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Updated master plan in the works

By Quinn Suomala Staff Writer

HOLYOKE – The city of Holyoke plans to update their 1999 Comprehensive Master Plan in order to make it more relevant to the current times.

Mayor Joshua Garcia had pushed for this initiative to begin, as he wanted to ensure the future of Holyoke was planned for.

"One of his slogans is, 'you get what you planned for,' and so as we tried to focus on a number of initiatives...a comprehensive master plan really lays out the direction of the city for the next 20 years," Director of Planning & Economic Development Aaron Vega said. "He really wanted to have a plan in place to guide the city."

This process will be led by the Office of Planning and Economic Development and the Planning Board.

To support them, they have also called in a team of consultant urban planners, led by Cambridge-based Agency Landscape + Planning with support from Northampton-based Cambridge Econometrics,

See MASTER PLAN, page 3

Holyoke Rows offers kayaking

By Quinn Suomala Staff Writer

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HOLYOKE – Holyoke Rows is offering summer programs for those interested in learning about kayaking.

This program offers free kayaking and fishing from 5:30 p.m. to 8 p.m. every Monday throughout the summer.

Additionally they have free kayaking and dragon boating on July 10, 17 and 31.

"We provide the kayaks, the life jackets, the people to help you carry the kayaks, some instruction for people, kayaking isn't hard to pick up so it is usually pretty easy," Outreach Coordinator Sarah Wedaman said.

Kids and adults are welcome to come and try out this program. There are single and double kayaks available, as well as tow ropes for adults to use if a kid wants to be in their own kayak but is nervous about rowing on their own.

Holyoke Rows hopes that through this program they will be able to help people who may not have been out on the water before a chance to give it a try.

"Kayaking is a really easy way to get on the water here, there's a lot of people that just don't have access to the Connecticut River or a chance



offers a free summer program to community members to get out on the water. Life vests and kayaks are provided for free to all who come to the free summer evening programs.

Turley photos by Quinn Suomala to interact with it, so this is an easy way to get out there," Wedaman said.

Wedaman and others at Holyoke Rows also emphasized that anyone is welcome to come to the program. "You don't have to know a lot, you don't have to have any experience, you can just come down," Wedaman said. "Anybody is welcome, no limitations."

For those interested in the program, all they have to do is arrive at Holyoke Rows, which is located at 25 Jones Ferry Road in Holyoke, at the time of the program. They do not need to bring anything but themselves.

"All they have to do is show up and we'll get them in the water," Wedaman said.

Holyoke Rows has the kayaks and life vests for people, and they also have bath-

See KAYAKING, page 6

Library presents '**POOP**'ular Poop Museum program

By Quinn Suomala Staff Writer

HOLYOKE – Susie Maguire came to Holyoke Public Library to present her Poop Museum, where she engaged and laughing throughout the event.

"A highlight is when the kids are learning cool things and laughing their heads off," Maguire said. "It's learning and laughter, combined."

Maguire enjoyed the excitement of the kids who attended the program. There was a great turnout, and all of the kids were delighted to be there.

"A highlight for me was the energy of the kids," Maguire said. "It was a full room of laughing kids."

See POOP, page 9

Council rejects transfer to deal with pending litigation

By Quinn Suomala

taught kids about how different animals defecate.

Throughout her presentation she talks about aphids, ants, ladybugs, butterflies, pandas, sloths and many more animals.

She included fun facts, such as the fact that aphids defecate the size of themselves every two hours, that bees will make honey from aphid defecation and that butterflies do not defecate at all.

The kids in attendance of the program even had a chance to try some honey that bees had made from aphid defecation, which is mostly made of sugar and water. All of the kids

All of the kids at the program greatly enjoyed Maguire's presentation, she kept them



Susie Maguire presented the Poop Museum to kids at the library. Turley photo by Quinn Suomala

Stall Willer

HOLYOKE – The city council voted to not transfer \$150,000 from different areas of the police department budget to claims and damages.

The transfer would have come from the police department budget, as requested by some councilors in previous discussions.

This transfer would have been made in anticipation of a pending litigation toward the city which the council was unable to discuss in detail as the matter was addressed in executive session.

"The city has been made aware of a pending litigation, there is a complaint that has been filed and the city has been attempting to negotiate the complaint as we always do," Attorney Michael Bissonnette said.

See LITIGATION, page 9

In The News Man arrested in shootout incident near city hall

HOLYOKE — One man is in custody, and another has been identified but was at large in the wake of a shootout last Thursday at 1:45 p.m. near High Street and Worcester Place.

Police said five shots were fired in the exchange. Two wild shots reached the City Hall Annex, which is adjacent to City Hall, taking out a window at the Board of Health, which is on the third floor. There were no injuries.

Holyoke Police Captain Isaias Cruz said ShotSpotter technology and recently installed City cameras helped officers identify a car involved in the shooting. The driver went down Cabot Street and crossed the Willimansett Bridge into Chicopee where local police stopped the car and arrested the driver.

Cruz said a gun, ammunition, narcotics, and shell casings were found in the car. A warrant has been issued for a man who had been a passenger in the car.

The driver, who was not immediately identified, was charged with possession of a firearm without a license, discharging a firearm within 500 feet of a building, and possession of ammunition without a Firearms Identification Card, and possession of Class B narcotics with intent to distribute.

Holyoke Mayor Joshua A. Garcia said the shooting incident involved two parties. He added that the City Hall Annex was not the intended target. "I'm relieved that our ShotSpotter technology and cameras helped us catch a suspect," Garcia said. "But I'm disgusted and angry at the gun violence in Holyoke. Every citizen in every ward deserves to feel safe and secure. We need to get guns and drugs off our streets. We need harsh penalties for those who engage in gun violence and we need judges willing to hand out harsh penalties for those who endanger our residents."

In the wake of a shooting in Springfield that badly injured a police officer, Mayor Garcia posted on social media: "There is only so much we can do locally. And what we do locally often creates debate and divides communities. No matter what we do however, nothing will be more effective than Congress strengthening gun laws and judges doing their jobs. Yes, education is key and effective in the long term. But what about right now or the next few short hours that can present the next tragedy?"

Thursday's incident came two days after the shooting death of a Holyoke man on West Street. Police are investigating that incident as well as Thursday's shootout.

Both the Mayor and the City's Personnel Department invited concerned City employees to reach out. A counselor from the City's Employee Assistance Program will be at the Annex tomorrow to meet with employees seeking support.

City to recognize Colombian Independence Day July 23

HOLYOKE – The eighth annual observance of Colombian Independence Day will be held at Holyoke City Hall on Tuesday, July 23, at 4:30 p.m.

Holyoke residents of Colombian descent and their families will gather on the lawn outside City Hall to share their culture and heritage. Mayor Joshua A. Garcia will read a proclamation, and the Colombian flag will be raised. Colombian Independence Day is celebrated each year to commemorate events that took place in Colombia on July 20, 1810, in what was then the colonial capital of Santa Fé de Bogotá. On that day, Colombian patriots rose up against Spanish rule. The events of that day brought about permanent independence for Colombia. Today, Bogotá is the capital of the Republic of Colombia.

Library hosting 'pop-up' art classes

HOLYOKE – The Holyoke Public Library will be hosting a pair of pop-up art classes. On Tuesday, July 23, learn Axolotil Canvas painting. Painting an adorable smiling axolotl in Kawaii style with pop-up Art School. During the class, you'll view pictures of axolotl and learn fun facts. An axolotl is a Mexican amphibious salamander.

The second class will be held on Tuesday, Aug. 13 and will feature watercolor flowers. Discover the beauty of watercolor paints. You will learn how to mix

colors like a pro and learn tips and tricks for creating colorful flowers and leaves.

Both programs begin at 11:30 a.m. and are limited to just 15 people per class. Preregistration is strongly recommended. You can signup online at Holyokelibrary.org or call (413) 420-8109.

Tips on how to stay safe in extreme heat conditions this summer

Heat-related deaths have been increasing in the U.S., with approximately 1,602 occurring in 2021, 1,722 in 2022, and 2,302 in 2023, a record for U.S, health deaths.

While bright sunny days seem alluring, the heat can put many people's health at risk. especially if your area is experiencing a heat index at or about 90 F.

"Those at greatest risk for developing a heat-related illness are children under 5 and people 65 years of age and older, who have the least ability to regulate their body temperatures, as well as athletes and those who work outdoors for a living," said Dr. Seth Gemme, FACEP, chair, Department of Emergency Medicine, Baystate Health.

Overweight people and others with chronic illnesses such as heart disease or high blood pressure, as well as those on certain medications, are also at high risk.

According to Dr. Gemme, extreme heat affects the body's ability to safely regulate its temperature, often resulting in heat-related illnesses such as heat exhaustion, heat stroke, heat cramps, cardiovascular and respiratory complications, renal failure, electrolyte imbalance, kidney stones, as well as having a negative impact on fetal health and preterm birth.

Sweating is the body's natural defense to cooling itself. However, when humidity is high, sweat does not evaporate as quickly, preventing the body from releasing heat quickly and resulting in a rapid rise of body temperature.



Cooper, chief, Division of Pediatric Emergency Medicine at Baystate Children's Hospital.

"Similar to adults, extremely high temperatures can cause children to become sick very quickly resulting in dehydration, heat exhaustion, heat cramps and heat stroke which is a medical emergency. You need to diligently watch for symptoms that your child may have a heat illness and bring them to a cooler environment. Call your pediatrician for mild symptoms or go to your local emergency room for more severe symptoms," he added.

location that does, such as the mall or a movie theater or library. Call your local health department to see if there are any heat-relief shelters in your area.

Dress for the weather – Wear lightweight, light-colored, loose-fitting clothing and a broad-brimmed hat when outdoors. Stay away from polyester in favor of cotton and linens which are better at repelling the sun's heat. Also, consider wearing sunglasses and putting on a sunscreen with an SPF 15 or greater.

Drink plenty of liquids drinking before you go outside and, if exercising, drink one quart of liquid an hour to replace lost fluid. Avoid caffeinated beverages, sugary drinks and alcohol which can contribute to the loss of more body fluid. Heavy sweating removes salt and minerals from the body that need to be replaced. A sports drink can replace the salt and minerals you lose in sweat. Also, if taking water pills, on a fluid restrictive diet, on a low salt diet or have diabetes, high blood pressure or other chronic conditions, consult with your physician before increasing your liquid intake. Avoid very cold drinks which can cause stomach cramps. Take it slow and easy with athletic activity and working outdoors - Postpone athletic activity during high heat and humidity. Limit outdoor activities to the morning and evening. Drinking sports beverages can replace lost salt and minerals when you sweat. However, those on low-salt diets should check with their

doctor before drinking sports beverages. If you work outdoors, in addition to drinking plenty of liquids and dressing appropriately, pace yourself and take frequent short breaks in the shade and know when to stop activity - if exertion in the heat makes your heart pound and leaves you gasping for breath, stop all activity and make your way into a cool area or in the shade, especially if you become lightheaded, confused, weak or faint.

Eat smaller meals – Instead of the usual rule of eating three square meals a day, eat smaller meals more frequently on days when the sun turns up the heat. Also, avoid hot and heavy meals and high-protein foods which can increase metabolic heat.

Take a cool shower or bath

Tips to beat the heat for infants and children are similar, but with differences, according to healthychildren.org of the American Academy of Pediatrics.

Stay hydrated - Encourage your children to drink water frequently and have it readily available-even before they ask for it. Take water bottles with you if you go out. On hot days, infants receiving breast milk in a bottle can be given additional breast milk in a bottle, but they should not be given water, especially in the first 6 months of life. Infants receiving formula can be given additional formula in a bottle. Dress lightly - Light-colored clothing can help kids stay cool and prevent heat stress from excessive heat absorption; darker colored clothing typically provides slightly better protection against sun damage to skin. Also try to choose loose fitting clothing-ideally that offers both adequate ventilation and protection against direct sun exposure. Clothing made with just one layer of absorbent material can help maximize the evaporation of sweat, which has a cooling effect (kids have lower sweat rates adults). Be sure to use plenty of sunscreen appropriate for infants and children. Plan for extra rest time - Heat can often make children (and their parents) feel tired. High heat can not only cause people to feel tired, but it may also contribute to irritability. Go inside regularly to cool off, rest and drink water.

Warning signs in adults and children

Warning signs of an oncoming heat-related illness in adults or children could include excessive sweating, leg cramps, flushed skin, nausea and vomiting, dizziness, headache, confusion, rapid pulse and a body temperature of 103° F of higher. If these occur, get out of the heat and drink liquids. If you don't feel better soon, Dr. Gemme recommends calling your doctor or visit your local emergency room because heat stroke can cause death or permanent disability and cause damage to the brain and other vital organs.

"Infants and young children depend on adults to keep them safe and healthy during times of high heat, and every step must be taken to protect their young bodies on hot days," said Dr. Michael Cronin

Elderly need to be closely watched

"Since they are at greater risk from the ill-effects of the heat, make it a habit. to check on elderly relatives and neighbors several times a day to make sure they are safe and free from any signs of heat exhaustion or heat stroke," Dr. Gemme said.

Tips for keeping cool

However, adults can stay cool and safe this summer by observing some important tips to prevent heat-related illnesses.

As with many illnesses, the best defense is prevention, consider the following tips to keep safe in the high heat: **Stay out of the heat** – Avoid direct sunlight and strenuous activity outdoors. If possible, remain indoors. If you do not have air conditioning, consider visiting a

See HEAT, page 3

In The News HCC welcomes first vice president of people, culture, equity

HOLYOKE – Holyoke Community College recently welcomed Marlowe Washington, Ed.D., D.Min., as its first vice president of people, culture, and equity.

In this executive-level position, Washington serves as a strategic partner to President George Timmons, the HCC Cabinet, and all campus constituencies to advance culture, equity, diversity, and inclusion.

Washington comes to HCC following his work as the inaugural senior diversity officer at St. John Fisher University in Rochester, N.Y., where he oversaw the continuation of the university's efforts supporting diversity, equity, and inclusion.

Washington recently moved to Springfield, Mass., but maintains a residence in Rochester, N.Y., where he is pastor of the Agape Fellowship United Methodist Church.

He started his position at HCC on Monday, July 8.

"I am here, first of all, because the president's vision really resonated with me," Washington said. "He said, 'I want to save lives,' and you don't normally hear that from a college president. That's not what they talk about. That was what sold me, because education is the great equalizer. It was for me in my personal life, as it was for President Timmons."

Washington is a New York City native who grew up in the Bronx.

A first-generation college graduate, he earned his bachelor's degree in political science from St. Francis College in Brooklyn, N.Y., a master's degree in divinity in urban ministry and planning from the New York Theological Seminary in Manhattan, N.Y., a doctorate in ministry from Northeastern Seminary in Rochester, N.Y., in transformational leadership and cultural intelligence, and a doctorate in education from St. John Fisher University in executive leadership in higher education.

"I am very excited about the hiring of Dr. Washington as our inaugural vice president for people, culture, and equity," said Timmons. "I am excited about this enthusiasm, his excitement to be part of our team, to be part of our mission and vision. Being a first-generation college graduate and understanding the population we serve is really important."

In his role, Washington will oversee the Human Resources department, Title IX (federal prohibition against sex and gender discrimination), the college's Affirmative Action officer and interim executive director of diversity, equity, and inclusion.

He is married to Mira Washington, a human resources professional. They have two adult children and three grandchildren. His office on the fourth floor of the HCC Kittredge Center is already filled with photographs of family members and other young people whom he calls his "surrogate children."

"They call me papa or dad or whatever," he said. "I have a very strong relationship with them, and that's what I love about higher ed, because it's not just about educating, it's developing relationships. Really, 90 percent of diversity, equity and inclusion is about building relationships and building social connection. That's what I'm aiming to do here at HCC."

Mindfulness yoga classes available

HOLYOKE – NAMI Western Massachusetts would like to announce Mindfulness Yoga with Kateri's third anniversary yoga series. This class is designed as a gentle, therapeutic yoga class with beginners in mind. It is easy-paced, helps reduce stress and anxiety, and aids in the management of mental health symptoms. Kateri is a certified yoga instructor and is vice president of our board of directors. This series will be 4 weeks starting on Monday July 29 and continuing August 5, August 12, and concluding on August 19. Come celebrate Kateri's Third Anniversary, July 29, with a free yoga class. The remaining three classes are available for just \$30. Partial proceeds go to NAMI-WM. Preregistration is required. To Register email Kateri at: mindfulnessyogawithkateri721@ gmail.com.

Spots open for summer sports camps

HOLYOKE – Spots remain open for summer sports camps at Holyoke Community College.

Starting Monday, July 29, and running through Friday, Aug. 2, HCC is offering a comprehensive youth soccer clinic led by Rob Galazka, head coach of the HCC women's soccer team. The clinic, for youth aged 8 to 17, will focus on both basic and advanced soccer skills with plenty of one-on-one instruction from Galazka, with assistance from top players on the HCC women's team.

Starting Monday, Aug. 5, and run-

ning through Friday, Aug. 9, head HCC baseball coach Ryan Magni will lead a baseball clinic for youth aged 8 to 17. This fun-filled, challenging program will emphasize fundamental skills and baseball knowledge while building self-confidence and developing every player's ability to play more competitively.

Both programs run from 9 a.m. to 4 p.m. each day on the main HCC campus, 303 Homestead Ave., and cost \$299. To register, please go to: hcc.edu/ summer-youth.

HPS model video projects earn national communication awards

HOLYOKE – The Holyoke Public Schools communications team has earned five national awards this year, including an Award of Excellence for a video produced by HPS Media Center Director Michael Hines—A Model School: Making it Our Own—along with four other winning entries produced by the HPS communications team.

The National School Public Relations Association recently announced its 2024 Publications and Digital Media Excellence winners, representing some of the best communications work produced by public relations professionals from school districts across the United States and Canada. Winning entries were recognized during the Annual Meeting and Celebration of Achievement during NSPRA's 2024 National Seminar July 14-17 in Bellevue, Washington.

Holyoke Public Schools submitted a total of five entries this year, and all five were selected for national recognition. These include:

• Three videos produced in house, including A Model School: Making it our own (Award of Excellence), Cultivating compassion: Sullivan Middle School's social-emotional learning journey (Award of Merit), and High school is just ahead: Advice for 8th graders (Honorable Mention)

• The district's e-newsletter, Together for Holyoke: Stories and inspiration from our schools (Award of Excellence)

• A news article, 'You're good at math; you just don't know it yet,' says Sullivan math coach, (Award of Excellence for writing)

The awards were presented to Communications Director Jennie Oesterreicher, Media Center Director Michael Hines, Senior Communications Coordinator Kat Johnson, and Chief of Strategy and Turnaround Erin Linville for their respective work on these projects.

HEAT, from page 2

Cool off with water - When your child is feeling hot, give them a cool bath or water mist to cool down. Swimming is another great way to cool off while staying active. Remember that children should always be supervised while swimming or playing in water to prevent drowning.

Kids in hot cars

Dr. Cooper reminds parents and caregivers that hot weather and vehicles can be a deadly combination for kids.

According to the National Safety Council, the number of child hot car deaths for 2023 was 29. So far, several deaths have been reported this year. On average, 37 children under the age of 15 die each year from heatstroke after being left in a vehicle. Nearly every state has experienced at least one death since 1998. In both 2018 and 2019 a record number of 53 children died after being left in a hot vehicle.

Kids and Cars, a nonprofit focused on improving child safety around cars, suggests in a "Look Before You Lock" flier to place an item in the back seat that you will need to get before starting your day such as a laptop, handbag, phone, employee badge and more; keep vehicles locked at all times so young ones can't sneak in unknown to you; and teach kids to honk the horn if they become stuck inside a car. More tips are available at kidsandcars.org.

For more information on Baystate Health, visit baystatehealth.org.

invited to participate and to share their ideas with one another.

There will be activities and breakout groups," Vega said. "It's about gathering information from policy makers all the way down to homeowners, down to renters, everybody should have a voice in this." There will also be opportunities for the public to fill out surveys and interact with groups, such as Hive Public Space, at different community events, so they can ensure their thoughts are heard even if they are unable to attend the public meetings. "It's really about interacting, engaging and trying to get consensus on where the city should go, things that are of concern, things that are opportunities," Vega said.

MASTER PLAN, from page 1

Boston-based Nitsch engineering and Queens-based Hive Public Space.

According to a recent press release,

tional retail in that plan, and we know that's changed, the housing market has changed...so with so much that has changed it is necessary to update this plan," Vega said.

Vega anticipates that in the new plan housing will be a major focus, as well as pushing for green technology and other ways to help climate change. So far those in charge have conducted some small interviews with staff, boards and commissions, including the development authority and the bike and pedestrian committee to get some of their thoughts.

Original Alexandreen Vision stated the

several of the consulting planners are native Spanish

speakers and several live in the Pioneer Valley.

Vega is certain that this comprehensive plan will be greatly beneficial for the future of the city.

"It shows a proactive approach," Vega said. "We're always trying to be more proactive. We're always just reacting to things that come before us, developments that come before us and opportunities, so this allows us to market the city."

This plan will help to guide everything from ordinance and zone changes to pushing for a focus on municipal vulnerability, including how the city deals with climate change and housing needs.

Additionally, the old plan is out of date. It was written before marijuana was legalized and there was not much focus on green infrastructure and technology.

"There was still a push for tradi-

"It allows us to not entertain businesses that we don't want in the city; big polluters or trash transfer stations or different things that might have an impact on our residents that we don't necessarily want to see," Vega said.

He also anticipates a big piece will be zoning, specifically ensuring that there are good processes in place to allow development to happen.

"It should be down to the comprehensive plan to make sure that when we're doing zone changes, it's for the kind of businesses and opportunities we want in certain areas of the city," Vega said.

Tied in with the focus on zoning will also be looking into the open spaces plan and how the city treats their parks.

Currently the city is in the beginning stages of creating this new comprehensive master plan. Over the summer, Vega stated that there will be small focus groups industry-wide where they will talk to healthcare providers, non-profit organizations focused on cultural resources and others.

Simultaneously Garcia is putting together a comprehensive advisory committee to focus on this plan.

Community members of Holyoke are strongly encouraged to participate in this process.

"I'm really hoping to get people engaged," Vega said. "This is really a time to connect residents with decision makers and leaders in the community, have those conversations because everyone is equal and everyone's opinions matter."

There will be several meetings throughout the upcoming year that community members are invited to attend to assist with the brainstorming of this new comprehensive plan.

Vega anticipates that the first meeting will be in September. Everyone is After everyone has a chance to give their input on the plan, the committee will compile all of the input and try to come up with a plan.

The goal would be to have the entire plan completed by May or June of 2025.

To learn more about this and to receive updates on the process, you can go to the comprehensive plan website at https://www.holyoke.org/comprehensive-plan-update/.

Opinion

Guest Column



NATO's 75-year history is worth celebrating

The North Atlantic Treaty Organization is marking its 75th anniversary this month. The observance, part of a NATO summit hosted by the U.S. in Washington, D.C., will be a big deal, and it should be. NATO is one of the most successful and important alliances in history.

For any partnership of diverse nations to endure for 75 years is no small accomplishment. NATO has not only endured; it has thrived, and it has grown, from its original 12 members to 32 nations. It has been effective in its central missions of deterring aggression by the Soviet Union – and later by Russia – and promoting security and unity among democracies.

Ever since Russia invaded Ukraine in February 2022, there has been no question about NATO's relevance. While Ukraine is not yet a NATO member, the alliance has rallied to its support.

It's well understood that, if Russia can win in Ukraine, the security of Europe is at risk.

And America's security is intimately bound with Europe's. China may pose a greater threat; it is certainly our most significant rival, but a strong and united NATO lets the U.S. focus attention and resources on countering China's aggression in the Asia Pacific region.

When the U.S., Canada and 10 Western European nations created NATO, World War II had left much of Europe in ruins. Over 36 million Europeans had died, more than half of them civilians. Millions were homeless, many in refugee camps.

Children wandered the streets of burnedout cities. Food shortages and power outages were frequent.

The U.S. had launched the Marshall Plan to provide material aid and rebuild Europe's economy, and NATO was needed for the continent's security. The Soviet Union was the primary threat, but the alliance also aimed to deter the rise of militant nationalism and promote democracy.

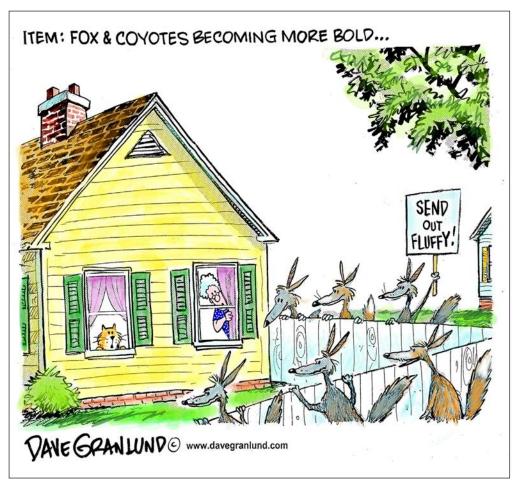
Its key feature was Article 5, which declared that an attack on any NATO member would be considered an attack on all of them. The agreement now enhances security for nearly 1 billion people.

With the collapse of the Soviet Union, it made sense to wonder if NATO has served its purpose.

The alliance had its ups and downs. Donald Trump, as president, criticized it and our allies for not spending enough on defense.

But new threats challenged our security, including terrorism, cyberattacks, nuclear proliferation, pandemics and natural disasters. NATO still mattered.

Then Russia sent troops and tanks into



Guest Column

We want to claim Social Security at 62. When should we apply?



Dear Rusty:

My wife and I are going to be taking Social Security at 62. She will be 62 on April 15, 2025. I will be 62 Aug. 7, 2025. When should we apply for Social Security?

Signed: Ready to file

Dear Ready:

Social Security recommends you apply for benefits about two – three months prior to when they want their benefits to start to get them time to process the application. You will specify on your application when you wish your benefit to start, so applying early isn't a problem. Just a few things to keep in mind:

Your first month of eligibility will be the first month you are 62 for the entire month. In your wife's case, her first month of eligibility will be May 2025 and in your case your first month of eligibility will be September 2025. Your wife's benefits will be paid on the third Wednesday of every month and your benefits will be received on the second Wednesday of every month, payment dates depend on when your birthday falls.

Social Security has an earnings test for those collecting early benefits (before your full retirement age). If you are working and exceed the earnings limit, SS will take away some of your benefits. The earning limit for 2024 is \$22,320 and, if that is exceeded, SS will take away \$1 in benefit for every \$2 you are over the limit (the limit changes annually, so the 2025 limit will be more.

Thus, if you plan to work after collecting, you must stay aware of the earning test. If you earn substantially more than the earnings limit, you even may be temporarily ineligible to collect benefits until you either earn less or reach your Full Retirement Age when the earning test no longer applies.

By claiming at 62, you will incur a cut in benefits of about 30% from the amount you would get by waiting until your FRA to claim. And, except for annual cost of living adjustments, that is a permanent reduction. FYI, your benefit will continue to grow if you wait longer to claim.

Deciding when to claim Social Security should take into account your financial needs, your life expectancy and your goals as a couple. Claiming at 62 is the right choice for many, but waiting longer, if feasible, will result in a higher monthly amount, which could be beneficial if your life expectancy is long. Of course, we are here for you if you have any additional questions, so please don't hesitate to contact us again if needed.

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 or email us at ssadvisor@amacfoundation.org. Russell Gloor is a Social Security advisor for AMAC.





Letters to the Editor Policy

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 author-

ship prior to publication.

Ukraine. NATO became the platform for coordinating the European and North American response.

At this month's summit of NATO heads of state, affirming unwavering support for Ukraine *See CONGRESS, page 5*

hit a ques-/*programs/* 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. Mailed letters can be sent to *The Sun*, 24 Water Street, Palmer, MA 01069.

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. 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.

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*.

CONGRESS, from page 4

will top the agenda. Ukraine will participate through the NATO-Ukraine Council, launched last year.

In an important transition, Jens Stoltenberg will step down after 10 years as secretary-general and will be replaced by Mark Rutte, prime minister of the Netherlands.

President Joe Biden has aptly called NATO "the greatest military alliance in the history of the world," and we're right to celebrate its history. At the same time, we need to ensure the alliance continues to safeguard our security in the future and there are reasons for concern.

Russia's war in Ukraine, should it succeed, could embolden Vladimir Putin to threaten more of Europe. The increasing cooperation by Russia, China and North Korea, all of them nuclear-armed, is worrisome.

Recent years have seen the growth of militant nationalism in Europe, one of the trends NATO was founded to counter. Trump's "America First" movement has reawakened the American isolationism that was prevalent before World War II.

It's often said that eternal vigilance is the price of liberty. NATO and other alliances keep us vigilant about our freedom and security, and we should do our best to maintain and strengthen them.

Lee Hamilton is a Senior Advisor for the Indiana University Center on Representative Government; a Distinguished Scholar at the IU Hamilton Lugar School of Global and International Studies; and a Professor of Practice at the IU O'Neill School of Public and Environmental Affairs. He was a member of the U.S. House of Representatives for 34 years.



In the last three days I have picked 10 zucchini. The seeds were sown around Memorial Day and I ended up with six plants total.

I am thrilled that the harvest is starting to come it. I just wish I had air conditioning in my kitchen so I'd feel like baking!

Zucchini is the brunt of many jokes due to its prolific nature. Some years, though, the harvest isn't so great. Either borers take out the plants or powdery mildew slows them down until the inevitable comes.

Anyhow, I'll count my blessings this year and try my best to preserve and prolong the harvest as much as possible. If you are blessed with your own supply of zucchini or you have been gifted a few, read on, straight from the archives, as to how to make the best use of your bounty.

Store it

Zucchini will keep in the refrigerator for at least one week. Smaller squashes are more flavorful, and less seedy than their overgrown counterparts.

Harvest when the fruits are six inches long or less, and still narrow. It is likely that baseball bat-sized squashes will develop now and then, especially if you are away from the garden for a few days.

Don't worry; they can be used in most recipes that call for zucchini, although you may wish to remove the largest seeds first; they have a tendency to get tough and chewy.

Zucchini days of summer

Freeze it

Simply shred whole zucchinis, skin and all. Drain in a colander to remove excess liquid and pack in containers or freezer bags.

Nothing beats zucchini bread in the middle of winter. It is helpful to freeze in amounts compatible with your recipe; in other words if you need two cups to make bread, freeze in two cup portions.

If fried veggies are a favorite treat, you can freeze raw, peeled zucchini sections after coating them with bread crumbs.

First, prefreeze on a plate or cookie sheet, then, pack in freezer bags with as much air removed as possible. Fry up at a

later date. I have never

been very successful freezing blanched zucchini slices. Experiment yourself and maybe you will have better luck.

Steam it

Who likes soggy zucchini? No one. Cut in slices one quarter of an inch thick and steam for a mere two or three minutes.

Sprinkle with dill or lemon juice and thyme for a wonderful summer side dish.

Stuff it

Here is the perfect use for the aforementioned baseball bat sized quash. Making zucchini boats are my sister-inlaw Janice's favorite way to utilize the vegetable. I can always count on her to take a few biggies off my hands.

With a spoon hollow out the seed cavity. Stuff it with a mixture of cooked rice, sauce and ground beef or turkey. Top with shredded cheese and bake until it bubbles. Yummy!

Put a Mexican spin on this recipe by using black beans, salsa and taco cheese along with brown rice in place of the other ingredients. Freeze individual portions of this dish for a quick dinner.

Bake with it

Zucchini bread and muffins are one thing, but double chocolate zucchini cake? Yes, and there are more enticing dessert recipes where that came from.

> Consult your local library or the internet for other mouth-watering selections.

One pointer: drain shredded zucchini well before using in any recipe. Place it in a colander

and apply pressure with clean hands or a large mixing spoon. Squeeze all the liquid right out of it.

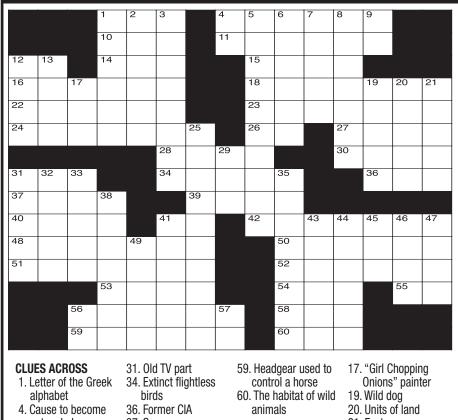
This way your desserts will be moist but not soggy.

Be creative and experiment to find your own favorite ways of cooking with this vegetable. Zucchini pickles, perhaps? How about zucchini pancakes? Zucchini wedges in place of cucumbers with dip?

The list is endless!

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For 32 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 with "Gardening Question" in the subject line.





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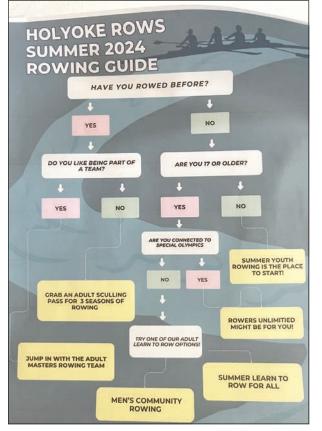
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CROSSWORD ANSWER on page 9								



There is a lovely porch available for people to use at the Holyoke Rows summer evening program.



There are a variety of programs offered by Holyoke Rows for people of all levels of experience.





All are welcome to come to the river to enjoy the view, try kayaking and go fishing.

Turlev photos by Quinn Suomala



Holyoke Rows offers a variety of programs throughout the summer for all members of the community.

ARE AT

KAYAKING, from page 1

rooms and picnic areas for families to use while at the program.

Wedaman hopes that members of the community come down and try out this program.

"This is a beautiful spot of Holyoke and it [the program] gives people a chance to interact with Holyoke in a different way," she said. "It's such an asset, it's so wonderful that we have the Connecticut River right here, so people should have access to that and should feel like this is part of their community."

Wedaman has seen families come down to this program many times over the years, and everytime the families have enjoyed and grown from it.

"They just have fun, they get out there, they're doing their own thing, we're not telling them what to do, they're just out there experiencing this together," she said.

The Massachusetts Department of Conservation and Recreation provided a grant to Holyoke Rows that allows them to provide free youth recreation. They decided to use that

HOLYOKE ROWS

Holvoke Rows offers out life vests on loan for people who may be on the river but have forgotten or do not have one.

grant for this program.

On top of this free summer program there is a half day program for kids. The program is for ages seven and up and runs from 9 a.m. to 11:30 a.m. daily.

There is also lunch provided by the Summer Eats program from 11:30 a.m. to noon.

"It is no experience necessary, kids have a great time, it is full of adventure, it's in the morning so it's not too hot, they learn something new and often kids who learn kayaking keep coming back," Wedaman said. "Kids do a couple hours in the morning and their whole day is different."

Additionally, there is a family kayaking pass for the whole summer that allows families to come by and use the kayaks at Holyoke Rows any time.

"It is months of kayaking access," Wedaman said.

There are also opportunities for people to get into more competitive racing. Holyoke Rows has an adult team that goes to different competitions and there are youth rowing programs.

To learn more about the summer programs, go to the Holyoke Rows website at https://www.holyokerows.org/.



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Aldenville Post 337 falls to B-Town

By Tim Peterson Sports Correspondent

BELCHERTOWN – Even with four players playing in the annual Bay State Summer Games and a couple of others on vacation, the Belchertown Post 239 Senior Legion baseball team didn't miss a beat against Aldenville Post 337.

The Post 239 squad improved to a perfect 12-0 following a 3-0 shutout victory over Post 337 on a windy night at the Belchertown High School baseball field, last Wednesday.

"We've been rotating guys in and out the whole season," said Belchertown Legion assistant coach Mark Zawistowski. "We want to keep them all fresh so that they're ready for the playoff run, and it also builds that team unity. When everyone is playing, everybody is involved, and everybody is engaged."

Belchertown manager Todd McDonald didn't coach in the home game versus Aldenville because he was in Malden watching his son, Ian, play for the West squad in the Bay State games.

The other three Belchertown Legion players who were also members of the West team, which was managed by longtime Ware varsity baseball coach Scott Slattery, are Thatcher Rudnik, Alex West, and Jake Waller.

See POST page 8

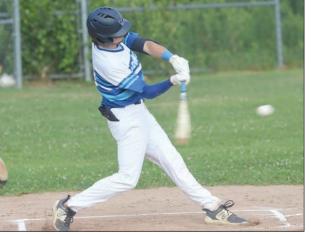
Topher Reardon, of Holyoke, fires a throw to first.



Brady Burnett, of Chicopee, catches an out at first. Turley photos by David Henry www.sweetdogphotos.com



Ryan Netkovick, of South Hadley, ranges for a ground ball.



Nate Carillon, of South Hadley, takes a swing at the pitch.



Matt Drobiak, of South Hadley, throws a pitch for Aldenville.

Mutiny successful in semifinals



By Tim Peterson Sports Correspondent

LUDLOW – Entering last Friday night's United Women's Soccer East Conference semifinal match, the New England Mutiny had outscored their previous five opponents, 35-3.

ward to playing in the finals on Sunday." Emma Pedolzky, who

game. We're now looking for-

HOLYOKE – After not runs over three innings. From

Blue Sox return

Hannah Peric sends a pass forward. *Turley photos by David Henry* After a scoreless first 45 minutes of the contest, Steel City FC took a 1-0 lead by scoring an own goal in the 53rd minute. The Mutiny quickly tied the score by converting a penalty kick.

The score remained tied until the 68th minute. That's when Emma Pedolzky, who lives in Westfield, became the hero for the home team. She scored a corner kick goal giving the Mutiny a 2-1 victory at historic Lusitano Stadium.

"Scoring the game winning goal is really exciting," Pedolzky said. "I'm glad that we were able to win tonight's began her collegiate soccer career at Bryant University transferred to UMass-Amherst last year. One of Emma's teammates at UMass is her twin sister, Chandler, who also plays for the Mutiny. They'll be seniors on this year's squad.

"It has really fun playing on the same college soccer team with my sister," Emma Pedolzky added. "I'm looking forward to playing with her for one more season.

The semifinal victory improved the Mutiny's overall record to a perfect 9-0-0. It was also their first playoff win in five years.

Steel City FC (5-1-3) also didn't lose a match during the regular season.

"We didn't know very

See MUTINY, page 8

being home for seven days, the Valley Blue Sox played host to the Upper Valley Nighthawks. On a beautiful early Sunday afternoon, the players came out energized and bats hot, as the offensive later proved. The stage was set for a great game of summer baseball in Holyoke Massachusetts.

With Ethan Lyke starting on the mound for the Blue Sox, pitching was off to a good start. In six innings, Lyke gave up three runs, off five hits, with four additional strikeouts. While it was not the best day for the pitching crew, the offense picked up the slack.

Led by a monster Jonathon Hogart home run in the third inning, nine total the blue Sox offense to take a strangle hold of this game as the lead bloomed to 9-1 at one point.

The Blue Sox biggest issue in today's game seemed to be fielding. With two errors notched in the stat sheet, the Blue Sox also gave up ten total runs in this game, as well four runs over the last four innings. This may seem like a simple stat, but with under a month left in the season, every game is crucial and an opportunity to touch up these smaller issues that can show up against tougher competition. At the end of the day, it was another great showing

See BLUE SOX, page 8

Sports Springfield Thunderbirds win community service award

Thunderbirds received more recognition from the American Hockey League on Thursday night during the Awards Gala at the Board of Governors' Annual Meeting at Hilton Head Island, S.C.

the Eastern Conference Award of Excellence for Community Service following a record-setting year in the

SPRINGFIELD – The Springfield community. During the 2023-24 season, the Thunderbirds raised more than \$128,000 for local charities, while players and mascot Boomer combined to make over 300 visits in the area for various charitable causes.

"Being ingrained in the commu-The franchise was presented with nity has been among the top priorities for our franchise since the day we were established," said Thunderbirds President Nathan Costa. "We take immense pride in this award and are honored to be recognized by our peers, but ultimately, we want to continue to do right by the wonderful Springfield community in any way we can. As with everything else in our business, we want to raise the bar even higher."

A number of the Thunderbirds' marquee game nights in 2023-24 had distinct tie-ins to the community, from the annual Pink in the Rink to benefit the Rays of Hope Foundation to the return of the annual Sensory-Friendly Sunday game in conjunction with the Center for Human Development (CHD). The organization is currently planning the 2023-24 promotional schedule, which will feature many returning events to benefit the local community around Springfield. A complete list of such promotions will be available later this summer.

MUTINY, from page 7

much about Steel City, but they were organized and played well in the first half," said Mutiny head coach Federico Molinari. "I thought we dominated in the second half after allowing a goal. It was very important for us to score the tying goal right away."

The Mutiny were awarded a penalty kick in the 55th minute after Jess Mazo was fouled hard in the box. She was forced to leave the match with a right shoulder injury. Abbey Jones stepped up to the line and booted a low shot into the right corner of the net.

"I've been taking a lot of PK's at practice," Jones said. "It was the first time that I've taken a penalty shot during a game this season. I wasn't very nervous before making the shot."

Jones, who plays college soccer at UConn, also assisted on Emma Pedolzky's game winning goal.

"Abbey is a very good technical soccer player," Molinari said. "She understands the game very well."

The Mutiny had an opportunity to take a 3-0 lead at the end of regulation, but a breakaway shot attempt by Palmer's Maddy Theriault was saved by Steel City goalie Payton O'Malley.

Highlights from the Mutiny's appearance in the finals will be in next week's edition.

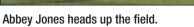


Alexis Legowski, of South Hadley, moves up the field.



Maddy Theriault, of Palmer eludes a defender.





BLUE SOX, from page 7

from the home team. With this win, Valley broke even once again with a 0.500 record at 15-15.

Martha's Vineyard 10, Blue Sox 3

The Blue Sox were plagued once again by one bad inning against the Martha's Vineyard Sharks.

Last Friday night's game featured a similar outcome to Wednesday afternoon's game: One bad inning. Valley gave up five runs in the first inning en route to a 10-3 loss Blue Sox starter Gregory Shaw had a rough bottom of the first inning. He started off by giving up three straight singles. The inning was highlighted by a Reese Robinett grand slam to put the Sharks ahead 5-0. Valley added two in the top of the third to make it a 5-2 game. But Vineyard responded with three in the bottom of the fourth to make it 8-2. Robinett hit another home run, his seventh of the season, in the bottom of the fifth to make it 9-2. Derek Williams hit an RBI single in the top of the sixth to make it 9-3.

POST, from page 7

Todd McDonald and the four players did get to Belchertown High School in time to watch the final couple innings of last Wednesday's contest, which was an old fashion pitcher's duel.

Belchertown lefthander Cody West hurled a complete game allowing no runs even base hits, which were all singles. He issued two walks and recorded five strikeouts while throwing a total of 107 pitches. Cody is one of the college kids we have back to pitch, and he's just a great leader out there," Zawistowski said. "When he's on the mound, he is in control. He's in control of hitters, he's in control of his emotions out there, and it just makes it a lot easier to play defense behind him." It was Belchertown's second shutout of the Legion season, but their first one at home. They posted a 13-0 win at North Adams Post 125 on July 2. Rvan Gould tossed a no-hitter in that game.

of the regular season.

"I thought both teams were evenly matched," said Aldvenville manager Mason Scott, who has never celebrated a win against Belchertown during his coaching career. "We just made a couple of mistakes in one inning, which hurt us. We also didn't get the key base hit with runners on base. Belchertown is a good baseball team and we're hoping to face them again in the playoffs." Aldenville righty Matt Drobiak also went the distance allowing three runs (one earned) on seven hits with two walks and four strikeouts. "Matt pitched very well in tonight's game," Scott said. "I'm not happy with the result, but I thought it was an outstanding baseball game tonight." Leading the way offensively for the home team was right fielder Brady Perkins, who's also a starting pitcher. He had two base hits and scored a pair of runs. With one-out in the bottom of the second inning, Perkins lined a shot into the strong wind, which was blowing in from left field for a double and catcher Jacob Smith drew a walk. Drobiak retired the next batter on a pop-up, but he couldn't record the third out of the inning before Belchertown took the lead. First baseman Evan Fournier hit a groundball to the shortstop that was bobbled for an error loading the bases. Centerfielder Spencer Waite also reached first base on a throwing error which allowed two runs to cross the plate.

Aldenville only had a couple of scoring opportunities.

Drobiak led off the top of the fourth with an infield hit and he advanced to second base on a throwing error. After the next batter struck out, leftfield er Burke Belsky walked. West quickly ended that threat with back-to-back strikeouts.

Belchertown is trying to lock up the top seed in the single elimination Legion Senior Division playoffs, which is scheduled to begin on July 21.

Aldenville (8-5), who entered the road contest having won five of their previous six games, is also hoping to secure a high playoff seed during the final week

Belchertown took a 3-0 lead in the bottom half of the frame when Perkins, who hit a leadoff single, scored from first base on a double by Smith.

With one out in the sixth inning Drobiak, who went 3-for-3, hit a linedrive single to left center. He advanced to third base on another single to left field by Belsky with two outs. The next batter grounded out to third baseman Pat Fitzgibbons, who made a nice play to end the inning.

West walked a batter with two outs in the seventh inning before Perkins ended the game by catching a high flyball.

"This is probably the best baseball team that I've ever played for. It's something very special," Perkins said. "We just want to end the regular season with an undefeated record."

Tryston Mccladdie hit a solo home run in the bottom of the eighth to make it 10-3. Out of the 10 runs Valley allowed, only seven of them were earned.

Vineyard starter Harry Deliyannis went 3 innings and allowed just two runs on four hits. He walked one and struck out four.

Sports

Hammann picks up win in late model event

STAFFORD SPRINGS, CT -Stafford Speedway's Limited Late Model division took center stage on Friday, July 12 with their lone extra distance feature event of the 2024 season, the Riley Generators 30. Rich Hammann was the big winner of the night, taking advantage of a late race restart to win the Riley 30. Hammann becomes the first repeat Limited Late Model feature winner after there were 9 different winners in the first 9 races. Other feature winners included Michael Christopher, Jr. in the SK Modified® feature, Adam Gray in the Late Model feature, Alexander Pearl in the SK Light feature, and Travis Hydar in the Street Stock feature.

In the 30-lap Riley Generators Limited Late Model feature event, Jeremy Lavoie brought the field to the green flag and he took the lead on the opening lap. Gary Patnode took second behind Lavoie with Connor Jencik, RJ Surdell, and Matt Clement making up the top-5. Surdell took third from Jencik on lap-5 while Adrien Paradis, III was on the move and he took fourth place on lap-6 to drop Jencik back to fifth as Lavoie continued to hold the lead with Patnode giving chase from second place. Mike Hopkins backed into the turn 1 wall to bring the caution flag out with 9 laps complete.

Lavoie took the lead back under green with Patnode still holding second. Surdell was third in line with Kevin Cormier moving up to fourth. Rich Hammann took fifth on lap-13 to drop Paradis back to sixth. Surdell made a move on lap-19 to move into second and that move allowed Hammann to take third and drop Patnode back to fourth as Lavoie continued to lead. Ari Jencik spun in turn 1 to bring the caution flag back out with 22 laps complete.

Lavoie took the lead on the restart with Hammann moving into second.

Surdell was third with Kevin Cormier up to fourth and Paradis in fifth. Hammann made a move in turn 3 to take the lead from Lavoie but Matt Winter, II spun in turn 2 to bring the caution flag out with 26 laps complete and negate that pass. Patnode was sent to the rear of the field by Stafford officials for making contact with Winter.

Hammann was able to stay even with Lavoie on the restart and Hammann led lap-27 by a nose. Hammann cleared Lavoie on lap-28 while Surdell was third and Devon Jencik took fourth place from Paradis. Hammann took the checkered flag to pick up his second win of the season and become the first repeat Limited Late Model winner in 2024. Lavoie held off Surdell for second with Kyle Theriault and Devon Jencik rounding out the top-5.

In the 40-lap SK Modified® event, Wesley Prucker took the early lead at the drop of the green flag while Keith Rocco quickly moved up to second. Marcello Rufrano and Anthony Flannery were wheel to wheel for third with Andrew Molleur in fifth place. Rocco made a move to the inside of Prucker on lap-3 and he took the lead from Prucker on lap-4. Prucker came right back to the inside of Rocco on lap-5 and he retook the lead. RJ Marcotte and Curt Brainard spun on the frontstretch with Ethan Durocher getting collected to bring the caution flag out with 6 laps complete.

Prucker and Rocco went wheel to wheel on the restart with Rocco holding the lead by a nose to complete lap-7. Prucker got clear into the lead on lap-8 with Rufrano taking second. Rufrano took the lead from Prucker on lap-10 with Flannery taking second. Michael Christopher, Jr. took third with Prucker falling from the lead back to fourth place with Rocco in fifth.

Michael Gervais, Jr. took fourth

on lap-15 with Rocco taking fifth and Prucker falling back to sixth while Flannery took the lead from Rufrano on lap-16. Prucker's great night came to an end against the backstretch wall to bring the caution flag out with 16 laps complete.

Flannery took the lead back under green with Rufrano slotting into second behind him. Rufrano didn't stav behind Flannery for very long as he made a move going into turn 3 and came out of turn 4 with the lead. Christopher was now third behind Rufrano and Flannery with Rocco in fourth and Cory DiMatteo in fifth. Christopher started to apply heavy pressure to Flannery for second, but Flannery was able to keep Christopher behind him. Flannery then started looking high and low for a way to get around Rufrano for the lead but wasn't able to make a pass. Flannery lost second to Christopher on lap-27 and Christopher immediately began to hound Rufrano for the race lead. Christopher made a bottom shot move going into turn 1 and he took the lead from Rufrano on lap-30.

With 5 laps to go it was still Christopher in the lead with Rufrano, Flannery, Rocco, and Gervais lined up behind him. Christopher led Rufrano and Flannery to the checkered flag to pick up his second win of the season. Rocco finished fourth and Gervais rounded out the top-5.

In the 30-lap Late Model feature event, Alexandra Fearn streaked into the lead at the start of the race with P.J. Zarrella in second. Tom Fearn was third in the early going followed by Tom Butler in fourth and Andrew Durand in fifth place. Darrell Keane spun in turn 4 to bring the caution flag out with 5 laps complete.

Alexandra Fearn took the lead on the restart with Tom Fearn moving up

LITIGATION, from page 1

According to Bissonnette the city has the potential for a settlement and they are hoping to move forward at some point soon given that they believe the amount of settlement would be less than the amount to take the matter to trial.

"We have reached that point where it would behoove the city to be able to move forward and get closure on this end," Bissonnette said. "Lisa has done an extraordinary job of holding this at bay for so long."

Some councilors felt that since there was no formal lawsuit against the city yet, this transfer was too anticipatory.

"For us to do this without any kind of a formal lawsuit...for me just to do this without any other basis, it feels like we're ahead of it too much," Councilor David Bartley said.

The council also discussed whether or

to second. There was a scuffle midpack that saw cars scrambling but there was no contact or spins and everyone continued on under green. Durand moved up to third with Adam Gray up to fourth and Chris Buffone was now up to fifth on lap-8 with the two Fearns leading the field.

Gray took third place on lap-11 with Durand falling back to fourth. Paul Varricchio, Jr. was up to fifth while Buffone fell back to sixth, just in front of Kevin Gambacorta, who was on a charge through the field after starting 12th. Varricchio took fourth on lap-13 with Durand and Gambacorta following him through to move into fourth and fifth and drop Buffone back to sixth.

Tom Fearn caught Alexandra Fearn on lap-15 and began to look for a way to move into the lead. Tom made his move on lap-17 to the inside of Alexandra in turn 4 and he took over the race lead. While the Fearns were contesting the lead, Gray ran the two leaders down and on lap-19 it was now a 3-car fight for the lead with Varricchio just behind the lead trio in fourth. Gray worked his way around Alexandra on lap-20 to move into second with Varricchio now applying heavy pressure to Alexandra for third while Gray was all over the back bumper of Tom Fearn looking to take the lead.

Gray got to the inside of Tom Fearn on lap-25 and he took the lead on lap-26. Varricchio was now side by side with Alexandra Fearn for third with Varricchio taking the position on lap-27. Gambacorta was now in fifth with Durand back to sixth. Gambacorta took fourth on lap-29 to drop Alexandra Fearn back to fifth but it was Adam Gray taking down the feature win, his first of the season. Tom Fearn finished second with Varricchio, Gambacorta, and Alexandra Fearn rounding out the top-5.

In the News

and he felt the council had never followed Bissonnette's stated rule.

"We've had plenty of transfers that came in in the last two months of a fiscal year," Jourdain said. "Any appropriated funds require a two-thirds vote.'

Councilor Linda Vacon pointed out that in a prior meeting on the same transfer the council had decided on a two-thirds majority vote being needed. She did not see why that should change.

"In our last meeting, which was in the same window of time, the same vote was ruled that it did not pass because it did not achieve a two-thirds vote," Vacon said. "So now I am feeling like we have one set of rules at one meeting and then we have another special meeting and now the rules are changed."

Vacon requested that Council President Tessa Murphy-Romboletti make an official ruling on the matter.

Murphy-Romboletti, due to the opin-

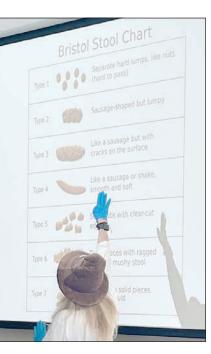
POOP, from page 1

Throughout the program the kids were able to ask different questions about what Maguire was presenting, and at the end Maguire even pulled up some videos and fun facts that the kids had wanted to know more about but which weren't included in her PowerPoint.

At the end of the event kids were able to get a certificate saying that they had completed the program and they were able to take a piece of paper, shaped like an elephant, that was made out of remnants of elephant defecation.

Maguire hoped that this program, and the other science programs she does, would help kids to learn more and to ask questions about different topics.

'The core thing, I think, to being a successful human being is being curious, staying curious and that makes you more imaginative and creative, Maguire said. "I just hope that the program helps them stay curious and look at the world through a lens of everything, even poop, is interesting." Maguire has always been an educator and during the pandemic she came up with the idea of the Poop Museum. "I was sitting in my backyard one day, writing a funny story for my nephew, who has a very lavatorial sense of humor, and I just suddenly thought, 'I could make a Poop Museum," Maguire said.



From there she launched the program online and held different zoom events of the program that about 15,000 kids from 80 countries attended.

After doing many different zooms on this subject, she decided to make it in person and she now goes around and does the presentation at different libraries and other events.

Maguire has loved putting this program together and teaching it to kids Susie Maguire addressed how humans defecate, and told kids how to help ensure they have healthy poops.

Turley photos by Quinn Suomala

throughout the world.

"I love weird and gross facts," Maguire said.

Maguire had already known a lot of the different facts she presents to kids throughout her program, but she has found that her knowledge has expanded even further thanks to the kids she teaches.

The thing that made me learn was the kids asking me questions that I did not have answers to," Maguire said. "So it's been a journey for me, with the children...and that's my favorite part."

To learn more about the Poop Museum, go to Maguire's website at www.thepoopmuseum.com.

To learn more about the upcoming program at the library, go to their website at https://www.holyokelibrary.org/

not a two-thirds majority vote was needed in order to pass this transfer.

Bissonnette stated that as the transfer was interdepartmental and within two months of the end of the fiscal year, the

council should only need a majority vote according to state law. He was given this opinion by DER.

"I'm going to go with what DER says is the rule, which is that in the last two months in order to clear the books only a majority is required for inter departmental transfers," Bissonnette said. "My position is that rule overrides anything in our charter."

Some councilors disagreed with this statement. Councilor Kevin Jourdain felt that the city charter stated differently than what Bissonnette was saying,

ions of the council, stated that the twothirds majority would be needed in order to pass the vote.

The council voted 7-5 for the transfer, so the transfer did not pass.

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Public Notices

PUBLIC HEARING NOTICE

The Holyoke Planning Board will hold a Public Hearing on **Tuesday**, **August 13, 2024 at 5:30 p.m. via Zoom.com**; ID: 83639398493; CALL IN 1 646 558 8656 to hear, pursuant to the Holyoke Zoning Ordinance, a Special Permit for Dimensional Reg in a DR District (Section 8.8.4), submitted by OneHolyoke CDC, for 150-152 East Dwight St, (035-02-002).

APPLICANT: Michael Moriarty

PLANNING BOARD: Mimi Panitch

07/19, 07/26/2024

PUBLIC HEARING NOTICE

The Holyoke Planning Board will hold a Public Hearing on **Tuesday**, **August 13, 2024 at 5:30 p.m. via Zoom.com**; ID: 83639398493; CALL IN 1 646 558 8656 to hear, pursuant to the Holyoke Zoning Ordinance, a Special Permit for a Parking Reduction (Sec 6.1.7), submitted by OneHolyoke CDC, for 150-152 East Dwight St, (035-02-002).

APPLICANT: Michael Moriarty PLANNING BOARD: Mimi Panitch 07/12, 0719/2024

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. HD23P2614PO In the Matter of: Katherine Acevedo-Gonzalez CITATION

To all interested persons: A Petition has been filed by: John J Ferriter of Holyoke, MA requesting Sale of Real Estate by Receiver.

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 08/09/2024.

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 date, action may be taken without further notice to you

GUARDIAN FOR INCAPACITATED PERSON PURSUANT TO

ERSON PURSUANT TO G.L. c. 190B, §5-304 To the named Respond-

ent and all other interested persons, a petition has been filed by **MissionCare at Holyoke** of Holyoke, MA in the above captioned matter alleging that **Leah Allen** is in need of a Guardian and requesting that **Kimberly Camp** of Westfield, MA (or some other suitable person) be appointed as Guardian to serve **Without Surety** on the bond.

The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority.

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 07/29/2024.

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 abovenamed 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: June 28, 2024

Rosemary A. Saccomani Register of Probate 07/19/2024

Commonwealth of Massachusetts **The Trial Court Probate and Family Court** Hampden Division Docket No. HD24P1444EA Estate of: Phyllis A. Berneche Date of Death: r 28-200 **INFORMAL PROBATE** PUBLICATION NOTICE To all persons interested in the above captioned estate, by Petition of Petitioner Reya Lee of Sewanee, TN. Reya Lee of Sewanee, TN 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 peti-

tion 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. 07/19/2024

2025-2SD Request for Quotes Exterior Stair Repairs and New Metal Treads with

Nosing Installation The Holyoke School Department is soliciting proposals for the repairs to the exterior set of concrete stairs with the installation of new metal treads with nosing over the entire set of stairs. located at Holvoke High School 500 Beech Street Holvoke MA 01040. The staircase is located on the North side of the building and has 38 treads that are 6 feet wide with a depth of 12 inches and a riser height of 6 inches. The upper portion of the staircase has 15 treads that are 12 feet wide with a depth of 12 inches and a riser height of 6 inches.

The entire staircase has a total of four landings. The entire staircase including landings will require concrete patching and repairing prior to the stair tread installation. An exterior grade stair tread with nosing is required on all treads.

Full documents can be requested by emailing sweeneye@holyoke.org WITH A CC TO ssheedy@hps. holyoke.ma.us. Documents are available on 7/17/2024 @12PM.

A highly recommended Pre Bid Walk through will be held on 7/23/24 @ 10AM at Holyoke High School, 500 Beech Street Holyoke, MA 01040.

Quote Submissions are due NO LATER THAN 2PM August 1, 2024, quotes will be accepted electronically. At which time they will be read and released to the public. The city of Holyoke follows all applicable state, federal and local purchasing laws.

The City reserves the right to reject any and all quotes. 07/19/2024

Commonwealth of Massachusetts **The Trial Court Probate and Family Court Hampden Division** Docket No. HD24P1361EA Estate of: John A Folev Date of Death: r 25 20 **INFORMAL PROBATE PUBLICATION NOTICE** To all persons interested in the above captioned estate, by Petition of Petitioner John A. Foley Jr. of Holyoke, MA. John A. Foley Jr. of Holyoke, MA 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. 07/19/2024

MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by VIRGINIA R. McGINTY to POLISH NATIONAL CREDIT UNION, dated December 7, 2020 and recorded with the Hampden County Registry of Deeds in Book 23593, Page 347, of which mortgage the undersigned is the present holder, for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 11:00 a.m. on the 28th day of August, 2024, on the mortgaged premises believed to be known as 196 Walnut Street, Holyoke, Hampden County, Massachusetts, all and singular the premises described in said Mortgage, to wit:

"That certain piece or parcel of land, and the buildings and improvements thereon, known as: 196 Walnut Street, Located in the Town/City of Holyoke and State of Massachusetts and being more particularly described in a deed recorded in Book 3525, Page 156 and/or as Certificate No. , and Document No., of the Hampden County Land Records."

The premises will be sold subject to any and all restrictions, easements, improvements, covenants, outstanding tax titles, municipal or other public taxes, assessments, liens or claims in the nature of liens, and existing encumbrances of record superior to the Mortgage, if any. Said premises will also be sold subject to all leases and tenancies having priority over said Mortgage, to tenancies or occupation by persons on the premises now and at the time of said auction which tenancies or occupation are subject to said Mortgage, to rights or claims in personal property installed by tenants or former tenants now located on the premises, also to all laws and ordinances including, but not limited to, all building and zoning laws and ordinances. It shall be the purchaser's s responsibility to ascertain all items described in this paragraph and no representations are made concerning compliance with applicable zoning, building, sanitary or other state and/or municipal regulations TERMS OF SALE: FIVE THOUSAND AND 00/100 (\$5,000.00) DOLLARS will be required to be paid in cash, or by certified or bank cashier's check by the purchaser at the time and place of sale. The balance of the purchase price on the sale shall be paid in cash, or by certified or bank cashier's check within thirty (30) days thereafter and the Deed transferred contemporaneously therewith. A buyer's premium equal to five percent (5%) of the successful bid will be paid by the successful bidder and incor-

porated within the purchase price. The successful bidder at the sale shall be required to sign a Memorandum of terms of sale containing the above terms at the Auction sale. The purchaser will be responsible for all closing costs, Massachusetts deed excise stamps and all recording fees.

The sale may be postponed or adjourned from time to time, if necessary, by the attorney for the mortgagee at the scheduled time and place of sale. The description for the premises contained in said mortgage shall control in the event of a typographical error in this publication.

Other terms, if any, will be announced at the sale.

Polish National Credit Union, Present Holder of said Mortgage

By: <u>/s/</u> Jonathan C. Sapirstein SAPIRSTEIN & SAPIRSTEIN, P.C. 1500 Main Street, Suite 2504 P.O. Box 15408 Springfield, MA 01115-5408 Tel.: (413) 827-7500 Its Attorneys Date: June 27, 2024

07/19, 07/26, 08/02/2024

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 Open Square Realty at 2 Open Square Way (022-01-003) to redevelop mill building into multifamily 84 apartment dwelling. Hearing will take place on Monday, August 5, 2024 at 6:30 pm at Holyoke City Hall 536 Dwight St and can be accessed remotely via www. zoom.us Meeting ID 844 1001 7183 Meeting Passcode 744383 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 or by phone 413-322-5525.

DGR Chair Kocayne GIvner 07/19, 07/26/2024

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. HD24P1450EA Estate of: Ann Marie Theroux Date of Death: 11/26/2023

Date of Death: 11/26/2023 CITATION ON PETITION FOR FORMAL

Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or vour attornev must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 08/08/2024. 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: July 11, 2024

Rosemary A Saccomani, Register of Probate 07/19/2024

LEGAL NOTICE CITY OF HOLYOKE GAS & ELECTRIC DEPARTMENT BID FOR #2 AWG EPR CU UNDERGROUND CABLE

Sealed bids for the abovenamed contract will be received by Holyoke Gas & Electric Dept. until **2:00 p.m. August 1, 2024**, at the Office of the Manager, 99 Suffolk St., Holyoke, MA 01040, at which time proposals will be publicly opened and read.

Additional information may be obtained from:

Chi Wong Holyoke Gas & Electric Dept. 99 Suffolk St.

Holyoke, MA 01040 (413) 335-0148 cwong@hged.com The right is hereby reserved to reject any or all proposals, or to accept any proposal that in the opinion of the Manager may be in the best interest of the City of

Holyoke. Please mark sealed envelopes "**Bid for #2 AWG EPR Cu Underground Cable**" and address them to: **James M. Lavelle, Manager** Holyoke Gas & Electric Dept. 99 Suffolk St. Holyoke, MA 01040 07/19/2024

nonce to you.

WITNESS, Hon. **Barbara M Hyland**, First Justice of this Court. Date: July 03, 2024 **Rosemary A Saccomani**, Register of Probate 07/19/2024

Commonwealth of Massachusetts The Trial Court **Probate and Family Court** Hampden Probate and **Family Court 50 State Street** Springfield, MA 01103 Docket No. D24P1385GD In the matter of: Leah Allen Of: Holyoke, MA RESPONDENT **Alleged Incapacitated** Person CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF

ADJUDICATION

To all interested persons: A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by Crissy M Theroux of Holyoke, MA and Linda B Theroux of Chicopee, 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: Crissy M Theroux of Holyoke, MA and Linda B Theroux of Chicopee, 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

Please check the accuracy of your legal notice prior to submission (i.e., date, time, spelling). Also, be sure the requested publication date coincides with the purpose of the notice, or as the law demands. Thank you.

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FILL OUT AND MAIL THIS MONEY MAKER **DEADLINES: MONDAY AT NOON** MAIL TO: Classifieds, 24 Water St., Palmer, MA 01069 or call: /13_283_8303

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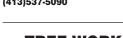
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MAIL YOUR LISTING INFORMATION TO: Turley Publications, Attn: Jamie Joslyn, 24 Water Street, Palmer, MA 01069 or email* them to: jamie@turley.com *Be sure to indicate "Autumn Event" in the subject line of your email.