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## River cleanup committee receives funding from state

By Quinn Suomala  
Staff Writer

HOLYOKE – The Connecticut River Cleanup Committee received \$953,000 from the State Capital Plan to help them continue to work on combined sewer overflow in the areas of Springfield, Chicopee and Holyoke.

The CRCC has worked for years to clean up the Connecticut River in order to ensure that the waters are safe for those around it to enjoy.

“The objective really is to encourage recreation on the river and to ensure that the water quality is improved to allow people to utilize the river and make it safe for people and wildlife,” City Engineer Kris Baker said.

The focus for this round of funding will be on continuing work in diminishing combined sewer overflow.

“Holyoke, Springfield and Chicopee are all working together to clean up the water quality in the Connecticut River, so we’re trying to minimize, as much as we can, the amount of times we have combined sewer overflows and the total volume of untreated waste water that’s going into the river,” Baker said.

Combined sewers are when the stormwater and sewage are put into the same pipe, which

can cause the system to get overwhelmed in certain storm events.

“Essentially, the pipes and wastewater treatment plan get over capacitated during storm events and so, during some storm events, excess combined sewage discharges to the Connecticut River,” Baker said.

There used to be more communities in the CRCC, but as the work on diminishing the combined sewer overflow has continued, the communities who have had the work completed have left the committee.

“There used to be many more communities that were part of this CRCC, and it’s a group that Pioneer Valley Planning Commission has facilitated since the 1990s,” PVPC Chief Environmental Planner Patty Gambarini said. “I think it started with seven communities that had combined sewers... Agawam didn’t have as much, West Springfield didn’t have as much, so they were able to take care of theirs.”

Chicopee, Springfield and Holyoke are the only communities in Hampden and Hampshire counties with combined sewers, and so it is those three communities who have received the funding provided by the state.

Using this money, Chicopee

See RIVER, page 10



Families play with the ribbons brought by Dancer Kathleen Laughlin.



Turley photo by Quinn Suomala

## Community turns out to support Legion fundraiser

By Quinn Suomala  
Staff Writer

HOLYOKE – The American Legion Post 351 Benefit on Saturday, July 22 was a huge success. The goal was to have raised a total of \$30,000 by the end of the day for the new sprinkler system they need. Before the benefit had started, they had raised

about \$20,000. By the time the benefit was over, they had raised \$8,600, putting them near their \$30,000 goal.

On top of the monetary donations people have provided, many community members also donated raffle prizes for the benefit. According to Garipey, there were 85 raffle prizes available for attendees to have a chance at winning.

“People have been very generous. I think we have 85 raffle prizes that we will be raffling off, all donated,” bar manager Lisa Garipey said.

Many performers also donated their time to the legion for the benefit. Throughout the day, the legion had four different bands come in and perform,

See LEGION, page 6

## Holyoke Public Schools receives awards for communication

By Quinn Suomala  
Staff Writer

HOLYOKE – The National School Public Relations Association recently recognized Holyoke Public Schools for their communication efforts. HPS received seven Publication and Digital Media Excellence awards from the NSPRA for their submissions.

These awards were presented to Communications Director Jennie Oesterreicher, Media Center Director Michael Hines, Communications Manager Andrés Villada and Chief of Strategy and Turnaround Erin Linville due to their work on these projects.

These awards show that HPS is making progress and succeeding in the direction of effective communication within the district and the community.

“I was just so proud of our team and their dedication

to ensuring that our communication with families, students, community members and staff is compelling and cultural-

“They have rubrics associated with all the categories so it’s really helpful, not just for that post-partum look for ‘how

*“I was just so proud of our team and their dedication to ensuring that our communication with families, students, community members and staff is compelling and culturally responsive.”*

- Chief of Strategy and Turnaround Erin Linville

ly responsive,” Linville said. “Overall, I just felt like it was very affirming, a terrific learning experience and definitely something to continue to look to do going forward.”

Linville and Oesterreicher described the submission to and following awards from the NSPRA as both an honor and a learning experience.

did we do’ but they’re also useful rubrics for us to use this year for planning forward to make sure that we are meeting standards of excellence and are able to communicate with families and other stakeholders as well as we can,” Linville said.

The submissions recognized by the NSPRA were: Holyoke Update: News and

inspiration from our classrooms (newsletter); It’s live! New website strengthens community engagement (website); Likes, shares, and education: Holyoke Public Schools unites the community on social media (social media); Moving Forward Together: A strategic plan by Holyokers, for Holyokers, with Holyokers (special purpose publication); Rezoning Schools in Holyoke: Phase 2 Outreach November 2022 (special purpose publication); Dual Language Learning: Benefits for Spanish Speakers (video); and Photos to Canvas: Holyoke High School students create original artwork for orphans in India (video).

For these submissions, Holyoke received, respectively, an excellence award in the E-Newsletter (external audience) category, a merit award in the Internet/Intranet Website category, a merit award in the

Social Media category, a merit award and an honorable mention in the Special Purpose Publication category, and two honorable mentions in the Video (produced in-house) category.

Oesterreicher was particularly proud of the website that she and her team had worked on.

“I think our website is extremely strong and there are still things we’ll do in year two of the website to strengthen it going forward,” she said. “Our vendor keeps strengthening the tools that they offer and I think we’re getting more sophisticated in how we leverage that better.”

Linville agreed that the website was strong and also took a moment to highlight how well she thought Holyoke was doing with bilingual communication.

“When I first started work-

See AWARDS, page 5

## In The News

# STEM Starter Academy program gives students a head start for college

SPRINGFIELD – It's been a few years since he last sat in a classroom which is one of the reasons why Bradley De Jesus is grateful for the STEM Starter Academy Summer Bridge Program at Springfield Technical Community College.

"It's definitely helped me with relearning a lot of what I'd forgotten over the years," said De Jesus, who is interested in physics. He graduated from high school in 2015 and recently decided to return to school to pursue a degree.

De Jesus is taking math, English and First-Year Experience classes at STCC this summer through the Summer Bridge program, which offers incoming fall students registered in a STEM or Undeclared/General Studies major a head start toward their first semester on campus.

The program is part of the STEM Starter Academy, which supports under-represented student populations by providing equity and access to majors in STEM.

"It's a great way for everyone to get their foot in the door for college," said Samar Ghrear, STEM starter academy activity coordinator who works directly with the students. Jason Phillips, an academic counselor at STCC, advises and works with students over the summer.

This year, 32 STEM Starter Academy students are participating, which is double the number of students enrolled last year, Ghrear said. She hopes to keep expanding in the coming years.

The program also includes 13 students from STCC's Male Initiative for Leadership and Education program. MILE is designed to provide inclusive academic support, mentoring and com-



Samar Ghrear, front center, STEM Starter Academy activity coordinator, with students in the Summer Bridge program at STCC. Jason Phillips, an academic counselor at STCC, is third from left. Professor Zahi Haddad works a student in the STEM Starter Academy Summer Bridge program. *Submitted Photo*



munity engagement opportunities to male students at STCC and increase retention rates of Black and Latino men.

"We are thrilled to partner with STEM Starter Academy and STEM in continuing the MILE Summer Bridge program," said Miguel Maria, assistant dean of Student Initiatives. "With a focus on empowering incoming students, this transformative initiative offers a wealth of support and resources, including academic advising, tutoring, and financial aid counseling. We firmly believe that this program will elevate our students' educational journey and drive substantial improvements in their academic outcomes."

Summer Bridge not only offers credit courses in English and math, but also a

First-Year Experience class that addresses the many transitional needs of new students at STCC.

"We are excited to offer the Summer Bridge program to our students," said School of STEM Dean Lara Sharp. "The program is connected to our strategic planning for the next five years. Programs like Summer Bridge clear the path to student success and remove barriers."

STCC, the only technical community college in Massachusetts, is a federally designated Hispanic Serving Institution, which means at least 25 percent of the students identify as Latina/Latino/Latinx.

Students In Summer Bridge started in June with two weeks of intense "boot camp" to prepare for the math course.

They also learned how to use Blackboard, the application for online teaching and learning. Upon successful completion at the end of the summer, students will receive a total of seven free credits in math, English and First-Year Experience classes.

Students receive free supplies, tutoring and advising as well as opportunities to participate in enriching STEM experiences, events and activities throughout the academic year. At the end of the summer, if they successfully complete the program with a grade of C or higher, they receive a \$500 stipend.

Interested in applying to STCC? Visit [stcc.edu/apply](http://stcc.edu/apply) or call Admissions at (413) 755-3333.

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# Holyoke Community STEM scholarship deadline Tuesday, Aug. 1

HOLYOKE – Students enrolled full time in chemistry, biology, engineering, mathematics, physics or other STEM fields at Holyoke Community College have until Tuesday, Aug. 1, to apply for a National Science Foundation scholarship of up to \$10,000 a year.

Through HCC, the National Science Foundation Scholarship offers on average \$6,500 per year to qualified full-time students and prorated amounts for part-time students.

New and current HCC students are encouraged to apply. The application deadline for the fall 2023 semester is Aug. 1. Scholarship awardees will be notified by Aug. 20.

Students chosen for the NSF scholarship become members of HCC's STEM scholars 2.0 Program, also known as STEM Cohorts for Research & Engagement.

STEM scholars are expected to maintain enrollment in a STEM program, be

in good academic standing, complete an associate degree at HCC, and/or transfer to an accredited STEM degree program at a four-year institution. The scholarships are renewable every year as long as students continue to meet the eligibility criteria.

Beside the financial awards, STEM Scholars become part of a learning community that fosters a sense of belonging and academic success, and includes mentoring, research, and honors experiences, community service, and internships.

The application and eligibility guidelines can be viewed at [hcc.edu/stem-scholarship](http://hcc.edu/stem-scholarship).

STEM disciplines include biological sciences, physical sciences, math, computer and information services, geosciences, and engineering.

The program is led by HCC math professor Ileana Vasu, coordinator of the STEM Scholars program. She can be reached at [ivasu@hcc.edu](mailto:ivasu@hcc.edu) or 413-552-2438.

## Local students graduate from Elms

CHICOPEE – More than 440 students graduated from College of Our Lady of the Elms during its 92nd Commencement held on May 20, at the MassMutual Center in Springfield. The following local students from Holyoke earned degrees:

Ryan Perry graduated with a Bachelor of Arts in Computer Science.

Ricardo Santiago graduated with a Bachelor of Arts in Computer Science.

Elizabeth Gourde graduated with a Bachelor of Arts in English, Writing.

Molly Burns graduated with a Bachelor of Arts in Psychology.

Jazive Delgado graduated with a Bachelor of Arts in Psychology.

Joseph graduated with a Bachelor of Arts in Psychology.

Seirra Bacchus graduated with a Bachelor of Science in Social Work.

Kiara Rivera graduated with a Bachelor of Science in Nursing.

## Holyoke Senior Center weekly activities

HOLYOKE – Holyoke Senior Center, 291 Pine Street, has ongoing weekly activities. Classes with an asterisk (\*) next to them are also available on Zoom. For more information, and to make reservations or appointments, call 413-322-5625.

### Monday

Healthy Joints\*; 10 a.m., Healthy Joints\*; 11:15 a.m.: Senior Strength\*; 12:30 p.m.: Senior Band Rehearsal; 1 p.m.: Chair Volleyball, Watercolor Painting; 5 p.m.: Yoga en Español, Zoom only.

### Tuesday

8:15 a.m.: Balance & Agility; 9 a.m.: Osteo Exercise\*; 9:30 a.m.: Painting (reg. Req.); 10 a.m.: Course in Miracles, Therapy Dog Riley; 10:15 a.m.: Balance & Agility\*; 11 a.m.: Shake Your Soul\*; 12:30 p.m.: Writing Your Life Story, Mah Jongg; 1 p.m.: Zumba; 2

p.m.: Chair Yoga\*; 3 p.m.: Mat Yoga\*.

### Wednesday

8:30 a.m.: Healthy Joints Exercise\*; 9 a.m. Beg. Line Dancing; 9:30 a.m.: BP Clinic; 10 a.m.: Int. Line Dancing, Healthy Joints\*; 11:15 a.m.: Senior Strength\*; 12:30 p.m.: Senior Sing, Pitch; 1 p.m.: Golden Senior Club.

### Thursday

8:15 a.m.: Balance & Agility\*; 8:30 a.m.: Garden Club; 9 a.m.: Osteo Exercise\*; 9:30 a.m.: Painting (reg. Req.); 10 a.m.: Stroke & Aphasia Support Group; 10:15 a.m.: Fun & Fit\*; 11:15 a.m.: Meditation in Motion; 12 p.m.: Model Train Club; 12:30 p.m.: Pitch; 1 p.m.: Reunión Social.

### Friday

9 a.m.: Ceramics; 10 a.m.: Therapy Dog Milo, Chair Yoga\*; 12:30 p.m.: Mah Jongg; 1 p.m.: Bingo.

## Church flea market seeking vendors

FEEDING HILLS – Feeding Hills Congregational Church, 21 North Westfield St., is hosting a giant flea market/tag sale/craft sale on Saturday, Sept. 9 from 9 a.m. to 3 p.m.

There will be an assortment of crafts, antiques, and tag sale items. Space is still available inside the church for \$40 or outside for \$25. Vendors interested in participating can call Christine 413-210-2421.

## Church hosting Greek festival

HOLYOKE – Saturday, Aug. 26, at the Holy Trinity Greek Orthodox Church Grounds, 410 Main Street, will be having the second annual Greek festival from 11 a.m. – 4 p.m.

There will be Greek food, pastries and music. Event is rain or shine. Admission will be free. For more information, contact Sharon at 413-533-9880 or email [holytrinityofholyokey@gmail.com](mailto:holytrinityofholyokey@gmail.com).



## SNAP Gap Act to expand eligibility, increase benefits

WASHINGTON – Sen. Edward J. Markey (D-Mass.), a member of the Senate Health, Labor, Education and Pensions Committee, and Rep. Lori Trahan (MA-03) today introduced the Bridging the Supplemental Nutrition Assistance Program Gap Act, legislation to expand SNAP benefits for young adults, families, and Americans with regular medical expenses by breaking down harmful rules that limit eligibility and benefit levels.

The legislation would ensure that working students ages 17 to 21 can continue to receive their families' benefits and extend existing rules for seniors and people with disabilities so that all SNAP beneficiaries who spend at least \$35 a month on health-related expenses can receive higher monthly benefits.

"Nearly one-in-three college students are food insecure. Families across the country are seeing Congress cut

their benefits as their medical costs rise. The Bridging the SNAP Gap Act will reverse this trend and help ensure that no student or family falls through the cracks," said Markey. "Families should be able to put food on the table, this shouldn't be controversial."

"For decades, working families have relied on SNAP to help make ends meet and get food on the table. I'm proud to be working with Senator Markey to introduce the Bridging the SNAP Gap Act to strengthen the vital nutritional support that SNAP provides," said Trahan.

Specifically, the Bridging the SNAP Gap Act would; Raise the student income exclusion age from 17 to 21 to let young people receive SNAP benefits as part of their parent(s)' household without reducing the amount of SNAP benefits the family can get; Guarantee that all SNAP recipients can

get additional benefits if they have at least \$35 of monthly medical expenses; and, Reduce and streamline paperwork for the medical expense deduction floor, currently at \$165 in 2023, with increases mirroring that of Medicare Part B rates.

In April, Markey led his colleagues in a letter to the U.S. Department of Agriculture and Social Security Administration urging them to make SNAP more accessible for Americans who are receiving or are eligible for Supplemental Security Income benefits, including low-income elderly and individuals with disabilities. In December 2022, Markey successfully advocated to insert a provision to ensure that victims of "SNAP skimming" would have their benefits repaid by requiring the USDA promulgate regulations to reimburse individuals and families whose SNAP benefits were stolen.

## Mayor Garcia comments on new wave of refugees in Massachusetts

HOLYOKE – As the state continues to channel refugees to Massachusetts municipalities in its capacity as a "Right to Shelter" state, Holyoke Mayor Joshua A. Garcia said the city will do its part if any of the migrants settle in Holyoke. Garcia also stated that the state will have to up its game in its support for the city, as well.



Mayor Joshua A. Garcia

"We don't know much," Garcia said. "There is a chance we might not see any migrants sheltered in the city in this most recent wave that the Governor's administration is facilitating. But in the event, we do, we will be prepared. In the spirit of transparency, however, we want to be sure our community knows what we know and that we are monitoring developments."

Garcia's public statement came in the wake of a statewide Zoom conference on Wednesday at which Lieutenant Governor Kim Driscoll gave the cities and towns of Massachusetts a heads up that refugees seeking shelter will be directed to some of the 70-plus state's 351 municipalities. Driscoll did not identify prospective host towns or cities.

"Holyoke has always been a com-

passionate city," Garcia said. "Our efforts on behalf of the homeless and the disadvantaged are well known. Our hearts are with the refugees and anyone else down and out on their luck. If Holyoke is one of the 70-plus municipalities chosen to shelter migrants and I have no information whether that will happen the state needs to know we won't be able to do it with existing resources. The current shelter crisis is not a Holyoke problem or a Chicopee problem or a Springfield problem. It is a statewide issue that requires a statewide response."

"On Thursday, I communicated with Lieutenant Governor Driscoll, assuring her that if Holyoke is one of the 70-plus, our doors are open, and we will be prepared to meet the challenge as we have for other humanitarian issues for decades." Said Garcia "But the other half of that promise requires the Legislature and the Healy Administration to recognize the scope of the challenge and the impact it has on keeping up with quality-of-life issues and basic municipal services particularly in Holyoke and respond with realistic resources."

## Hibernians to hold summer picnic

HOLYOKE – The Hibernians of Hampden/Hampshire Counties invite the public to attend a Traditional Summer Picnic featuring Jim O'Connor and the Boston Blackthorn Band at Hamel's Summit View Pavilion, 555 Northampton St., on Sunday Aug. 27, from 1 p.m. to 4 p.m. rain or shine.

Tickets are \$30 per person for adults and children ages 16 and up; children ages 5- 15 tickets are \$11. For reservations call John Gaughan @860-904-3056 or Fran Hennessey @ 413-785-5687 by Sunday Aug. 20.

The Hibernians will celebrate Holyoke's 150 anniversary of incorporation as a City and also present the Maurice A. Donahue Memorial Scholarship to Gavin Sullivan, Patrick Sweeney, and Caroline Taylor.

There will be Irish and American Music; Dancing; Hot Dogs; Hamburgers; BBQ Chicken; Baked Beans; Potato Salad; Tossed Salad; Dessert; Coffee; Cash Bar; Children's Games, and Raffles.

The Event will benefit the Maurice A. Donahue Memorial Scholarship.

Guest Column



## Will WEP and GPO affect my wife's spousal benefit?

Dear Rusty:

*My wife worked for the U.S. Postal Service in New York for about 22 years and then in the private sector for about 15 years. She began collecting her "deferred annuity" from the USPS at age 62 and she plans to collect her Social Security benefits at age 67, which is her Full Retirement Age.*

*Her Social Security benefit before the Windfall Elimination Provision is less than 50% of my Primary Insurance Amount, so the plan is for her to start collecting a "spousal" benefit from me at age 67. My question is: will my wife's spousal benefit be reduced by both the Windfall Elimination Provision and the Government Pension Offset?*

Signed: Inquiring Husband

Dear Inquiring Husband:

Your wife cannot separate her personally earned Social Security retirement benefit from her Social Security spousal entitlement from you whenever she applies for Social Security, your wife will be automatically deemed to be filing for all benefits she is entitled to when she claims.

Because your wife has a "non-covered pension" from the U.S. Postal Service and assuming that pension is under the older Civil Service Retirement System, your wife's personally earned SS retirement benefit will be reduced by the Windfall Elimination Provision. WEP reduces Social Security retirement benefits for anyone, who also has a pension earned while not contributing to Social Security.

The Government Pension Offset is different: the GPO will affect any additional amount your wife is entitled to as your spouse, which we refer to as her "spousal boost." The "spousal boost" amount is the difference between your wife's pre-WEP FRA entitlement and 50% of your FRA entitlement, which is your Primary Insurance Amount. Because of her USPS pension, GPO will reduce your wife's "spousal boost" by 2/3rds of the amount of her non-covered pension, which may eliminate her potential spousal boost.

So WEP will affect your wife's personally earned SS benefit and the GPO will affect her spousal entitlement from you. But, depending on the amount of her USPS pension, your wife will not be entitled to an additional amount as your spouse if 2/3rds of her USPS pension amount is more than her "spousal boost" amount. And if the GPO doesn't completely eliminate your wife's spousal boost, it will at least drastically reduce it.

I have previously published several articles about both WEP and GPO and how each provision works, which you are welcome to review by visiting the AMAC Foundation's special Social Security website at [www.SocialSecurityReport.org](http://www.SocialSecurityReport.org). In particular, one such article providing more detail on how the GPO works can be found by visiting this link [www.socialsecurityreport.org/ask-rusty-government-pension-offset-gpo/](http://www.socialsecurityreport.org/ask-rusty-government-pension-offset-gpo/).

Social Security will make the final determination about your wife's benefit entitlement under WEP and GPO when she applies for her Social Security benefits, but I'm afraid your wife's entitlement may be much less than you are anticipating because of these two provisions. If you have additional questions, please feel free to email us directly at [SSAdvisor@amacfoundation.org](mailto:SSAdvisor@amacfoundation.org) or call 1-888-750-2622.

*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 informa-*

See SECURITY, page 5



Guest Column

## Get out of the garden with a few good books



The saying goes like this: "If you can't handle the heat, stay out of the kitchen!" I'd like to switch it up to say "garden" in place of "kitchen" in light of the fact that I really can't handle the summer heat as well as I used to. These last few weeks, gardening has been accomplished early in the day or during the evening hours instead of midday.

What does a gardening fanatic do if they aren't actually gardening? Read about gardening, of course!

Call me old-fashioned, but I still prefer books over online text. I like to see and hold my books, curl the pages and even write in the margins.

Sometimes, just for fun, I'll pick a book and flip the pages to see where my finger will land. What interesting topic will I read about?

Today I'll choose three books and end up with the topics for today's column that

way. Maybe we can all learn something new or at least refresh our skills.

The first pick is from one of my favorite herb books, "Herbs in Bloom" by Jo Ann Gardner (Timber Press). I flip the pages and end up on Feverfew (*Tanacetum parthenium*).

Timely, because Feverfew is blooming in my yard right now.

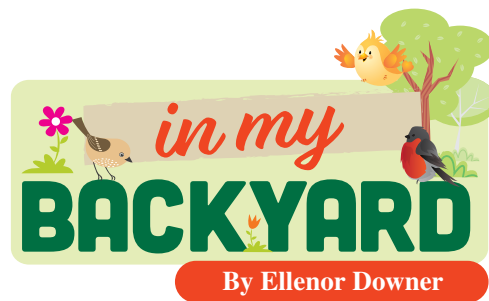
Feverfew is from the Latin word febrifuge thanks to its past use as a fever reducer. Both its single and its double form (*Flora pleno*) lend themselves to admission into the perennial border; often they bloom the first year from seed.

The plants thrive in both light shade and full sun, with the single flower type resowing itself to almost nuisance status if given the opportunity. The flowering span seems to go on and on, the white daisy flowers lending themselves to use in the vase alongside bee balm, summer phlox, veronicas and more.

I especially like the double flowers, and had great luck drying them, their off-white color the perfect addition to a wreath of hydrangea and dried roses.

Second year plants will return with some winter-kill that will need addressing. After blooming plants will likely not return for year three.

See GARDEN, page 5



Several people spotted a juvenile red-tailed hawk by Coldbrook Road in Oakham last week.

People, who saw the bird, hoped its parents were near by and take care of it. That did not happen.

When no parent appeared by the next day, the bird was brought to a wildlife rehabilitator.

The red-tailed hawk is the most commonly seen hawk in this area. It is about 19 inches long. It gets its name from its reddish upper tail. It also has a white chest with a belly band and markings on the chest. Plumage varies considerably. The immature has a finely, banded gray-brown tail and keeps this plumage for one year.

The female lays one to five bluish white eggs with dark marks in a platform of sticks lined with bark and greens in a tree. The nest can be 15 to 120 feet high.

They often are seen perched in a tree by a field. They make a slurred scream like "tseeaarr" often directed at an intruder. Fledglings and adults also make a "klooeek"

sound. During courtship or territorial encounters, they make a piercing "chwhirk."

Bird talk

On July 7, I spoke about birds at the Oakham Senior Center. Ava, age 7, won the door prize of a "Squirrel Slammer" feeder. She came to the event with her great-aunt, who also took the photo of the young red-tailed hawk in this column. She related the story of its rescue since it appeared to be abandoned.

One Oakham woman attending the talk said a robin nested near the house. She and her husband could watch it from their home. One day, they saw the mother shove all her babies out of the nest.

Wild turkeys

Recently, I saw a turkey dust bathing along the side of the road. An Oakham resident had one doing the same thing in her yard. At first, she was concerned it was injured, but it did get up and leave.

Several people reported wild turkeys in their yard with youngsters. I saw one group on someone lawn recently. The poultts looked adorable.

Loons

Most loon pairs hatch their young the first two weeks of July. Both Wachusett Reservoir and Quabbin Reservoir have nesting loons. Floating nests not only provide suitable nesting sites, but they also rise and

See BACKYARD, page 5

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## A Quote

OF NOTE

"Learn the rules like a pro, so you can break them like an artist"

Pablo Picasso

## 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 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.



Feverfew



Candalabra primrose



Coneflower



Globe Thistle

**GARDEN**, from page 4

Still, feverfew is a must have for those of us who love herbs in the flower garden. Keep volunteers at bay by deadheading all but a few of the flowers.

The second pick is ironic, considering the rain we've been getting.

On page 138 of "Secrets to Great Soil" by Elizabeth P. Stell (Storey Books), we learn about improving soggy or poorly drained soils, first by mentioning the use of raised beds.

My stone edged raised beds that usually demand a daily watering in the summer heat are handling all the rain in stride. Unlike the corner of my vegetable garden that was literally under water after the 3.5" we received on Friday.

In addition to that mention on raised beds, a number of perennials are

cited as thriving in moist soil. You'd be surprised to learn that Astilbe (Astilbe spp.) falls into this category, as do the more familiar native wetland plants: Joe-Pye Weed (Eupatorium maculatum), Cardinal Flower (Lobelia cardinalis) and its cousin Great Blue Lobelia (L. siphilitica), the three of which bloom later in the summer.

Candalabra primrose (Primula japonica) was also mentioned. I have purchased this plant two years in a row and it never thrives; now I know the reason: it needs moister soil.

The plants growing under the tree canopy at Positively Perennials are a sight worthy of mention in mid-May when they are in full multi-tiered bloom. Next year, check it out!

We seem to be on a flower theme, so let's see what "The Flower Gardener's Bible" by Lewis and Nancy

Hill (Storey Books) has in store. Alas, pick three does not disappoint.

I landed on a page devoted to both the native Coneflowers (Echinacea species) and the Globe Thistles (Echinops species). Right now, my new border, devoted to our pollinators, is striking with Purple Coneflower as one of the stars.

This plant too, has seemed to enjoy the rain, gaining some height after the shock of being divided and replanted early in May. If you leave the spent flowers in place, self-sown seedlings will emerge next spring, begging to be moved about the landscape or shared with friends and family.

Like Feverfew, from our first pick, Echinacea has history as a healing plant and continues to be used today for immune support.

Globe Thistle, with its steel blue

globes and deeply cut, silver gray foliage, as stiff as it is, also deserves a place in the garden. It is a true bee magnet!

Stems can be harvested as everlasting once flowers color up but before the individual florets, aka "pickers" on each plant open. Clip and dry them upside down for use in wreaths and arrangements.

Well, it's been fun escaping the heat with you! Read any good books lately?

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For 31 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.

**BACKYARD**, from page 4

fall with the water level. This is especially important this year with all the heavy rain in preventing flooding of the nests.

Massachusetts Audubon Society sighting

In Berkshire County, sightings reported to Massachusetts Audubon Society included a northern goshawk and two hooded warblers in Great Barrington and a single hooded warbler at the Hopkins Memorial Forest in Williamstown. Other sightings were a least bittern at Richmond Marsh and merlins in Pittsfield and Lenox.

In Worcester County, sightings included a Brewster's warbler in Harvard, two black vultures soaring near the Hardwick Winery and five evening grosbeaks.

It is good to hear there are evening grosbeak sightings as many of the people at the bird talk at the Oakham Senior Center said they had not seen evening grosbeaks in some time.



Juvenile red-tailed hawk

People may report a bird sighting or bird related experience by calling me at 413-967-3505, leaving a message at extension 100, emailing mybackyard88@aol.com or edowner@turley.com or mailing to Barre Gazette, P.O. Box 448, Barre, MA 01005.

**SECURITY**, from page 4

tion 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

ited 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 [ssadvisors@amacfoundation.org](mailto:ssadvisors@amacfoundation.org).

Russell Gloor is a Social Security advisor for AMAC.

**AWARDS**, from page 1

ing here we were more likely to rely on a computer-generated translation for Spanish if we were to put something up on social media," Linville said. "So I think that one video—which is actually Spanish first with English subtitles—showcases how important it is to communicate in English and Spanish for our community and I think that Holyoke does a really good job of that."

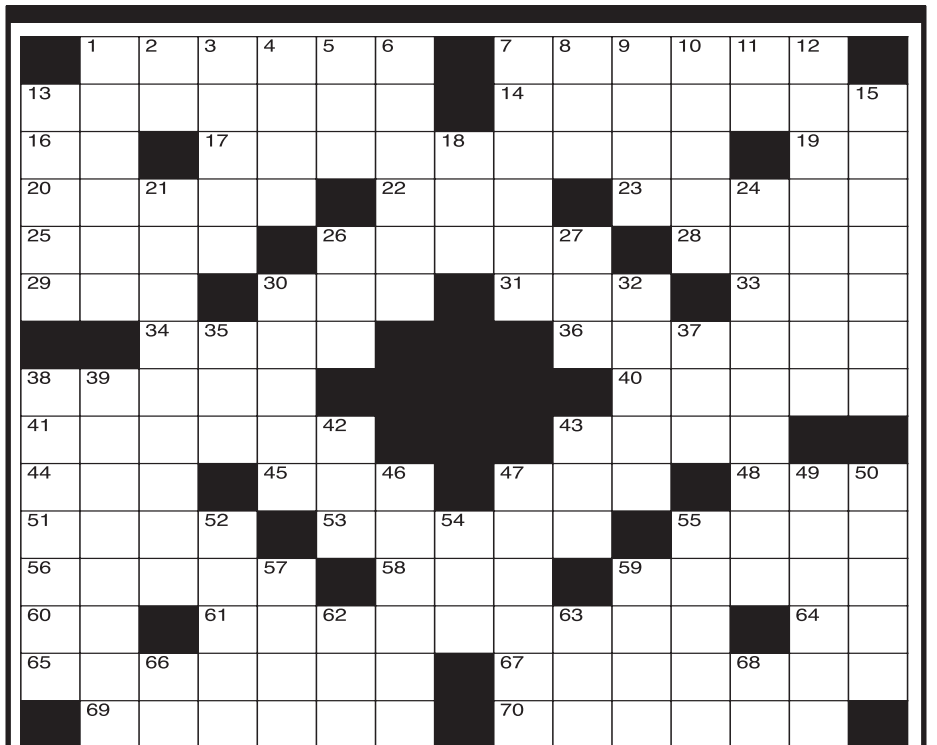
The selection process for deciding what would be submitted to the NSPRA took some time, according to Linville and Oesterreicher. They looked at 15 publications that HPS had come out with this year and went through the NSPRA

guidelines in order to select which ones they thought would do best when submitted.

"In the end we settled on the things we felt the most positive about that we also felt would likely hit the right criteria," Oesterreicher said.

After going through all the projects, they chose the seven that they felt were their strongest. Once they received their results, they were thrilled with how well they did.

"We could not believe that all of them were recognized at some level," Linville said. "Well, I don't want to say we couldn't believe it, the team does often work. I was very happy and pleased that the team was given that recognition."



**CLUES ACROSS**

- 1. Bonus materials
- 7. Formal names
- 13. Free from restraints
- 14. One who scrapes away
- 16. Type of device
- 17. Skin cancers
- 19. The Show Me State
- 20. Plate glasses
- 22. Red-brown sea bream
- 23. Small (Fr.)
- 25. Flightless Australian birds
- 26. High IQ group
- 28. Stiff structures
- 29. Revolutions per minute
- 30. Where a bachelor lives
- 31. Licensed for Wall Street
- 33. A place to park
- 34. Energy, style and enthusiasm
- 36. An important creed in Catholic Church
- 38. 18-year astronomical period
- 40. Furies
- 41. Removes from the record
- 43. Noted child psychiatrist
- 44. Feline
- 45. High schoolers' test
- 47. Not happy
- 48. They \_\_\_
- 51. On top
- 53. Precious stones unit of weight
- 55. Moved quickly
- 56. Seagulls
- 58. A seed with hooks or teeth
- 59. Partner to "oohed"
- 60. Exclamation of surprise
- 61. Most unpleasant
- 64. Organization help service members
- 65. Type of cockatoo
- 67. Humorous criticisms
- 69. Went through and

**CLUES DOWN**

- 1. Settle in tents
- 2. Big
- 3. Books
- 4. Masses of eggs in fish
- 5. Language
- 6. Not standing
- 7. Chinese philosophy
- 8. Computer giant
- 9. A device to catch
- 10. Emits coherent radiation
- 11. Actor O'Neill
- 12. Smallest interval in western music
- 13. Not lower
- 15. Revolves
- 18. Leavened bread
- 21. Number above the line in a fraction
- 24. Cable
- 26. Adult male
- 27. Airborne (abbr.)
- 30. Bullfighting
- 32. Broadcast
- 35. \_\_\_ Angeles
- 37. Vehicle
- 38. Not religious
- 39. North American peoples
- 42. A baglike structure
- 43. Body art (slang)
- 46. Picked for a role
- 47. Actress Tomei
- 49. Former hoopster "Big Country"
- 50. Icelandic poems
- 52. More pleasant
- 54. It can add flavor to meat
- 55. Self-immolation by fire rituals
- 57. Expression of annoyance
- 59. \_\_\_ Spumante (Italian wine)
- 62. Consumed
- 63. Body part
- 66. Thus
- 68. In reply (abbr.)

CROSSWORD ANSWER on page 9

# COMMUNITY TURNS OUT TO SUPPORT LEGION FUNDRAISER



American Legion workers, Lisa Gariepy and Jessie, gather to help support the benefit.



Eighty-five raffle prizes were donated for the benefit.

Turley photos by Quinn Suomala



Local bands donate their time to entertain the crowd with music.



Dancer Kathleen Laughlin wows the crowd.



Community members gather to help support the American Legion Post 351.



Connor Hicks attempts to run down the ball.

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### LEGION, from page 1

as well as Dancer Kathleen Laughlin. None of the performers requested payment from the legion, they merely wanted to be there to support the cause.

"We have four bands today, all donating their time," Gariepy said.

The event was a great success for the legion and a lot of fun for all who attended.

The legion still needs to raise about \$70,000 in order to meet their goal. While they hope to receive grant funds from the city as well as from the state, they are waiting for confirmation of the amounts. In the meantime, they still have a variety of events planned to help them to continue to fundraise.

One such event is the Pig Roast, which they are holding on Sept. 16. They will also be holding an event for National

Night Out on Aug. 7.

"We're doing a National Night Out party here, just to get people out," Gariepy said. "It's a free party, we're going to put out food and there's going to be a live band. It's just to get people out, down here and socializing."

The legion, and many members of the community, hope that all their fundraising work will be enough. Nobody wants this wonderful place to have to close their doors.

"This is such a great place, it really is," Gariepy said. "Everybody knows everybody here, it's a very comfortable place to be. A lot of people that come here live alone, so it's a great social event for them. It's just a nice place to be and we want to continue serving the community, serving the veterans organizations we have supported over the years, and keep this place going."

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| USDA INSP. FROZEN BONELESS CENTER CUT 1/2 PORKLOIN. <b>\$2.09</b> lb                    | CUT FREE WHOLE OR HALF  | USDA INSP. FRESH BONELESS & SKINLESS CHICKEN BREAST 10 LB BAG ..... <b>\$1.66</b> lb |
| USDA INSP. FRESH COUNTRY STYLE PORK RIBS ..... <b>\$2.09</b> lb                         | USDA INSP. FRESH BONE-IN BEEF CHUCK STEAKS <b>\$4.66</b> lb               | USDA INSP. FRESH CHICKEN WINGS WHOLE 10 LB BAG <b>\$1.66</b> lb                      |
| USDA INSP. SLICED IN DELI PASTRAMI ..... <b>\$6.99</b> lb                               | USDA INSP. GROUND FRESH DAILY 80% LEAN GROUND BEEF <b>\$3.79</b> 7 LB BAG | USDA INSP. FROZEN SALMON PORTION SKIN ON ..... <b>\$4.99</b> lb                      |
| <b>GREAT ON THE GRILL</b>   | USDA INSP. FARM FRESH GRADE A LARGE EGGS ..... <b>\$1.25</b> doz          |  |
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| USDA INSP. STORE MADE ITALIAN MARINATED BONELESS CHICKEN BREAST ..... <b>\$2.99</b> lb  |   |  |
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# SPORTS

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## Pioneers take season finale, make playoffs

By Tim Peterson  
Sports Correspondent

LUDLOW – The atmosphere at Lusitano Stadium is always a lot more festive whenever the Western Mass. Pioneers celebrates a victory.

The Pioneers faithful supporters were in no hurry to head home following the July 15 5-1 win over AC Connecticut in the regular season finale.

The Pioneers 10th win locked up sole possession of second place in the USL-2 Northeast Division. They also clinched a playoff berth for the fourth time since 2019. The 2020 season was canceled due to the COVID 19 pandemic.

“I think making the playoffs is a little more special for us this year,” said Connor Hicks, who’s one of the Pioneers’ veteran players. “Our backs were against the wall a couple of weeks ago, but we were able to make the playoffs again.

Following a 2-1 home loss against rival Seacoast United on June 23, the Pioneers (10-1-3) closed out the regular season with five consecutive victories.

“After we lost to Seacoast, most people thought we wouldn’t be making the playoffs this year,” said Pioneers head coach Federico Molinari. “There was a lot of pressure

on us to win every match, but boys worked very hard. It’s not very easy to qualify for the playoffs in this league.”

The Pioneers, who’ll begin their postseason journey this weekend, have posted an impressive 42-6-8 regular season record since the start of the 2019 campaign.

“We’ve changed a lot of players since 2019,” Molinari said. “When the new players join us, they always play very hard, and they also have a good attitude. It has been an outstanding season so far.”

Hicks, who’s from Monson, and Khalid Rose are the only remaining players from the 2019 playoff team.

Hicks, who has been a defender for most of his Pioneers career, was an outside midfielder against AC Connecticut (4-7-3). He had a couple shots on goal, but has never scored a goal while wearing a Pioneers uniform.

“I did score a goal in my first game with the Pioneers four years ago, but it was disallowed because of offsides,” said Hicks, who’s planning to play for the Pioneers in 2024. “I was trying to score a goal in tonight’s game.”

Alec Hughes, who’s a first-year member of the Western Mass. Pioneers, led the way offensively with two

See PIONEERS, page 8



Jordan Koduah makes a pass.  
Turley photos by David Henry



Connor Hicks attempts to run down the ball.



Alec Hughes shoots and scores for the Pioneers.



Gabriel Pacheco sends a free kick away.



Tomas Duben makes his way toward the goal.

## West beats East in NECBL All-Star Game

LYNN - The West Division defeated the East Division 5-1 in the 2023 NECBL All-Star Game, presented by Metro Credit Union, behind eight scoreless innings thrown by nine different pitchers.

Catcher Kevin Bruggeman (Upper Valley, C, Hofstra) won the 2023 All-Star Game MVP after going 2-for-2 on the night with two hits including a two-out two-run single with the bases loaded in the fourth inning. Bruggeman was one of two West All-Stars with multi-hit performances, joined by Anthony Livermore (Keene, 3B, Northwestern).

The West Division struck first with a leadoff single by T.J. Williams (Vermont, OF, Notre Dame) on a full count in the top of the first inning. Williams stole second base and later

scored from second on an RBI single by Greg Bozzo (Keene, C, Northeastern). East Division starter Santhosh Gottam (Newport, RHP, Brown) limited the damage to one run to keep the game close through the first inning.

Garrett Howe (Ocean State, 2B, Samford) hit a leadoff double with a blooper to left field for the East Division. Howe attempted to steal third, but was caught with a perfect throw by the catcher Greg Bozzo (Northeastern). West Division starter Nolan Sparks (Vermont, RHP, Rochester) escaped a first inning jam with a diving stop by Kyle Hannon (North Adams, 3B, Penn State) at third base to leave two runners stranded for the East Division.

Alex Logusch (Ocean State, RHP, Winthrop) allowed

three walks to load the bases in the fourth and a Ryan Cesarini (Upper Valley, DH, St. Joseph’s) sacrifice fly scored Javon Hernandez (Danbury, SS, Auburn) to start the inning.

The West continued its rally when Williams reached base for a third time after his second hit-by-pitch to load the bases once again with two outs. Bruggeman’s two-run single drove in Nighthawks teammate Adarius Myers (Upper Valley, OF, Louisiana Tech) along with Brandon Butterworth (Vermont, 2B, NC State) to give the West a commanding 4-0 lead.

Brent Francisco (Bristol, RHP, East Stroudsburg) recorded the first 1-2-3 inning of the evening after retiring three straight batters in the fifth

See NECBL, page 8

## Playoff berths in Valley Wheel come down to final week

WILBRAHAM – The Valley Wheel Over-28 Baseball League, which plays its games throughout Western Massachusetts and features adult players from all over the region, has lived up to its reputation for having a league full of parity.

As a result, this final week will be the determining factor when it comes to deciding which teams receive the four playoff spots the league offers.

Following the games of July 9, five of the league’s six teams were in a tie for first place with identical 7-5 records.

The games of July 16 were rained out, pushing the league to finish the final three

games of the regular season within in an eight-day period.

Weeks 14 and 15 were scheduled to be played on July 23 and 30, respectively, while the Week 13 makeups were scheduled in between, July 26 and 27.

The Week 14 games found the Athletics, Tigers, and Cubs coming away with wins. That left those three games with 8-5 records while the Angels and Twins sat at 7-6, both one game out of the first-place tie.

Midweek matchups included the Angels-Orioles, Cubs-Athletics, and Tigers-Twins, which could further complicate the standing heading into Sunday’s final games.

See PLAYOFF, page 8

# Hall takes win in Granite State series

HERMON, ME – The Granite State Pro Stock Series returned to “Vacationland” for the first time since 2021 with Saturday night’s Go FAS Racing 100 at Speedway 95. And against a tough field, Garrett Hall captured his second career GSPSS win in the series’ debut at the Hermon, Maine speedplant.

Seventeen drivers, all but one from the state of Maine, turned out for the GSPSS’ rain-delayed debut at the historic oval just outside Bangor. Wiscasset Speedway regular Josh St. Clair topped the charts in time trials, splitting the heats with home-track ace Mike Hopkins.

But in race trim, it was Hall who prevailed. With reigning GSPSS champion Joey Doiron in the pits, Hall worked the inside line around the third-mile oval en route to victory.

Hall won in his GSPSS debut in 2017, claiming the series’ only trip to Oxford Plains Speedway. With Saturday’s win, the Scarborough native is the first series driver to win twice in the Pine Tree State.

Hopkins, a road warrior with two wins in the Southeast earlier this season, came up short of victory in his second-ever GSPSS appearance, finishing second at his hometown track. St. Clair



Garrett Hall was the winner up in Maine last Saturday.

Submitted photo

held on for third in his series debut.

Points leader Travis Benjamin extended his advantage with a fourth-place finish, while Ben Ashline rounded out the top five.

Saturday’s GSPSS showdown

capped off a night of racing that included Speedway 95’s local classes. Dalaney Dunn came out on top in the 25-lap Cage Runner feature. Scott Modery took the checkers in the Street Stocks, and Kris Foss won the evening’s Sport 4

feature.

The next race for the Granite State Pro Stock Series is a return to Riverside Speedway on Saturday, August 12, where Travis Benjamin will try to back up his June performance with another win at “Grovetona.” Details on the fifth race of the GSPSS’ twelfth season will be released shortly.

For more information on the Granite State Pro Stock Series, visit [www.gspss.net](http://www.gspss.net) or find us on Facebook, Twitter and Instagram.

## RESULTS,

### Go FAS Racing 100, July 22, 2023

1. (94) Garrett Hall
2. (15ME) Mike Hopkins
3. (14) Josh St. Clair
4. (7B) Travis Benjamin
5. (99) Ben Ashline
6. (32) Brandon Barker
7. (75) Gary Smith
8. (32ME) Nick Jenkins
9. (28R) JR Robinson
10. (7CT) Cory Casagrande
11. (56) Evan Beaulieu
12. (21C) Shane Clark
13. (81) Bryan Lancaster
14. (28) James Doucette
15. (15) Trevor Krouse
16. (21ME) David Oliver
17. (01) Jet Decker

## Sports nutrition tips from Boston Children’s Hospital

What should an athlete eat to prepare for a big event? Read on for sound tips from the Sports Medicine Division.

- Carbs are your friend and other game-day nutrition advice
- Like a car, your body needs fuel to run. These foods help you rev up for top performance on game day:
- Carbohydrates (pasta, fruit, bread, oatmeal, sugar) provide fast energy. Without

carbs, an athlete is likely to hit a wall of sluggishness.

- Fat (nuts, nut butters, olive oil, avocados, salmon or tuna) provides longer-lasting energy. Fats and carbs work together to fuel performance.
- Protein (chicken, beef, eggs, dairy) builds muscle and repairs tissues. Protein after a practice or game is essential to building and maintaining muscle strength.

### Pre-game fueling

Three to four hours before a practice or game, an ideal pre-game meal includes mainly carbs with some protein and fat.

- peanut butter toast with a banana
- granola bar
- yogurt and fruit

Closer to game or practice time, snacks or meals should decrease in volume and be

mostly carbs. oatmeal

- sports drinks
- Post-game recovery
- A snack or meal with both protein and carbohydrates within 30 to 45 minutes after a game helps muscles recover more rapidly.
- chocolate milk
- banana and peanut butter or almond butter
- graham crackers with peanut butter or almond butter

- yogurt with granola
- turkey sandwich

Foods that work for your teammates might not work for you. Be sure to try out different foods before and after practice and see how they make you feel. When game day rolls around, you’ll know what fuel your body thrives on.

Stay tuned for more news and injury-prevention tips from Boston Children’s Hospital.

### PIONEERS, from page 7

goals and a pair of assists.

“We really needed to win tonight’s game to make the playoffs,” Hughes said. “It has been a lot of fun playing for this soccer team this summer.”

The home team, who scored five goals in a home match for the first time since a preseason friendly with KO Elites FC, took a 1-0 lead six minutes into the opening half.

The scoring play began with Gabriel Pacheco sending a pass from the left side of the box to Tomas Duben, who tapped the ball over the goal-line past AC Connecticut goalie Clayton Knibbs.

Less than ten minutes later, Duben was credited with the assist as Hughes fired a shot into the left corner for his first goal of the match.

Duben and Hughes hooked up again during the 32nd minute. A tap in by Hughes increased the Pioneers lead

to 3-0, which was the halftime score.

“I always try to put myself in the right spot and let my teammates find me,” Hughes said. “I just want to do anything to help my team win.”

The Pioneers outshot AC Connecticut, 15-1, during the first 45 minutes of the match.

Any thoughts the AC Connecticut players might’ve had of making a second half comeback didn’t last very long.

A goal by Lucio Berron, which was assisted by Hughes in the 58th minute, gave the Pioneers a commanding 4-0 advantage.

AC Connecticut, who also lost the first meeting to the Pioneers, 2-1, received an early Christmas gift following an own goal in the 73rd minute.

A couple of minutes later, Jordan Koduah scored the Pioneers final goal, which was assisted by Hughes.

It was a perfect way to wrap up the regular season for the Pioneers players and their supporters.

### NECBL, from page 7

inning, including strikeouts of Anthony DePino (Mystic, 3B, URI) and Mike Bello (Mystic, OF, Auburn).

Bruggeman reached base for a second time with a single to right field in the sixth inning, and later advanced to second on a Kyle Hannon two-out walk. Wyatt Lunsford-Shenkman (Ocean State, RHP, East Carolina) struck out the league’s second-leading home run hitter Samuel Tackett (North Adams, OF, Virginia Tech) to escape the jam with a scoreless frame to keep the East within four.

Michael Weidinger (Valley, LHP, William & Mary) retired the side in the sixth inning, including two fly outs and a strikeout of Nolan Nawrocki (Martha’s Vineyard, SS, Clemson) to continue a dominant pitching performance by the West Division.

In the bottom half of the seventh inning, Anthony Livermore (Keene, 3B, Northwestern) showcased his speed with

a diving attempt at first base to earn an infield single in his first plate appearance of the game. Livermore went on to steal second and third base before scoring on three straight walks allowed by East pitcher Jay Allmer (Mystic, RHP, Seton Hall), the league’s leader in saves.

The East Division cut into the lead with a solo home run by Jake Berger (North Shore, 3B, Harvard) in the bottom of the eighth. Fellow Navigator Stan DeMartinis III (North Shore, OF, Bentley) followed with a single to left, but Week 2 Pitcher of the Week George Viebrock III (Danbury, LHP, Denison) retired the next three batters to maintain a 5-1 lead for the West heading into the ninth.

West Division Fan Vote winner Luis Mislá (Upper Valley, LHP, SUNY Cortland) split the ninth inning with 2023 Home Run Derby champion and two-way player Anthony Steele (Danbury, LHP, Penn State) to seal a dominant 5-1 victory for the West Division.

## How to contact the Sports Editor

Have the scoop on a local sports story? Want to submit a team photo, pass along a potential story idea, or just find out how to get a copy of that great photo of your young athlete? Please send all sports-related press releases and information to Sports Editor Greg Scibelli at: [sports@turley.com](mailto:sports@turley.com) or call, 1-413-283-8393.

### PLAYOFF, from page 7

According to the league commissioner, Jim Nason, the first tiebreaker for determining who makes the playoffs will be head-to-head records. Each team plays their opponents three times making a definitive decision if there is a tie between two teams. But in the event of a three-way tie, the next tiebreaker is run

differential, which could be used to seed teams as well in the event of a three-way tie for first place.

This weekend, the final matchups are Twins-Angels, Cubs-Orioles, and Tigers-Athletics. Semifinals are scheduled for Aug. 6 at Spec Pond in Wilbraham with game times of 2:30 and 6 p.m. The league championship game is set for Sunday, Aug. 13 at 3 p.m. at Spec Pond.



# Bipartisan push to end violence against children around the world

WASHINGTON— Rep. Jim McGovern (D-MA), Ranking Member of the House Rules Committee, alongside Rep. Maria Salazar (R-FL) and Rep. Brian Fitzpatrick (R-PA) introduced a major new bill to update and strengthen existing U.S. Government efforts to end global violence against children, improve inter-agency coordination in addressing violence and promote the use of evidence-based strategies and information gathering capabilities.

Globally, half of all children experience violence. Violence includes abuse, neglect, and exploitation and can be physical, sexual, psychological, or emotional in nature. Violence can happen anywhere-in communities, schools, homes, workplaces, and in humanitarian settings. Sexual exploitation and abuse take many forms and include human trafficking, early and forced child marriage, homicide, online exploitation, and gender-based violence.

“America has played a leading role in developing strategies to reduce and end child violence, and our new bipartisan bill builds on that legacy to help put an end to violence against children once



and for all,” said McGovern. “We must do more to protect vulnerable children from being exploited by evil individuals across the world,” said Salazar. “I am proud to co-lead the Strengthening Efforts to End Violence Against Children Act to help inno-

cent children who are at risk of sexual exploitation, human trafficking, forced child marriages, online abuse, and gender-based violence.”

“It is our duty to protect children from exploitation and violence,” said Fitzpatrick. “I am grateful to partner

with my colleagues on the bipartisan Strengthening Efforts to End Violence Against Children Act to ensure that appropriate resources are directed to protect vulnerable children at risk of violence around the world.”

Specifically, the Strengthening Efforts To End Violence Against Children Act will:

- Align current interventions for vulnerable children with USAID’s Advancing Protection and Care for Children in Adversity Strategy and evidence-based interventions such as the INSPIRE strategies and Violence Against Children Surveys.

- Elevate the USAID Special Advisor for Assistance to Orphans and Vulnerable Children and require the Special Advisor to advise USAID offices, bureaus, and field missions and other U.S. government agencies to address violence against children through the current whole-of-government strategy. Update USAID reporting requirements to identify how U.S. agencies are utilizing the INSPIRE strategies and findings from Violence Against Children and Youth Surveys, including in response to the effects of COVID-19.

**Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Hampden Probate and Family Court  
50 State Street  
Springfield MA, 01103  
Docket No. HD16P0217PM  
In the matter of:  
Walter William Cady  
of Holyoke, MA  
Protected Person/Disabled Person/Respondent  
CITATION GIVING NOTICE OF CONSERVATOR’S ACCOUNT**

To the named Respondent and all other interested persons, you are hereby notified pursuant to Rule 72 of the Supplemental Rules of the Probate & Family Court, that the 4th account(s) of Danyelle Cady of Springfield, MA as Conservator of the property of said Respondent has or have been presented to the Court for allowance.

**You have the right to object to the account(s).** If you wish to do so, you or your attorney must file a written appearance and objection at this court on or before 10:00 AM. on the return date of 08/18/2023. This day is NOT a hearing date, but a deadline date by which you have to object to the account(s). If you fail to file the written appearance and objection by the return

date, action may be taken in this matter without further notice to you, including the allowance of the account(s).

Additionally, within thirty days after said return day (or within such other time as the Court upon motion may order), you must file a written affidavit of objections stating the specific facts and grounds upon which each objection is based and a copy shall be served upon the Conservator pursuant to Rule 3 of the Supplemental Rules of the Probate & Family Court.

You have the right to send to the Conservator, by registered or certified mail, a written request to receive a copy of the Petition and account(s) at no cost to you.

**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: July 21, 2023  
**Rosemary A. Saccomani**

Register of Probate  
07/28/2023

**Commonwealth of Massachusetts  
The Trial Court  
Hampden Probate and Family Court  
50 State Street  
Springfield, MA 01103  
(413)748-7758  
Docket No. HD23P1523EA  
Estate of:  
Marilyn Catherine Loudon  
Date of Death: 07/09/2023  
CITATION ON PETITION FOR FORMAL ADJUDICATION**

To all interested persons:  
A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by **Kelly A Maher of Holyoke, 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: **Kelly A Maher of Holyoke, MA** be appointed as Personal Representative(s) of said estate to serve 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 08/16/2023.**

**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 19, 2023

**Rosemary A. Saccomani**  
Register of Probate

07/28/2023

**Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Hampden Division  
Docket No. HD23P1447EA  
Estate of:  
Janet K. O’Brien  
Also Known As:  
Janet G. O’Brien  
Date of Death:  
June 3, 2023**

**INFORMAL PROBATE PUBLICATION NOTICE**

To all persons interested in the above captioned estate, by Petition of Petitioner **Susan C. O’Brien of Holyoke, MA**

a Will has been admitted to informal probate.

**Susan C. O’Brien 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 distribu-

tion 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.  
07/28/2023

**Commonwealth of Massachusetts Probate and Family Court Department  
HAMPDEN SS**

**Docket No: HD22P2593PM**  
To all persons interested in the estate of Patricia A. Costello of Holyoke in said County, person under conservatorship single.

A petition has been presented to said Court for license to sell at private sale - public auction - certain real estate of said Patricia A. Costello for her maintenance.

If you desire to object thereto you or your attorney should file a written appearance in said Court at 50 State Street, Springfield before ten o’clock in the forenoon on the 9th day of August 2023, the return day of this citation. Witness, **BARBARA M. HYLAND**, Esquire, First Judge of said Court this 7th day of July 2023.

**Rosemary A. Saccomani**  
Register  
07/28/2023

## Public Notices

*The Holyoke Sun*  
**OBITUARY POLICY**

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

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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)**

# MiraVista welcomes No More Silence Massachusetts

HOLYOKE – Through a new partnership with MiraVista Behavioral Health Center, No More Silence Massachusetts, an area nonprofit that offers support to anyone affected by suicide loss, is changing the location of its meetings and expanding services.

Terri Tracy and her husband Daniel founded No More Silence Massachusetts as suicide loss survivors. Each of the Tracy's had brothers who died by suicide – Dan's brother Thom in 2007 at age 40, and Terri's brother Tommy in 2013 at age 42.

"Our Suicide Attempt Survivors Group will offer support to those who have made a suicide attempt at least two years ago and are 21 years of age or older," Tracy said.

The most recent government data

indicates that in 2021 there was an estimated 1.70 million suicide attempts in the United States.

"People come together and talk with each other more openly because they are surrounded by those who truly understand the type of loss experienced," Tracy said. "Although everyone's story is different and unique to them, the common factor is the loss to suicide."

Terri Tracey added that founding No More Silence Massachusetts has made her and her husband "both real-



ize that our stories can help someone else, as well as realizing that others understand what we go through and are not alone."

"We are very pleased to have No More Silence Massachusetts support groups meet at MiraVista Behavioral Health Center," said Kimberley Lee, MiraVista's chief of creative strategy and development. "As a provider of services to those affected by mental health and substance use conditions, we know the importance of treatment and support for those seeking it.

No More Silence Massachusetts provides comfort to those who have experienced suicide loss or attempted suicide in a setting where they can share their stories and know there are not alone on their journey of recovery."

No More Silence Massachusetts meeting dates and times are:

One-on-One Comfort Talks – Individual meetings the 1st Wednesday of the month beginning in August from 6:30 to 7:30 p.m.

Suicide Attempt Survivors Group – Meetings the 3rd Wednesday of the month beginning in August from 6:30 to 7:30 p.m.

Suicide Loss Survivor Group – Meetings the second and fourth Wednesday of the month beginning in July from 6:30 to 7:30 p.m.

## Summer book fair to be held at the Children's Museum

HOLYOKE – The Children's Museum, 444 Dwight Street, is having its first book fair. Taking place on Saturday, July 29 and Sunday, July 30, from 10 a.m. - 3 p.m. This event aims to foster a love for reading, encourage creativity, and provide a platform for children to explore the wonders of literature regardless of socioeconomic status.

Admission to the book fair is free. Museum admission is children & adults \$8, seniors (62+) \$5, children under 1 year of age, and members are free.

The book fair selection of new and gently used books showcasing various genres, including fiction, non-fiction,

picture books, graphic novels, and more, plus enter a raffle. From beloved classics to contemporary favorites, there will be something to satisfy every young bookworm's appetite.

"Books spark children's imagination and foster their creativity. Through the stories they read, they can explore different worlds, characters, and scenarios," said Executive Director Abigail Scanlon.

"This imaginative play cultivates creativity, empathy, and emotional intelligence. It encourages children to think creatively and generate their own ideas and stories encompassing the very mission of our museum."

## Doors Open Holyoke event announced

HOLYOKE – The Office of Planning and Economic Development (OPED) is excited to announce the City's 3rd annual Doors Open Holyoke 2023 will take place on Saturday, Oct. 14 from 9 a.m. To 12 p.m.

Doors Open events across the country invite the public to see behind the doors of many places not usually open to the public. Doors Open connect residents and visitors to local places of historical, cultural, and architectural significance to bridge communities and inspire new and broader perspectives. The first Doors Open took place in France in 1984, and the concept has spread to other places in Europe, North America, and elsewhere. Holyoke is celebrating the third annual Doors Open celebration.

2021 and 2022 DOH featured iconic Holyoke locations like Open Square, the

Richards Train Station and the Victory Theater, as well as places of worship and manufacturing companies. This year's DOH will be part of a full day of events celebrating Holyoke's 150th sesquicentennial.

Doors Open relies on individuals and organizations that have a passion for Holyoke. If interested in being a Doors Open location please fill out the google form application:

[https://docs.google.com/forms/d/e/1FAIpQLSfwwUmAyQyuz3hG9-PM-mwUXgzLjPgHjGMoZiebMAHn-7PHi7w/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfwwUmAyQyuz3hG9-PM-mwUXgzLjPgHjGMoZiebMAHn-7PHi7w/viewform?usp=sf_link)

Additional event details, locations, and schedule of this year's DOH events will be available in the coming weeks at <https://www.exploreholyokey.com/explore/doors-open-holyoke/featured/> and Facebook.com/exploreholyokey.

## RIVER, from page 1

will begin construction on their South Fairview Sewer Separation project and will put in a CSO Flow Monitoring System to provide flow metering and data system at each of Chicopee's 16 active CSO locations.

Springfield will use their portion of the money to complete the installation on Springfield Water and Sewer Commission's York Street Pump Station Project and to complete the disconnection of the existing pump station piping at Bondi's Island as well as a removal of diversion structure.

Holyoke's portion of the funding, which is \$210,000, will go towards the River Terrace Sewer Separation project.

The River Terrace Separation project in Holyoke is a continuation of the work to separate sewage and overflow drains in Holyoke. In the past, according to Baker, there have been projects all around the city.

"We have a long term control plan, which is a document that outlines how to reduce the combined sewer overflows over a long period of time and we've completed many of these projects over the years," he said. "There was a portion of Appleton Street that was done, we've done Mosher St., which is the flats, the entire area of South Holyoke—that's called Jackson Street—that's been done, and Jones Ferry Road has been done, which is the area near the boathouse."

The River Terrace project is currently

in the planning and design stage, with about 60% of the design completed. The funding they have received will be going toward the design phase of the project.

"This particular funding is going to assist moving the design forward for the first phase and assist the city in managing the state revolving fund application process in management and overseeing a lot of the project," Baker said.

Following the planning and design state, this project will have two phases, phase A and phase B.

"We hope to start Phase A in 2024 or 2025, and then Phase B will occur about two to three years after that," Baker said.

Residents in the River Terrace area can expect construction during these phases, though Baker promises that there

shouldn't be consistent construction in one area throughout an entire construction season.

"In the phases, both A and B, we will either be installing a new sewer or a new drain, so at the end of the project we will have separated sewer and drain," he said. "There will be construction during about two construction seasons, but it won't be the full duration as we will go street by street."

Once the River Terrace project is complete, the only area remaining on the control plan is the Springdale Park neighborhood.

"The last and final project in our long term control plan will be the Springdale Park neighborhood...the end is in sight," Baker said.

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# Searing heat presents danger for kids and pets

WESTWOOD – As temperatures soar, AAA would like to remind motorists to take extra precautions to make sure children and pets are not left in vehicles. Deaths due to heatstroke often occur when caregivers forget a child in a car, or simply do not realize how quickly temperatures rise in an enclosed vehicle.

As of July 6, 10 children have died in the United States as the result of vehicular heatstroke. In 2022, this preventable tragedy claimed the lives of 33 children, and 950 children have perished in hot vehicles since 1998, the year pediatric vehicular heatstroke deaths were

first recorded.

On a summer day, leaving a child or a pet inside a vehicle for less than 10 minutes can prove fatal. Children and pets cannot regulate their body temperature like adults, and their bodies heat up three to five times faster.

It is important to note that when children are forgotten in the vehicle by their caregiver, it is common that there was a change in the normal daily routine, such as a parent dropping the child off at day-care who would not normally have that responsibility.

More than a quarter of heatstroke

tragedies are caused by children gaining access to a vehicle on their own, without a parent or caregiver realizing. Examples include young children playing games such as “hide and go seek” and entering a hot vehicle to be quickly overcome by hyperthermia. For this reason, it is critical to lock parked vehicles to reduce this risk.

Unfortunately, children are often knowingly left in a vehicle; approximately 20% of these deaths occur because a caregiver left the child intentionally, yet not necessarily maliciously. Young children are left to “finish a nap” or the caregiver runs into a store or business to complete

an errand without the child, not realizing the danger or how quickly brain damage can occur. Twenty-one states, including Connecticut and Rhode Island, have laws preventing caregivers from leaving children unattended in a vehicle.

If you see a child or pet left alone in a vehicle, dial 9-1-1 to report the incident and, if necessary, take action to remove them. Never leave children or pets unattended in a vehicle. Caregivers should use the “Look before you lock” your vehicle technique and when exiting, keep the vehicle locked so a child cannot gain access.

**Friday, August 4th • 5pm-7pm**  
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**PRETTY IN PINK**



This dragonfly heard about the Barbie movie craze and landed on a pink sleeve.  
 Turley photo by Kara Walsh-Vey

## Send Us Your Autumn Event Information

Turley Publications will print your Autumn event **FREE OF CHARGE** in our **Autumn Fest Supplement** which will be published **September 13, 2023.**

Total circulation of 85,000 reaching over 200,000 readers in the Pioneer Valley.

**Deadline for Calendar submissions is August 16.**

## Community Autumn Events

Event Should Be Non-Profit & Open to the Public

**FREE Calendar Listings Reaching over 200,000 Readers in the Pioneer Valley**

Event Name \_\_\_\_\_

Date/Time \_\_\_\_\_

Location \_\_\_\_\_

Description \_\_\_\_\_

Cost \_\_\_\_\_

Contact name & phone number for more information \_\_\_\_\_

**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.**