



Agawam Catalyst
March 2013
Your online hometown News

Set clocks ahead March 10!!!!

Kathy Shepard, Editor
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<http://tinyurl.com/agawamcatalyst>



GFWC AGAWAM JUNIOR WOMEN'S CLUB
P.O. BOX 332
AGAWAM, MA 01001

Contact: Mary O'Connell, Publicity Chair, Cell: 413-330-9598 Email:
bearwithmary1@comcast.net

Club members meet to discuss plans for fashion show (L-R): Mary Cincotta, Sue Godfrey, Kathy Mounemneh, Anna Mineo, Donna Shibley and Mary O'Connell

GFWC Agawam Junior Women's Club to host 'Runway for Education'

As they begin their 56th year of service to Agawam, the GFWC Agawam Junior Women's Club (AJWC) is planning a *Runway for Education* fashion show and brunch for Sunday, April 14, at Chez Josef, to benefit their annual scholarship fund and education programs. Fashions will be presented by Chico's in the Holyoke Mall, Dress Barn of Westfield, Pendleton and Francesca's of Longmeadow. There will be tantalizing raffle baskets to choose from; and vendors will be showcasing their wares ranging from custom jewelry to personal body products and services. This occasion is a great way to enjoy time with friends and family, and support AJWC's education programs. Doors open at 10:00 a.m. to allow time to visit the vendors and peruse the raffles. Brunch will be served at noon, followed by the fashion show. So come out and support this year's fashion show by purchasing your tickets early! Tickets are \$34. For reservations, call Christina Beauchemin at 427-8784 by March 30. Tables of 10 can be reserved. The GFWC Agawam Junior Women's Club is a member of the General Federation of Women's Club.



Joan Linnehan and Norm Ringuette danced to the sounds of Good Acoustics at a recent Agawam Cultural Council Applause Series event sponsored by Betty Grimaldi. Good Acoustics is made up of three teachers who offer songs from the 1950's up to the present. Their love of their music is infectious and their choice of songs covers a wide range of musical tastes.



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*Former Selectman, Board of Health Chairman
and Town Attorney for the Town of Southwick, MA*

Legal Memo by Attorney Alan L. Ferrigno

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SUV Mashed by Tractor-Trailer

A college student was driving down an entrance ramp onto a major highway. The defendant was driving a tractor-trailer for his employer down the same ramp directly behind the plaintiff. As the plaintiff drove down the ramp, her front right wheel caught some of the snowbank on the side of ramp and flipped her SUV. The defendant rammed the front of his tractor-trailer into the plaintiff's car, crushing the roof. The plaintiff's back was fractured and her spinal cord severed in the accident and she is now permanently paralyzed from the waist down. A plaintiff's expert would have testified that the truck should have been at least six or seven seconds behind the plaintiff's car; at his speed and distance, he had only been about two seconds away. The plaintiff asserted a claim against the trucking company for negligent hiring, retention, training and supervision of the defendant driver. Discovery revealed the company failed to ensure that the driver completed and signed his application for employment and failed to obtain his three-year driving history. As a result, it failed to discover that he had had numerous traffic violations and accidents prior to his hiring. The trucking company also failed to train the driver on the safe operation of tractor-trailers.

\$4 million settlement

Contact: Zach Donah

February 28, 2013

(617) 722-1415

KNAPIKS TO HOST ANNUAL POST-PARADE RECEPTION

State Senator Michael R. Knapik (2nd Hampden & Hampshire District) announced that he will hold its **Annual St. Patrick's Post-Parade Reception**- and he invites all his constituents to join him, his wife Kathy, and their children, Katie and Jimmy, at the Warehouse in Holyoke. The reception will be held immediately following the Holyoke St. Patrick's Parade **on Sunday, March 17th, from 2 – 5 pm at the Warehouse? Banquet Facility on Lyman Street**, conveniently located at the end of the parade route. The reception is free of charge and will include hors d'oeuvres. Families with children are encouraged to attend as there will be musical entertainment provided by the Pioneer Valley Fiddlers.

Captain Charles Leonard House - Agawam's Community House

663 Main Street | Agawam, Mass. 01001- Contact Marilyn Curry - 786-1452

"Tavern Luncheon" Fundraiser scheduled at Captain Charles Leonard House
Proceeds to defray operating and maintenance expenses at Agawam's Community House



(AGAWAM) A hearty "Tavern Luncheon" will be held Saturday, March 16, 2013 at Agawam's Captain Charles Leonard House, located at 663 Main Street. A piping hot lunch of Chicken a la King will be served at two sittings: at 11:30 am and 1:00 pm. Dessert and coffee is also included. Members of the all-volunteer board of trustees will serve the luncheon. A donation of \$10 per meal is suggested and reservations are required. Please call 413-786-9421 for more information or to reserve a seat. The proceeds of the luncheon 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, and is available to rent for family functions and business events. The Luncheon will also feature a much-anticipated china, silver and collectibles sale. Many fine pieces are to be found at very reasonable prices. 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

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 at 176 Garden Street, Feeding Hills MA 01030 413-786-0924

For the month of March, National Youth Art Month, March, will be celebrated at Agawam Public Library on the Gallery and Lower Level Walls, and in the Double Glass, Johnson Memorial, and Lower Level Cases. The display will run from March 1 through March 28. The exhibit will include Kindergarten through Grade Eight artworks done in school: pencil, crayon and marker drawings, watercolors, pastels, paper and yarn weavings, clay, paint, and other media. Agawam High School artists will exhibit their work later this spring at the High School. Come support your local youth artists by logging in your responses in the comment book located near the main reference area. Yeah for our young artists at our elementary, middle and junior high schools! CONTACT: Joanne G. Szelag, Adult Services Librarian, (413)-789-1550 ext. 8851, jszelag@agawamlibrary.org

**MARCH PUBLICITY-
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AUTHORTALK WITH BOB STEELE

Former Connecticut Congressman Bob Steele will visit the APL on Monday, March 18th at 7:00 to discuss his novel, *The Curse: Big Time Gambling's Seduction of a Small New England Town*. The novel is set against the casino gambling explosion that hit Connecticut during the 1990's, when the Mashantucket Pequots and the Mohegans build the world's two largest casinos within eight miles of each other. The story revolves around a family's battle to stop developers from building a third casino that threatens the family's town and ancestral home. Steele's novel comes at a time when Massachusetts is in the media spotlight during the process of selecting sites for three casinos. For more information, please visit www.rhsteele.com. Books will be available for purchase and signing at the event. To register, please call the Agawam Library at 789-1550 x4 or go online at www.agawamlibrary.org. The author will hold an additional event which will be held on Saturday, March 23rd from 11:00-1:00 at Hubbard Memorial Library in Ludlow. Reservations can be made for their event at 583-3408.

AUTHORS NEEDED FOR READLOCAL BOOK SIGNING

The Agawam Library is looking for authors to participate in a book signing event promoting local authors. It will also serve as the kick off for the library's Adult Summer Reading Program. The event is called READLocal and will take place on Monday, June 24th from 6:30-8:30. **New this year...**READLocal is open to any author who has published a book for adults. Participating authors will be provided with table space to set up a display, as well as the opportunity to promote and sell their book to the public. A library kiosk will be dedicated to the READLocal event for the month of June. Authors who would like to have a copy of their books available for advance circulation should donate a copy to the library as soon as possible. Interested authors should contact Wendy McAnanama by email at wmcananama@agawamlibrary.org. Please include book summary and any additional information and photos that can be used for publicity purposes. Everything must be submitted by Wednesday, May 1, 2013.

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 inquiries 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.



**BETTY GRIMALDI SUPPORTS
THE YMCA PROJECT COMMITTEE'S
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"Pledge Commitment" please contact

Betty Grimaldi at

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431 Springfield St., Agawam

789-0310 or

email:BGAgawam@aol.com

The Charlie Galvin Band will have the honor of playing at the **Springfield Museum's March edition of "Culture and Cocktails"** this coming **Thursday, March 7th**.

<http://www.springfieldmuseums.org/> The theme of the event is "**Guitar: The Instrument That Rocked the World**" and there is a wonderful exhibit currently on display at the museum. The entrance fee is only \$5.00 and includes the guitar exhibition. There will be appetizers and a cash bar at the event and reservations, although not necessary, can be made through the link provided above. Doors open at **5:00 PM** and the music starts directly afterwards. The event runs until 8:00 PM. We hope to see you there. Stay well all.



agawam
cultural council
educate | engage | entertain

For more Information: Bob Kadis,
413-789-4814 or r.kadis@comcast.net
www.agawamcc.org

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.

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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

Compliments of...



**State Senator
Michael r. Knapik**

Senate District Office

57 North Elm Street

Westfield, MA 01085

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Cinema Capsules **By Peter Boadry**

Beautiful Creatures---A supernatural love story set in the south which tells the tale of two star crossed lovers, Ethan, a young man longing to escape his small town, and Leana, a mysterious new girl. Together, they uncover dark secrets about their respective families, their history and their town. 4 Stars Very Good****

Bullet to the head---A hit man (Sylvester Stalone) and a New York Cop team up to catch the killers of their old murdered partners. 2 Stars Fair**

A Good day to Die Hard---Bruce Willis returns in his most Ionic role as John McClane--the "real hero" with the skills and attitude to always be the last man standing. This time the take--no--prisoner cop is really in the wrong place at the wrong time, after traveling to Moscow to help his estranged son Jack. With the Russian underworld in pursuit, and battling the countdown to war, the two McClanes discover that their opposing methods make them unstoppable heroes. 4 Stars Very Good****

Hansel & Gretel: Witch Hunters---15 years after the gingerbread house incident, the siblings evolved into bounty hunters who hunt witches. Also seen in 3D. 3 Stars Good***

Identity Thief---Unlimited funds have allowed Diana to live it up on the outskirts of Miami, where the Queen of retail buys whatever strikes her fancy, there is only one glitch: the ID she's using to finance these shopping sprees reads "Sandy Bigelow Patterson" and it belongs to accounts rep who lives half way across the US. With one week to hunt down the con artist before his world implodes, the real Sandy Bigelow Patterson heads south to confront the woman with the all access pass to his life. And as he tries to coax, bribe, and wrangle her back 2,000 miles to Denver, one easy target will discover just how hard it is to get your name back. 5 Stars Excellent*****

Safe Haven---An affirming and suspenseful story about a young woman's struggle to find love again after she arrives in a small North Carolina town. Her reluctance to join the tight-knit community raises questions about her past. Slowly, she begins putting down roots and gains the courage to start a relationship with Alex, a widower, store owner with two small children. But dark secrets intrude on her new life with such terror that she is forced to rediscover the meaning of sacrifice and rely on the power of love in this deeply moving romantic thriller. 5 Stars Excellent***** (another hit from Nicolas Sparks)

Snitch---Dwayne Johnson stars as a father whose teenage son is wrongfully accused of a drug distribution crime and is looking at a mandatory 10 years prison sentence. Desperate and determined to rescue his son at all costs, he makes a deal with the US attorney to work as an undercover informant and infiltrate a drug cartel on a dangerous mission--risking everything, including his family, and his own life. 4 Stars Very Good****

Stand up Guys---Stars Al Pacino, Christopher Walken, Alan Arkin as three retired gangsters who reunite for one epic last night. Val (Al Pacino) is released from prison after serving twenty-eight years for refusing to give up one of his close criminal associates. His best friend Doc (Christopher Walken) is there to pick him up and the two soon re-team with another pal Hirsch (Alan Arkin) their bond is as strong as ever, and the three reflect on freedom lost and gained, loyalties, and days of glory gone by. And despite their age, their capacity for mayhem is still very much alive and well--bullets fly as they hilariously try to make a valiant effort to compensate for the decades of crime, drugs, and see what they have missed. But one of the friends is keeping a dangerous secret--he's been put in an impossible quandry by a former mob boss, and his time to find an acceptable alternative is running out. As the sun rises on the guys legendary reunion, their position becomes more and more desperate and they finally confront their past once and for all. 3 Stars Good***

Texas Chainsaw 3D---The film continues the legendary story of the homicidal Sawyer family, picking up where for decades people went missing without a trace. Decades later and hundreds of miles away from the original massacre, a young woman named Heather learns that she has inherited a Texas Estate from a grandmother she never knew she had. After embarking on a road trip with friends to uncover her roots, she finds she is sole owner of a lavish, isolated Victorian mansion. But her newfound wealth comes at a price as she stumbles upon a horror that awaits her in the mansion's dank cellars. 2 Stars Fair**

Warm Bodies---After a zombie epidemic, R (a highly unusual zombie) encounters Julie (a human survivor), and rescues her from a zombie attack, Julie also sees R is different from other zombies and as the two form a special relationship in their struggle for survival, R becomes increasinly more human--setting off an exciting, romantic, and often comical chain of events that begins to transform the other zombies and maybe the whole lifeless world. 2 Stars Fair**

Editorial by Peter Boadry

It Pains me to see a movie reviewer not to do the job he was intended to do, and that is to review a movie. The recent incident involving Rex Reed and his comments on Melissa McCarthy's weight issue, was deplorable at best. That is not how you judge a movie, just because their overweight, you didn't think highly of this movie "Identity Thief", it was highly entertaining to myself and my girlfriend.

It had action, comedy, and I can't wait till her next one with Sandra Bullock called "The Heat" and that also looks very funny with some action. Rex Reed its time to retire if you can't make a critical review.

You base a review on plot content, if it entertains you, if you walk out, if it grabs you story wise, and not purely on a person's weight. And you did just that. And you call yourself a critic?? Did you even see the movie? I did and enjoyed it! And it receives 5 Stars*****Excellent

Just because she's overweight by your standards and your not perfect, she put on a very good performance.

You can't judge a movie on weight, it just doesn't happen. At least see the movie, before you judge it, and don't make it about weight, no-one is perfect. The first two days at the box office had it at # 1 in receipts.

This also reminds me of a movie critic who used to work for the Springfield papers in the 70's. He reviewed it by hanging around in the lobby listening to people if they liked it or not. And that's not watching it either, or the Guy that used to work at the Agawam paper and read the back of VHS tapes and reviewed old movies not recent ones. Still not watching movies is it? So Rex retire, let someone else have your job, they might be better at it!



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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



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. 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

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The Agawam Cultural Council awarded a grant to:

Pied Potter Hamelin's "The Magical Potter's Wheel". The program blends a pottery wheel demonstration with discussion of the language, history & techniques along with stories from the past. Shown will be the four methods of shaping, the three basic wheel forms, then onto complex one wall & multi-walled pots, throwing off hump, teapots & pieces such as dragons, penguins, etc. Rick Hamelin is



a skilled potter who has done many demonstrations. The length of his performance is 90 minutes. The event is free and open to the public. Contact Rick Hamelin if you are planning on attending.

Rick Hamelin at rick@americanredware.com or by phone [413-436-7444](tel:413-436-7444)

Friday, April 19, 2013 at 6:30 pm At AGAWAM SENIOR CENTER, 954

Main St, Agawam, MA [\(413\) 821-0605](tel:413-821-0605) Bob Kadis, Chair - Agawam Cultural

Council Phone: [413-789-4814](tel:413-789-4814) Email: r.kadis@comcast.net ACC web site:

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Actors (from left) Liliane Klein (of Cambridge, MA) and Buzzy Roddy (of The Bronx, NY) are pictured in a scene from "Skin Deep," which runs February 21 – March 30 at West Springfield's Majestic Theater. Tickets to the romantic comedy are \$19 - \$28 and are available by calling the box office at [\(413\) 747-7797](tel:4137477797). For more information, visit www.majestictheater.com. Photo by Lee Chambers.



Actors (from left) Buzz Roddy (of The Bronx, NY) and Liliane Klein (of Cambridge, MA) are pictured in a scene from "Skin Deep," which runs February 21 - March 30 at West Springfield's Majestic Theater. Tickets to the romantic comedy are \$19 - \$28 and are available by calling the box office at [\(413\) 747-7797](tel:4137477797). For more information, visit www.majestictheater.com. Photo by Lee Chambers.

"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



Hampden County Chiropractic Dr. Tami Nelson

The question:

What is one goal for 2013?



Patient Answers:

- *to get up earlier in the morning*
- *try to sing more and enjoy life*
- *to make myself happy*
- *be healthier*
- *to be more loving, caring and well*
- *to relax more*
- *spend more time enjoying my family*
- *work less and play harder*
- *stop being a fat slob*
- *more time at the ocean and get closer to the Lord*
- *lose weight*

Next month's question:

What is your favorite sign of spring?
PLEASE GIVE US YOUR FEEDBACK!!!

My Office is located at:
546 Springfield Street
Feeding Hills, MA 01030
Phone# [413-786-4820](tel:413-786-4820)

STORROWTON VILLAGE MUSEUM PRESENTS MAPLE HARVEST DAY

Storrowton Village Museum's eighth annual Maple Harvest Day event takes place Sunday, March 10, and will showcase the history and lore of maple sugaring in the Gilbert Farmstead's front yard with Sugar Maple tree tapping, sumac spile making and sap boiling over an open fire, to educate the public about the origin and legend of the tradition. Inside the historic home, docents will demonstrate 19th century open hearth cooking at the cozy kitchen fireplace as well as quilting and spinning wool. A selection of gifts, maple-themed items and cookbooks, including the Village's *A Maple Harvest Sampler* cookbook, and other maple-themed items will be sold nearby. The free event takes place from 11 a.m. to 3 p.m. The West Springfield Lions Club and Storrowton Tavern will each feature dining experiences during the event: **West Springfield Lions Club Pancake Breakfast** – 10 a.m. to Noon – \$5 The West Springfield Lions Club will be flipping pancakes and serving them with pure Massachusetts maple syrup in the Village's Red Barn. The menu also includes sausages and coffee/juice. All proceeds will be donated to Storrowton Village Museum's educational programs. **Storrowton Tavern** – 11 a.m. to 2:30 p.m. – \$20/\$10 – Reservations recommended – [413-732-4188](tel:413-732-4188) The Tavern will offer a Sunday Brunch in the Carriage House with special pricing for Maple Harvest Day: \$20 adults/\$10 children (not including tax & gratuity). The brunch includes an omelet station, Belgian waffle station, pancakes and French toast; all served with real maple syrup. There will also be a carving station, luncheon items, side dishes including maple laced butternut squash and a dessert bar. \$1 of each ticket will be donated to the Village's programs. For more information on this and other Storrowton Village events, visit TheBigE.com or call [413-205-5051](tel:413-205-5051). Catherine Pappas - Communications Manager
[413-205-5041](tel:413-205-5041) - Info Line [413-205-5115](tel:413-205-5115)



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

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Today with Jay – The Disappearing Character in the Book
By Jay Berger

Sunday Republican newspaper contained an article about the best-selling author, Michael Palmer, formerly of Longmeadow. Michael is now living in eastern Massachusetts. The article brought back memories of my interaction with Michael Palmer when he was writing his early novels. Our company was a distributor for Bantam Books. He wrote medical mysteries for them. When Bantam saw that Michael was from Longmeadow, and that we had an exhibit at Eastern States Exposition, they sent him out to do some promotional work on his books. The promotions were quite a success. We did Radio and TV shows, newspaper, and magazine interviews, as well as personal appearances at book stores. Of course the big promotion was at Eastern States. His books were a big success there. Michael Palmer's medical mystery books were selling well in Western Mass and Northern Connecticut. Bantam was happy, we were happy and the author was most pleased. Upon leaving, Michael said, "Jay, you did such a great job, I'd like to write you into my next book." I shook hands and thought, promise, promise! I picked up a copy of his next book when it appeared and began reading. Sure enough somewhere in the first chapter appeared Dr. Jay Berger, eminent surgeon, Director of the surgical team at the University Hospital. WOW! I thought. I'm going to be a major character in the novel. I continued reading and suddenly at the beginning of the second chapter, Dr. Berger contracted a rare medical condition and suddenly died. This happens to many of the characters in Michael Palmer's books. They are about rare medical diseases. I was let down, but I got over it. A couple of years later, Bantam Books called. "Are you still doing the Eastern States Expo?" Yes, we are. "You did such a super job with Michael Palmer, we want to send him back; is that OK?" Oh, we would welcome him back. When I did see him again, I had to ask, "Why did you kill me off so fast?" "Well, Jay, you were not moving the plot along fast enough, so I had to get rid of you. I'll tell you what, I'll write you into my next book. Is that OK with you?" Sure, I said, faking a grin. The promotion once again was a success and Michael faded out of our lives. When his next book came along, I was slow to get into it. When I did, halfway through the second chapter, along came Professor Jay Berger, Director of the Investigative Labs for the State. Would you believe when I tell you that only lasted about a dozen pages before I was eliminated by a rare blood disease. I guess I was not a very strong character. Or I had a weak constitution. At any rate Michael's books were popular then and they are popular now. If you are looking for a good read, pick up a copy of any of Michael Palmer's books. You will enjoy them, with or without Jay Berger as a character.



ACAA Meeting on Wednesday, March 13, 2013 @ 6:30 pm features Lisa Lichtenfels

In the Community Room, Agawam Public Library, 750 Cooper Street, Agawam, Mass.

Demonstrator – Lisa Lichtenfels

Lisa is giving a slide presentation on her sculptures. She makes realistic figures using fabric, specifically, nylon stocking. If this is confusing, the techniques are described on her website, <http://lialichtenfels.net> She lives in Springfield, Massachusetts. Lisa Lichtenfels' education in art began at the age of 6 studying traditional oil painting. Not content with established mediums, she wanted to invent a new approach, and as a student at the Philadelphia College of Art she met the illustrator Judy Jampell and became fascinated with the prospects of using nylon fabric to do figurative sculpture. Graduating with a dual degree in Film and Illustration, she was hired by the Disney Studios as an animator. Animators often used clay figures (maquettes) to help them envision characters in motion, and in her spare time between films, she designed a moveable maquette with an internal wire skeleton and nylon "skin" as a malleable outer surface. Intrigued by the possibilities of this new direction, she left Disney and started her career as an independent artist. Setting aside the original function of the maquette, Lisa saw the fabric figures as sculpture, and concentrated on the unique qualities of nylon to suggest warm, living flesh. One of the techniques developed was opalescence -- a phenomenon where light passes through layers of nylon and is reflected by an inner white surface. Since no photograph can capture it, the sculptures have to be viewed in person to see the glowing skin tones. Her early figures in the 1980s had some elements of humor and caricature from her Disney days, but as the work developed it became more sophisticated and exacting, with an emphasis on personality. Her recent sculptures are often so realistic that photographs of them can be mistaken for real people. Lisa appreciates art that is honest and well observed, especially if it reveals something not noticed by the viewer before. Her fascination with personality and how it manifests itself physically in human form has led to the study of a broad range of people, from New Guinean Warriors, ancient Greeks, figures from myth and fantasy, children and the elderly, people she sees in her neighborhood -- subjects can be anything and any one. Figures range from 5 inches tall to life-size, as well as large multi-figure installations. The artist shares an old Victorian house with her husband and their numerous pets in Springfield, Massachusetts. She exhibits her work exclusively with the CFM gallery in Chelsea, a neighborhood in New York City. lialichtenfels@comcast.net <http://lialichtenfels.net>

<p>Trouble Trouble</p> <p>By Nova Bonzek</p> <p>About two and a half years ago, I noticed some unusual behavior with one of my cats. It had been somewhat recurring over the span of maybe two weeks, where he became very lethargic. I thought maybe he needed more protein in his diet, so I switched to a better canned food. The lethargy only increased, and so did my anxiety. One night it became very clear to my mother and me that Trouble needed to be seen by a vet urgently. So we took a long, nighttime trek to a 24-hour veterinarian out near Amherst, Dr. Katz, after the doctor himself advised us by phone that Trouble did indeed need to be seen. The next few days, the doctor ran tests and explored possibilities. Very soon, he dropped a bombshell: Trouble is diabetic! I now know this is much more common than I knew then; at that point I didn't even entertain the thought that cats could be diabetic. It seemed altogether a human experience. But cats are very much like us, in that they share shelter and the amenities and luxuries of our homes. They have their meals at certain times of day, and even have their own version of "junk food." Many vets now believe that most dry cat foods – even some of the most expensive and high-quality – are the equivalent to junk food for cats. Loaded with carbohydrates, fats and other fillers, dry foods often are the undetected cause of feline health issues. I did not know this and used to allow my cats to freely eat dry food for a number of years, but Trouble had an initial diagnosis two years previous to the discovery of his diabetes,</p>	<p>where he got "crystals" in his urine which blocked the flow, caused great pain and nearly took his life. So the answer then was to feed mostly canned food, but since all the cats love their "junk food" I would allow them the indulgence to supplement now and then, careful to only buy "urinary PH" - somewhat healthy dry food, and only in small amounts as a treat. It seemed to be working well, until those two weeks I mentioned, before Trouble was diagnosed. Once he was found to be diabetic, the esteemed Dr. Katz did everything he could to send the diabetes into remission. In many cases this is not only possible, but common. Dr. Katz knew some rarer cases can be stubborn so he worked with Trouble for many weeks, before coming to the conclusion that the diabetes was likely permanent. Aside from the technical, Trouble was a very sick kitty. He became very thin in a short while, he seemed extremely out of sorts and confused. He was losing patches of fur, and he refused to eat at the vet's. So I started to visit almost daily, to coax him into eating, and boost his morale. He would often fall asleep and be lethargic or confused during my visits. I wondered (despite my belief in thinking positively) if he would make it through this alive, and even if he did, would he ever be the same? His sugars had been extraordinarily high, and with diabetes, this can cause organ damage. It was a scary time for us both. I adore Trouble. We have a very close relationship and would be lost without one another. Trouble is not just a pet to me. He is an extremely loving kind caring animal. He would take care of rescued kittens I would bring home to him, like a surrogate father. This seemed to add much joy and purpose to his life. He doted on</p>	<p>these kittens, washed them, taught them how to play and defend themselves, cuddled and played often with them. His love never waned when the kittens would grow up and become cats. He is a dedicated daddy. And for me, he is a dedicated, loyal cuddle-buddy. Well, Trouble came through his ordeal, though he did need to return for another few-week stay at the veterinary hospital. But during his stays there, I would do much research on Feline diabetes, and just filled my brain with as much knowledge as possible. His food had to be switched to Fancy Feast – one of the most reasonably priced healthier end canned cat foods. I also had to buy insulin and testing supplies, as I know with human diabetes, things can be very unpredictable, and testing is of the utmost importance. While the vet did not think it necessary, this was a step I knew would be crucial to controlling Trouble's diabetes to the best degree. So the expense increased, as did the stress. And though there are instructions for feeding at certain times, to offset the insulin shots, there is always the possibility, if not inevitability, of low blood sugar, which can kill in a very short time. We did have many frightening low-sugar incidents over these years, even with the testing. Some days were extremely trying and harrowing. I now knew that his very life was in my hands, quite literally. The first year was almost like having constant post-traumatic-stress disorder, always on the verge of panic, if I saw signs of his sugar going too low. There are so many variables involved. And cats cannot speak, so this makes "reading" the signs of too low or too high sugars, very difficult. At least a human can say "I think my sugars are too low, I should probably eat," or "I think ...[Continued]</p>
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Trouble Trouble (continued)

my sugars are too high, perhaps I need some insulin." They cannot test themselves, cannot feed themselves, and certainly cannot administer their own medications. So in these ways, feline diabetes is even more difficult than human diabetes. But in any case, I was determined to get the process down to a science. After two and a half years, it seems that we've reached a fairly stable daily routine, with not so many extremes. There is less panic, as I know what to do if his sugar goes too low. The best, fastest way to get his sugar back up is a little bit of honey. He doesn't like being forced to have this, but he does seem thankful after the fact. He is also very good about his twice-daily shots, and often will come to me when he knows it's time for his shot. He's still a bit uncomfortable about the home testing, though, but he doesn't whine or put up a fight any more. He just stays calm until it's over, and then bolts. To test, I must put him in my lap, sort of like how you'd hold a baby, then heat his food pad with a Ziploc bag filled with warm water (this is necessary, as the foot pads are rather thick, and it is difficult to get enough blood to test, unless it is brought closer to the surface by the heat.) I then quickly snap the lancet on his foot pad, and scoop with the test strip (in the testing machine) a small speck of blood. The machine then tells me the exact number of the sugar. I don't entirely understand the deep scientific details of these numbers. All I know is the proper, desired, stable ranges. A normal kitty should be somewhere in the 60's but a diabetic cat, when not stable can have sugars as high, if not higher than 500, which is very dangerous, even to humans. The only way to treat this of course, is the insulin. The trick is balancing the dose, and food to get the most stable numbers. With diabetes, some days are a hit or miss, but I feel accomplished and like a proud mom when Trouble is happy, playful and behaving just like a normal kitty. You'd never know by looking at him that he was ever sick, all his fur has grown back and he has a healthy build with a bit of a belly now. I give him at least as much credit as people often give to me, for my patience, love and dedication. But if he wasn't a *patient* patient himself, if he did not allow me to test, if he avoided shots or refused to eat (sometimes he will be a brat and try to not eat as he knows he should), and if he wasn't so strong, courageous, loyal, trusting and loving, we would not be together today. I would not change a thing about Trouble, not for the world. I love him just the way he is, and if anything, the diabetes makes him even more special to me. We both have worked very hard to get to a place of balance with this mysterious, difficult disease. But I believe his story offers hope to anyone facing any kind of diabetes – feline, human or otherwise. Diabetes is NOT a death sentence, but it does require a lot of time, patience, and love. It is more than well worth it. If you have a diabetic kitty, there are many excellent resources and forums online. And I recommend Trouble's vet, Dr. Katz, at the Hampshire Veterinary Clinic (24 hours) in Amherst. He truly knows his stuff when it comes to diabetic pets. Also I know a few things about feline diabetes, so if you'd like to ask anything about what I've learned, please feel free to email me at missnova13@gmail.com and if I know the answer (such as where to get the least expensive insulin, for example), I will certainly share that knowledge.

Opportunity for local Artists- Travel the Watershed - Call to Artists

Date extended to March 6th. to allow more **local artists** to apply!! If you love to paint and live in Cummington, Windsor, Savoy, Chesterfield, Huntington, Worthington, Middlefield, Becket, Washington or Chester visit the Becket Art Centers web site and apply!! Artists that live outside the ten towns are also welcome to apply. Four of the six artists will be chosen from within the ten towns with designated wild & scenic segments two of the artists can live outside the designated area.

<http://www.becketartscenter.org/CALLTOARTIST.HTML> Help celebrate the **Wild & Scenic Westfield River through your art!!** Please take a moment to put your name forward as one of the possible artists that will paint one of six beautiful wooden suitcases that will, "Travel the Watershed". Suitcases will be used to display informational materials about the watershed. After traveling in the initial art exhibit of all six suitcases together at the Becket Arts Center, Arts Alive in Worthington and North Hall in Huntington, each suitcase will be sent around to libraries, schools, and other public places in the watershed to inform and inspire people about the Westfield Wild & Scenic River. Each selected artist will receive a **\$500 honorarium**. Selected Artists will be announced at the Westfield River Watershed Symposium on March 23rd at Westfield University. Westfield River Wild & Scenic Advisory Committee's mission: *"...to preserve, protect and enhance the special qualities and outstanding resources of the Westfield River Watershed in concert with local communities."* For more information call the BAC 413 623-6635



ESKIMO CIVILIZATIONS TODAY

By Martin McMahon

If we could look down on the earth from straight above the North Pole, we would see the parts of Alaska, Canada, Greenland, and Siberia where the Eskimos live. American Eskimos date back 4,000 years in their heritage from ancient lands now called Alaska. But we know of other Eskimo civilizations going back even farther to 5,000 years ago, while some archeologists even claim to have found evidence of Eskimo cultures in Siberia that are 18,000 years old. Certain Eskimos prefer to be called Inuit because in the Eskimo language, the word "eskimo" refers to people who eat raw meat. In Alaska, another respectful way to refer to Eskimos is to call them Native Alaskans. But the word "Eskimo" is in common usage everywhere. Most Eskimos don't live in igloos. Those were intended only to house hunters and fishers temporarily during certain seasons when they had to endure the frigid temperatures in order to catch enough fish and game to allow their families back home to survive. Eskimos probably had it tough from the beginning, but recently some of them are becoming more vocal in their complaints about where they live, and wilder in their imaginative explanations for the phenomenon. For example, the Inuit people in the arctic claim to have observed that the sun and certain stars are changing their positions compared to normal locations in past years, resulting in winters and darkness the likes of which never before existed. Historically, there have been long periods without sufficient sunlight for those people who dwell in the arctic. But now Eskimos are telling of drastic changes that have caught the interest of environmentalists, mystical prophets, and astronomers. Some Eskimos and earnest scientists have developed logical explanations for the observations concerning the sun and the stars, such as the possibility that the angle at which the earth tilts on its axis might be changing gradually so that the positions of the north and south poles just aren't the same anymore. There is a mental disease known as seasonal affected disorder (SAD) which often results from too many consecutive days without sunlight. Naturally, Eskimos are prime targets for this type of sadness because there are times of the year when they will get no sunlight at all. SAD happens when the daylight hours get extremely short. We notice this just before Christmas when we experience the shortest days of the year. We call it the winter equinox and endure very late dawns followed quickly by early dusk. But with holiday lights to cheer us and parties to attend, we usually don't mind too much until finally January and February drag on with still too much cold and darkness. But our trials are trivial compared to those of the Eskimo. As days get shorter, it's typical every year that they will experience and fight against growing depression. For no logical reason, thoughts can become filled with anxiety. At these times, especially in the depth of this dangerous season when there is no sunlight at all for up to two months, abject hopelessness sometimes sets in. Traditionally Eskimos throughout history have combated these feelings with natural diets especially designed to keep the body, including its appendage-like mental component, as healthy as possible under such threatening circumstances. One excellent ingredient that is available is fish oil. It is known to help with SAD. Milk contains the vitamin D that is missed when sunshine does not strike our bodies. Sun lamps now are used by Eskimos also to keep their spirits up. Inuit and other Eskimos form an ancient society, unique for their ability to survive centuries in the arctic. How can they endure those long, endless nights? Before modern sun lamps and fish oil capsules sold in local stores, there was a more natural way for the Eskimos to get through the tough seasons. But the natural way was a more difficult way. It involved ice-fishing, not for fun, but for winning a life-or-death struggle. In addition to the fish, the Eskimos had to slaughter and cut to pieces large sea animals, especially seals. They were full of blood and bones inside the tough hides. But within the animals was also a very precious, life-saving ingredient--blubber. We would not eat it ourselves, but for the Eskimos it has been their secret of survival for thousands of years, especially through the long, dark arctic winters. Eskimos especially at risk for SAD are the ones with the lightest skin coloring. Others identified as vulnerable include those with greater access to so-called progressive cultures and influences from foreigners. Although many types of Eskimos have been in existence throughout the known history of their people, going back at least 5,000 years into the past, our modern world has made a strong impact on them, requiring adaptations. This has made life easier in some ways but harder in others. There have been dietary as well as cultural changes resulting from Eskimo contacts with American and European societies, for example. Drinking soda, eating potato chips, and having coffee and tea were things unknown to Eskimos in ancient times. Today's Eskimo has had to evolve, struggling harder to maintain the vitality and strength to endure the climate and seasons. One reason for this increasing difficulty may stem from the changes brought about by mixing with diverse cultures. Ironically, this is something most of us consider enriching and educational. But we do not face the dire challenges of the arctic. About 80% of Greenland's population is Inuit Eskimos. Their historical method of surviving through fish oil and blubber has given way to new foods imported from other countries. Being only human like the rest of us, the Eskimos will tend to like the taste and convenience of prepackaged foods. Also, they are consuming soft drinks now instead of vitamin-D-rich milk. Whether the cause is dietary deficiency or change in stellar or polar position, the fact that Eskimos are struggling increasingly to combat SAD is a reality. They are having difficulty finding the capacity to resist SAD at those times of year when sunshine is rare. The struggle of the Eskimo is a dramatization of lesser struggles each of us may have to maintain our mental and spiritual strength in times of hardship. The same solutions of good diet and wholesome living seem to apply to all people in these times. But very few of us, unless we are Eskimos, ever will experience the terrible rigor of arctic existence in our lifetimes.