

JOB OPENING

STAFF WRITER

Turley Publications, based in Palmer, is seeking a storyteller who is curious about everything, and who understands how town government works to join our team of weekly reporters.

Experience in covering town government is a huge plus, and any experience in community journalism is as well. Staff writers cover all aspects of communities from features to municipal meetings to crimes and fires. Successful candidates must have people skills, plenty of curiosity and able to tell a story.

If you're a self-starter who enjoys community journalism and who can envision themselves connecting with our communities, we encourage you to apply for this position. Not a remote position.

Qualifications should include:

- Bachelor's degree or equivalent experience
- A determination to get the story, whatever it might be
- Equally comfortable writing hard news, features and event coverage
- Ability to write clean copy in a fast-paced, deadline-driven environment
- Proficiency in Associated Press style

Please tell us in a cover letter why you would be a good fit for this position and send it along with a resume and three writing samples to



Eileen Kennedy, Executive Editor
24 Water St., Palmer, MA 01069
or email directly to
ekennedy@turley.com

Community Newspaper
EDITOR WANTED

Turley Publications is looking for a "hands on" energetic candidate who loves telling stories to be the editor for two weekly publications. This position will include managing and coaching a small news staff that will provide the community with a great local newspaper.

The editor will need to cover local government and events while representing the newspaper at public venues.

The successful candidate will have strong community journalism skills and is also expected to gather news and write stories for the two papers as well as for other occasional companywide publications.

This is a job for a self-starter who has a vision for growing and connecting with our valued readers, and who thoroughly enjoys community journalism.

This full-time position with flexible schedule is based in our Palmer office at 24 Water St., this is not a remote position.

Qualifications should include:

- Bachelor's degree or equivalent experience
- Willingness to mentor a staff writer and correspondents
- Editing experience and ability to write clean copy in a fast-paced, deadline-driven environment
- Proficiency in Associated Press style
- Management experience and/or experience managing content for a print publication.

Please send resume and writing examples to:

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Vein specialist discusses common causes of leg, ankle and foot swelling and pain in the spring and summer

Dr. K. Francis Lee offers insight and advice about when to seek treatment

SPRINGFIELD –Pain and swelling in legs, ankles and feet can happen anytime, but the incidence increases for several reasons as temperatures rise. K. Francis Lee, MD, FACS, RVT, RPVI, founder and medical director of Advanced Vein Care Center in Springfield, part of Center for Vein Restoration, discusses the most common causes of pain and swelling of the lower extremities during the spring and summer, and offers recommendations about when to seek medical care.

"People tend to become more active during the warmer months, which often leads to injuries including bruises, fractures, sprains and strains," said Lee. "If you sustain an injury,

you can expect some pain and swelling. Ice, rest, and over-the-counter pain medications can treat minor injuries. However, if the pain worsens over time or you can't bear weight on the affected limb, seek urgent medical care."

Venous insufficiency, a condition with which Lee, a board-certified general surgeon and vein surgery specialist, has decades of experience, can also cause pain and swelling in the lower extremities. Those affected may also experience heaviness and cramps or the appearance of spider or varicose veins.

"With venous insufficiency, the valves inside your veins aren't functioning properly, which allows the blood to back up and pool in the lower veins," explained Lee. "Pain, swelling and nighttime cramping are often the first symptoms. During warmer weather, the veins expand and hold more blood, intensifying

pain and pressure. Untreated, venous insufficiency can lead to varicose veins, venous stasis and venous ulcers, as well as other serious consequences, so it's important to see a vein specialist for evaluation and treatment."

The sudden onset of significant pain and swelling, particularly if it affects only one leg, may indicate a blood clot or deep vein thrombosis, which can be deadly and requires immediate medical care, according to Lee.

"Blood clots can happen to anyone at any age, but several factors can put you at higher risk. Risks include being inactive for an extended period, such as when you are on a plane for a long trip," Lee said. "Seek urgent medical care if you experience severe, sudden leg pain, swelling and fever as well as redness, warmth, itching and burning around the site of the pain."

Girls on the Run of Western MA celebration 5K is on Saturday, June 3

SPRINGFIELD – Girls on the Run of WMA will host its 5K event on June 3 at Western New England University. Girls on the Run is a physical activity-based, positive youth development program that uses fun running games and dynamic discussions to teach life skills to girls in third to eighth-grade. During the 10-week program, girls participate in lessons that foster confidence, build peer connections and encourage community service while they prepare for an end-of-season celebratory 5K event.

This spring season Girls on the Run has 1030 participants in 75 sites around Western MA, with 285 volunteer coaches that bring the curriculum to life. The run starts at 10:30 a.m. but the group warm up will begin at 10 a.m., with participants arriving for fun

events at 9:30 a.m. About 4,000 people are expected at this 5K. The event starts with activities, a group warm up and more. This 5K is the culmination of a 10-week, 20-lesson social emotional program, bringing together all participants, coaches, running buddies and families.

Participation in the 5K event is open to the public and all proceeds from the event will benefit Girls on the Run of WMA. Last season's 5K event brought together 4,000 people, including program participants, their family and friends and community members. Registration cost is \$30 for adults and \$10 for youth and includes an event shirt.

This event is the culmination of the 10 week season and participants have learned many social emotional skills throughout

the lessons. One participant from Springfield wrote, "Why I like Girls on the Run is because there is lots of positivity in the program so that girls don't feel ashamed of ourselves. Also, we get to meet new friends because we are encouraged to work with different girls each week and are able to get to know everyone on the team. Another thing I've learned is when I'm mad is to stop and take a breather and when I am feeling sad I can try to boost my star power by doing things I love to do."

Early arrival is suggested. Registration opens at 8:30am. Girls on the Run WMA is also looking for volunteers for this event. For more information about the event, how to register and volunteer opportunities, visit www.girlsontherun-westernma.org.

PUBLIC NOTICES

LUDLOW ZONING BOARD OF APPEALS LEGAL NOTICE

The Ludlow Zoning Board of Appeals will hold a public hearing in the Ludlow Town Hall, 488

Chapin Street, Selectmen's Conference Room on **Thursday, June 15, 2023 at 7:00 p.m.** on the application of **Thomas Engwer** for the property located at **1211 Lyon Street, Ludlow MA**

(Assessors' Map 20, Parcel 2D-0, Zoning: Agriculture) The subject of the hearing is an appeal of decision of the Building Commissioner for a proposed shared driveway to be located on two adjacent

properties. The applicant is seeking relief from the Town of Ludlow Zoning Bylaw under Section 6.12.

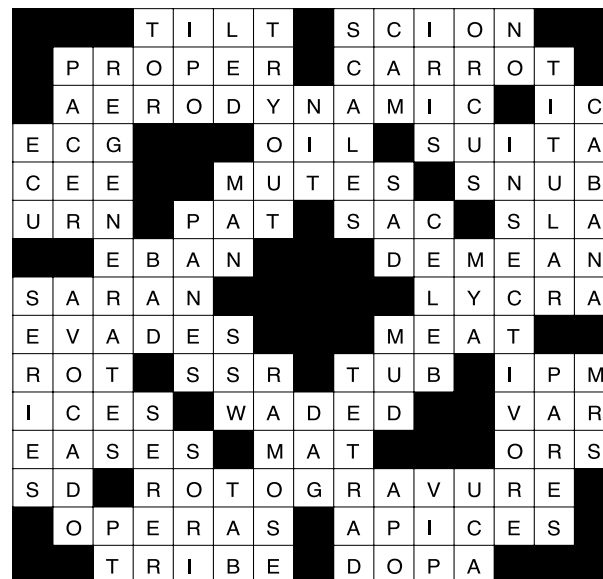
Manny Lopes, Chairman
05/31, 06/07/2023

PUBLIC NOTICES ARE NOW ONLINE

- 1 Email all notices to notices@turley.com
- 2 Access archives and digital tear sheets by newspaper title.
- 3 Find a quick link to the state of Massachusetts' public notice web site to search all notices in Massachusetts newspapers.

Public notice deadlines are Mondays at noon, Fridays noon for Monday holidays.

visit www.publicnotices.turley.com



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