

Belchertown, Granby & Amherst SENTINEL

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It's almost Fair time!

Belchertown Fair set for Sept. 25 - 27

By **Debbi Strauss**
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BELCHERTOWN – In just a few weeks, the relatively quiet town of Belchertown will transform into an early autumn wonderland as the Belchertown Fair rolls into town. Mark Nute, who assumed the position of chairman this past year, said that residents can expect a lot of fun as this year's theme "Dancing With The Steers" unfolds.

As has been the new tradition, the Fair festivities will begin on Thursday, Sept. 24 with a fireworks display at Chestnut Hill Community School.

"We'll have a great fireworks show, and a lot of the local groups will be fundraising," said Nute, referring to the refreshments and glow sticks that permeate the crowd.

PLEASE SEE FAIR, PAGE 8



Thumbs up for school!
Turley Publications submitted photo

Joey Bianco and Megan Tierney of Belchertown provide their thoughts on the first day of kindergarten.

Get what you want

Learn the law of attraction

By **Debbi Strauss**
dstrauss@turley.com

BELCHERTOWN – Stacia Roy has been reading about the law of attraction for the past two decades. She said that the time now is right to bring what she has learned to the general public. Roy and Belchertown Town Accountant Jill Panto have been meeting with people in Wednesday night hour-long seminars to introduce them to ways of thinking that will yield great profits and happiness, said Roy.

The law of attraction is one of the seven natural laws of the universe, according to Roy. The other six laws are polarity (everything has an opposite), rhythm (the tide goes in and out, night follows day), cause and effect (for every action there is a reaction), gender (every seed has a gestation or incubation period and ideas are spiritual seeds that will move into form or physical results), relativity (nothing is good, bad, big or small until you relate it to something), and transmutation (energy moves into physical form).



Turley Publications photo by DEBBI STRAUSS

Stacia Roy of Belchertown wants everyone to live in the abundance that they were meant to have.

In the law of vibration and attraction, Roy said, our conscious awareness (feelings and thoughts) control what we attract.

"What people are not aware of is that we have the ability to control what we attract just by our thoughts," said Roy.

She gave the example of someone in a hurry to get to work and red lights keep making that person even later. The anxiety you feel during those times is heard by the universe, said Roy.

"What the universe hears is, 'she wants anxiety', and so you get more anxiety," she said. "But you can also bring your thought in and say 'stop' and change your thoughts. It's all up to you... I want to explain to people how they can change their lives just by the way they think. We're living in a very tumultuous time. People who have devoted a lifetime to an institution are losing their jobs. People need to hear this information

PLEASE SEE ATTRACTION, PAGE 7

Sportsmen to help wounded

Chicken barbecue will raise funds, awareness

By **Debbi Strauss**
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Turley Publications photo by DEBBI STRAUSS

Charles Bliss, left, and John Harstad go over some of the plans for the upcoming benefit.

BELCHERTOWN – Swift River Sportsman's Club Vice President John Harstad said he was moved by something he saw on television.

"I was watching the news one night, and it showed two veterans who had been burned," said Harstad, referring to a soldier

who needed a new nose and another who needed construction on half of her face. "When they were done, it looked like the day she went into the service. When I saw that, I thought that I can do something for these people."

Harstad, an Air Force veteran, and Charles Bliss, a veteran of the Navy, have been putting on benefit dinners at the Swift River Sportsman's Club for many years. They came up with a scrumptious menu of a half of a barbecue chicken,

PLEASE SEE WARRIOR, PAGE 8

Tech supporters hit the road

Second Pathfinder rally Sept. 12

By **Douglas Farmer**
Staff Writer

PALMER — In times when the sinking economy has affected nearly every industry, businesspeople and educators that make a living from precision machining in the Pioneer Valley know it's more important than ever to rally together. And that's just what teachers, present and former students and supporters of the machine tech department at Pathfinder Regional Vocational Technical High School in Palmer will do

this weekend at their second annual motorcycle rally on Saturday, Sept. 12.

Precision machining is a specialized area wherein highly accurate measurements (often to many thousandths of an inch) are needed to produce parts useful in the assembly of everything from an auto mechanic's tools to communication satellites in outer space.

Thanks to the donations of riders – about 60 bikers and classic car enthusiasts – as



Turley Publications file photo

The bikes of riders in last year's Pathfinder machine tech. rally lined up outside of McCarthy's Pub in Belchertown.

PLEASE SEE RALLY, PAGE 7



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FROM THE FRONT

ATTRACTION | FROM PAGE 1

so they can change their mindset."

While this kind of talk may sound a bit "up in the air" to some people, Roy is quick to add that the seminars that she leads have very concrete methods for people to try. The first step is to visualize what you want.

"Be as clear in the visualization as possible," she said, adding that people should try to imagine how reaching their goal might taste, smell, look, sound and feel. "The mind doesn't know the difference between image and reality. You have to take that image and imagine that it's already there. It's important to act as if it's already here."

Another step in the process is to detach yourself from the outcome.

"Just trust your wish will come true," said Roy.

But the law of attraction isn't just about how you think; it's also about how you act. Roy said it is ultimately important to take action. She said a lot of times signs will come your way, and it is your job to be aware of them.

"You have to pay attention to those little nudges that are telling you to keep proceeding along," said Roy. "We're unconscious. What we're trying to do is wake up our consciousness."

Go back to your goals at least twice a day, and Roy said she knows people will see the results that they want. If not, she said, there are methods of releasing blocks. One of them is to write in detail the negative and positive ways life would change if the goal was or was not reached. Then burn the negative page. Roy offers other means of overcoming blocks, such as specific affirmations.

"I tell people to have fun with this. It's

like learning to walk again. It's important not to get frustrated or to give up," said Roy. "You don't plant a seed, water it and then dig it up to see if it's growing. You let nature take its course."

Of course, when you reach the goal, Roy said it is very important to be grateful and thankful.

"What people are not aware of is that we have the ability to control what we attract just by our thoughts."

**Stacia Roy
Belchertown**

The workshop isn't just a bunch of talk, said Roy. She and Panto provide each participant with an evaluation that lets them know where blockages to their goals might be. She also offers Web sites and reading material that will help people practice the law of attraction on their own.

"This information has been around a long time; it's just now becoming mainstream," said Roy. "My intention is to leave people with the ability to seek more knowledge and hopefully change their world."

She said that she has seen great success thus far with people she has worked with. One friend had tried to become a musician, but was not able to make a career out of it. Life in the business world was making him unhappy. Using the law of attraction, he got a job that he enjoys.

"He still does what he is passionate about, his music, but he also loves his job," said Roy. "He manifested his job and his house; now he is working on manifesting his relationship."

Roy said that the law of attraction would work well for students, business professionals and even people who are trying to lose weight. The workshops are free, and take place on Wednesday nights at 7 p.m. above Apollo's Restaurant, which graciously donates the space to Roy. Space is limited; to reserve your spot, call 210-0212.

RALLY | FROM PAGE 1

well as the local business community, last year's rally raised about \$13,000 that purchased a computerized coordinate measuring machine for Pathfinder's machine tech department. The equipment is essentially a jeweled probe mounted on a granite table that travels around a part and takes precise measurements of locations that are recorded for testing and manufacturing purposes.

And Al Putnam, the department head of the machine tech program, and Daniel Walker of Belchertown, a Pathfinder graduate and manager of business development at Hoppe Tool, Inc. in Chicopee, hope the rally grows bigger each year to continue to outfit the Pathfinder shop at a time when budgets are being cut across the board.

Registration begins this Saturday at 10 a.m. at the regional high school, located at 240 Sykes St. in the Three Rivers section of Palmer. Registration for the ride (which will be held rain or shine) costs \$20 with \$15 for additional riders and attendees.

The 84-mile ride this coming weekend will begin at Pathfinder and end at Crossroads Sports Bar on Route 20 in Palmer with food and entertainment by the Party Zone; in between, it will stop at various businesses in Belchertown, Orange, Barre and Warren for various food and prize chances.

Advance tickets can be purchased by calling Putnam at 283-9701 ext. 103 or e-mailing Putnam@Pathfindertech.org or DWalker@HoppeTool.com.

"Western Massachusetts and northern Connecticut has the most advanced precision manufacturing facilities in the country," said Walker. "It is my hope that events like ours not only prepare today's students for rewarding careers by providing the lat-

est technology, but also to spread the vital importance of manufacturing to our country and national security."

Of course, at the center of it all is also the enjoyment and enlightenment of students interesting in entering the field, said Putnam. He said students from the machine tech and auto body departments put together a mini-bike chopper that will be displayed this weekend at Pathfinder shop.

Both Walker and Putnam acknowledge it has been more difficult to solicit business sponsorships this year, but are still hoping that many participate from the bronze (\$50) to the platinum (\$1,000) levels. Those interested can reach the organizers at the contact numbers/e-mails listed above.

In addition to the betterment of the Pathfinder program, a significant impetus for this event was the recognition of area business owners and managers that their aging workforce was preparing to retire, and there was a general lack of knowledge of what precision machining has to offer among young people.

So about 60 companies working under the auspices of the National Tooling and Machining Association (NTMA) have partnered with local schools, starting at the eighth grade level like at Granite Valley Middle School in Monson on up to upcoming graduates of the likes of Chicopee Comprehensive High School, Westfield Vocational Technical High School, David Cruise, a manager of the Regional Employment Board of Hampden County in Springfield, said last year they had leased a mobile training unit from the Massachusetts Education Partnership that has on board 12 computers and two miniature milling machines that was brought around to open eyes of students in the area to the field.

THOUGHTS | FROM PAGE 6

the people to volunteer to run it and bring hope to people who need it.

My mother always told me that actions speak louder than words, but I think they're all important - our actions, our words and even our thoughts. There are so many opportunities here in town to learn and grow and to carry on the work we were

meant to do. Attend a benefit. Check out a seminar. Be a founding member of a community unit. And for those of you who want to go the more traditional route, check out the Spiritual pages in this week's edition of The Sentinel for some inspirational programs at some of our town's churches.

We can't take back our past, but we can learn from it. Let's begin to ask ourselves "why not?"

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BELCHERTOWN LOTS

4.23A - Over 4 acres, buyer to verify uses \$39,900 Joni

0.92A ea. - 2 lots on quiet country road, each lot \$99,000 Bette

1.5A - Near Quabbin, sunset views, septic design included \$75,000 Bette

3.06-10.93A - 1 frontage & 3 estate lots, wooded setting, no restrictive covenants \$89,900 to \$129,900 Joni

1.38 & 2.96A - Hunter Hill Estates! Subdivision near Amherst line, well included in price \$79,000 & \$94,900 Bette

1.61A - Prestigious Sheffield Estates! Stunning panoramic views, be on top of the world! \$175,000 Bette

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