



Happy Valentine's Day!

Kathy Shepard, Editor
413-786-3672

Agawam Catalyst
February 2013
Your online hometown News

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



Betty Grimaldi Welcomes the Y

Enthusiasm is growing throughout the Agawam region, as the buzz of the Agawam YMCA Wellness and Program Family Center gains more attention by residents and supporters who recognize the great value of having such a facility so close to home. Betty Grimaldi of Grimaldi & Burzdak Realty is helping to lead the charge of collecting pledges and donations in order to raise the \$500,000 needed to bring the project to fruition and sustain through its initial phase of programs. "We already live and work in a wonderful community," says Grimaldi. "And now we have a great opportunity to further improve our quality of life in Agawam with the addition of programs offered by the YMCA of Greater Springfield." With those words, she endorses the proposed 7,000 to 8,000 square foot facility which will serve people of all ages and abilities. The Agawam YMCA Wellness and Program Family Center will be centrally located in Agawam Towne Square on Springfield Street where a Food Mart and several health clubs were formally housed. The location provides for easy access to all town roads and the highway. In addition, the facility will include amenities like a Wellness Center, General Purpose Studio, Child Development Center, Technology Center, and a Member Lounge. The presence of the wellness and program center will help address the needs of 56,000+ residents, the combined population of the two towns, through innovative programs and services. Programs specifically designed to address the needs of preschoolers, teenagers, and senior citizens, which officials in both communities identify as underserved populations, will also help in the building of a stronger community. The YMCA of Greater Springfield is no stranger to the Agawam community and plans to continue and explore more partnerships with civic organizations, school districts, government agencies, and the Agawam Parks and Recreation Department. These efforts help to knit families to not just one facility, but to all community facilities. This gives way to various types of offerings from aquatics to sports leagues, multi-generational mentoring, and camps. Grimaldi has aligned herself with the project committee for the Agawam YMCA Wellness and Program Family Center and is calling on business owners and residents to step up in supporting this worthwhile project. "All in all, we are very excited about the Agawam YMCA Wellness and Program Family Center. It seems to have limitless potential to making lives safer, healthier, and happier in two closely knit communities," Mrs. Grimaldi added. For fundraising information or for more information about the Agawam YMCA Wellness and Program Family Center, please contact Grimaldi at (413) 789-0310 or by email at bgagawam@aol.com. In addition, you may contact Executive Director Jason Pirnie at 413.739.6951 or jpirnie@springfieldy.org.

Knapik Announces 2013 Police Officer & State Trooper Examination

Westfield: State Senator Michael R. Knapik (R-Westfield) is pleased to alert his constituents about an upcoming **Police Officer & State Trooper Examination**. Said exam will be held at various sites across the state on April 20, 2013. "A career in Law Enforcement is a very noble calling," said Knapik. "This exam provides an important opportunity for interested individuals to become eligible for any hiring that might be done by cities and towns, the MBTA Transit Police, and to fill non-civil service Trooper vacancies in the Massachusetts Department of State Police" he continued. **Age Requirement:** As of the posting of this notice, candidates must be at least 21 years of age on or before April 20, 2013, for all civil service Police Officer jurisdictions. It is the responsibility of the exam participant to review any additional age requirements for each Police Department covered by civil service on the state's website (www.mass.gov/civilservice) under Guides & Publications, Police Information Civil Service, Police Departments Covered by Civil Service. Please be advised that the list of communities is subject to change and inquires about status changes should be directed to the communities in question. "Communities across the state will be looking for high character, physically fit, and service oriented individuals to become our public safety officers in the coming years," Knapik concluded. Contact: Daniel O'Brien 413-562-6465. Written examination date: April 20th, 2013. **Application Deadline:** March 18th 2013. Written examination fee: \$100. Location: Various across the state. *There is an additional \$50 late fee for applications received after March 18th Applications will not be accepted after April 1st, 2013.



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“President” Benjamin Wade of Feeding Hills

By Martin McMahon

How could an Agawam area guy only almost become president when by all rights he should have been president? It happened a long time ago. The man’s name was Benjamin Wade. He was born and raised in Feeding Hills. Who was this guy? Can I identify with him?

Benjamin Franklin Wade was born in 1800. His was one of the poorest families around. Wade’s dad fought the British in Boston and Yorktown. His mother stayed home raising ten kids. Ben was the tenth. He was home-schooled by his mom and worked on farms around the Agawam area. At eighteen he didn’t want to be a burden on his parents, and headed westward on foot. He found one brother in Ohio. Benjamin worked on farms and went to school in the winter. Although he loved biographies and read the entire Bible, he didn’t do well in school. He became a drover, leading cattle from Akron, Ohio to Albany, New York on foot, but sometimes riding an ox. He worked also digging the Erie Canal. In his twenties he studied law and was admitted to practice at twenty-eight. While lacking the finer education of lawyers, Benjamin could sway juries with his plain and simple talk. His reputation as a courageous lawyer spread. He was made county prosecutor and then state senator at thirty-seven. Although successful, he always regretted becoming a politician and wished for the simple life. He fought against imprisonment for debt, slavery, and discrimination, making many enemies. At forty, he quit politics and married Caroline Rosecrantz, a native of Middletown, Connecticut. They had two sons.

Due to his legal reputation, Benjamin Wade was made a judge at age forty-seven. Then at fifty-one, he became a US Senator from Ohio. Vice President Andrew Johnson, who assumed the presidency when Lincoln was murdered, was extremely unpopular. The racist President Johnson was the first US president to be impeached. It was 1868. Mr. Benjamin Wade from Feeding Hills was still an Ohio senator and had become President pro tempore of the Senate. Johnson’s trial took place in the Senate. A two-thirds majority was required to convict Johnson of defying federal laws. But votes were just one short. Had Johnson been convicted, Wade would have become president. When Johnson succeeded Lincoln, there was no law allowing the appointment of a substitute VP.

Under current law, the Speaker of the House would have succeeded to the presidency before President pro tempore of the Senate; also, a new VP would have been appointed under Johnson. Benjamin Wade had fought bitterly against Johnson. Wade was a “Radical” Republican, the most liberal politician of his day, seeking women’s rights, African-American integration, labor union solidarity, and restrictions on capitalism. Not only did Wade dislike Johnson, he even disliked Lincoln, calling him “white trash” for refusing to let Blacks serve in the army and stating publicly that they should not associate with the superior Whites. History shows clearly that the defiant Southern bigot Johnson escaped conviction not because he was forgiven, but because the American public was so afraid of the radical Wade that they dreaded his becoming president. Succession has changed. The Constitution let Congress decide who should be president after the VP (Article II, Section 1, Clause 6). In 1792 Congress made the President pro tempore of the Senate next in line; in 1886 it changed to Secretary of State; now since 1947 it’s Speaker of the House. Only Bill Clinton and Andrew Johnson have been impeached. Nixon resigned to avoid impeachment. From the tumultuous past, Feeding Hills’ Benjamin Wade emerges as a man ahead of his time, so much so that it cost him the presidency. *(note: some information came from an article from 1878, the year he died -- it was a NY Times obituary and long story of his life -- and also Wikipedia and other Internet sources -- back then the NY Times had a slightly different name but the words NY and Times were in the newspaper's name -- Feeding Hills, back then, was a "Parish" located within the larger "Parish" of West Springfield - the word "Agawam" wasn't mentioned in the sources from back then)*

The Springfield Turnverein's Farewell-Bash will be held Saturday March 9, 2013 6:00pm is Cocktail Hour. There will be food and Music. The cost will be \$5.00 dollars for Members & \$10.00 dollars for Non-Members. Tickets are on sale now at the Bar.

Writing Competition Awards Reception Slated for March 12th 2013

(Agawam, Mass.) The Agawam Cultural Council will hold a reception to celebrate and honor winners of the 3rd Annual Writing Competition on Tuesday, March 12, 2013 at 7:00 PM in the Community Room at the Agawam Public Library. Winners in all categories that qualified for judging will share their work for the audience's enjoyment. Various dignitaries have been invited to hear and see the talented members of our community. Light refreshments will be served after the presentation. The Agawam Cultural Council is pleased to afford the opportunity to all writers in the Town of Agawam in hopes of encouraging a lifelong love of the written word. The Agawam Cultural Council is sponsoring this event as part of its "Give Back to the Community Program". The event is open to the public.

Awards will be given to the following:

Grades K-2 Poster Category: Erica Majka 1st Place \$50; Nick Fitzgerald 2nd Place \$25; Kathy Lunden 3rd Place \$15

Grade K-2 Composition Category: Tessa Ebreo 1st Place \$50; Taryn Crowley 2nd Place \$25; Elizabeth Santore 3rd Place \$15

Grades 3-4 Poetry Category: Dahlia Ryan 1st Place \$50; Julia Nicosia 2nd Place \$25; Clara Laudato 3rd Place \$15

High School Composition Category: Jennifer Root 1st Place \$50; Kaeli Howard 2nd Place \$25; and for 3rd Place tie \$15 to Cassandra Land and Angelina Melloni

Insufficient entries were received for Grades 5-6; Grades 7-8; and Adult Categories for judging.

The Agawam Public Library is located at 750 Cooper Street in Agawam, Massachusetts and can be reached by phone at (413) 789-1550. 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.

FRIENDS News

FRIENDS of Agawam Senior Center President Betty Grimaldi led the February 2013 meeting with a moment of silence for the deaths of Lorraine Daley and of Helen Elkas' sister. It was noted that the Feb. 25th trip to Mohegan Sun was sold out but that Helen Elkas and Joan Linnehan were running a wait list. Large disbursements were discussed on the Treasurer's Report. Joan Linnehan announced that the impending snow storm called for cancellations of the Valentine Luncheon and the Good Acoustics concert. Both were postponed to February 15th. Don Sorel talked about the Historic Philadelphia trip from May 28th through May 31st. This promises to be a worthwhile trip, filled with history, a chance to see the Mummies, and an overnight in Atlantic City. Also discussed was the upcoming show at Chez Josef, "Swing Into Spring," on April 18th featuring an eighteen piece band with vocals. Mary Hays has already begun planning her fundraising raffle for October. Joan announced that meetings for the golf tournament are once a month. For new business, Betty suggested a list of phone numbers of all members. She also suggested that more people attend wakes and funerals and that a color guard might be considered. There was a thank you card from Donna Watson, whose parents were both killed in a car accident. Wishes for Armand's wife's recovery. The investment for the bargain books brought in about \$700. Also the request for between \$6,000 and \$8,000 for a steamer for the kitchen was explained. \$3,000 was spent for a new copier. The question what the town is responsible for was addressed. A motion was made and seconded to approve purchase of a new kitchen steamer. Motion made and seconded for \$1,800 for Senior Center computer center maintenance. Don Sorel noted that he thought this latter item should be in the town budget. Joan Linnehan mentioned the yearly trip to Tanglewood to see Boston Pops on August 6th. Joan will be in charge of tickets. Seats inside the shed are \$46. It was also noted that Mary Hays would like storage space, and Helen Elkas will give up storage space but doors that lock are needed. Betty Grimaldi brought the meeting to a close, citing March 6th as the date of the next FRIENDS meeting. (courtesy of Mary Pat Clark)


Agawam Friends of Homeless Cats wishes to thank several area companies and organizations for their support to benefit the lost, abandoned and feral cats in the area able to have water and food at least every other day when volunteers visit. Agawam Friends of Homeless Cats holds cat food drives at Pet Supplies Plus, 175 Memorial Avenue, West Springfield on the first Saturday of every month from 10 am to 2 pm. Thanks to Rocky's Hardware, Rosie Robotics, Pet Supplies Plus, OMG and the many individuals who donate. Agawam Friends volunteers bring water, food, and, when possible, shelter to cats living outside. Cat food drives are held on the first Saturday of every month at Pet Supplies Plus, 175 Memorial Avenue, West Springfield from 10 am until 2 pm. We have two cats for adoption and will bring their pictures to the cat food drive on March 2nd 2013 at Pet Supplies Plus.

Senator Knapik to Hold Office Hours in Agawam

Westfield: State Senator Michael R. Knapik (R-Westfield) will be holding office hours in his district during the month of February in Agawam. Knapik or an aide will be available on Monday, February 4th, 2013, from 10:30-11:30 AM at the Agawam Senior Center (954 Main Street), and on Wednesday, February 20th, 2013, from 10:30-11:30 AM, at the Agawam Public Library (750 Cooper St). Office Hours offer an excellent opportunity to meet with my constituents in an informal setting," said Knapik. "I encourage anyone who has an issue involving state government to stop by," he concluded. Senator Knapik maintains a district office at 57 North Elm Street, in Westfield. The phone # is [413-562-6454](tel:413-562-6454), and can be reached via email @ Michael.knapik@masenate.gov. Contact: Daniel O'Brien [413-562-6454](tel:413-562-6454)

AGAWAM LIONESS CLUB CASINO TRIP SLATED FOR MARCH 3, 2013

The Agawam Lioness Club is sponsoring a trip to Mohegan Sun on Sunday, March 3, 2013. We will leave the Agawam High School parking lot at 1:00pm and return by 8:30. We will spend 5 hours at Mohegan Sun. The cost of the trip is \$30.00 per person (which includes bus driver's tip) and Mohegan Sun will give you back a \$30.00 pkg. (\$15.00 food and a \$15.00 Free bet). The proceeds from this trip will be used for the various charities the Agawam Lioness Club supports. We hope you will be able to join us and support our worthy fundraiser. Please make your reservations early as we sold out our last trip. For reservations, please call Pat at 786-1782 or Rose at 786-5134. Hope to see you!!!



Richard A. Cohen

36 Main Street
Agawam, MA 01001

(413) 786-0400 ext. 8520
(413) 786-4520 Direct
(413) 786-9927 fax

mayor@agawam.ma.us

Mayor

Rosie Robotics robot demo will be held at Agawam Public Library on Thursday 2/21 from 2:00 to 4:00 pm

Dr. Tami Nelson's Column

Recently, I have been home recuperating from surgery. This has been a rather trying and unpleasant experience. One word I am reminded of again and again is "PATIENCE". Now this is a word I am not terribly familiar with. I do have a few good qualities, however, patience is not one of them. Yet, my body has reminded me often to be patient in order to allow the proper healing to occur. In order to facilitate the healing process (because I do lack patience!), I've been researching nutritional remedies to help with the body's healing process. Initial injury causes pain, which results in pain. The main goal is to decrease the inflammation. Certain foods and beverages can affect the healing phase by promoting recovery. Likewise, other foods may impede the healing process.

Foods that have anti-inflammatory qualities and may accelerate healing include: Grapes, blueberries, strawberries, oranges, kiwis, olive oil, celery, ginger, garlic, curry powder, eggplant, nuts, tuna, salmon, mackerel, black/green tea, red wine and beer (note, in moderation, excess impedes the healing). The herb turmeric is known for its anti-inflammatory affects. The number one beverage to combat inflammation is WATER (sorry, not wine or beer).

Drinking water often is helpful to the healing process. Another good beverage to drink is milk. Foods specifically for muscle healing include dark leafy vegetables, pineapple, flaxseed, carrots, cinnamon, ginger and onions. Focusing on eating whole foods and avoiding processed and fried foods is wise. There are certain foods that cause inflammation. These include high protein diets, sugary foods, white rice, white potatoes, white bread, over processed cereals, cooking meats on high heat, foods containing omega 6 fats (corn and soybean oils), sugary soft drinks and excessive alcohol.

Vitamins A, C, Zinc and glucosamine can help with the healing process. Foods consumed in the hours, days and weeks following an injury may influence how fast one returns to work, sports and other activities. Keep the diet healthy as possible to contribute to the healing process. As for me, I believe that glass of wine will help with that problem I have with patience!



My Office is located at:

546 Springfield Street
Feeding Hills, MA 01030
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The Westfield River Wild & Scenic advisory committee recently launched a Call to Artist. Many artists choose to live in the Hill towns because of the inspiring landscape and the pristine river that runs through it. The idea is to invite local artist to paint six locally hands crafted wooden suitcases that will "Travel the Watershed " inspiring others to soak up the beauty and protect the watershed. Michele Beemer, of Heartwood and volunteers have been working away in the beautiful Washington MA. shop, designing and building watershed suit cases. Artist interested in applying can do so on the Becket Arts Center's web site by midnight March 1st. Selected

Artists will be announced at the Westfield River Watershed Symposium held at Westfield University March 23rd. A \$500 honorarium will be given to each of the selected artists and their work will be shown throughout the summer as the cases "Travel the Watershed". We are looking for local artists of all ages, four of the selected artist must have an address in one of the ten towns with Wild & Scenic designation. For a list of towns visit: westfieldriverwildscenic.org to apply visit: becketartscenter.org

Think Spring!!

You're Invited!!! A new Ladies Golf League is being formed at Crestview Country Club on Thursday afternoons between 3:30 and 5. Our goal is forty women who want to play in a friendly, fun filled league with a little competition thrown in. If you love golf and want to play in a relaxed fun filled atmosphere, on one of the finest courses and most beautiful clubs in the area, come join us. Our sign up date will be March 14, 2013 at 6 p.m. For more information contact Carmela Marzano– 250-4757 or Kay Soja at Sojacatherine54@comcast.net

Agawam and the Native American Displayed November 2012 through February 2013 at Agawam Public Library

For the months of November, December, January, and February the Agawam Historical and Firehouse Museum will present the exhibit, "Agawam and the Native American," in the Lower Level Glass Case. After a successful 2012 season, the Agawam Historical and Firehouse Museum have decided to extend the exhibit through 2013. Come and learn about Agawam's first residents. View simulations, displays and actual artifacts found in and around Agawam. They anticipate opening for the season on Sunday, March 10, 2013. For further information, please visit their website www.agawamhistoricalassociation.org. Contact: Joanne G. Szlag, Adult Services Librarian, (413)-789-1550 x8851, jszelag@agawamlibrary.org

The Upstairs Gallery at Agawam Public Library features 90 photos that were juried into the Friends of the Agawam Public Library 3rd Open Juried Photography Show. The show will run from February 4 to 28, 2013. It is free and open to the public. When you enter the library look for brochures for the taking that describe the photography; they are found on a table in the gallery. The Agawam Public Library is located at 750 Cooper Street, Agawam, Mass. Contact Bob Kadis [413-789-4814](tel:413-789-4814) Chair, Friends of the Agawam Public Library (FAPL) 3rd Open Juried Photography Show - February, 2013

Compliments of...



**State Senator
Michael r. Knapik**

Senate District Office

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Westfield, MA 01085

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Agawam Rotary is hosting a



Mohegan Sun Bus Trip

Sunday February 17th

Bus will leave from Agawam High School
at 11:00am and return at 7:00 pm.

Cost is \$40.00 per person

Cost includes a \$15.00 Buffet voucher and \$15.00 voucher for the Big
Wheel

**All proceeds will go to sponsor a Rotary
International Exchange Student.**

This coming school year 2013-2014 Agawam Rotary is
sponsoring Katelynn Nardi. She will be spending her
Senior Year of High School in Chile.

**For more information or to purchase
tickets please contact**

Rotary President George Bitzas 413-789-1464

Rotary Member/Parent Sue deVillier 413-427-7947

Rotary Member Chris Sparks 413-821-0514

Parent Gary Nardi 413-237-1319





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and Town Attorney for the Town of Southwick, MA*



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MARY ANN MARZANO



The sextet Banish Misfortune will present an evening of traditional Irish music at the Agawam Senior Center on Friday, March 8, 2013 at 7:30 PM as part of the Agawam Cultural Council's popular Applause Series' ninth season. Also, Applause Series event Good Acoustics rescheduled to Friday, February 15, 2013 at 7:30pm in the Agawam Senior Center, 954 Main Street, Agawam, Mass.

Bob Kadis, Chair - Agawam Cultural Council

Phone: [413-789-4814](tel:413-789-4814)

Email: r.kadis@comcast.net

ACC web site: www.agawamcc.org

**Legal Memo by Attorney Alan L. Ferrigno
36 Years Professional Experience**

Car on Expired Loan from Dealer Hits Other Vehicle

An elderly woman was driving her car on a rainy night on a two-lane highway at a reported 40mph in a 50mph zone. The operator of another vehicle, traveling at an estimate of 70mph, veered into her lane and struck her car on the left side. The speeding vehicle veered to avoid a collision with a third vehicle, which was traveling at the speed limit in the high speed lane. The elderly woman was extricated from the vehicle and died 10 days later in the hospital. The speeding vehicle was owned by a car dealership and the driver of the car had borrowed the car pursuant to a "borrowed vehicle agreement." The dealership had allowed the driver to use its dealer plate during that period. The driver was supposed to "borrow" the car for four days only but the dealership had made no attempt to retrieve the vehicle or the dealer plate after the driver failed to return them at the expiration of the agreement. The plaintiff brought claims for negligence and wrongful death against the driver and against the dealership. The insurer for the speeding driver's personal auto policy paid its limits without a release of the driver. The dealership offered policy limits under its garage keeper's policy. Plaintiff's counsel then focused on the dealership's failure to retrieve the vehicle and the dealer plate. The failure to regain control of the dealer plate, the plaintiff alleged, violated the Massachusetts motor vehicle law, which indicates that no vehicle with a dealer plate be loaned for more than five consecutive days.

Settlement: \$290,000.00

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

Media Contact: Denise Sinico

Phone: (413) 568-6964

Indoor Tag Sale Extravaganza

Westfield, MA – The Westfield Homeless Cat Project (WHCP) will hold a huge indoor tag at the Moose Lodge, 56 Washington St, Westfield, MA from Friday, February 22 to Saturday, February 24 from 10:00 AM to 5:00 PM. Items ranging from toys to tools and everything in between will be on sale at this bargain shopper's dream-come-true. All proceeds will benefit homeless cats and kittens that have been abandoned, abused and neglected. WHCP needs more donated items to make this event a success and encourages people in the community to start their Spring Cleaning early! Bring items to: 1124 East Mountain Road in Westfield any time. Email denisesinico@hotmail.com.

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

Media Contact: Denise Sinico

Phone: (413) 568-6964

Homeless Cat Wants to be Your Valentine

Westfield, MA – Many purrfectly adorable homeless cats are waiting for loving homes. The Westfield Homeless Cat project, a NO KILL rescue organization, will hold adoptions Thursdays from 5 to 7 PM and Saturdays from 11 AM to 3 PM during February at 1124 East Mountain Road in Westfield, MA. For further information, email denisesinico@hotmail.com.

"Skin Deep" Opens February 21 at West Springfield's Majestic Theater

West Springfield, MA (2/8/13) - "Skin Deep," a comedy by Jon Lonoff, opens at West Springfield's Majestic Theater on February 21 and runs through March 30. The play has been described as a "quick-witted and intelligent voyage into the not-so-tranquil seas of middle-aged love and dating." The story follows loveable and lonely-hearted Maureen Mulligan, who has been set up for a blind date by her sister Sheila with clumsy and blunt Joe Spinelli. Maureen relies on a sharp wit and wisecracks to cover her feelings, and Joe can't seem to contain his awkward eagerness as the two become acquainted. Producing Director Danny Eaton will direct the play, which stars Liliane Klein (Maureen), Cate Damon (Sheila), Kevin Maroney (Squire) and Buzz Roddy (Joe). The set design is by Greg Trochlil, costume design is by Beth Smolin and Dan Rist is lighting designer. Rachel Putnam is production stage manager and Alma Negro is stage manager. Following "Skin Deep," the final show in the Majestic's 16th season will be "Lies & Legends: The Musical Stories of Harry Chapin" (musical; April 11 - May 26). Tickets for "Skin Deep" and "Lies & Legends" are \$19-\$28 and are now available by calling the box office at [\(413\) 747-7797](tel:4137477797) or visiting during box office hours (Monday, Tuesday, Thursday, Friday 10am - 5pm, Wednesday 10am- 6pm, Saturday 10am - 1pm). Sponsors for "Skin Deep" include Teddy Bear Pools & Spas, Hayden Corporation, Chicopee Savings, Regency Inn & Suites West Springfield, and ABC40 & Fox 6. The Theater Project is a non-profit company that Eaton founded in 1991. Since March 1997 it has been in residence in West Springfield's historic Majestic Theater, a century-old venue that was recently named "Best Place to See Theater" in a reader's poll conducted by The Valley Advocate. The Theater Project was also named "Best Live Theatre Company" by readers of The Republican. In addition, Eaton's work at the Majestic was awarded with a Regional Award for Outstanding Achievement in the American Theatre by the New England Theatre Conference. For additional information, visit www.majestictheater.com. CONTACT: Danny Eaton, Producing Director, The Theater Project [\(413\) 747-7797](tel:4137477797) Lee Chambers, Director of Public Relations [\(413\) 519-3767](tel:4135193767)

PERFORMANCE DATES FOR "SKIN DEEP"

Thursday, February 21 - 7:30pm
Friday, February 22 - 8pm
Saturday, February 23 - 8pm
Sunday, February 24 - 2pm

Saturday, March 2 - 8pm
Sunday, March 3 - 2pm
Wednesday, March 6 - 7pm
Thursday, March 7 - 7:30pm
Friday, March 8 - 8pm
Saturday, March 9 - 8pm
Sunday, March 10 - 2pm & 7pm

Wednesday, March 20 - 7pm
Thursday, March 21 - 7:30pm
Friday, March 22 - 8pm
Saturday, March 23 - 2 & 8pm
Sunday, March 24 - 2pm

Wednesday, March 27 - 7pm
Thursday, March 29 - 7:30pm
Friday, March 29 - 8pm
Saturday, March 30 - 2 & 8pm

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Dr. Tami Nelson

Hampden County Chiropractic
546 Springfield Street
Feeding Hills, MA

phone: (413) 786-4820
fax: (413) 786-7003

email: drtami@drtaminelson.com



422 COOPER ST.
AGAWAM, MA 01001
786-3212

MARY ANN MARZANO

Agawam Junior Women's Club Seeks Raffle Prizes and Sponsorship Support for Runway for Education

April 14th Fashion Show and Brunch will benefit the Greater Federation of Women's Club Agawam Junior Women's Club's annual scholarships and education programs. As they begin their 56th year of service to Agawam, the GFWC Agawam Junior Women's Club is planning a Runway for Education Fashion Show and Brunch on April 14th at Chez Josef. The event will benefit their annual scholarship and education programs. Fashions will be by Dress Barn of Westfield. AJWC invites area businesses and retailers to partner with them for this event with a contribution towards their **Raffles**, or by purchasing one of the following black-and-white **Program Ad Sponsorship** opportunities: \$100 for a Full Page Ad; \$50 for a Half Page Ad; or \$25 for a Quarter Page Ad. Please send your raffle and/or sponsorship contribution to: GFWC Agawam Junior Women's Club, P.O. Box 332, Agawam, MA 01001. Contributions must be received no later than Saturday, March 30, so the AJWC can acknowledge all contributions in their program booklet for the event. The AJWC is proud of its commitment to education, having distributed over \$46,000 in scholarships in the past twelve years they've held this event. To qualify for a scholarship, students must be graduating seniors and reside in Agawam or Feeding Hills. The AJWC also sponsors other education programs such as their annual Spelling Bee and Bingo for Books events held for elementary school children in the community. If you have questions on how you can support AJWC's annual scholarship fund and education programs, call Theresa Conklin, Raffle/Sponsorship Coordinator, at (413) 786-6515. The Agawam Junior Women's Club is a member of the General Federation of Women's Clubs. Contact: Mary O'Connell, Publicity Chair Cell: 413-330-9598 Email: bearwithmary1@comcast.net



The uNi Coffeehouse Concert Series

sponsored by The Unitarian Universalist Society of Greater Springfield

For further information or Beth Brown [\(413\) 562-3990](tel:4135623990)

E-Mail: edbethui@comcast.net On Saturday, March 9 at 7:30 p.m.

The uNi Coffeehouse Concert Series presents the haunting harmony trio of Cindy Kallet, Ellen Epstein and Michael Cicone. 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:4135623990) Website: uNiCoffeehouse.org

\$15 at the door

Cindy Kallet, Ellen Epstein and Michael Cicone have performed together in concerts, coffeehouses, and festivals throughout New England since 1981. All have busy independent musical careers but they greatly enjoy singing together; making each of their rare trio concerts a special event for them and their audiences. The threesome has recorded three albums together, the most recent being "Heart Walk". Their hallmark is hauntingly close harmony. The trio sings both unaccompanied and with acoustic guitar and hammered dulcimer. A playful stage presence adds to the evening's entertainment. Their songs include contemporary and traditional music of the British Isles and North America, with a liberal sprinkling of sea music and occasional forays into other cultures as well. Some of their best songs are those written or discovered by one of them as perfect for singing together. Cindy Kallet is a songwriter, singer and guitarist with five solo albums to her credit, currently performing regularly with partner, Grey Larsen. Cindy's love for the natural beauty of the New England coast has been the inspiration for many of her songs. Ellen Epstein has enjoyed playing guitar and singing with adults and children for more than 40 years. She has lent her harmonies to numerous recording projects, including all of Cindy's solo albums, and to many singing groups, including the Boston-based folk chorus Northern Harmony. Michael Cicone has been singing and dancing in the Boston area since 1979. He has performed with the Christmas Revels in Cambridge and New Hampshire, and was a member of both the travelling folk festival Green Mountain Crossing, and instrumental trio Filigree Deep.

uNi Coffeehouse Concerts feature: - **lovely wooded location** bordering on Longmeadow and the Forest Park woodlands; **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; **handicapped accessible** - phone ahead for directions to the no-stairs entrance and arrange preferred seating

Today with Jay Running the Iditerod

This year they had to run the Iditerod in Alaska without me. The Iditerod is a Dog-Sled race beginning in Anchorage, Alaska and running 1150 miles to Nome, Alaska; beyond the Arctic Circle. The race commemorates a rescue effort by dog sled teams to bring medications to the town of Nome. Because of weather, the town was cut off and had an epidemic. The dog sled teams brought relief and ever since, a race is held yearly with fierce competition. It's something I always wanted to do..... And when I talk about it, the conversation is pretty much a downer. Example: Jay, you don't even have a dog. Jay, what do you know about training sled Dogs. Jay, you would be up day and night in the worst weather running with the Dogs. Jay, you have absolutely no experience. If you are that interested, go to a camp where you can be trained. The truth is..... there is such a camp in Minnesota and they encourage Elder Hostellers to go. However, I think that I have what it takes. Kitty and I were in Alaska and we saw an exhibition of sled dogs and their trainers and handlers; it doesn't look that hard. Get a sled, equip it with provisions for several days. Find a few dogs....and you're good to go. I even have a secret weapons that I can use. Just like in golf, I'm certain that I could claim a sizeable handicap. When I apply, the race people could knock 250 miles off the race for my team So I could start at the 800 mile mark. Then, being a senior, I'm pretty sure that the committee overseeing the race would allow me another 300 miles. Now I'm starting at the 500 mile mark. That's going to give a fairly good head start. I might be a few days ahead of the pack. Once the officials realize that I'm only operating with one eye, zip goes another 400 miles off the race. Now it's looking really strong. I'm at the 100 mile pole. I've got a real shot at the race. The dogs can't wait to start; but hold it, there's one more straw to pull. As a first timer, am I not eligible for a 99 mile courtesy discount?. Now we look really good. Just one mile to go. At the one mile mark, just as I thought, sits a heated, motorized sled just chafing to finish the race. Will this fantasy ever go away? I don't think so. On to the Iditerod!!!!

U30 CAT AND SMALL DOG WELLNESS CENTER Specializes in Care for Cats and Dogs under 30 Lbs.

By Kathy Shepard

When one of my precious pets is sick, there is an indefinable interaction between my pet, the veterinarian and me. Veterinarians hold a unique place in our society and there are several veterinarians I hold dear. One particular veterinarian has been involved with many of my cats, and he has recently opened up a clinic at 69 Southwick Road, Westfield. Many of my cats were treated by Dr. Faircloth at Montgomery Road Animal Hospital. Dr. Faircloth is a 1984 graduate of Michigan State University. He completed his internship at Angell Memorial Animal Hospital in Boston. He worked at the Rowley Memorial Animal Hospital in Springfield MA for three years before purchasing Montgomery Road Animal Hospital in March 1988. He loves cats and small dogs, hence the unique nature of U30 Cat and Small Dog Wellness Center, the first of its kind veterinary facility catering to the specific needs of cats and dogs weighing less than thirty pounds. According to their website at www.u30catandsmalldog.com cats have specific needs unique to the feline species, including nutritional, behavioral, acute and chronic conditions, geriatric issues and much more. The small dog is also unique in its needs regarding care, disease, preventive medicine and illness. U30 is able to offer the best care for your cat or small dog by specializing in these two groups of patients. Dr. Faircloth and his staff have a special way of caring for their patients; it often seems the pet owners are patients just as much. The staff are upbeat, empathetic, and responsive, intuitively reading the needs of the furry patients. I have a small cat named Shane. She has lived with me since 2002 but has been shy and nervous. Several months ago, Shane began using inappropriate places for her bathroom. It was most upsetting for me each morning to find her "presents" and have to clean them up for the start of my day. She has never let me hold her, but she could leap like a gazelle from the floor to the back of the couch and let me pat her, always at her discretion. There had been blood in her stool, so I set the humane trap in the house and hoped Shane would enter. Thankfully, she did. I brought her to Dr. Faircloth, and the consideration he gave to Shane worked something like a miracle. He pointed out to me gently that the situation at my home must be very stressful for Shane. She is the runt of a litter I rescued and she has been possibly afraid to use the litter box for fear being cornered. Dr. Faircloth also picked right up on the mention of a new kitty litter I was using. I had not considered the many things that could be upsetting Shane, but because of Dr. Faircloth's intuition, I became more gentle and thoughtful of her. Dr. Faircloth treated Shane with medicine, not an easy task with her sitting in the trap. Shane has been like a different cat: relaxed, affectionate, less stressed and using the litter box! A visit to Dr. Faircloth and U30 Cat and Small Dog Wellness Center could help many other pet owners and their pets. Call 413-562-1873 for your introduction to this unique cat and under 30 pound dog wellness center.

