-562-3990) E-Mail: edbethui@comcast.net

On Saturday, Sept. 14 at 7:30 p.m.

The uNi Coffeehouse Concert Series presents Maryland's hot harmony three woman trio, *Hot Soup!*.

The concert will be held at the

Unitarian Universalist Society Meetinghouse 245 Porter Lake Drive, Springfield, MA 01106

for Information/Reservations [\(413\) 562-3990](tel:413-562-3990) Website: <http://uNicoffeehouse.org> **\$15 at the door**

Hot Soup! is Maryland's hot harmony three woman trio: Christina Muir, Sue Trainor and Jennie Avila.

They will be dishing up a delightful stew including songs of all kinds to kick off the 29th year of the uNi Coffeehouse Concert Series. Sometimes called the *Andrews Sisters of the 21st Century*, this nationally touring trio serves up rich, intricate vocal arrangements that bring out the best in every melody and lyric. Audiences love the variety in the *Hot Soup!* repertoire too - from ballads to blues and swing, from retro to funny songs - no two are alike. The trio's musical diversity extends to their instrumentation - in addition to a variety of guitar stylings, the trio includes conga and other percussion, mountain dulcimer and harp. The focus, however, is always the sweet voices, trading lead vocals and capturing harmonies that raise goose bumps. They bring a rare blend of spontaneity and intimacy to their performances, often developing hilarious exchanges among themselves and with the audience. All three are also talented solo performers with recordings of their own in addition to the trio's three recordings together:

- Sue Trainor is best known for the satirical humor of her songs
- Christina Muir, the daughter of Ann Mayo Muir (of the much-loved traditional folk trio Bok, Trickett and Muir), builds on her musical heritage with her elegant vocals and lyrical instrumentation, insightful contemporary songwriting, flirtatious wit and compelling stories.
- Jennie Avila brings her magnetic stage presence, agile soprano, flavorful original songs, exotic birdcalls and groove-full percussion to complete the irresistible Hot Soup blend. Jennie is a Smithsonian Folkways artist who has shared stages with such notables as Pete Seeger and Joan Baez.

uNi Coffeehouse Concerts feature a lovely wooded location bordering on Longmeadow and the Forest Park woodlands with easy access from anywhere via Interstate Route 91. Parking lot, plus space along road for later arrivals. acoustic music (not electric, not excessively loud), some very old songs and tunes, some very new, experienced performers from across the United States, Canada, and Great Britain. Coffeehouse style atmosphere relaxed, informal, low stage, candlelight, but no alcohol, no smoke. lively concert hall sound in an intimate setting; performers often mingle with audience during breaks, refreshments available home baked goodies, hot spiced cider, coffee, teas, & just popped popcorn, and - handicapped accessible. Phone ahead for directions to the no-stairs entrance and arrange preferred seating



Captain Charles Leonard House - *Agawam's Community House*
663 Main Street | Agawam, Mass. 01001

A Civil War Afternoon

Captain Charles Leonard House to present outdoor performance of Small Planet Dancers' "The Civil War Ballroom;" encampment of the Peter Brace Brigade, representing the Mass. 54th Colored Troops Co. E. also on the grounds the Agawam's historic house.

Spend the afternoon of Sunday, August 25, 2013 at the Captain Charles Leonard House, 663 Main Street, and return to the Civil War era. On that day, the Trustees of the Captain Leonard House will present the "The Civil War Ballroom" and the Peter Brace Brigade. The *Small Planet Dancers*, a performance group based in Western Massachusetts, will perform a 75-minute program of dances from the Civil War period in historical costumes, including hoop dresses and tails on the north lawn of the Captain Leonard House beginning at 3:00 pm. The program will also include the teaching of the very simple Grand March, in which members of the audience will be able to participate. "The program includes some history surrounding the dances of the period," explains Josephine Sarnelli, artistic director and choreographer for the

troupe. "We trace the dances from their origins in Europe and reflect the influences of American music on them. For example, the Sir Roger de Coverley English country dance is better known to us as the Virginia Reel." Several of the routines are quadrilles, memorized dances with five complicated patterns that were taught by dance masters. These include the Disputation Quadrille, the Congenial Hearts Mazurka and Spanish Waltz. Each of these dances requires eight to twelve dancers. Sarnelli and her dance partner Jeff Lander will also perform two duets. One, a waltz danced to the famous letter written by Sullivan Ballou, an officer in the Union Army, to his wife Sarah. This eloquent document was written a week before Major Ballou died at the First Battle of Bull Run. Also at the Captain Leonard House that afternoon will be members of the Peter Brace Brigade, representing the Massachusetts 54th


Colored Troops Co. E. An encampment of the Civil War era, inclusive of soldiers and camp followers, will take place on the grounds of the Captain Leonard House. Attendees of the event will have the opportunity to visit with the troops before the dance presentation, beginning at 2:00 pm, and again after the performance. Reservations are required for this event, and a donation of \$10 is suggested. Children under 13 will be admitted free of charge. Ticket price includes light refreshments. Members of the all-volunteer board of trustees will also be on hand to provide tours of the Captain Charles Leonard House, which is available to rent for family functions and business events. Please call 413-786-9421 for more information or to reserve your seat. The proceeds of this event will help offset operating and maintenance expenses at the National Register-listed Captain Leonard House, which has operated as Agawam's Community House since 1939. The Captain Leonard House was built in 1805 as a stage tavern to service travelers on the Hartford/Boston route. The house was placed on the National Register of Historic Places in 1975, and occupies a prominent location in the Agawam Center National Register Historic District. The Captain Leonard House is considered to be Agawam's finest Federal-era home. The House is available to rent for business functions and social events. For more information, please call 413-786-9421 or visit www.captainleonardhouse.com. You can also follow us on Twitter @leonardhouse and like us on Facebook.com/captainleonardhouse For more information, please contact David Cecchi - 786-3236



The Captain Charles Leonard House will present the *Small Planet Dancers'* "The Civil War Ballroom," performed in historical costumes, including hoop dresses and tails on the north lawn of that historic house on Sunday afternoon, August 25, 2013 at 3:00 pm.



On Sunday afternoon, August 25, 2013 the lawn of the Captain Charles Leonard House will be the site of an encampment of the Peter Brace Brigade, representing the Massachusetts 54th Colored Troops Co. E. beginning at 2:00 pm and at 3:00 pm, a performance of "The Civil War Ballroom," performed in historical costumes by the *Small Planet Dancers*.



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uNi Coffeehouse Concert Series Schedule - 2013-14

at the Unitarian Universalist Society of Greater Springfield Meetinghouse,
245 Porter Lake Drive, Springfield, MA <http://uNicoffeehouse.org> or
phone 413-562-3990

7:30 p.m. (doors open at 6:45) \$15 at the door

Sept. 14 (Sat.) *Hot Soup!*-Maryland's hot harmony trio of Christina Muir, Sue Trainor, and Jennie Avila; sometimes called the "Andrews Sisters of the 21st Century". *Hot Soup!* serves up rich, intricate vocal arrangements on ballads and blues, swing, retro and funny songs. Add zany humor and spirited musicality plus guitars, harp, mountain dulcimer, conga & more.

Oct. 19 (Sat.) Gordon Bok with special guest **Carol Rohl** -With resonant bass-baritone voice, 6- and 12-string guitars and "Bok cello" Gordon sings of the Maine seacoast, of the sea and schooners, of fishes and fishermen, mythical sea folk and so much more while Carol adds her lovely harmony, harp and humor.

Nov. 9 (Sat.) *The Clancy Legacy* featuring **Aoife Clancy** and **Robbie O'Connell** - Carrying on the Irish born musical tradition of the famed *Clancy Brothers*. Aoife Clancy is the daughter of Bobby Clancy of the Clancy Brothers. Robbie O'Connell is a nephew of the Clancy Brothers and performed with them on tours and recordings.

Dec. 14 (Sat.) Ed Trickett -Song-finder extraordinaire, of **Bok, Trickett, & Muir fame**, arrives from his home in Chicago with a bag full of great songs plus his special 6 and 12 string guitar stylings. If you have never seen him do a complete solo concert, you really must mark your calendar for this very special event.

Max Jan. 11, 2014 (Sat.) Priscilla Herdman with guitarist **Cohen** -Since her first album in 1977, an insightful song-finder and singer of uncommon range, depth and clarity. Priscilla explores a wide range of human experience with songs of humanistic vision, caring and the wonder of the universe that surrounds us. Master guitarist Max Cohen provides inspired accompaniment.

Feb. 8 (Sat.) Cindy Kallet and Grey Larsen - *Almost Valentines Day Concert* - Together they have spent much of the last decade in a joyful and loving musical collaboration - weaving songs and tunes of vibrant color and rich texture, many of their own composition - blending their decades of audience-pleasing experience, remarkable voices, guitar, Irish flute, tin whistle, concertina, fiddle and harmonium.

Mar. 8 (Sat.) Magpie: Greg Artzner and Terry Leonino - Powerful acoustic harmony duo performs folk, classic jazz, blues, and country tunes of the 1920's and 1930's, plus contemporary songs, labor songs, originals, and topical songs - many with environmental and social justice themes. Mandolin, Appalachian dulcimer, acoustic guitar and harmonica are woven throughout.

April 12 (Sat.) Small Potatoes: Jacquie Manning and Rich Prezioso- Fun-loving Chicago-based folk duo who call themselves "eclecto-maniacs" with musical styles ranging from folk-country, blues and swing to Irish. Their great songwriting and inspired song selection mine dozens of themes (many with a humorous touch) to keep the audience wondering ... "what next?"

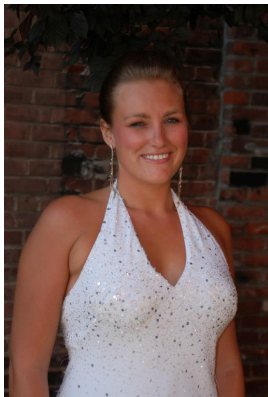
May 17 (Sat.) Matt and Shannon Heaton -Traditional and updated Irish music with harmony singing, Irish flute, accordion, guitar and bouzouki. Winner of *Live Ireland's* "Trad Fusion Album of the Year," their music is founded in an authentic love of traditional music (and each other) and a sense of adventure and fun for exploring new directions and possibilities.

Here's another quick look at upcoming shows at the **Majestic Theater in West Springfield**. For tickets, please dial [413.747.7797](tel:413.747.7797). For additional information, please visit www.majestictheater.com. As always, thanks for your support! Lee Chambers [413.519.3767](tel:413.519.3767)

A RAY OF ELVIS Friday, August 16th @ 8:00 p.m. Saturday, August 17th @ 8:00 p.m.

It's a special memorial weekend and Ray Guillemette Jr. and the Memphis Jam once again bring their award winning, high energy, ultimate tribute to the King of Rock n' Roll, Elvis Presley, back to the Majestic. Even Graceland has acknowledged Ray as one of the best of the Elvis tribute artists. It promises to be an inspirational show of memory and great music. Tickets \$19 & \$21

BEETHOVEN, BROADWAY & BEYOND Sunday, August 18th @ 2:00 p.m. It's a classical Sunday afternoon with the Page One Performers, a group of concert pianists, operatic vocalists, a flutist and cellist, all of whom will dazzle the audience with jaw-dropping performances including Beethoven's "Moonlight Sonata" and "Pathetique," Rachmaninoff's "Prelude in G Minor," Hammerstein's "Old Man River," and Andrew Lloyd Webber's "Music Of The Night," along with other selections from Bizet, Debussy, and more. The good folks at Falcetti Music provided the acoustic piano for this special show. Tickets \$21 & \$23



Lindsey LaBelle will appear in concert at the Majestic Theater in West Springfield on August 22 at 7:30 p.m. Tickets are \$15 & \$17 and can be purchased by visiting or calling the box office at [413.747.7797](tel:413.747.7797). For more information, visit www.majestictheater.com.

LINDSEY LA BELLE Thursday, August 22nd @ 7:30 LINDSEY LA BELLE has, in the past couple of years, earned a solid reputation in the Valley and beyond as one of the most popular performers around. Backed by a great band, her vocals are a blend of country flavored pop while still keeping her roots firmly grounded in rock n' roll. Tickets \$15 & \$17

THE DIAMOND COLLECTION Friday, August 23rd @ 8:00 p.m. Saturday, August 24th @ 8:00 p.m.

We missed him last year but we knew he couldn't stay away from music! KENNY LA BELLE returns to the Majestic Stage with his amazing tribute to the great Neil Diamond. He did his very first show here, and except for last year, has been a Summer tradition. THE DIAMOND COLLECTION is a sure-fire crowd pleaser! Tickets \$18 & \$20

FREDDIE MARION & FRIENDS Sunday, August 25th @ 2:00 p.m. He has one of the most spectacular voices in the Valley whose array of show, sacred, and sentimental songs, has thrilled audiences in small clubs and cocktail lounges to Symphony Hall and the Mass Mutual Center. Freddie's show, BROADWAY & BEYOND, will feature both show tunes from the Great White Way as well as pop favorites. Tickets \$18 & \$20

PAUL ROBESON Wednesday, August 28th @ 7:00 p.m. Floyd Patterson II and Marcus Pitts return to the Majestic Stage after triumphant shows in New Palz, New York, and Boston for an encore performance of Philip Hays Dean's play, PAUL ROBESON, the moving and dramatic story of an iconic American scholar, athlete, actor, concert artist, and activist. Tickets \$23 & \$25

MAJESTIC THEATER OPEN MIC NIGHT SCHEDULE: Tuesday, August 6 – 7pm - \$5; Tuesday, August 13 – 7pm - \$5; Tuesday, August 20 – 7pm – \$5; Tuesday, August 27 - 7 pm (special pricing for finale)

IMPROVISATIONAL COMEDY WITH THE MAJESTERS SCHEDULE: Wednesday, August 7 - 7pm - \$7; Wednesday, August 14 - 7pm - \$7; Wednesday, August 21 - 7pm - \$7

MAJESTIC THEATER SUMMER CHILDREN'S THEATER SCHEDULE: ALL TICKETS: \$9

"The Emperor's New Clothes" Sunday August 4 - 2pm & 6:30pm; Monday, August 5 - 10am, 1pm & 6:30pm; Tuesday, August 6 - 10am, 1pm; Wednesday, August 7 - 10am, 1pm

"Tiny Thumbelina" Sunday August 11 - 2pm & 6:30pm; Monday, August 12 - 10am, 1pm & 6:30pm; Tuesday, August 13 - 10am, 1pm; Wednesday, August 14 - 10am, 1pm

Cinema Capsules
By Peter Boadry

42---Relates to the 1947 baseball season in which the Brooklyn Dodgers general manager Branch Rickey (Harrison Ford) decides to sign the first black major league player Jackie Robinson (Chadwick Boseman). Although Robinson faces ugly vicious racism from other clubs, fans, and on occasion his own team mates, Rickey encourages him not to fight back. By following that advice Robinson allows his remarkable athletic talent to speak for itself and soon the first--year player becomes the most popular player on the team, eventually securing "Rookie of the year Award". 4 Stars Very Good****

Admission---Straight laced Princeton University admissions officer Portia Nathan is caught off--guard when she makes a recruiting trip to an alternative high school overseen by her former college classmate, the free--wheeling John Pressman. Pressman has surmised that Jeremiah, a gifted yet very unconventional student, might well be the son that Portia secretly gave up for adoption many years ago. Soon, Portia finds herself bending the rules for Jeremiah, putting at risk the life she thought she always wanted--but in the process finding her way to a surprising and exhilarating life and romance she never dreamed of having. 3 Stars Good***

Croods---This prehistoric comedy adventure follows the world's first family as they embark on the journey of a lifetime when the cave that has always shielded them from danger is destroyed. Traveling across a spectacular landscape, the family discovers an incredible new world filled with fantastic creatures--and their outlook is changed forever. 4 Stars Very Good**** (Shown in 3D and reg)

G.I. Joe Retaliation---Framed for a crime they did not commit, the G.I. Joe's must not only fight the Cobra, but also be vindicated against a government that condemned them. (Dwayne "Rock" Johnson Stars) 3 Stars Good*** (Shown in 3D and reg)

Host---The majority of the human race has been possessed by body snatching aliens. But one woman refuses to surrender her mind and together they need to seek out the man they both love. 2 Stars Fair** (Some of the voice over is CORNY)

Jurassic Park 3D---In Steven Spielberg's massive blockbuster, paleontologists Alan Grant (Sam Niel) and Ellie Sattler (Laura Dern) and mathematician Ian Malcolm (Jeff Goldblum) are among the select group chosen to tour an island theme park populated by dinosaurs created from prehistoric DNA. While the park's mastermind, billionaire John Hammond (Richard Attenborough) assures everyone the facility is safe, they find out otherwise when various ferocious predators break free and go on the hunt. 4 Stars Very Good**** (3D adds life to 1993 hit)

Olympus has fallen---When White House (Secret Service Code "Olympus") is captured by a terrorist mastermind and the President is kidnapped, disgraced former Presidential agent Mike Banning finds himself trapped within the building. As our national security team scrambles to respond, they are forced to rely on Banning's inside knowledge to help retake the White House, save the President and avert an even bigger disaster. 4 Stars Very Good****

Cinema Capsules (continued)

Place beyond the pines---(Ryan Gosling) plays Luke, a drifter who makes a living doing motor--cycle stunts in a traveling carnival. When he discovers he has an infant son, he decides he wants to be able to provide for his son. He meets an ex--convict who knows how to rob banks and teams up with him. His ctions cause his life to become intertwined with a police officer named Avery (Bradley Cooper) who chases after him during a robbery. Their sons meet up in high school years later. 4 Stars Very Good****

Scary Movie 5---They make fun of a few horror films such as Mama, Evil Dead, Sinister, Cabin in the woods, Rise of the planet of the apes to name a few. 3 Stars Good*** (out takes during cast and credits)

Spring Breakers---Brit (Ashley Benson), Candy (Vanessa Hadgens), Coffy (Rachel Korine), and Faith (Selema Gomez) have been best friends since grade school. They live together in a boring college dorm and are hungry for adventure. All they have to do is save enough money for spring break and get their shot at some real fun. They encounter a rapper with the name alien (James Franco) and he promises them all the thrill and excitement they could ever hope for. With this encounter of their new friend, it soon becomes all too clear how far the girls are willing to go to experience a spring break they will never forget. 2 Stars Fair**

Temptation---An explosive romance about the seductive dangers of the forbidden, Judith, an ambitious married woman, whose obsessive passion for a handsome billionaire leads to betrayal, danger, and a choice that will forever change the course of her life. 3 Stars Good***

(On \$5.00 days Wednesday's at West Springfield Rave-- hotdogs are \$1.00 instead of \$4.50, and anytime they have a show before noon any other day is also \$5.00 called "Early bird special" !)

Before Midnight---Nine years after "Before Sunset", Jesse and Celine now live in Paris as a couple where Jesse continues to find success as a novelist, while Celine is at the career crossroads, considering a job in government. 2 Stars Fair**

Bling Ring---A gang of teenagers, obsessed with fashion and celebrity, burglarize celebrities homes in Los Angeles. Tracking their targets online, they break in and steal their designer clothes and possessions. Reflecting on the naivety of youth and mistakes when young, amplified by today's culture of celebrities and luxury, brand obsession, we see through the members of the "Bling Ring" temptations that almost any teenager would feel. What starts out as teenage fun, spins out of control and leaves us with a sobering view of our culture today. 2 Stars Fair**

Despicable Me 2---Gru is kidnapped, and recruited by the AVL ("The Anti-villain League") to find out who stole the secret formula, that could take over the world. His daughters say that is sooo cool, that their daddy has this assignment at the Mall! Each villain owns his own store, and so does he, a bakery called "Bake My Day". His daughters also signs him up to online dating, which of course he has no time for. I have to save the world, how can I find time to do both? El Macho steals his many minions and injects them with the secret formula. Can Gru stop El Macho in time, and save the world from his own minions and find time to date too? 4 Stars Very Good**** (Also in 3D)

Grown ups 2--- Lenny (Adam Sandler) has relocated his family back to the small town where he and his family grew up. This time around the grown ups are learning lessons from their kids on the day notoriously known for surprises. The last day of School. 4 Stars Very Good**** (Must see!)

Heat---Uptight FBI Special Agent Sarah Ashburn (Sandra Bullock) and fouled mouth Boston cop Shannon Mullins (Melissa McCarthy) Couldn't be more incompatible, but when they join forces to bring down a ruthless drug lord, they become the last thing anyone ever expected : "Buddies"! 4 Stars Very Good**** (Must see!)

Lone Ranger---Native American spirit warrior Tonto (Johnny Depp) recounts the untold tale that transformed John Reid (Arnie Hammer), a man of the law, into a legend of justice--taking the audience on a runaway train of epic surprises and humorous fiction as the two unlikely heroes must learn to work together and fight against greed and corruption. 3 Stars Good***

Man of Steel---A young boy learns that he has extraordinary powers and is not of this earth. As a young man he journey's to discover where he comes from and what he is sent to do. But the hero in him must emerge if he is to save the world from annihilation and become the symbol of hope for all mankind. 3 Stars Good*** (In 3D or Reg)

Monsters University---Mike Wazowski and James P Sullivan are inseperable pair, but that wasn't always the case. From the moment these two mismatched monsters met in college, they couldn't stand each other. "Monsters University" unlocks the door to how Mike and Sully met and over came their differences and became best friends. 3 Stars Good*** (Also in 3D)

Mud---An adventure about two boys, Ellis and Neckbone, who find a man named "Mud" hiding out on an island in the Mississippi. Mud describes fantastic scenarios of how he killed a man in Texas and vengeful bounty hunters are coming to get him. He says he is planning to meet and escape with the love of his life, Juniper, who is waiting for him in town. Skeptical but intrigued, they agree to help him. It isn't long until Mud's visions come true and their small town is besieged by a beautiful girl with a line of bounty hunters in tow. 3 Stars Good***

This is the End---Six friends are trapped in a house after a series of strange and catastrophic events devastate Los Angeles as the world unravels outside, dwindling supplies and cabin fever threaten to tear apart the friendship inside. Eventually, they are forced to leave the house, facing their fate and the true meaning of friendship and redemption. 2 Stars Fair**

White House Down---Capitol Police man John Cale (Channing Tatum) has just been denied his dream job with the secret service of protecting the President James Sawyer (Jamie Fox). Not wanting to let his little girl down with the news, he takes a tour of the White House, when the complex is over taken by heavily armed paramilitary group. Now with the nation's government falling into chaos and time running out, it's up to Cale to save the President, his daughter, and the country. 5 Stars Excellent***** (Must see!)

First Baptist Church
Agawam MA
Ham and Bean Supper
October 26th, 2013
5:30 pm
Ham, Homemade Beans
Coleslaw, Potato Salad
Bread, Dessert

AGAWAM LIONESS CLUB CASINO TRIP

Our next casino trip is Sunday, September 8th. We will leave from Agawam High School and you should be there by 12:30pm. We will stay at Mohegan Sun for 5 hrs. and arrive back at Agawam High School by 8:15pm. Mohegan Sun will give us a \$30.00 pkg. which includes \$15.00 food and a \$15.00 voucher for the "Wheel"! The cost of the trip is \$30.00 pp and if you plan on going, please call and reserve your seat early. Your payment is due by August 18th or when you make your reservation would be fine also. If you have any questions or to reserve your seat, please call Pat at 786-1782 or Rose at 786-5134. You can send your checks made payable to Agawam Lioness Club to: Pat Lalancette, 15 Canterbury Lane, Feeding Hills, MA 01030

Wheels & Whiskers = Cars Show

WESTFIELD HOMELESS CAT PROJECT, 1124 EAST MOUNTAIN ROAD, WESTFIELD, MA 01085

The 7th Annual "Wheels & Whiskers" Benefit Car Show promises a full day of family fun on Sunday, August 11 from 9:00 am to 3:00 pm at Mestek Field, 260 North Elm St. in Westfield. Spectators are welcome to view scores of beautiful cars including classics, antiques, street rods, hot rods, and muscle cars. The awards ceremony begins around 2:00 PM. Browse the giant tag sale, taste the food, enjoy the music, and try your luck with the Chinese and 50/50 raffles. Fun for the whole family, including the Westfield Police Department's Child Safety ID program (10 AM to 2 PM), face painting, children's activities, free kid's raffle, and much, much more! Pets are welcome, but must be leashed and controlled. The Westfield Cruisers present this event annually in memory of Ann Grzebien, who loved animals. Proceeds from this event will benefit the Westfield Homeless Cat Project; donations of canned cat food are appreciated. Free admission for spectators, \$10 donation per show car. In case of rain, a new date will be announced. For further information call Gary at (413) 562-1346. Media Contact: Gary Francis Phone: (413) 562-1346

Event: Lisa Lichtenfels' Puppet Making Workshop
Date: Thursday September 26th 2013 from 5 PM – 8 PM

Place: Agawam Senior Center
954 Main Street, Agawam, MA Route 190 North. (1.59 miles from Six Flags)

Cost: \$40.00 and is non-refundable.

Sponsored by ACAA, preregistration and payment required by August 1st.

Seating is limited to 10 people. Some supplies required to bring. Make checks payable to "ACAA"

Mail check to: Sharyn O'Reilly 247 Trafton Road Springfield, Ma 01108

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August Summerfest Events

August 7 **Dave Colucci** **davecolucci.com**

August 14 **Kix Country Night** **mykix1009.com**
 Tracy Lawrence & Tyler Farr

KidsFest

July 10 **John Higby Yo-Yo Guy** **johnhigby.com**

July 24 **Hey Dango** **facebook.com/HeyDango**

August 7 **Lucky Bob** **getluckybob.com**

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UBU
HAIR DESIGN

MARY ANN MARZANO



The Healing Process

By Dr. Tami Nelson

Oftentimes, a patient will ask how long it will be until they are better. This is the hardest part of my job. I can have two people come in with the exact same problem. One responds very well and is better very quickly, and the other takes much longer to heal. Why is that? Bodies vary so much; each is very individual and unique. Some factors that may affect healing are

- ❖ Genetics – what your body is. If you have any underlying problems like scoliosis, arthritis or other factors that may slow down the process;
- ❖ Diet – a poor diet can affect healing;
- ❖ Weight – excess weight can certainly impede the body's process to heal;
- ❖ Stress level – how much stress in your life and how you react to it makes a difference;
- ❖ Sleep patterns – one-third of your time is spent sleeping. Poor habits can cause further injury;
- ❖ Work environment – sitting, standing or driving all day can affect the body;
- ❖ Posture – poor posture can put excess stress on the body;
- ❖ Attitude – a poor attitude can also put stress on the body.

To help increase the healing process as much as possible:

- Eat a good healthy diet. Limit alcohol and caffeine. **DON'T SMOKE**;
- Exercise every day;
- Keep stress levels down;
- Sleep on your side or back;
- Try to vary your routine. Limit excess sitting or standing;
- Focus on posture and breathing. Take deep breaths throughout the day and stand/sit up straight;
- Most important – keep a positive mental attitude. We all know the mind/body are connected. A happy mind is a healthy body.

Dr. Nelson maintains an office at Hampden County Chiropractic, 546 Springfield Street, Feeding Hills, MA 01030. Call for an appointment or to learn more. 413-786-4820



Old Bones Genealogy

The Agawam Public Library will be holding a six week workshop entitled “Old Bones Genealogy.” The presenter will be Dave Robison. All sessions are on Thursdays at 10:00 a.m., and the dates are July 11, July 18, July 25, August 1, August 8, and August 15. Participants should plan on attending all six sessions. Attendees will have the opportunity to dig into their past and add branches to their family tree. A different topic with questions and answers will be presented each week. The topic of week one will be the basics of researching. The presentation of week two will be research tools. Becoming a genealogy detective will be the discussion of week three. On week four the topic will be refining skills. The presentation of week five will be interview-jogging memories-fill gaps, and the sixth discussion will be breaking down brick walls. This program is for adults only. Please register at (413)-789-1550 x4 or www.agawamlibrary.org. This event is part of the 2013 Adult Summer Reading Program “Ground Breaking Reads” and is sponsored by the Agawam Center Library Association, the Massachusetts Cultural Council, the Massachusetts Library System, the Boston Bruins, the Massachusetts Board of Library Commissioners, and CSLP. Contact: Wendy McAnanama, (413)-789-1550 x8865, wmcananama@agawamlibrary.org or Joanne Szlag, (413)-789-1550 x8851, jszelag@agawamlibrary.org “Groundbreaking READS” and this event are sponsored by the Agawam Center Library Association, the Massachusetts Cultural Council, the Massachusetts Library System, the Boston Bruins, the Massachusetts Board of Library Commissioners, and CSLP. Contact: Wendy McAnanama, (413)-789-1550 x8865 wmcananama@agawamlibrary.org and Joanne Szlag, (413)-789-1550 x8851, jszelag@agawamlibrary.org

*When bad language is
permissible...*



