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Children enjoyed making different crafts at the holiday event put on by Special Education Parent Advisory Council. Turley photo by Quinn Suomala

## Merry-Go-Round the place to be for fun event

By Quinn Suomala  
Staff Writer

HOLYOKE – The Special Education Parent Advisory Council held a holiday event at the Holyoke Merry-Go-Round for children and their families to attend.

At this event children and their families could have unlimited rides on the merry-go-round, complete different crafts

and snack on some refreshments. “The kids are just getting to have some fun,” Director of Special Education Programming Tammy Seymour said.

One highlight of the event for many in attendance was that participants from the Transitions Academy were volunteering their time to help run this program.

See EVENT, page 12

## Residents voice concern about Bartley’s behavior

By Quinn Suomala  
Staff Writer

HOLYOKE – Some residents are voicing their concern about a city councilor who they believe is behaving unprofessionally and disrespectfully.

On Tuesday night, community members came forward to city council chambers during public comment to speak about City Councilor David Bartley’s recent actions at an Ordinance Committee meeting.

Bartley, at the meeting on Jan. 8, had yelled at Committee Chair and fellow Councilor Israel Rivera, telling him to, “jump in an [expletive] lake.”

The community members who came forward showed concern for Bartley’s ability to continue to hold public office given this outburst.

“This is not the first time this has happened and I don’t believe that he is fit to hold office in this fine city,” Joanne Grisanti said. “I urge the council to censure this councilor

or put him on leave until he can get some treatment for his problem. Holyoke deserves better.”

Grisanti and the other speakers also mentioned that this is not the first time that Bartley has broken decorum.

“He has referred to me as a recurring nightmare and spo-

that his behavior at the ordinance meeting will not happen again.

“I should not have reacted the way I did, there is no question about that,” Bartley said.

Bartley said he had a particularly long day before the meeting and, while he states this is no excuse, this was part

of what led to his actions during the meeting.

“I should not have gone to that meeting,” Bartley said. “I’m not making excuses, I had a long day. I had a trial that day,

I was exhausted, I was in Manchester, Conn. and had to drive back after a trial. It was a long day and with taking care of my mom, it was just too much.”

Separately, Bartley expressed his frustration with Rivera’s handling of the Ordinance Committee meetings as chair, as well as Murphy-Romboletti.

See BARTLEY, page 11



David Bartley



Tessa R.  
Murphy-Romboletti



Israel Rivera

## Library hosts family movie night for merry minions

By Quinn Suomala  
Staff Writer

HOLYOKE – Holyoke Public Library put on Despicable Me 4 as the film for their family movie night.

Children and families were welcomed into the community room of the library where they got to enjoy snacks and some Despicable Me themed coloring while watching the movie.

The event was organized by Library Assistant Cal Sieh and their coworker Vimarie Torres came up with the idea as a way to bring the community into the library.

“The goal is to get kids and their families to come in, hang out, use the library, get some free food and have a good time,” Sieh said.

Sieh and Torres hoped that this event would provide the community a chance to get out of their house and have a relaxing and fun evening.

They came up with the idea about a year and a half ago and since then have loved seeing the community come in to enjoy different movies.

To decide on what movie

to watch Sieh and Torres brainstorm a selection of movies and then create a ballot of options for the different months.

“We try to think of seasonal themes or things we’ve seen people talking about lately,” Sieh said. “For example, if there is a newer movie that is going out to a lot of patrons we figure it might be fun to screen so people on the waiting list don’t have to wait to check it

out.”

From there the community votes on what movies they want to see each month. They can either vote in person or through the email that Sieh sends out.

Sieh and Torres try to put on two movie nights each month so there can be a variety of films and more opportunities for people to come by.

So far, these movie nights have been a success. Sieh

has seen kids and their families come in and enjoy themselves and then use more of the library.

“It has brought in patrons who haven’t used the library for other things and then other times it’s brought patrons who before had only used one room or one place in the rest of the library,” Sieh said.

See MOVIE, page 3



Kids and their families gathered into Holyoke Public Library to enjoy one of their movie nights.

Turley photo by Quinn Suomala

## Sullivan hosts student ambassador program

By Quinn Suomala  
Staff Writer

HOLYOKE – Sullivan Middle School students and staff came before the school committee to discuss their student ambassador program.

This program selects students in good standing with the school to act as leaders and advocates for their fellow students.

To be accepted into this program, students have to follow the REACH values, have no more than four referrals, have no more than five absences and be in good academic standing.

They also had to send in an application with three teacher references and participate in a follow up interview.

“Student Ambassadors are chosen for their exception-

See SULLIVAN, page 11

# Garcia named Grand Marshal in Tralee, Ireland parade

HOLYOKE – Holyoke’s first Puerto Rican mayor, Joshua A. Garcia, has been named Grand Marshal of the annual St. Patrick’s Day Parade in Tralee, Ireland, a vibrant town of 26,079 and the county seat of County Kerry in southwest Ireland. Tralee is one of Holyoke’s cherished sister cities, and the bond between the two was strengthened during a chance meeting at the Big E, where Tralee Mayor Mikey Sheehy and Mayor Garcia connected over their shared experiences in city leadership.

In November, Mayor Sheehy invited Garcia to participate in Tralee’s St. Patrick’s Day festivities. To Garcia’s delight, he recently learned he would not just be attending but leading the parade as Grand Marshal.

“I’m humbled but also pretty psyched,” Garcia said. “Leading a St. Patrick’s Day parade in Ireland? How cool is that?”

“Having Mayor Garcia as Grand

Marshal is an honor for Tralee,” said Sheehy. “The bond between Holyoke and Ireland is deep and historic, and we’re thrilled to welcome him. This visit not only celebrates our shared heritage but also paves the way for cultural, commercial, and tourism collaborations that can benefit both communities in meaningful ways.”

The significance of this honor is magnified by Holyoke’s rich Irish heritage. Known as the “Ireland of America,” Holyoke boasts one of the largest St. Patrick’s Day parades in the United States, a tradition rooted in the city’s history as a hub for Irish immigrants who built its canals and worked in its paper mills during the 19th century.

The most well known Irish American family also has ties to Holyoke. The highest honor for the parade is named after



Mayor Joshua Garcia

President John F. Kennedy who also participated in the parade in 1958; the President’s brother Teddy was a regular visitor to the Paper City as US Senator. There is also a memorial for President Kennedy in Holyoke. The memorial was recently visited by former Congressman Joe Kennedy III, President Kennedy’s grand-nephew, when he also came to Holyoke to endorse Garcia during his mayoral campaign.

Holyoke is home to the largest per capita Puerto Rican population in the continental U.S. Interestingly, there is a unique historical connection between Puerto Rico and Ireland. Pedro Albizu Campos, a leader of the Puerto Rican independence movement, played a pivotal role in drafting the Irish Free State Constitution of 1922 while collaborating with Irish leader Éamon de Valera during

his time at Harvard.

The relationship stretches back further: in the 1500s, Irish mercenaries fleeing English service sought refuge in the Spanish Empire, including Puerto Rico. Later, during the Irish Potato Famine of the 1840s, Irish immigrants who were turned away from U.S. ports found sanctuary on the island, forming thriving communities. Today, their influence is evident in Puerto Rican cities such as Bayamón, home to Irlanda Heights, and Luquillo, which hosts an annual Desfile de San Patricio.

Mayor Garcia’s role as Grand Marshal in Tralee’s parade underscores the interconnected histories of Holyoke, Puerto Rico, and Ireland. After his visit to Tralee, Garcia will return to Holyoke just in time to march in the city’s legendary St. Patrick’s Day Parade on Sunday, March 23, continuing the celebration of Holyoke’s vibrant Irish-American traditions.

## Emergency shelter available for unhoused amid frigid weather

HOLYOKE – In response to the impending winter snowstorm and low temperatures, the City of Holyoke announces the opening of an emergency shelter dedicated to providing refuge for the unhoused population.

The location is 51 Hamilton St. Access is through Kate’s Kitchen door in the back parking lot. The shelter will open at 5 p.m. Sunday and close at 7 a.m. Thursday. Individuals must leave each morning by 8 a.m. The shelter is handicapped accessible. Due to capacity limitations, the shelter is for Holyoke residents only.

“This emergency shelter aims to ensure the safety and well-being of those without homes during severe weather conditions,” said Jeff Trask, Holyoke’s Emergency Management Director. “The designated location at 51 Hamilton Street will provide a secure space for individuals seeking shelter from the storm. The shelter will open its doors promptly at 5 p.m. each day, offering warmth and safety throughout the night until 7 a.m. It is imperative that all occupants exit the premises by 8 a.m. each day to allow for necessary preparations and ensure a

smooth transition.”

Holyoke Mayor Joshua A. Garcia said, “This initiative underscores the City of Holyoke’s commitment to the welfare of its residents, particularly during challenging weather events. Collaboration with Providence Ministries/Kate’s Kitchen reinforces community support in times of need.”

Donations of food and clothing will be accepted. Other shelter services in Holyoke include the Center for Human Development, with individual accommodations at 1515 Northampton Road (former Motel 6), contact: 413-302-5398, capacity: 45 beds; CHD Warming Center, 696 Dwight St., Monday-Friday, 8 a.m. to 4 p.m. Drop-in to warm-up, eat, charge phones, receive hygienic and emergency supplies and connect with case management; and CHD emergency weather hotel stays: Limited hotel rooms for unsheltered individuals during severe weather. Contact the CHD triage line: 413-867-0398.

For additional information or inquiries, contact the Holyoke Mayor’s Office, 413-561-1600, or Emergency Management Department at the Holyoke Fire Department, 413-534-2251.

## Free training classes offered at HCC MGM Culinary Arts Institute

HOLYOKE – Holyoke Community College will be running both daytime and evening editions of its free, line-cook training program at the HCC MGM Culinary Arts Institute, beginning Jan. 21 and Jan. 27.

The five-week daytime program starts Tuesday, Jan. 21. Classes meet Mondays and Wednesdays, 9 a.m. to 1 p.m., and Tuesdays, Thursdays, and Fridays, 9 a.m. to 3 p.m.

The 10-week, evening program runs Jan. 27 through April 9 on Mondays, Tuesdays, and Wednesdays from 5 to 9 p.m.

“HCC tries to meet the needs of its students by offering multiple options for start days and times,” said Paul Sheehan, assistant project coordinator for culinary arts programs. “Over the last few years, we have offered our free line cook training as separate day and evening programs to help students find the schedule that works best for them.”

The program is designed for those already in the restaurant industry who want to upgrade their skills as well as unemployed or underemployed individuals interested in start-

ing new careers.

“We usually have a mix of young people entering the job market for the first time and people who are re-entering the job market, looking for a second career,” Sheehan said. “The course is perfect for anybody who’s looking for a job and has a passion for food and the dining industry.”

All classes meet in person at the HCC MGM Culinary Arts Institute at 164 Race St.

Participants will learn all the essential competencies they need to become successful line cooks: knife skills; how to prepare stocks, soups, sauces, desserts, poultry, fish and meat; culinary math and measurements; moist and dry heat cooking methods; as well as workplace soft skills, such as building a resume and searching for jobs.

Offered as part of HCC’s Business & Workforce Development division, the line cook course is free to qualifying applicants.

For more information, or to fill out an inquiry form, please go to [hcc.edu/line-cook](http://hcc.edu/line-cook).

## Scholarship, fellowship funds available for students

HOLYOKE – The Horace Smith Fund, located in Westfield, Massachusetts has scholarship and fellowship money available for graduates of Hampden County public and private high schools. Graduating high school seniors and students already in college may apply for Scholarships of up to \$12,000. Those in their final year of college and previous college graduates pursuing advanced degrees may apply for Fellowships of \$15,000. Applicants must maintain at least a B average in college and be enrolled as full-time students.

Awards are made based on both academic achievement and merit. Of

great importance is a personal written account of why the student feels deserving of financial assistance and their goals in pursuing higher education.

Last year, \$297,000 was awarded to 24 individuals. Scholarships were given to 16 graduating seniors from 13 Hampden County high schools. Five scholarships were also awarded to current college students to assist them in completing their undergraduate degrees. Three fellowships were given to college graduates pursuing advanced degrees, who had graduated from Hampden County high schools.

The Horace Smith Fund was established in 1899 by the successful and

generous philanthropist named Horace Smith, co-founder of Smith & Wesson, established in Springfield. The scholarships and fellowships are named for Walter S. Barr, a West Springfield businessman, whose widow left the bulk of the family estate to The Horace Smith Fund in 1950.

Completed applications must be received either electronically or by mail to The Horace Smith Fund at 16 Union Avenue, Suite 2K, Westfield, MA 01085 no later than March 15. Applications are available at local high school guidance offices, college financial aid offices, online at [www.HoraceSmithFund.org](http://www.HoraceSmithFund.org) or by phoning (413) 739-4222.

### COLLEGE NOTES

## Riley Shea named to Stonehill College fall dean’s list

EASTON, MA – Riley Shea, a member of the Class of 2025 from Holyoke, has been named to the fall 2024 dean’s list at Stonehill College.

To qualify for the dean’s list, students must have a semester grade point average of 3.50 or higher and must have successfully completed all courses for which they were registered.

## Holyoke Community College accepting applications for scholarship season

HOLYOKE – The Holyoke Community College Foundation will begin accepting scholarship applications for the 2025-2026 academic year on Tuesday, Jan. 21. The application deadline is Friday, March 14.

Last year, the HCC Foundation awarded 388 scholarships worth about \$350,000 to 323 incoming, current, and transferring HCC students. Some students received multiple scholarship

awards. The average scholarship award is typically around \$900.

“Awarding scholarships to deserving students has been a cornerstone of the work of the HCC Foundation since its founding,” said Amanda Sbriscia, vice president of Institutional Advancement and executive director of the HCC Foundation. “Scholarships established by donors celebrate academic achievement, community service, and civic engage-

ment, and, most importantly, these funds ensure hundreds of students have the resources they need to complete their college degrees.”

Students must be currently enrolled at HCC or have been accepted for the upcoming academic year to be eligible for scholarships.

“While the recent launch of MassEducate, the state’s free-community-college-for-all program, has made

HCC accessible to more individuals, that only means we have a greater responsibility to ensure students make it to the finish line,” Sbriscia said. “Tuition and fees represent only a portion of the cost of being a college student today, and, oftentimes, a donor scholarship can truly change a student’s life.”

Applicants need only to fill out a

See *SCHOLARSHIP*, page 3

# Taber Art Gallery exhibits Sheryl Anaya's 'Absurd Appetites'

HOLYOKE – A woman spreads slices of salami on a baguette while taking a bath.

Eggs on beds of bread lay nestled among blankets of Swiss cheese and lettuce. Pears wear aprons. Hot dog ends appear inside gelatin cakes. Men's work shirts have been stitched into quilted table linens.

These pieces and more comprise the world of Texas artist Sheryl Anaya's "Absurd Appetites (Tables for Two)," now on display in the Taber Art Gallery at Holyoke Community College.

The exhibit opened Tuesday, Jan. 21, with the start of the spring semester at HCC and will continue through Thursday, March 13. The gallery will host an opening reception Thursday, Jan. 23, from 5-7 p.m., with an artist's talk at 6 p.m.

"Absurd Appetites distorts the norms of a typical dining experience," Anaya says in her artist's statement. "Considering the deconstruction and consumption of the body, absurd actions surprise and set the tone for the examination of our roles within gendered labor, sexuality, and domestic space. Humor tempers the seriousness of these topics to avoid



Sheryl Anaya sets one of the dining tables in her exhibit "Absurd Appetites." Submitted photo

confrontation at the dinner table."

Throughout the gallery there are tables set for two diners. Each includes a stack of sandwich bread inside which there are mini projectors that display videos on the walls.

"The videos are all of me making sandwiches in various stages of undress, doing things you wouldn't normally be doing in those settings," said Anaya.

"Absurd Appetites" continues a theme Anaya began with her master's

thesis exhibition that centered around the third century story of St. Agatha, the patron saint of bakers and breast cancer patients and a Christian martyr who was imprisoned, tortured, and mutilated by a Roman governor.

"My original piece was a 20-by-8-foot table, she said. "Absurd Appetites turns that into a more intimate experience, and really leans into the absurdity of some of the food items."

Anaya is a queer Puerto Rican artist and educator based in Fort Worth, Texas. She received a master of fine arts in studio art with an emphasis in sculpture from Texas Christian University in 2023 and received her bachelor of fine arts from Texas Woman's University in 2013. Her work examines identity and empathy through the universality of the human experience, intimate relationships and nostalgia, whether humorous or gut-wrenching.

The Taber Art Gallery, located off the lobby of the HCC Library on the second floor of the HCC Donahue Building, is free and open to the public Monday through Thursday from 10 a.m.-5 p.m. during regular school sessions.

# Holyoke Mayor Joshua Garcia announces bid for re-election

HOLYOKE – Mayor Joshua A. Garcia has officially announced his bid for re-election, emphasizing the transformative progress made during his administration over the past three years. Guided by the principles of connecting, building, and growing, Garcia expressed his unwavering commitment to ensuring a stronger, more unified Holyoke for generations to come.

"Serving as Mayor of Holyoke has been the greatest honor of my life," said Garcia. "Together, we've made remarkable strides, and I am dedicated to continuing the work of building a stronger, more vibrant Holyoke for all who live, work, and visit our city."

Garcia's administration has focused on strengthening the city's infrastructure, fostering economic development, and improving the quality of life for residents. Through community collaboration and strategic investments, the city has undergone significant transformation.

Central to Mayor Garcia's vision is strengthening internal controls, reducing liability to public resources, and modernizing fiscal management. Under his leadership, Holyoke has brought its financial operations into the 21st century, implementing updated systems, policies, and oversight to better support city departments working to enhance residents' quality of life.

"We're breathing new life into Holyoke by capitalizing on our unique assets—sturdy mill buildings, a historic canal system, and low energy and water costs," said Garcia. "These features, rooted in Holyoke's legacy as America's first planned industrial city, are attracting clean-tech industries and future-focused jobs. Holyoke is rising, but the work is far from over. Together, we will continue connecting, building, and growing our city, ensuring it remains a place everyone is proud to call home."

As he seeks re-election, Mayor Garcia's priorities include expanding diverse housing opportunities, advancing climate resiliency, and fostering sus-

tainable economic growth. His vision for Holyoke's future includes leveraging public-private partnerships and maximizing the city's assets—affordable real estate, a skilled workforce, low utility costs, and its strategic geographical location—to position Holyoke as a regional economic hub.

Mayor Garcia will officially launch his re-election campaign at a community rally in late February at Lighthouse (formerly Gateway City Arts). All residents are invited to attend and hear more about his vision for Holyoke's future. More details to come.

For more information about Mayor Joshua A. Garcia's re-election campaign, visit [www.garciaforholyokey.com](http://www.garciaforholyokey.com).

## SCHOLARSHIP, from page 2

single online form to be automatically matched with the scholarships they are most qualified to receive. There are scholarships for new students, current students and students transferring to other institutions, scholarships based on financial need, scholarships for students

in specific majors, scholarships for residents of certain communities, and scholarships that recognize academic achievement.

To view scholarship opportunities and begin the application process, please go to [www.hcc.edu/scholarships](http://www.hcc.edu/scholarships).

Last January, HCC opened a dedicated Scholarship Resource Center to help current and incoming students nav-

igate the process of applying for scholarships and filling out the FAFSA (Free Application for Federal Student Aid). The office, located on the first floor of the Donahue Building (Room 158) is open Monday through Friday, 9 a.m. to 5 p.m.

The HCC Foundation is a 501(c)(3) that works to advance the college's mission, vision, and values. Founded in 1968

as the Friends of Holyoke Community College, in response to a devastating fire that forced the college to rebuild on a new campus, the Foundation now manages assets of more than \$20 million, the largest community college foundation endowment in Massachusetts.

Questions should be directed to the HCC Foundation office at 413-552-2182, or by email to [scholarships@hcc.edu](mailto:scholarships@hcc.edu).



Kids enjoyed getting to do some coloring before the movie started. Turley photo by Quinn Suomala

## MOVIE, from page 1

Sieh has loved seeing kids get excited about the different movies the library is putting on.

"We showed Encanto and that was maybe one of the biggest movie nights we had," Sieh said. "Kids just started getting up and signing along and dancing in the aisles; it was super awesome."

In the future, the library plans to do a movie night for adults. They hope for this to begin sometime in February and those interested are welcome to come into the library to vote on what movie they want to watch.

"If anyone has movies they're really really wanting to see, they are welcome to come and suggest them to us at the desk," Sieh said.

They can also reach out to Sieh at [csieh@holyokelibrary.org](mailto:csieh@holyokelibrary.org) to suggest movies that they are interested in.

The library has a variety of other events planned for the next month. There will be a crochet class run by Imagination Station on Jan. 27 from 4 p.m. to 7 p.m.

There are also teen craftnoons every Thursday at 4 p.m. They are open to people ages 12 to 18.

Additionally, the library has a karaoke party scheduled on Saturday, Jan. 25 from 12 p.m. to 3 p.m. This event is open to anyone who wants to come in and have some fun singing with their friends and community.

To keep updated on the different events at the library, go to their website at <https://www.holyokelibrary.org/>.

## NOTICE

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**PUBLIC NOTICE TO FORMER HOLYOKE PUBLIC SCHOOLS SPECIAL EDUCATION STUDENTS**

Please be advised that student's Special Education (Chapter 766) records, with a withdrawal date within the year 2016/2017 will be destroyed on February 28, 2025. If you wish to obtain a copy of your records, please contact the:

Holyoke Public Schools, Special Education Department  
57 Suffolk Street, Holyoke, MA 01040  
Tel: 413-534-2000 Ext. 1209

This does not pertain to current Special Education Student's records. This notice does not pertain to student's transcripts Which are dealt under 603 CMR 23.06

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Favor informarse que los archivos de estudiantes de Educación Especial (Capítulo 766) con fecha de retiro dentro del año 2016/2017, serán destruidos el 28 de Febrero de 2025. Si desea obtener una copia de sus archivos, favor de comunicarse con las:

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Este aviso no concierne los archivos actuales de Educación Especial. Este aviso no concierne las transcripciones del estudiante bajo 603 MCR 23.06

Guest Column



## When to claim Social Security and taxation of benefits

Dear Rusty:

*I am 65 and currently working full-time.*

*Can I apply for and start receiving my Social Security benefit? I'd expect to have to pay income tax on it if/when I do.*

Signed: Curious Worker

Dear Curious Worker:

If you are working full time, you should likely delay claiming Social Security at this time. At age 65, you haven't yet reached your SS Full Retirement Age, so you will be subject to Social Security's "annual earnings test" which limits how much you can earn from work while collecting early benefits. The earnings limit for 2025 is \$23,400 and if you earn more than the annual limit, SS will take away \$1 in benefits for every \$2 you are over the limit.

If you earn significantly over the limit, you may even be temporarily ineligible to collect SS benefits. FYI, the annual earnings limit goes away when you reach your full retirement age, which for you is 66 years and 10 months, or March 2026.

As you obviously already know, a portion of your Social Security may be subject to income tax after you start collecting. The threshold for taxation of SS benefits depends on your IRS filing status – if you file your taxes as a single and your combined income from all sources (including half of the SS benefit you received during the tax year) exceeds \$25,000 then 50% of your received SS benefits are taxable.

But if you file taxes as "married/jointly" and your combined income is over \$32,000, then up to 85% of your received SS benefits

See SECURITY, page 5

## Election letters to the editor welcome

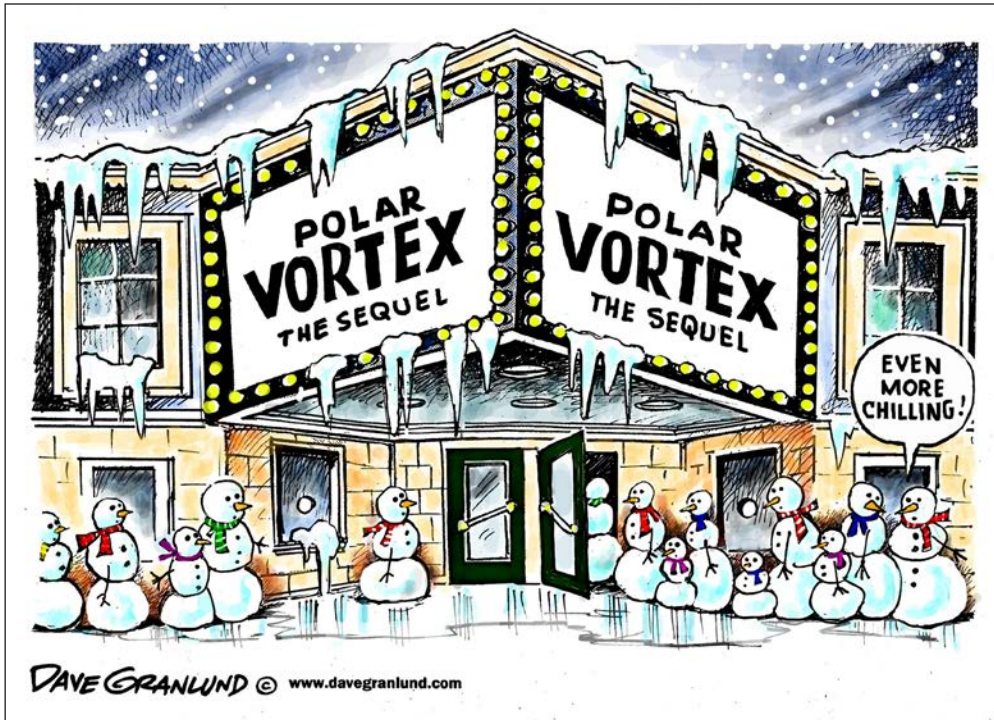
The Holyoke Sun welcomes readers to participate in this year's election campaigns by writing letters to the editor for publication on these pages. Letters of up to 250 words from local residents endorsing candidates on the ballot or discussing campaign issues should be sent to The Holyoke Sun, care of Turley Publications, 24 Water St., Palmer, MA 01069, faxed to 413-289-1977 or emailed to [thesun@turley.com](mailto:thesun@turley.com). Please include a daytime telephone number for verification purposes (it will not be printed). Letters must be received by noon Monday to be considered for that Friday's newspaper. No attack letters will be printed. No letters written by candidates supporting their own candidacy will be printed. If the volume of letters received is larger than the space available in the newspaper, or if the letters become repetitive, the newspaper reserves the right to print a representative sample. No endorsement letters will be printed in the last edition before the election.

For more information, call 413-283-8393.

### Campaign news

As part of its election coverage, the newspaper plans to print stories about contested races for Congress, state Senate, state House, district attorney and Governor's Council during the weeks leading up to the election, as well as a question-and-answer voters guide. In order to ensure fairness to all candidates, no political press releases will be printed, nor will reporters cover political rallies or fundraisers.

Candidates who wish to further publicize their candidacy, beliefs and events may contact advertising, 413-283-8393 about paid advertising in The Holyoke Sun.



Guest Column

## Catching up on questions for the Garden Lady



This column will be used to play catch-up. I received a couple of questions a few weeks back on Christmas plants and then another looking forward to the new gardening season.

Read on as I do my best to answer them!

Connie is the keeper of her mother's poinsettia and it's become tree-like! "We read your article about poinsettias in the Country Journal. I have been caring for my mother's poinsettia she purchased three Christmases ago. She is hoping you can help us as I never cut it back because I didn't know to do that. Now it is a small tree. There is bark on it. I had one red bract last Christmas but no yellow center. I did try to put it in a dark room but as you can see, it is too big now to do that. Any suggestions?"

Many years ago when I joined my brother on a trip to St. Thomas, I became fully aware of the poinsettia and its true, tree-like form. It looks like you are well on your way to replicating that in your house!

First, congratulations, from the picture you provided you are clearly growing a healthy specimen. The leaves are a beautiful shade of green. I would recommend that, if you want to make it more manageable in size, you do try to cut it back.

It looks as if there is a lower "tier" of leaves. If you can cut it back to those stems, I think that is a good place to start. Do that in April when it will be in active growth.

At that time, I would also transplant it into a container one size bigger. So, if it's in a six inch pot now, try one that is seven or eight inches, but not any bigger.

Fertilize with an all purpose houseplant fertilizer once a month. New growth should appear by the end of May.

After the danger of frost has passed, move the plant outdoors. Continue to water but increase fertilization to every two weeks. Pinch plants in late June or early July to promote bushy growth. Bring the plant indoors as temperatures fall in September.

The poinsettia is photoperiodic, and long nights of uninterrupted darkness encourage it to bloom. Bracts will turn red and the small yellow flowers in the center will form. Most people get on a 5 p.m.-8 a.m. schedule beginning on Oct. 1 and continue it for eight-10 weeks until color shows on the bracts.

Placing the plant in a closet or basement with no light interruption will work fine. It is a commitment, that's for sure. Night temperatures should be no higher than 70 degrees or flowering may be delayed.

Good luck; I bet you will be successful

this year!

Beverly has me stumped!! She wrote in with this question: "After my Christmas cactus has bloomed, I get very tiny buds (like pimples) all over the plant. However, they quickly fall off so no more blooms. Can you explain what to do about this?"

This is a tricky one, Beverly! I am wondering if this is a newer breed of Christmas Cactus that is expected to bloom over a longer period of time than the old-fashioned types.

Usually buds fall off if there is a change somehow. Overwatering, underwatering? Perhaps a change in location whereby the plant is now near a heater when it wasn't before. Or maybe a change in fertilization practices?

That's about all I can come up with. I do hope that once blooming is over your plant remains healthy and provides many flowers for years to come!

This came to the Garden Lady from Gary: "I enjoy reading your articles.

Is there value or harm mixing old coffee grounds into your flower or vegetable gardens? Thanks!"

Thank you for your compliments on the column! My dad used to sprinkle coffee grounds around our blueberry bushes when I was a kid.

It was his theory that the acidic grounds would be good for blueberry bushes which by nature are acid-loving. Well, it turns out that most of the acid from the coffee grounds is leached into the water when the coffee is brewed, leaving a near neutral product that aligns with pH of most common vegetables and flowers!

Coffee grounds are high in nitrogen and have lesser, but still respectable amounts of the other two major nutrients, phosphorus and potassium, as well as many of the micro-nutrients. The nitrogen is "tied up," however, and not readily available to plants.

It must be composted first to make it available. So, I would recommend you either add it to a compost pile or mix it in with other mulches you may be using on top of the soil.

It can be combined with wood chips, grass clippings or chopped leaves to make a great and fertile mulch, that, as it breaks down, will add organic matter to the soil and be a nutritious food for your plants and the earthworms. In fact, folks who vermicompost (keep a worm bin) notice just how much the worms love coffee grounds mixed in with other food waste.

You've encouraged me to get a bit more serious about putting our household coffee grounds to good use!

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For 33 years she has held the position of staff horticulturist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to [pouimette@turley.com](mailto:pouimette@turley.com) with "Gardening Question" in the subject line.



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Letters to the Editor have a maximum of 350 words. We require writers to include their name, address and phone number in order for our office to authenticate authorship prior to publication. Addresses and phone numbers are not published.

Unsigned or anonymous letters will NOT be published.

We reserve the right to edit or withhold any submissions. Libelous, unsubstantiated allegations, personal attacks or defamation of character are not allowed.

Deadline for submissions is Wednesday at noon.

Please email (preferred) letters to [thesun@turley.com](mailto:thesun@turley.com). Mailed letters can be sent to The Sun, 24 Water Street, Palmer, MA 01069.

## A starlit hike in the White Mountains

By Julie Midura  
Correspondent

This was our final hike of 2024. It was 5:15am, and we were lying on our backs staring up at the stars, cocooned in our bright green two-person down sleeping bag atop several feet of snow on the wide open summit of Mt. Jackson in NH. The sun was still 2 hours from cresting the distant horizon. It was dead calm, but bitterly cold.

In spite of donning every layer in my winter arsenal, I shivered and snuggled closer to Tom as I gathered the excess fabric of the bag as close to my body as I could.

We had arrived at the trailhead parking lot almost 3 hours before. It was 0 degrees when we stepped out of our SUV and opened the back hatch to retrieve our backpacks. In a split second of hesitation, I questioned our sanity. 'Who in



Snuggled in our sleeping bags on our snowy perch.

Submitted photo

their right mind climbs a mountain in the pitch black of night in these ungodly temperatures just to see the sun rise?' Then I immediately thought, 'Too late now. We dropped the motel key in the drop box a half hour ago in the dead of night, so we'll be climbing this mountain whether I want to or not.'

As we moved upward along the snaking path, the beams of light from our headlamps danced between the snow covered trees, creating an aura of mystery as the long shadows stretched deep into the blackened forest. Our headlamps ignited the untouched snow on the sides of the trail, giving the illusion of walk-

ing on a smooth white carpet of infinite shimmering diamonds.

When we finally broke tree line, the crescent moon and twinkling stars welcomed us to a dark and windless summit. I stood, unmoving, serenaded by the whisper of starlight in the heavens above me.

Eight years of hiking in every season. Numerous hiking lists. Thousands of miles. Climbing the second tallest mountain in the continental United States. Section hiking the Appalachian Trail.

Every hike. Every backpacking trip. Every footprint left on every mountain.

Each one propelling us forward to the next... eventually leading us to this singular unforgettable moment.

A moment of being suspended in time, somewhere between our very first hike and what will someday be our very last. Suspended between the valley below and the heavens above while basking under the brilliance of a million twinkling stars against the backdrop of a black velvet sky, while waiting for the sun to awaken the earth in a blaze of

See HIKING, page 6

### SECURITY, from page 4

are taxable. Thus, whenever you claim SS, you may wish to consider having income tax withheld from your SS benefit. This is optional, and you can do this by submitting IRS Form W-4V to your local Social Security office, or you could choose to increase your income tax withholding at work or, alternatively, pay estimated income taxes quarterly.

So, whether you can claim Social Security now depends entirely on how much you will earn from working full time prior to your FRA. If you exceed the annual earnings limit before your FRA, SS will take away some of your benefits or, if you greatly exceed the earnings limit, you may even be temporarily ineligible to get benefits until you either reach your FRA or earn less. But note, if you decide to claim early and

any SS benefits are withheld because you exceeded the earnings limit, you will get credit for that in the form of a slightly increased benefit after you reach your full retirement age.

The Association Mature Citizens Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. This article is intended for information purposes

and does not represent legal or financial guidance. It presents the opinions and interpretations of the Association Mature Citizens Foundation's staff, trained and accredited by the National Social Security Association. To submit a question, visit [amacfoundation.org/programs/social-security-advisory](http://amacfoundation.org/programs/social-security-advisory) or email us at [ssadvisor@amacfoundation.org](mailto:ssadvisor@amacfoundation.org). Russell Gloor is a Social Security advisor for AMAC.

### CHURCH DIRECTORY

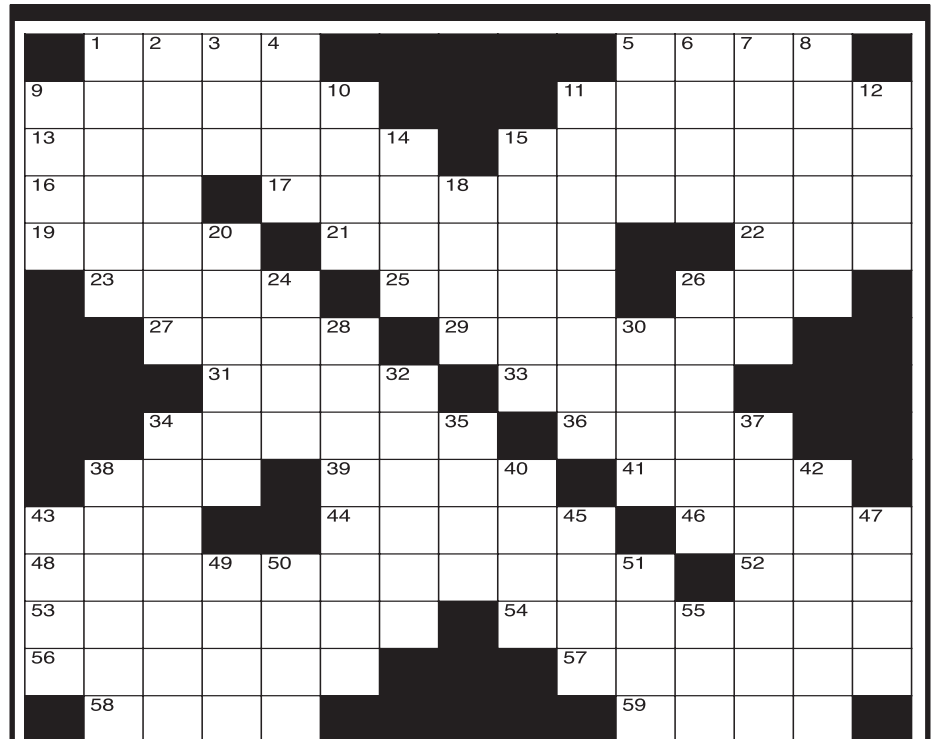


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Rev. Duy Le  
[frduyle@blessedsacramentholyoke.org](mailto:frduyle@blessedsacramentholyoke.org)  
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PARISH RECTORY: 413-532-0713  
OFFICE HOURS:  
Monday to Thursday 8:30 a.m. - 4 p.m.  
Friday 8:30 a.m. - 2 p.m.  
WEEKEND MASSES:  
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Sunday: 8:30 a.m. - 10:30 a.m.  
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Monday - Friday: MASS 6:45 a.m.  
Legal Holidays: ROSARY 7:30 a.m.  
ROSARY AND MEDITATION  
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(413) 533-7728  
[firstbaptistchurchholyoke@comcast.net](mailto:firstbaptistchurchholyoke@comcast.net)  
Facebook: First Baptist Church of Holyoke, MA  
Hours: Sunday worship service (winter hours) at 10:30 a.m. (summer hours) at 10 a.m.  
Wednesday Bible Studies, one at 11 a.m. and one at 5:30 p.m.

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Rev. Debora Stein  
34 Jarvis Ave., Holyoke  
Office: (413) 536-3369  
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Thursday 2 p.m. - 6:30 p.m. (Call first)  
Worship: Sundays at 9:30 a.m. (also on Facebook Live) & Thursdays at 7 p.m.  
Other: Prayers with Pastor - Wednesdays at 10:30 a.m. - on Facebook Live.

**St. Paul's Episcopal Church**  
The Rev. Canon Joel Martinez  
485 Appleton St., Holyoke  
413-532-5060  
Office@StPaulsholyoke.org  
StPaulsHolyoke.org  
Instagram:  
[stpaulsepiscopalchurch\\_holyoke](https://www.instagram.com/stpaulsepiscopalchurch_holyoke)  
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Days and Hours of Services:  
Sunday: 8 a.m.  
Sunday: 10 a.m.  
Sunday: 5 p.m. (Spanish)



- CLUES ACROSS**
- 1. "Loser" rocker
  - 5. Partner to relaxation
  - 9. Mixing
  - 11. Winged nut
  - 13. Expression of blame
  - 15. Vast ocean
  - 16. Comedienne
  - 17. Multiply
  - 19. Meat from a pig (French)
  - 21. Related
  - 22. Rocker Stewart
  - 23. Surprise completely
  - 25. Loon
  - 26. Canister
  - 27. Large, deep-bodied fish
  - 29. Takes forcefully
  - 31. Oil cartel
  - 33. Palmer and
- CLUES DOWN**
- 1. \_\_\_ Aires, city
  - 2. Coarse grass
  - 3. Type of gene
  - 4. Door handle
  - 5. Competition
  - 6. Muslim ruler
  - 7. Hunting expeditions
  - 8. Large mollusk
  - 9. Bind securely
  - 10. Former U.S. presidential candidate
  - 11. 2-point plays in football
  - 12. Breezed through
  - 14. Type setting
  - 15. Felt for
  - 18. Codified rules
  - 20. Small dome
  - 24. Chevrotain
  - 26. Male reproductive gland
  - 28. Controversial beliefs
  - 30. Z Z Z
  - 32. One who confines another
  - 34. Bishop
  - 35. Garlands
  - 37. Bird that flies by the coast
  - 38. Optical device
  - 40. Greek goddess of discord
  - 42. Some are "Rolling"
  - 43. Formerly (archaic)
  - 45. Thrust a knife into
  - 47. German river
  - 49. Atomic #26
  - 50. Make a grotesque face
  - 51. Primordial matter of the universe
  - 55. Chinese philosophical principle

CROSSWORD ANSWER on page 8

# Westfield Athenaeum hosts Shawn Farley art exhibit

WESTFIELD – The Westfield Athenaeum, 6 Elm St., announces the next exhibit, the art of Shawn Farley, one of the most important artists working in Western Massachusetts today.

The show opened on Tuesday, Jan. 14 and will remain on display until Saturday, March 1. The event is free and open to the public.

Shawn Farley earned her Bachelors in Fine Arts at the University of Nebraska with a double major in dance and sculpture. Farley went on to obtain her Masters in Arts Administration from the University of Iowa. After moving to Massachusetts in 1984, she became



Shawn Farley

active in artmaking while continuing to study the Surrealists, Constructivists, Suprematists and the Russian Avant-garde.

Her artmaking has involved gathering found objects from parking lots, streets, nature, flea markets and tag sales, and has evolved from assemblage work with little painting to figurative sculptures fully painted. As an older artist, with the freedom to work full-time on her artwork, she feels she



has come into her “creative time” and finds age means nothing.

In this current exhibit Farley employs foundry molds, discarded hardware and other found objects as the building blocks for sculptures. Foundry molds are wooden forms, carved out or built up to create negative space, which in turn is used to make the inverse form or shape to be used for the casting of metal. The molds were primarily used during the last two centuries to create everything from parts for the Hoover Dam to sewing machines and automotive parts. Sometimes these works come

together by intention, but more often than not, by chance placement of objects. I find these objects in the streets, but also from people who rescue them from the trash or abandoned factory buildings.

Influenced by the early 20th century art movements known as Suprematism, Constructivism, and Surrealism, her process employs automatism, allowing her to be guided by subconscious associations between fundamental forms and colors. The composition comes first, but with constant editing, a theme emerges. It might be women’s rights, climate change, or more personal themes such as aging, spirituality, or dreams. By embracing chance, welcoming play, and trusting her instincts, these compositions inevitably take on human qualities.

## Artists needed for showcase event to be held at Wistariahurst Museum

HOLYOKE – All submissions must be submitted by Feb. 7. Wistariahurst Museum is seeking artist submissions for the Third Annual Women’s History Month juried art showcase for the month of March. This year, the theme is Love, in all forms. Love, in all forms, aims for artists to consider how love impacts lives. Love can be painful, a process, joyful, romantic, platonic, a feeling, an object, a memory; love, in all its forms, is beautiful. Any medium for submission is encouraged. Submissions are open to anyone who identifies as a woman and non-binary artists of any

age. Submissions should include 3 to 4 quality images with information (title, date, medium, and size), an artist statement (approximately 300 words about your art and its relationship to the theme), and an artist bio (approximately 150 words about you as an artist) in one PDF. Wistariahurst is an artist-friendly space that encourages creativity and supports the growth of this region’s artists. All questions are welcome and encouraged. Five artists will be selected and awarded a \$100 stipend. Submissions are due Feb. 7, please send them to info@wistariahurst.org.



A visit from the infamous Grey Jays, with Mt. Washington in the distance.



Watching the sunrise from the summit of Mt. Jackson, NH. Submitted photo

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### HIKING, from page 5

fiery brilliance.

And although we hope that we’ll have the opportunity to experience a moment like this again, we’ve learned the hard way that there are no guarantees in this life.

So we settle in for however long it takes. We inhale the clean mountain air. We feel the cold kiss our cheeks and the silence fill our ears. We wait for the sun to silence the stars and breathe life onto the earth.

We remain snuggled in our lofty

bright green sleeping bag on a snowy perch atop a 4,000-foot mountain for over four hours, unwilling to leave lest we miss one single minute of the magic that is unfolding in front of us.

And as we watch the black of night turn into the blazing red of dawn, we know that for the rest of our lives, for as long as there is breath in our lungs and blood running through our veins...

WE. WILL. NEVER. FORGET. THIS. MOMENT. See you in the wild places, my friends!

To read more about our hiking adventures, follow us on Instagram @ morethanthemountain.

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# SPORTS

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## Knights headed for tournament

**HOLYOKE** – The Holyoke High School boys basketball team scored two wins last week and with nine wins, are headed to the state tournament against this year. In the win over Northampton, Calvin Godbolt had 23 points to lead the team. Aden Cabrera had 16 points and Chauncey Ruiz finished with 15 points. The Knights also defeated Amherst last week.

The only negative for the Knights was their undefeated season came to an end last Thursday with a loss against Pope Francis 77-74. The 9-1 Knights next face Central in a big rematch on Jan. 24 at 7 p.m.



Jordan King-Perilli drives to the hoop.



Calvin Godbolt shoots around the defense.



Jordan King-Perilli looks for a three-pointer.



Chauncey Ruiz is blocked as he tries to shoot.

*Turley photos by David Henry www.sweetdogphotos.com*



Julian Fasoli heads for the basket.



Ibrahim Salloum heads down the lane in the 200 individual medley.



Jared Lapite, who won two events against Hampden Charter, competes in the medley relay.



Linken Geddis swims the 200 freestyle.  
*Turley photos by David Henry www.sweetdogphotos.com*



Kiersten St. Lawrence does a leg of the 200 medley relay.



Laura Brown does her leg of a relay race.

## Boys swimming defeats Hampden Charter

**HOLYOKE** – Last week, Holyoke boys swimming defeated Hampden Charter 90-14. Brady Pjar had a pair of wins in the 100 backstroke and the 200 freestyle. Jared Lapite also had two event wins.

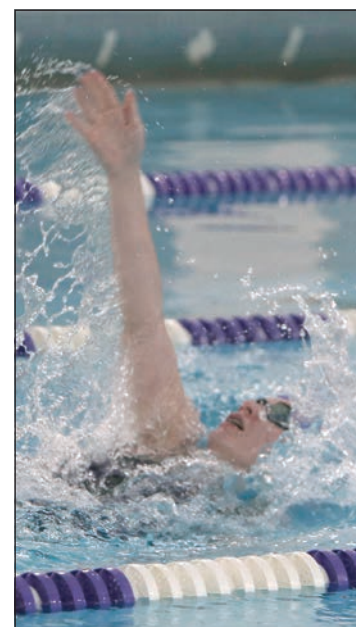
Holyoke boys swimming is 4-1. Girls swimming was a winner over Hampden Charter 108-9. Alexis Lapite had two event wins in the meet for the Knights. The girls are 4-1 on the season.

## Knights fall in close matchup with Terriers

**HOLYOKE** – Last Friday night, Holyoke girls basketball fell at home to West Springfield 42-37. The Knights were close throughout the matchup, but ultimately could not come back at the end. Holyoke was led by Kiara Perez and Kylie Blaha with 14 points each.

Holyoke also suffered a loss against SICS 66-28 and have had a tough season at 1-8.

Holyoke next faces Longmeadow on Monday evening at 7 p.m.



Hannah Raymond competes in the medley relay.

# Thompson Speedway to feature 10 events in 2025

THOMPSON, Conn. – After weeks of careful planning, the American-Canadian Tour (ACT) and Pro All Star Series (PASS) have finalized and released the 2025 schedule for Thompson Speedway. Beginning in late March through Columbus Day weekend in October, rolling thunder returns to the ‘Quiet Corner of Connecticut’ for ten individual dates in 2025 including the annual Icebreaker and Sunoco World Series weekends along with a return to monthly Wednesday night racing.

Everything begins on Saturday, March 29 with the first of two days celebrating the 51st Icebreaker weekend to kick off the 2025 New England racing season! Saturday is headlined by the return of the Monaco Modified Tri-Track Series for the first of two spectacular showings on the Thompson highbanks in 2025 plus the PASS Super Late Models, Evolve Bank Pro Truck Challenge and R&R Race Parts NH Open Street Stock Series! Saturday’s showcase also kicks off the 2025 track championship sea-

son for the Sunoco Modifieds and Mini Stocks plus the introduction of Thompson Speedway’s newest division, the Thunderstock Crown Vic Division!

Sunday, March 30 is headlined by the NASCAR Whelen Modified Tour Icebreaker 150 plus the second Sunoco Modified event of Icebreaker weekend along with the Thompson Late Models, Street Stocks and SK Light Modifieds for a spectacular closer to the season’s rip-roaring start!

The Monaco Modifieds return to headline the first Wednesday night action on May 14, complete with all six Thompson track championship divisions before the fan-favorite Dash for Cash Series returns for the first of three Wednesday Night programs on June 18, complete with the Evolve Bank Pro Truck Challenge and six Thompson divisions. The Dash for Cash 50 lap sprints will also return with the NEMA Lite special on July 9, the Wednesday, September 17 showdown and the Friday of Sunoco World Series weekend.

The NASCAR Whelen Modified Tour is back for their traditional midweek showdown on August 6 headlined alongside the New England Supermodified Series and six Thompson Speedway divisions for a thrilling midweek special that cannot be missed!

The 63rd Sunoco World Series of Speedway Racing begins on Friday, October 10 headlined by the Dash for Cash \$5,000 to win sprint plus the R&R Open Street Stocks and Senior Tour Auto Racers (STAR) alongside track championship finales for the Late Models and Mini Stocks. The Thunderstock Crown Vics will also run on both Friday and Saturday of World Series weekend.

Saturday afternoon is headlined by the incredible 75th annual Race of Champions 150 held for the first time at Thompson Speedway with a \$12,500 prize headed for the winner of the iconic Al Gerber Memorial trophy! Saturday also features the championship finale for the New England Supermodified Series, along with the Evolve Bank Pro Truck

Challenge and Harry Kourafas Memorial 22 for the New England Pro-4 Modifieds. The Sunoco Modifieds will compete in their first of two days during the Sunoco World Series and the SK Light Modifieds will crown their 2025 track champion.

Sunday, October 12 will feature the NASCAR Whelen Modified Tour Sunoco World Series 150 with the Sunoco Modifieds and Street Stocks crowning their track champions with the NEMA Lites rounding out the season-closing program.

“We’ve built up a schedule we think works for everyone,” said PASS President Tom Mayberry. “There’s a little bit of everything for each event that we believe works for both fans and racers alike.”

“Both Tom and I have had quite a few conversations with competitors and 2025 looks promising,” said ACT managing partner Cris Michaud. “The return of the Dash for Cash races and expanding the Crown Vic races are something we’re looking forward to seeing grow at Thompson next season.”

## Railers grab point in OT loss

WORCESTER – The Worcester Railers beat the Wheeling Nailers, 3-4 in overtime, Sunday afternoon at the DCU Center.

Not a typo, no. It is just that all things considered, the point Worcester earned was one of the best points a Railers team will ever get out of a hockey game.

They trailed the best team in the league, 3-1, with less than five minutes to go in the third period. Then, at 15:23, Jordan Kaplan converted a shorthanded breakaway to make it a one-goal game.

With goaltender Hugo Ollas on the bench, Worcester took it down to the limit and Anthony Repaci scored with four seconds to go in regulation. He converted a pass from Griffin Loughran and beat Taylor Gauthier from the bottom of the right circle with a low shot.

It was the latest game-tying goal in franchise history.

“I actually thought we had a lot more time than we did,” Repaci said, “maybe something like 20 seconds. That was cutting it close but it was an exciting finish.”

Yes, you might say that.

That Matt Koopman scored for Wheeling to win it just 49 seconds into overtime was a downer, but it did not ruin the day, all things considered.

Even before the opening puck drop the Railers were in a hole.

It was their third game in less than 72 hours, and it was against the team with the best winning percentage in the ECHL. Two of their defencemen, Matias Rajaniemi and Cam McDonald, were called up by Bridgeport before the game. Worcester replaced them with one defenceman, Anthony Hora up from the SPHL and making his ECHL debut. So the Railers dressed only 17 skaters.

With McDonald and Rajaniemi in the American Hockey League, there were no

Bridgeport contract players in uniform. The only NHL contract player was goalie Hugo Ollas. He is assigned here by the Rangers.

Worcester responded with a great effort from the start although it took a while for everything to fall into place.

“For us playing a three in three, with the effort they put out, I just wanted them to play to the wire,” coach Nick Tuzzolino said. “If the score had stayed 3-1 I probably would have been just as happy. I thought they played well. That’s a pretty gutsy effort against a really good team.”

Over the last two weekends Worcester took six of a possible eight points versus Wheeling. The Railers extended their overall points streak to eight games. They are 5-0-3 in those games. It is their longest points streak since they won nine in a row to open the 2022-23 season.

It was 0-0 after 20 minutes. David Jankowski scored for Wheeling at 8:55 of the second period. Cole Donhauser answered for Worcester at 14:26, snapping a 12-game goals drought. Manny De St. Phalie’s goal at 15:48 allowed the Nailers to take a 2-1 lead into the third period.

When Chris Ortiz made it 3-1 at 6:21, it seemed unlikely that the Railers would have enough petroleum in the tank to come back. Kaplan changed that perspective, then Repaci wound up rescuing the point.

It allowed Worcester to earn five of a possible six points on the weekend with all three games ending in 4-3 scores.

The All-Star break is here. It will give the Railers time to rest up from their dramatic weekend, but Tuzzolino isn’t going anywhere.

“I can’t,” he said. “I’ve got to go find some players.”

## T-Birds get win at Bridgeport

BRIDGEPORT, Conn. – The Springfield Thunderbirds (17-15-2-1) had six players record multiple points in a 6-4 triumph over the Bridgeport Islanders (8-25-2-2) on Saturday night at Total Mortgage Arena.

The T-Birds and Islanders’ netminders had all the answers in the opening 20 minutes, as Colten Ellis picked up where he left off from his shutout performance on Wednesday with 10 more stops in the opening frame. In the Bridgeport net, Hunter Miska made his first AHL start in nearly three years and was up to every Springfield challenge with 11 first-period stops.

The night marked the much-anticipated debut of Blues’ 2023 first-round pick Otto Stenberg, and the 19-year-old wasted little time in period two making his mark on the game, taking a drop feed from Hugh McGing in the left circle and roofing a wrister short-side on Miska for his first AHL goal on his first shot at 2:43.

Unfortunately, the excitement of Stenberg’s opening tally was quickly tempered when Chris Terry evened the slate with a power play goal at 3:29 for Bridgeport, snapping Ellis’s shutout streak of over 83 minutes.

The T-Birds returned fire at 8:56 when Hunter Skinner leaned into a one-time slapper off a Matthew Peca drop pass, beating Miska over the stick hand to give Springfield a 2-1 advantage.

Once again, however, the Islander power play had a rebuttal. This time,

a Samuel Bolduc point wrister eluded Ellis and got the game back even, 2-2, at 13:50.

Springfield continued to be just a tick faster than the Islanders in the see-saw second frame as Stenberg let a wrister fly from the left side at 15:45, creating a rebound for McGing to bury behind Miska and restore the T-Birds’ lead.

Finally, the Islanders could not get the game back to a stalemate, and Alek Kaskimaki lifted a backhand under the crossbar on a net-crashing play up the left side at 19:20 to send Springfield to the second intermission dressing room ahead 4-2.

Bridgeport still did not keel over, and with the teams skating 4-on-4 in the opening minute of the third, Liam Foudy capitalized on a rebound outside the paint to make it a 4-3 contest.

MacKenzie MacEachern further bolstered the Springfield advantage when he picked the puck off from Bolduc and cruised in on Miska before beating the netminder glove side on a breakaway to make it a 5-3 game at 7:33.

McGing capped off his best night of the season with his second goal of the evening in the dying seconds of a power play at 11:13 of the third to up the lead to 6-3.

Eetu Liukas would get one back for the Islanders with 1:03 to play, but it was too late for the home team as Springfield cashed in its fourth straight win and second in four nights over Bridgeport.



The Holyoke Sun

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

visit [www.publicnotices.turley.com](http://www.publicnotices.turley.com)



## Red cross training now available

HOLYOKE – The Holyoke Parks and Recreation Department is offering a lifeguard Red Cross certification training course at the Holyoke Boys and Girls Club, 70 Nick Cosmos Way. Session 1 will take place Feb. 15, Feb. 16 and Feb. 23 from 8 a.m. to 5 p.m. Session 2 will take place May 10, May 11 and May 18, from 8 a.m. to 5 p.m. Participants only need to attend one full session, (one Saturday and two Sunday's).

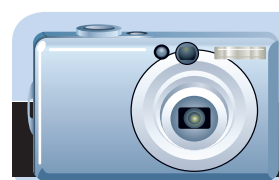
Applicants must be 16 years of age. Strong swimmers are encouraged to apply. Participants must pass a pre-skills test at the start of class. \$175.00 for Holyoke residents and \$275.00 for

non-residents.

Lifeguard Re-Certification Classes will also be offered on Feb. 23 and May 18. Participants only need to attend one class. Classes will run from 8 a.m. to 5 p.m. at the Holyoke Boys and Girls Club, 70 Nick Cosmos Wa. Update skills while also extending certification for another two year. \$125 for Holyoke residents and \$225 for non-residents.

Please register at the Holyoke Parks and Recreation Department, 413-322-5620.

Participants must register and be paid in full before attending the class. Limited space available.



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### City of Holyoke Notice of Public Hearing

The Holyoke License Board will be holding a Public Hearing on **Wednesday, February 5, 2025, at 5:15 pm.** You can join via Zoom.com; ID: 83974921923 CALL IN: \*67 646 558 8656, or in person at City Hall Annex 20 Korean Veterans Plaza Room 403 regarding the application for a **Transfer of an On-Premise All Alcohol License for F&M Hideaway, Inc. DBA Schermerhorn's Seafood Restaurant,** at 224B Westfield Road pursuant to M.G.L. Ch.138.

Applicant:  
F&M Hideaway, Inc.  
License Board:  
Jose Correa, Chairman  
01/24, 01/31/2024

### City of Holyoke PUBLIC HEARING NOTICE

The Holyoke Board of Appeals will hold a Public Hearing on **Thursday, February 4, 2025, at 5:00 p.m.**, in the City Hall Annex, Room 403, Holyoke MA to hear the petition of Mark Hoey, who is requesting an appeal from the zoning officer notice of determination letter dated 09/03/2024 and violation letter dated 11/06/2024, from Section 4.6.3/4.6.1, at a property known as 25 Cleveland St (095-00-034).

A complete copy of the application may be seen in the Office of Planning & Economic Development, 20 Korean Veterans Plaza, Rm 401, 8:30-4:30, M-F.

Applicant: Mark Hoey  
Board of Appeals:  
Josh Knox  
01/17, 01/24/2025

### City of Holyoke PUBLIC HEARING NOTICE

The Holyoke Planning Board will hold a Public Hearing on **Tuesday, February 11, 2025, at 5:30 p.m. via Zoom.com;** ID: 836-3939-8493; CALL IN \*67 646 558 8656 to hear, pursuant to the Holyoke Zoning Ordinance, a Large Scale BESS Site Plan Review (Sec 10A); Holyoke Landing Modification (File 144-B), submitted by Amanda Henry/Convergent Energy & Power, LLC to be located at 44-54 Holyoke Street, Holyoke MA (117-00-005A).

A complete copy of the application may be seen in

the Office of Planning and Economic Development at 20 Korean Veterans Plaza, 8:30 am-4:30 pm, M-F.

APPLICANT: Convergent Energy & Power, LLC, Amanda Henry  
PLANNING BOARD:  
Mimi Panitch, Chairperson  
01/24, 01/31/2025

### City of Holyoke PUBLIC HEARING NOTICE

The Holyoke Planning Board will hold a Public Hearing on **Tuesday, February 11, 2025, at 5:30 p.m. via Zoom.com;** ID: 836-3939-8493; CALL IN \*67 646 558 8656 to hear, pursuant to the Holyoke Zoning Ordinance, Special Permit to Exceed Fence Height in a front yard (Sec 4.6.3.2); Proposed Parking Lot Repaving (2025-2), submitted by 740 High Street, LLC c/o Mark Rehbein to be located at O High Street, Holyoke MA (009-03-001).

A complete copy of the application may be seen in the Office of Planning and Economic Development at 20 Korean Veterans Plaza, 8:30 am-4:30 pm, M-F.

APPLICANT: 740 High Street, LLC c/o Mr. Mark Rehbein  
PLANNING BOARD:  
Mimi Panitch, Chairperson  
01/24, 01/31/2025

### City of Holyoke PUBLIC HEARING NOTICE

The Holyoke Planning Board will hold a Public Hearing on **Tuesday, February 11, 2025, at 5:30 p.m. via Zoom.com;** ID: 836-3939-8493; CALL IN \*67 646 558 8656 to hear, pursuant to the Holyoke Zoning Ordinance, Special Permit for an Increase in Sign Size (Sec 6.4.6.4); Whiting Farms Laundromat Signage (2025-3), submitted by Chuck's Sign Co to be located at 2217-2291 Northampton Street, Holyoke MA (116-00-005)(115-00-016).

A complete copy of the application may be seen in the Office of Planning and Economic Development at 20 Korean Veterans Plaza, 8:30 am-4:30 pm, M-F.

APPLICANT:  
Chuck's Sign Co  
PLANNING BOARD:  
Mimi Panitch, Chairperson  
01/24, 01/31/2025

### Commonwealth of Massachusetts The Trial Court Probate and Family Court Hampden Division Docket No. HD25P0065EA Estate of: Doris E Bronson Date of Death: 12/15/2024 INFORMAL PROBATE PUBLICATION NOTICE

To all persons interested in the above captioned estate, by Petition of Petitioner **James E Bronson of Pittsfield, MA**

Petitioner **Matthew D Bronson of Seymour, CT** a Will has been admitted to informal probate.

**James E Bronson of Pittsfield, MA**  
**Matthew D Bronson of Seymour, CT**

has been informally appointed as the Personal Representative of the estate to serve **without surety** on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.  
01/24/2025

### City of Holyoke Notice of Public Hearing

The DGR Committee of the Holyoke City Council will hold a public hearing to hear a special permit application of F & M Hideaway, Inc to reconstruct and renovate Schermerhorn's Restaurant and retail store per sec 4.7.3 at 224 Westfield Road (157-00-072). Hearing will take place on **Monday, February 10, 2025 at 6:30 pm** at Holyoke City Hall 536 Dwight St and can be accessed remotely via [www.zoom.us](http://www.zoom.us) Meeting ID 852

## Wistariahurst offers sensory friendly Sunday fundays

HOLYOKE – Wistariahurst Museum is delighted to welcome friends and families into the halls once a month for Sensory Friendly Sunday Fundays. Starting on Feb. 9, the halls will be open to guests to stop by and enjoy from noon to 3 p.m. for an afternoon of fun activities. Discover the wonders of the first floor at Wistariahurst Museum and explore each captivating room, beginning with the elegant marble lobby and continuing to the enchanting music room, all while utilizing our informative guide pamphlets in English and Spanish. Throughout the first floor, guests of all ages can interact with activities curated with our friends with sensory sensitivities in mind. Our music room will be filled with fun gross motor activities that will get everyone hopping, moving, and excited with hula hoops, hop-

scotch, bounce balls, and so much more! Throughout the first floor, children will be able to interact with fine motor activities, puzzles, and board games to engage with and enjoy.

Staff are on the lookout for Winston the Wisty Lion and need help. Winston is sleeping somewhere in the museum, but we can't find him. During a self-guided tour, keep eyes open for the lethargic, little lion.

The Sensory Friendly Sunday Fundays provide an excellent opportunity for families with sensory sensitivities to experience the museum in a relaxed environment at their own pace. Wistariahurst is thrilled to host these monthly open hours, allowing families to explore, discover, and connect with the museum. This is why these events will be free and accessible to the public for all to enjoy.

## Public Notices

6455 1161 Meeting Passcode 477688 or by call in at 1-646-558-8656 with same Meeting ID and Passcode. For a copy of the application or to provide comments, please contact City Council Admin Asst Jeffery Anderson-Burgos at [Anderson-BurgosJ@holyoke.org](mailto:Anderson-BurgosJ@holyoke.org) or by phone 413-322-5525.

DGR Chair  
Kocayne Givner  
01/24, 01/31/2025

### Commonwealth of Massachusetts The Trial Court Probate and Family Court Hampden Probate and Family Court 50 State Street Springfield, MA 01103 (413)748-7758 Docket No. HD25P0052EA Estate of: Nancy L Lynch Also known as: Nancy B Lynch, Nancy Barton Lynch Date of Death: 11/03/2024 CITATION ON PETITION FOR FORMAL ADJUDICATION

To all interested persons:  
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Edward B Lynch of Marstons Mills, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Edward B Lynch of Marstons Mills, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

**IMPORTANT NOTICE**  
**You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 02/10/2025. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.**  
**UNSUPERVISED**

### ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

**A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration**

WITNESS, Hon. **Barbara M Hyland**, First Justice of this Court.  
Date: January 13, 2025  
**Rosemary A Saccomani**,  
Register of Probate  
01/24/2025

### Commonwealth of Massachusetts The Trial Court Probate and Family Court Hampden Probate and Family Court 50 State Street Springfield, MA 01103 Docket No. HD25P0047PM In the matter of: Alexiel Jovan Suarez Of: Holyok, MA RESPONDENT (Person to be Protected/Minor)

**CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF CONSERVATOR OR OTHER PROTECTIVE ORDER PURSUANT TO G. L. c. 190B, § 5-304 & § 5-405**

To the named Respondent and all other interested persons, a petition has been filed by Brithany M Melendez of Holyoke, MA in the above captioned matter alleging that **Alexiel Jovan Suarez** is in need of a Conservator or other protective order and requesting that Brithany M Melendez of Holyoke, MA (or some other suitable person) be appointed as Conservator to serve **Without Surety** on the bond.

The petition asks the court to determine that the Respondent is disabled, that a protective order or appointment of a Conservator is necessary, and that the proposed conservator is appropriate. The petition is on file with this court.

**You have the right to object to this proceeding.**

If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of **02/10/2025**. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

**IMPORTANT NOTICE**  
**The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.**  
WITNESS, Hon. **Barbara M. Hyland**, First Justice of this Court.  
Date: January 13, 2025  
**Rosemary A. Saccomani**  
01/24/2025

### City of Holyoke PUBLIC HEARING NOTICE

The Holyoke Planning Board will hold a Public Hearing on **Tuesday, February 11, 2025, at 5:30 p.m. via Zoom.com;** ID: 836-3939-8493; CALL IN \*67 646 558 8656 to hear, pursuant to the Holyoke Zoning Ordinance, a Site Plan Review Amendment (Sec 10); Holyoke Landing Modification (File #144-C) and Special Permit Amendment (Sec 6.1.7); Holyoke Landing Telsa INC (2025-1), submitted by Telsa INC, Ed Noseworthy to be located at 12-44 Holyoke Street, Holyoke MA (117-00-005).

A complete copy of the application may be seen in the Office of Planning and Economic Development at 20 Korean Veterans Plaza, 8:30 am-4:30 pm, M-F.

APPLICANT: Telsa INC, Ed Noseworthy  
PLANNING BOARD:  
Mimi Panitch, Chairperson  
01/24, 01/31/2025

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**BARTLEY**, from page 1

"You watch Tessa, you watch the ordinance and they'll pause," Bartley said. "The ordinance chair (Rivera) is continually turning off his microphone and asking me, 'what do I do now?'"

He stated that Rivera and Murphy-Romboletti have continually been "interruptive" during meetings and that was the cause for his frustration during the ordinance meeting.

"With this particular chair (Rivera) it is continual interruption," Bartley said. "It is the same with the city council president. They interrupt when they don't particularly like what someone has to say or the way they're saying it."

Bartley felt that it is this past history that contributed to his actions during the ordinance committee meeting.

Rivera and Murphy-Romboletti disagree with Bartley's assessment. As a committee chair Rivera, says he has a responsibility to keep decorum during meetings.

"There is a tone and a condescending way that he speaks to guests when they walk in or when he is speaking to other councilors and colleagues and as a chair of the meeting I feel like it is on me to make sure there is decorum," Rivera said. "The way he addresses things is somewhat detrimental to the group."

Murphy-Romboletti added working to keep decorum is also key to her role as council president.

"I like to believe that as president it is my job to maintain decorum," Murphy-Romboletti said. "It is my goal and responsibility to get us to treat each other with respect."

Rivera also stated that he is perfectly capable of running a meeting on his own and that he will only call on Bartley when Bartley appears to have something to say.

"Maybe in his mind, he interpreted it as me coming to him for advice but in reality it is him trying to speak on certain orders or topics he feels strongly about," Rivera said.

Murphy-Romboletti also added that she works hard to prepare for meetings so she can run each one efficiently.

She also stated that she often reaches out to former President Todd McGee as well as former Councilor Joe McGiverin for advice so she can do the best work possible.

It is these two that she leans on more so than Bartley.

"I appreciate any past support he [Bartley] may or may not have given me, but that is not to say he has made my job easier," Murphy-Romboletti said.

She was disheartened to hear about Bartley's commentary.

"I think it is unfortunate that instead of taking accountability it sounds like Bartley is deflecting on others," Murphy-Romboletti said.

Bartley hopes that he has enough good will built up with the people of Holyoke for this to pass.

"The cancel culture can say what they want and that's fine, but I think I maintain decorum and follow the rules," Bartley said.

Some resident who spoke during public comment also gave their thanks to Rivera for his handling of Bartley's behavior.

"I want to see some praise for that committee chair," Thalheimer said. "Israel Rivera held his cool, stayed professional throughout and asked after the well-being of this person who was clearly having an unprofessional meltdown."

*"The public is watching, the public is expecting more of us. We all took an oath to uphold these rules so, do better."*

- Tessa Murphy-Romboletti

**SULLIVAN**, from page 1

al communication skills and abilities to advocate for the ideas and perspectives of the Sullivan student body," Student Ambassador Zoe Rodriguez said.

In total this year there are 37 student ambassadors, from A House, B House, the Dual Language Program and the TIPP program.

Through this program the ambassadors hope to help their fellow students through supporting them and advocating for their needs.

"Student ambassadors play a vital role as school leaders," Student

Ambassador Patrick Smith O'Connor said. "The program offers us a chance to develop our leadership and communication skills while inspiring our peers to take an active role in representing Sullivan."

Already this year the ambassadors have met with representatives from Sodexo to advocate for lunch program improvements.

They have also participated in the middle school student leadership program at American International College.

On top of this, the students also help with day to day activities of the school.

"Ambassadors are actively involved in morning announcements to inform stu-

dents on the events each day at Sullivan, supporting school events and activities such as trips for students and assisting the main office by collecting papers and passing out food drive boxes to classes," Student Ambassador Xavier Rodriguez said.

They also go out of their way to ensure that all students in the school feel welcome within its walls.

"During lunch some ambassadors sit with some newcomers and make sure they are included," Student Ambassador Sophia Camacho said.

If the students miss any school work for their ambassador work or meetings, they are trusted to make it up on their own.

Throughout the rest of this year, they hope to continue building on the work they are doing for their district. They want to continue the restorative justice work in the school and raise funds for school projects.

"We want to keep giving feedback on PBIS systems, we want to keep giving feedback to our principal on different aspects of the school and lastly we want to keep working to improve our food," Student Ambassador Soophia Fonseca said.

"I love the work you [Israel Rivera] have done on this council and I don't think you got the respect you deserved at that meeting," Elizabeth Grisanti said. "You were a champ."

Council President Tessa Murphy-Romboletti, following the public comment, took the time to remind those in council chambers of the council rules around decorum.

"What happened at our ordinance committee meeting was just not acceptable. I have to address it publicly," she said. "I am going to remind everyone again what section 6 of our city council rules are about decorum and about speaking and how we speak to each other."

Murphy-Romboletti particularly drew attention to council rule 6E, which states that "no member in debate shall make any references to another member, city employee or other member of the general public in disrespectful terms."

She and the community members who spoke ask better of the council moving forward.

"The public is watching, the public is expecting more of us," Murphy-Romboletti said. "We all took an oath to uphold these rules so, do better."

"You are supposed to be held to a higher standard, that is why we voted for you. I want to see some action on this," Thalheimer said.

The students truly enjoy the opportunity to speak out for their fellow students and to practice their leadership skills.

"It feels really good being able to be the voice for those who don't have a bigger voice as certain people like us," Student Ambassador Angel Colon said. "So it feels good to be that voice for other people."

"Ambassadors support new students, lead by example, provide constructive feedback and advocate for meaningful changes within the school," O'Connor said.

The school committee was delighted to see the students participating in such a great program that would help them to develop skills they could use throughout the rest of their lives.

"I want to commend you for your leadership, it makes me so proud to see all of you speak with so much confidence and the qualities that we try to instill in all of our students, you guys are right on par with," Superintendent Anthony Soto said.

Soto and the other school committee members look forward to seeing how these students continue to grow throughout their time as ambassadors and as they move beyond Sullivan school.

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## In The News

### EVENT, from page 1

“These remarkable individuals serve as inspiring role models for younger students with disabilities, demonstrating the power of inclusion, perseverance and community engagement,” Chief of Pupil Services Marianne Currier said.

The Transitions Academy is a program for people ages 18 to 22 who have completed their high school education but still want or need some support in navigating day to day life.

“We work on verbal and non-verbal skills, people skills and learning to stay in the present” Director of the Transitions Academy Corrine Moguel said. “We help them learn to be professional.”

A variety of teachers and job coaches work with the participants daily to help them learn these skills while still maintaining their independence.

“Transition academy is a good place for independence and growth,” Transition Academy Participant Michael Valentien Jr. said. “It’s about trying to get to know people and to try to grow together. Just because you have a disability it doesn’t stop you from being the person you want to be.”

This event was the perfect way for the participants to practice some of the skills they had been working on all the while giving back to their community.

“What I am most looking forward to is watching the life skills we do inside our classroom transform into practice here,” Moguel said.

The participants themselves enjoyed this opportunity to connect with their community, especially as they had once been SEPAC kids themselves.

“I like helping out kids because kids deserve some help and to have some fun,” Transition Academy Participant Calvin Thompson said. “I came to help all the people.”

Also at this event was the Applebury Behavior Associates, which is a clinic-based autism services group.

They were at the event to help provide families with the connections they may need to support their children.

“We hope to be a resource for our community and to bridge opportunities that no one’s been able to have,” Clinical Director Geri Loporati said.

Her company supports families and their children ages two through 18 with services they may need.



Children and their families got unlimited rides on the Holyoke Merry-Go-Round at the SEPAC holiday event.

*Turley photos by Quinn Suomala*

“We serve children in any way we can,” Loporati said. “We serve them in the clinic, we serve them in their homes, we go to communities, we go to churches; we really strive to go everywhere that we need to go to make sure that families are supported.”

If families want to reach out for services, they can contact [gleporati@aappleburybehaviorassociates.com](mailto:gleporati@aappleburybehaviorassociates.com) or call 978-732-4488.

SEPAC hosts this event every year to give families a chance to relax and have fun with one another.

They also host an annual trunk or treat to provide families a safe way to enjoy the Halloween holiday.

SEPAC hosts regular meetings to offer training and support to families. Their next meeting is scheduled for Feb. 4 and will be a basic rights workshop for families.

The workshop will be virtual. If people have questions about the meeting or SEPAC in general, they can reach out at [PAC@hps.holyoke.ma.us](mailto:PAC@hps.holyoke.ma.us).



Director of Special Education Compliance Alessandra Graziani, Chief of Pupil Services Marianne Currier, Director of Special Education Programming Tammy Seymour and Director of Transitions Academy Corrine Moguel enjoyed the SEPAC holiday event.



Participants from Transitions Academy and students from local school districts volunteered their time to help out at the SEPAC holiday event.



Children and their families got to enjoy crafts and refreshments during the holiday event put on by SEPAC.



Jayden Julke and Geri Loporati from Applebury Behavior Associates enjoyed the SEPAC holiday event.

**ALZHEIMER'S ASSOCIATION**

**LIVING WELL AFTER THE DIAGNOSIS**

**JANUARY 31, 2025**

**PRESENTED VIRTUALLY**

**9:30 AM (EDT)**

Hosted by the Alzheimer's Association  
New England Chapters:  
CT, MA/NH, ME, RI, VT

*Designed for individuals living with early-stage dementia and their care partners.*

<https://www.alz.org/manh/events/living-well-after-the-diagnosis>

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**PRESENTATIONS**

**9:30 - 10:30 AM**  
*Opening Remarks & Keynote, Living Well: Panel of Individuals Living with Dementia; Presented by Meghan Lemay, MS, and Panelists*  
This session will highlight what it is like to live with Alzheimer's disease and other dementia. Panelists will discuss coping with the diagnosis and combating the stigma associated with the disease. They will also talk about the importance of disease education, social engagement, and having a voice in your own care.

**10:30 - 10:45 AM: Break**

**10:45 AM - 12:00 PM: Living Well with Cognitive Challenges: Tips and Strategies Presented by Julie Brody Magid, PysD**  
Establishing a more simplified routine and schedule can be helpful and affect one's well-being. This session will review cognitive strategies to help manage common difficulties encountered in daily life with the goal of improving feelings of well-being and self-reliance. Specifically it will focus on how to develop a person-centered roadmap to optimize meaning, structure and appropriate levels of stimulation.

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