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# HOLYOKE the Sun

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## Fiestas Patronales de HOLYOKE brings culture and fun to city



**By Quinn Suomala**  
Staff Writer

HOLYOKE – Fiestas Patronales de Holyoke was a success that brought music, food and fun to the streets of the city.

The celebration took a lot of work to pull together, but all involved were thrilled with how it turned out.

“[I most look forward to] the response from the community, the response that people approve of what we’re doing,” the Director of the Fiestas Patronales Committee Melvin Sanchez said. “When you do an event and it’s a free community event, you are going to get some people to come out, but when you get the numbers that we have been getting, that’s a testament to the quality of it.”

This celebration celebrates the rich Latinx culture that is

Myriam Rodriguez, Vanessa Aponte and Alex Saldona from Holyoke Public Schools help give information to families during the fiesta.  
*Turley photos by Quinn Suomala*

See FIESTAS, page 6

## Brain health the key message at HCC Alzheimer’s lecture

**By Quinn Suomala**  
Staff Writer

HOLYOKE – Holyoke Community College’s Culinary Arts Institute hosted a brain health in the kitchen lecture brought by the Alzheimer’s Association on Friday, Aug. 4.

The goal of this lecture was to inform attendees about the foods they can eat to help prevent different kinds of dementia, including Alzheimer’s.

“The real prescription starts in the kitchen,” Registered Dietitian Marissa Chiapperino said.

Throughout the lecture, the attendees learned about the key macronutrients they need to eat as well as the Mediterranean-Dash Intervention of Neurodegenerative Delay Meal Plan, also known as the MIND meal plan.

The key macronutrients are carbohydrates, protein and fats. Each one helps to bring energy to the body and provides a variety of other benefits.

Carbohydrates are sugar, starch and fiber and they are the main energy source for the brain and the blood.



*Turley photos by Quinn Suomala*  
The Alzheimer’s Association Registered Dietitian Marissa Chiapperino gives her presentation on Alzheimer’s disease.

“Carbs get a bad rep, they are demonized quite a bit, but we need them as they are our brain’s number one source of energy in the body,” Chiapperino said. “We only store about 24 hours worth of carb energy in our liver every day, so...we have to fill the gas tank up most days of the week with carbs.”

Protein is the next key macronutrient. It helps to strengthen and protect muscles and bones and can assist with healing and repair. Protein can also improve immune function.



*Turley photos by Quinn Suomala*  
Registered Dietitian Marissa Chiapperino begins her presentation on ways to improve brain health through your diet.

“Protein is crucial for our muscle development and our brain is a muscle,” Chiapperino said. “So, we need to give our bodies protein every day to protect those things.”

Finally, there is fat, which helps to protect organs, hair, skin and nails. It is also key to absorbing vitamins A, D, E and K.

“Fat helps us to absorb certain vitamins,” Chiapperino explained. “For example, if we drink skim milk because

See ALZHEIMER’S, page 9

## Many vacancies left to fill in Holyoke Public Schools

**By Quinn Suomala**  
Staff Writer

HOLYOKE – Holyoke Public Schools is preparing for the beginning of another school year. As part of the process of doing so, they have been working to hire the staff they will need as the year begins.

Since the beginning of Jan. 2023, Holyoke has had turnover creating 285 teaching vacancies in the district. However, many of these vacancies were created due to the rezoning process the district is going through and, therefore, 161 of these positions

were filled internally, according to Chief Human Resource Officer Beth Gage.

“We’re in the process of rezoning our district and we’re moving to a distinct elementary, middle and high school model... with that there was a significant impact on our teachers in other positions,” Gage explained.

Once they had filled the 161 positions internally, they still had to fill the remaining 124 positions. So far, they have hired 62 new teachers. Another 14 have been given an offer and are in

See VACANCIES, page 9

### SILLY GOOSE



This goose tries to take a nap at the Ashley Reservoir.

Submitted photo



# MassHire Holyoke career services are here to help

HOLYOKE – MassHire Holyoke (formerly CareerPoint), has operated from its offices at 850 High St. for 27 years. Although the center is engaged in a slow move to new quarters, all its career counseling, reentry and recovery, and job development services are still located at the 850 High St. address. Visitors can use the computers in the Resource Center to write and print resumes, explore job search engine sites, visit MassHire job postings, and complete on-line job applications. There is also access to a printer and fax.

The MassHire Holyoke counselors and job developers assist individuals who are eligible for support through several different grants and programs. Some folks may only want career readiness support or advice, others information

about free training programs, and still others someone to talk to how best to apply for a job or prepare for an interview.

Several on-site and virtual workshops and webinars are available. Topics include, but are not limited to titles like career exploration, resume writing, computer conquest, networking, interviewing, on-line job applications and/or job search, and more.

To access these services and programs, one must first attend a Career Center Seminar or Orientation. They provide an in-depth overview of what MassHire Holyoke do. Once registered, the fun begins. And please don't forget that these services are free. There is no cost whatsoever to use MassHire Holyoke's Career Services.

The Youth Team provides teens and young adult guidance and support and opportunities for part-time or full-time work, internships, and career certification programs. As with the adult population, youth often are provided instruction on how best to prepare themselves to apply for jobs, prepare resumes and present themselves during an interview. MassHire Holyoke partners with the Holyoke Public Schools and organizations like Enlace de Familias, Holyoke Community College, and the Holyoke Boys and Girls Club to provide coordinated support for the community's young adults.

The Business Services Team works with local employers, listing job openings of all kinds, providing job fairs and recruitment events, supporting on- and

off-site training programs, and explaining the value of On-the-Job training and apprenticeships for both businesses and job seekers. There even is a Talent Bank, which is used by job developers to match candidates with suitable job opportunities.

The MassHire Holyoke team members can help and truly enjoy providing what is needed to assist individuals move forward more positively and productively with their professional lives. Most of the staff are bi-lingual, and many services are offered in both in Spanish and English.

To register or to get more information, please call 413-532-4900, visit the MassHire Holyoke website, [masshireholyoke.org](http://masshireholyoke.org), or stop by one of our offices.

## Hibernians to hold summer picnic Aug. 27

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 150th 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.

## Deshaies presented Community Support Award by Florence Bank

FLORENCE – Florence Bank recently announced it has presented its 2023 Community Support Award to Tim Deshaies of Holyoke, director of retail operations at the bank.

The Community Support Award was established by the bank in 1997 as a means of formally recognizing employees who are active in the community and give their personal and professional time to local nonprofit organizations.

Each year, the award recipient can select an organization of his/her choice, and the bank will donate \$500 to that organization. Deshaies has chosen The Therapeutic Equestrian Center, citing the incredible work the organization does with horse-assisted therapy for people in the community.

Deshaies came to Florence Bank in 2007. He holds a master's in business administration from Western New England University.

He is very active in the community and currently holds these positions: treasurer of The Therapeutic Equestrian Center and The Wistariahurst Foundation; vice president of Black Horse Trust; and director of Mansir Trust.

"We are pleased to shine a spotlight on Tim because we are proud of



Tim Deshaies with his 2023 Community Support Award. Submitted Photo

all the important work he does in the community," said Matt Garrity, president and CEO of Florence Bank. "Tim well deserves the Community Support Award."

## Local students receive bachelor's degrees from UMass Amherst

AMHERST – Approximately 5,500 students received bachelor's degrees in over 100 majors at the University of Massachusetts Amherst's Undergraduate Commencement on May 26, 2023 at the McGuirk Alumni Stadium.

Below is a list of students from the area who earned a degree.

Caroline Margaret Callahan, Jacqueline Eleanora Payne Cole, Joseph Vincent D'Addario, Brenna Marie Duquette, Thomas James Fournier, Laney Madison Kleszczynski, Sadie Eleanor Pecia, Sebastian Quintero Real, Haley Ines Saltares, Emma Kathleen Schlegel, Sarah Sirkissoon, Jillian Nicole Taylor and Fernando Tenesaca Jr.

**The public is invited to**

# a traditional summer picnic-a-staycation!

**Hamel's Summit View Pavilion**  
555 NORTHAMPTON STREET, HOLYOKE  
**Sunday, August 27, 2023 1pm-4pm Rain or Shine**

In recognition of  
**Holyoke's 150th Anniversary of Incorporation as a city**

**Irish and American Music • Dancing**  
**Hot Dogs • Hamburgers**  
**BBQ Chicken • Baked Beans**  
**Potato Salad • Tossed Salad • Dessert**  
**Coffee • Cash Bar**  
**Children's Games • Raffle**

Featuring **Jim O'Connor and the Boston Blackthorn Band**  
Tickets are \$30 per person for adults and children ages 16 and up  
Children ages 5-15 = \$11

For Reservations, call by Sunday, August 20th  
call **John Gaughan @ 860-904-3056**  
or **Fran Hennessey @ 413-785-5687**

Presented by the Hibernians of Hampden/Hampshire Counties  
To benefit The Maurice A. Donahue Memorial Scholarship

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# OneHolyoke Thrives Community 5K Walk on Aug. 26

HOLYOKE – OneHolyoke CDC will hold its third annual “ONE Holyoke Thrives” community 5K walk and roll on Saturday, Aug. 26, from 10 a.m. to noon. The event will bring the Holyoke community together to walk, or roll (wheelchair, bicycle, stroller), along a 5K route, beginning at Lawler Insurance at 1 Main Street, and ending at the intersection of Race and Middle streets.

The 5K walk will celebrate Holyoke’s collective efforts to promote the well-being of the community and will feature activities for participants, including a story walk for children; a Holyoke history scavenger hunt; a “find this mural” game along the route; and a celebration with food trucks at the end of the route. There will also be giveaways for participants, and those who sign up will be entered to win an adult bike.

Registration is \$10 for adults, and \$15 per couple. Children (under 17 years) are free. The goal is for the community walk to be accessible to everyone, and those who are not able to pay the registration fee can enter the code DONAR (for individual registration) or DONAR2 (for couple registration) on the payment page of the website to receive free registration. To register, visit [www.oneholyoke.org/community5K/](http://www.oneholyoke.org/community5K/) and registration is also available beginning at 8:30 a.m. the day of the walk.

Proceeds from the 5K benefit OneHolyoke CDC, which supports the Holyoke community. Over the past two years, OneHolyoke has been dedicated to providing educational resources, food, personal protective equipment, and vaccine clinics in Holyoke. OneHolyoke CDC’s strategic plan for community

engagement has five areas: civic engagement, health, education, public safety, and maintaining the Flats Community Building as a center for community activities.

In previous years, proceeds from registration supported “Equity Pods,” a collaboration between OneHolyoke and Homework House that provided safe spaces with academic support for children during the period of remote learning.

OneHolyoke CDC is seeking community sponsors to support this event, which aims to provide a safe space for the residents of Holyoke to build new relationships with fellow neighbors, strengthen those that already exist and empower the Holyoke community. Walk sponsors will also be recognized as a sponsor at OneHolyoke’s 8th annual Holyoke Community Dinner on Dec. 9.

Sponsorship levels, which support both the Community Walk and Winter Community Dinner, are as follows: Platinum Sponsorship \$1,200+; Gold Sponsorship \$600; Silver Sponsorship \$400; Bronze Sponsorship, under \$200. To become a sponsor, contact Nayroby Rosa at (413) 409-2004 or [nayroby.rosa-soriano@oneholyoke.org](mailto:nayroby.rosa-soriano@oneholyoke.org).

To date, sponsors include Lawler Insurance; PeoplesBank; Holyoke Gas & Electric; Families First; Valley Opportunity Council; Key Food Marketplace; Whitman Properties; We Care Health; Clayton Insurance; and Tessa for Holyoke. Community partners for the ONE Holyoke Thrives 5K include Homework House; The Club at the Flats Community Building; Boston Bud Factory; Valley Green; and Green Thumb Industries.

## Church hosting Greek festival on Aug. 26

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 [holytrinityofholyoke@gmail.com](mailto:holytrinityofholyoke@gmail.com).

## Veterans’ Bonus Eligibility Bill passed in final budget

HOLYOKE – As part of their ongoing commitment to LGBTQ+ rights and supporting veterans, Sen. John Velis (Westfield), Rep. Jack Patrick Lewis (Framingham), and State Treasurer Deborah Goldberg filed H.3518/S.2358, “An Act promoting equality in veterans’ bonus eligibility” earlier this legislative session.

After advocating throughout the Legislature’s FY24 budget process, the same language was included in the final budget that the Legislature passed and sent to Governor Healey’s desk last week.

This legislation would ensure that

veterans who were dishonorably discharged from service due to their sexual orientation, gender identity, gender expression, or HIV status, would be eligible for bonuses from the Veterans’ Bonus Division in the Office of the Treasurer.

Veterans living in Massachusetts who are covered by the bill would still be granted the same benefits and bonuses that they are entitled to on a federal level.

“For far too long, thousands of courageous individuals have been told that they are not worthy of the same benefits that their comrades and counterparts

earned. That their service, and their sacrifice is not worth the same. All because of who they are and who they love,” said Velis, who is Chair of the Veterans & Federal Affairs Committee. “The years of trauma, abuse and harassment caused by Don’t Ask, Don’t Tell cannot be undone. But we must do everything in our power to ensure that LGBTQ Veterans across the Commonwealth have the same access to benefits and services that other Veterans have.”

With the language included in the final FY2024 budget from the Legislature, it will now go to Governor Healey’s desk for her consideration.

## Financial policy manual submitted

HOLYOKE – In an effort to get the City’s financial departments on the same page Mayor Joshua A. Garcia recently commissioned a Financial Policy Manual to address planning and day-to-day operations. The manual initiative aligns with frequently articulated Council wishes.

The 99-page guidebook created by the state’s Division of Local Services, is now complete. The next step is submission to the Holyoke City Council. The City Auditor, City Treasurer, the Personnel Director, the Tax Collector, and At-Large Councilor Kevin A. Jourdain assisted in the development of the manual. Councilor Jourdain will present the document to the Council.

The Introduction to the manual affirmed the wisdom of an approach that would “bring together the city’s siloed financial management functions of accounting, assessing, treasury, and collecting under one centralized organiza-

tional framework. This singular point of contact and oversight for financial management is needed for a community the size and complexity of Holyoke to give the elected policy makers an opportunity to implement the core financial management practices detailed in these policies, including capital planning, financial forecasting, and budgeting.

Garcia said the guidelines, metrics and benchmarks spelled out in the manual are drawn from state regulations and best practices. Once confirmed by the City Council, they will become municipal law in the City ordinances.

The Mayor said the Council has “expressed a strong desire” for the City to establish consistent, strategic fiscal management. He said he welcomed that interest, noting that he had campaigned on a promise to improve internal controls to safeguard the City’s finances, capital assets and bond rating.

## HCC STEM scholarship deadline extended

HOLYOKE – Students enrolled full time in chemistry, biology, engineering, mathematics, physics or other STEM fields at Holyoke Community College now have until Tuesday, Aug. 15, 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 has been extended until Aug. 15, 2023.

Students chosen for the NSF scholarship become members of HCC’s STEM Scholars 2.0 Program, also known as SCoRE. 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 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.

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*If you are interested in being considered for appointment please contact:*  
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 STATE BAIL ADMINISTRATOR  
 EXECUTIVE OFFICE OF THE TRIAL COURT  
 tcbail@jud.state.ma.us

*The appointing authorities do not discriminate against any applicant because of race, color, sex, age, national origin, religion, sexual orientation, gender identity and/or expression, status as a veteran, basis of disability or any other federal, state or local protected class.*



## Zucchini and its many pests



The zucchini season started out with promise. I sowed my seeds early and covered the hills with Reemay (a light, polyester row cover) to keep out the striped cucumber beetle. From past experience I knew that young seedlings could be decimated by this pest.

Within a few days the seeds had popped. I thinned them to three per hill and continued to water.

Soon they grew too big for their covering, and I figured that at this point in the game they could withstand a little damage. Sure enough, striped cucumber beetles found the plants.

It was harder to sneak up on them during the day, but at night I was able to position a cup of soapy water under a leaf and “tap,” sending them in for a swim. My plants endured a bit of leaf damage, but not much more than that.

Populations dropped off and I presumed that it would be smooth sailing from here to harvest. So I thought.

Along came the squash bug, a brownish gray insect about a half-inch long with a triangular top and an oval bottom. Many people confuse squash bugs with stink bugs because they do indeed stink!

Squash bugs have a taste for the foliage and fruit of the cucurbit family, whereas stink bugs don’t. Entire plants can be killed if infestations are severe enough.

You’ll notice yellow stippling on the leaves first, followed by wilting and browning; they head for the fruit last. Because I was on the look-out for the cucumber beetle I saw the adults before any damage ensued and sent them swimming as well, sometimes “two at a time.”

If you miss the grownups, chances are you will have to scout for eggs. Usually they are laid in a “V” pattern on the undersides of the leaves.

They are hard to scrape off, so I crushed them between my two thumbnails. I must have also passed by a few eggs, so next I had to look for young squash bugs called nymphs.

If a bug could ever qualify for cute status, this one would with its one quarter inch light gray body, black legs and head. “Tapping” comes in handy here too - this time I brought a shallow cardboard box out into the garden, gave the leaf a good tap, and the whole team was cornered then dumped in a bath of soapy water.

It’s beginning to sound as if all I do is hang out in the garden all day catching bugs - not true. With only two hills of zucchini all this work took just a few seconds each morning and night.

At last, we harvested the first zucchini and summer squash, picked at about six inches. At that size the flesh is tender, and the seeds are barely evident. The cucumber beetle did not transmit a disease.

Nor did the squash bug kill the plant. But while I was busy looking under the leaves for obvious bugs, the squash vine borer was at work inside its stem.

One giveaway that you have it: a mushy, sawdust-like excrement appearing outside

of small holes in the stems. Affected plants also have leaves that wilt despite being well watered.

I tried removing the white, wrinkled worms from the hollow stems by making a slit with a needle and removing the insect. I must have missed a few - a strong possibility considering the female moth lays two hundred individual eggs at the plant’s base!

The eggs hatch into larva that tunnel into the stems, eventually killing the plant.

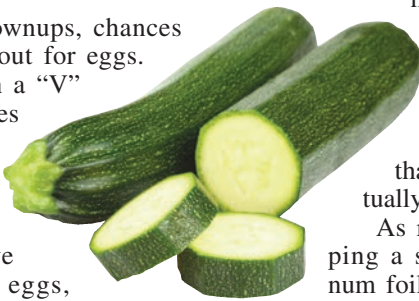
As ridiculous as it sounds, wrapping a shiny barrier such as aluminum foil around the plant’s base does seem to deter the red bodied, transparent-leaved moth from her egg-laying endeavors.

My dead plants were carried off to the trash, not the compost pile, and I will turn over the soil in both fall and spring to kill any pupae that may be overwintering. Rotating your crops can also help.

Some gardeners wash down their stems daily to dislodge and kill the eggs. Others make a late sowing only; supposedly after July Fourth or so egg laying ceases.

I made a second sowing a couple weeks back. If the borers don’t get these, the frost likely will, but I am crossing my fingers that an Indian Summer may mean more zucchini for our household, because what we had certainly wasn’t enough!

*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.*



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## A Quote

OF NOTE

“When you reach the end of your rope, tie a knot it and hang on.”

Franklin D. Roosevelt

## Seven sisters and 37 feet of hair



J. MARK POWELL'S  
HOLY COW! HISTORY

By J. Mark Powell  
jmarkpowell.com

There’s no delicate way to say this, so here goes. Your great-great-grandparents had a weird thing about hair.

The Victorians were obsessed with lovely locks. People have always admired a nice head of hair. But Victorians were bonkers for beautiful tresses.

They snipped strands of dead loved ones’ hair for keepsakes. They put their locks inside lockets and photo cases for paramours and they made hair jewelry.

Seriously, it was a thing. They wove it into bracelets, brooches, watch fobs, and more.

Decades before the musical “Hair” took Broadway by storm, a musical group swept the country at the height of hair’s heyday and, in turn, peddled a concoction that made a fortune. This is the story of seven sisters and their combined 37 feet of hair.

Life wasn’t easy on the Sutherland family’s turkey farm in Niagara County, New York, Fletcher Sutherland was like Pa Kettle, a lazy ne’er-do-well content to let everyone else do his work for him.

Daughters Sarah, Victoria, Isabella, Grace, Naomi, Dora, and Mary herded the birds barefoot and in dingy dresses. Smooth-

talking Papa Sutherland preferred preaching and politicking and basically anything (apart from manual labor) that let him flap his jaw.

His daughters were so ashamed of their appearance they hid when company called, especially after their longsuffering mother died in 1867.

But one thing set the Sutherland sisters apart. Their remarkably long, lovely hair which grew to their waist and beyond. People raved about it.

Their mother had drenched their heads with a foul-smelling mixture she cooked up to make their hair luxuriously beautiful. It smelled so bad that kids wouldn’t sit beside them in school.

When the mom passed away, the odious ointment went to the grave with her.

The girls (along with brother Charles) began playing musical instruments and singing. Their daddy, always looking for a chance to make a quick buck, booked them at churches.

Soon, the act became the talk of Upstate New York.

Musically, it was nothing special. The kids weren’t bad; they weren’t great, either.

But people weren’t coming to hear their songs. Folks flocked to see their incredible hair.

Fletcher Sutherland knew a good thing when he saw it. He billed the sisters as “The Seven Wonders.” (Brother Charlie was given the boot; there was no interest in an adolescent boy with average hair.)

By December 1880 they reached Broadway where audiences gazed admiringly at the girls’ combined total of 37 feet of hair.

The act began with the sisters sporting braids atop their heads. The highlight came when they turned their backs and unpinned it, unleashing a tidal wave of hair.

Caught in glowing gaslight, crowds gasped in amazement at the wondrous sight.

Victoria fascinated showgoers the most with her seven feet of hair. Mary was the slacker with a mere three feet.



See SISTERS, page 10

## 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 the-sun@turley.com. Mailed letters can be sent to *The Sun*, 24 Water Street, Palmer, MA 01069.



## I'm a veteran. How do I get my extra Social Security?



Dear Rusty:

As a military veteran, I was told that the final amount of my Social Security should be a little higher as a reward for military service. If so, I have two questions: 1. How much is the boost? 2. How can I know that amount has been applied?

Signed: Unsure

Dear Unsure:

We receive questions about this fairly often from our military veterans. I want to first thank you for your service to our country and then assure you that, as a military veteran myself, I have thoroughly investigated this subject: the so-called "Special Extra Credit for Military Service," which is widely misunderstood.

Although someone suggested that your Social Security benefit "is supposed to be a little higher" because you are a military veteran, allow me to share how this somewhat obscure rule actually works.

Any extra money for military veterans does not come in the form of a

special "boost" to their Social Security benefit because of their military service; instead, certain older veterans receive extra credit to their earnings for the years they served.

Those extra earnings are applied only to those who served in specific years, as additional dollars added to their actual earnings record for their service-years. The amount added to the veteran's true service-year earnings varies a bit depending on which years you served.

For example, if you served between 1957 - 1977, your actual earnings for each service-year would be increased by \$300 for each full quarter you had active duty pay to a maximum of \$1,200 additional earnings per service-year. The credit is computed a bit differently for those who served between 1978 - 2001, but the maximum annual earnings credit for those service years is the same - \$1,200. And, for clarity, those who served before 1957 get extra earnings credit under an entirely different formula and those who served after 2001 receive no extra credits for their military service years.

So how might this affect your Social Security benefit? Well, when your benefit is claimed, Social Security reviews your lifetime earnings record, inflates each actual annual amount to equal today's dollar equivalent and selects the

highest earning 35 years from your lifetime record to calculate your "Primary Insurance Amount," which is the amount you are entitled to at full retirement age.

If your military service-years are among the 35 years used to compute your PIA when you claim, then the "Special Extra Credit for Military Service" will result in a somewhat higher PIA (a slightly higher monthly SS benefit). If the highest earning 35 years in your lifetime record do not include your military-service-years, then those extra credits added to your earnings for your military-service-years will have no effect on your Social Security benefit (because using those service-years would result in a lower benefit).

How Social Security applies those special extra credits to your service-year earnings also varies depending on when you served. Those who served before 1968 needed to show their DD-214 to get the extra credits, but those who served in between 1968 - 2001 were automatically given the extra credits based on their military service records.

So, if your military service was between 1968 and 2001, your earnings during the years you served were automatically increased by SS to reflect your "special extra" earnings and - if those years are among the highest of the 35 years used to compute your SS benefit

- you are now receiving the extra benefit amount you're entitled to from those credits.

If you have at least 35 years over your lifetime where you earned more than your pay while serving in the military, your current benefit is more than it would be if your military service years were included. If you have questions about your earnings during your military service years, you may wish to obtain a copy of your lifetime earnings history from Social Security to review those amounts (easiest way to get your lifetime earnings history is via your personal "my Social Security" account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount)).

*The Association Mature Citizens Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. This article is intended for information purposes and does not represent legal or financial guidance. It presents the opinions and interpretations of the Association Mature Citizens Foundation's staff, trained and accredited by the National Social Security Association. To submit a question, visit [amacfoundation.org/programs/social-security-advisory](http://amacfoundation.org/programs/social-security-advisory) or email us at [ssadvisor@amacfoundation.org](mailto:ssadvisor@amacfoundation.org).*

*Russell Gloor is a Social Security advisor for AMAC.*

# 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 \_\_\_\_\_

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Description \_\_\_\_\_

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Cost \_\_\_\_\_

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

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or email\* them to: [jamie@turley.com](mailto:jamie@turley.com)

\*Be sure to indicate "Autumn Event" in the subject line of your email.





Holyoke's Heritage State Park was lined with vendors for the Fiestas Patronales de Holyoke.

# Hispanic Pride



The staff at Jibaritos Sports Club serve the masses.

Turley photos by Quinn Suomala



Mayor Joshua Garcia welcomes the crowd.



George Lamond, a freestyle music and salsa music singer performed.



Dancers filled the street throughout the weekend celebration.



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## FIESTAS, from page 1

present in Holyoke. In the past, Holyoke had a celebration called the Familia Hispana. However, when Mayor Joshua Garcia was elected as mayor many people looked to him to revitalize it, so he reached out to residents within the city to get their ideas.

Garcia managed to connect with several business owners in the community, and they came together to organize the festival.

"From that moment on they [the business owners] really took it to heart and were meeting very regularly and organizing this Fiesta Patronales," Garcia said.

"Every municipality in Puerto Rico does a city festival and they dedicate it to their Patron Saint, so we took that idea and made it our own," Sanchez explained. "We wanted something sim-

ilar here, a little different than Puerto Rico. There's so many Latin cultures here so we thought it would be good to incorporate the different types of music and genres as in the surrounding community it is not all Puerto Rican."

Since then, the Fiestas Patronales has blossomed in Holyoke, with this year's celebration the second they have done and many more planned for the future.

The celebration brings together the community of Holyoke, allowing them to enjoy Puerto Rican and other Latin cultures.

"This is more than just throwing a neighborhood festival, it is a statement we're all trying to make about the Puerto Rican community," Garcia said. "We're strength in numbers, we contribute strongly to the economy and we know how to celebrate just as well as any other culture."

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Now that vacations are here we will be starting up our festivities in September.

We wish you all a Happy & Safe Summer.

See you in September. God Bless!

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# SPORTS

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## PeoplesBank wrap up another title in TriCounty League

By Tim Peterson  
Sports Correspondent

CHICOPEE – Just like they’ve done during the past decade, PeoplesBank didn’t have very much trouble capturing the 2023 Tri-County League championship title.

After posting an 8-0 victory over the second-seeded Chicopee Falls Tigers in game one at Legion Field in Palmer, top-seeded PeoplesBank swept the best of three series following a 15-1 win at Szot Park in

Chicopee, last Thursday night. “All of the players get along very well with each other on and off the field,” said PeoplesBank player/manager Joe Ferry. “The target on our backs gets bigger and bigger each year because everyone wants to beat us. Winning the championship title never gets old and the next one is always better than the last one.”

PeoplesBank has now won 18 Tri-County League

See TRICOUNTY, page 8



Johnny Gegetskas slides safely home.

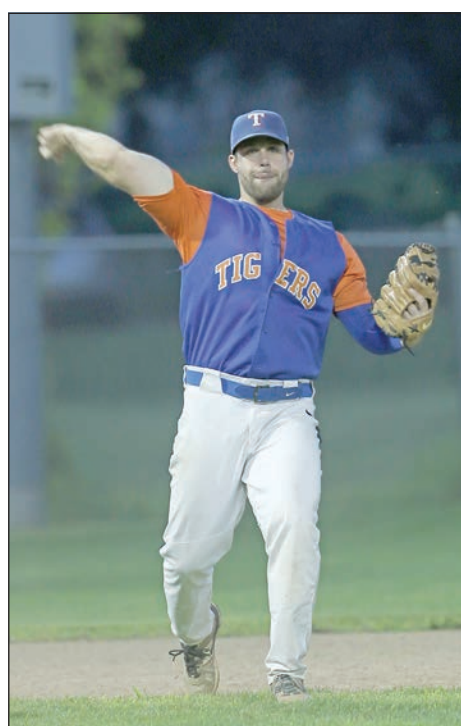
Turley photos by David Henry www.sweetdogphotos.com



Aiden Consedine, of Holyoke, delivers a pitch.



Sam Allen slings a throw to first.



Nick Koziol throws to first for the Tigers.



Ryan Magni fields a grounder.

## West showcased in girls soccer

BOSTON – In last month’s Bay State Games, the Western part of the state featured a girls soccer team showcase. Here is a look at how they fared in some of their matchups held July 6-9:

The West started out with a drubbing of the Northeast team 9-1.

In a dominant display of attacking prowess, West’s forwards Hannah Murphy (Monson, Monson HS), Gianna Sakowski (Springfield, Minnechaug Regional HS), and Lauren Marjanski (South Hadley, South Hadley HS) each notched two goals, alongside contributions from midfielder Danica Dorozynski (Chicopee, Chicopee Comprehensive HS) and defender Makenna

Kennedy (West Springfield, West Springfield HS), securing an emphatic 9-1 victory. Northeast’s midfielder Siena Hesbach (Maynard, Maynard HS) scored the consolation goal, with an assist from midfielder Phoebe Whitcomb (Newburyport, Newburyport HS).

The West would lose one game in the showcase and would play for the bronze medal, defeating Central Mass. 3-2.

In the bronze medal game, Central and West battled fiercely in a close match. Central’s forward Bianca Facchetti (Londmeadow, Minnechaug Regional HS) opened the scoring with an assist from forward Kalli White (Granby, Granby HS), holding the lead at

halftime. However, West fought back in the second half, as forward Gianna Sakowski (Springfield, Minnechaug Regional HS) netted a goal off a corner kick. Central responded with a goal of their own from forward Sydney Reed (West Springfield, West Springfield HS), assisted by midfielder Sabina Mackechnie (East Longmeadow, East Longmeadow HS). With tensions high, West was awarded a penalty kick, which Marjanski converted confidently. In the final moments of the match, West midfielder Allison Fleury (South Hadley, South Hadley HS) sealed the victory with an assist from Marjanski, leading West to a thrilling comeback win.

## Twins grab final playoff spot with win, A’s take first

WILBRAHAM – Last week, the Twins of the Valley Wheel Over-28 Baseball League edged out the Angels for the final playoff spot thanks to two consecutive wins to finish off the regular season.

The Twins would defeat the Angels last Sunday 6-4 in a very close contest, but then moved in win-or-go-home makeup game against the Tigers last Wednesday night at Spec Pond in Wilbraham.

The Tigers were already in the playoffs, but the Twins needed a win to finish a game ahead of the Angels. A loss would have tied the Twins with the Angels, and the Angels would have made the playoffs through the tie-

breaker.

The Tigers, which showed a much-improved offense this season, did jump out to a six-run lead early in the game, but not wanting to use too much pitching with a playoff game looming, the Twins were able to come back and tie the score 7-7 in the fifth inning. In the sixth, the wheels would come undone for the Tigers, as the Twins simply started mashing the ball, batting around nearly twice as they plated the 15 runs needed for the game to end via the mercy-rule for a 22-7 Twins win.

The Athletics would defeat the Tigers last Sunday, July 30, and then followed

See PLAYOFF, page 8



# Granite State Pro Series headed for Maine

WALPOLE, N.H. – Granite State Pro Stock Series officials announced today that Coastal Auto Parts will sponsor the upcoming Coastal Auto Parts 100 at Speedway 95 on Saturday, August 19. In what will be the second stop of the season for the series to the Maine oval, drivers will be chasing the championship as the season begins to wind down.

The Speedway 95 event will be one of the final three on the schedule for the season, with only events at Star Speedway and Lancaster Motorplex to follow to crown the 2023 champion.

Coastal Auto Parts, in business for many years, has built a great business by focusing on superior customer service, through deep inventory, quality people and building meaningful relationships with their customers. They are a family business, deeply rooted in the Ellsworth, Maine, community. From a single store in 1981, Coastal Auto Parts has 29 stores today and more than 270 employees. They have truly transitioned to the next generation.



There will be another race at Speedway 95 in Maine this weekend.

Submitted photo

The event at Speedway 95 on August 19 will also include the R&R Street Stock Series and the Cage Runners. A full schedule for the day will be available soon.

“We support racing in the state of Maine for many reasons,” Michael Boles of Coastal Auto Parts said. “These people are customers for us, both on the track and in the stands. They work really hard to be able to

do what they love and we want to help provide them a place to play. We are always excited to go to the track. Hopefully this event will continue to help grow racing in the Bangor area and the state of Maine.”

“Partnering with Coastal Auto Parts for this event is great for our series,” Mike Parks, President of the Granite State Pro Stock Series, said. “We’re happy to have them working with us

for what will be another great event. Speedway 95 produces some fantastic Pro Stock racing and we’re excited to get back there for another race later this month.”

For more information on Coastal Auto Parts, visit [capnapa.com](http://capnapa.com). For more information on the Granite State Pro Stock Series, visit [gspss.net](http://gspss.net) and follow the series on social media for the latest news and updates.

## Thunderbirds caravan this weekend

SPRINGFIELD – The Springfield Thunderbirds today announced that the first installment of the Thunderbirds Community Caravan presented by Dunkin’ begins Saturday, Aug. 12.

The Thunderbirds Community Caravan will still make a total of



three stops in the Springfield area throughout the summer months:

- Saturday, Aug. 12 - Szot Park (Chicopee), 4 to 6 p.m.
- Saturday, Aug. 19 - Amelia Ice Arena (Westfield), 9 a.m. to 1 p.m. in conjunction with the

T-Birds Street Hockey Tournament

- Public skating from 10:50 to 11:50 a.m.
- Saturday, Sept. 9 - Forest Park & Cyr Arena (Springfield), 1 to 3 p.m.

Each event will feature an appearance from Thunderbirds mascot Boomer and team staff, as well as a wide variety of activities and vendors, including a Dunkin’ Taste Truck, street hockey activities, and various food options.

### PLAYOFF, from page 7

that with a 23-12 win over the Cubs to finish the regular season 10-5 and win the top see in the playoffs.

Both the A’s and Cubs had also made the playoffs and the game was simply for the opportunity to finish in first place and gain the top seed.

The playoffs began Sunday, Aug. 6 with the Twins and Cubs facing off

while the Tigers and A’s met in the other semifinal. Results from those games were not available as of press time. The championship game is set for this Sunday, Aug. 13 at 3 p.m. at Spec Pond in Wilbraham.

### TRICOUNTY, from page 9

championship titles, including the past ten, since 1995.

Ferry was the starting leftfielder and he’s been the PeoplesBank manager since 2019. He dedicated the 2023 season to Tom Bouvier, who’s from Ware. Bouvier retired a year ago.

“I would like to dedicate this season to Tom Bouvier,” Ferry said. “Tom was our captain and our leadoff hitter.”

Holyoke’s Danny Gaines, who made just two regular season starts, was the winning pitcher in game two. The lefty didn’t allow any runs on six base hits in 5 2/3 innings.

“I can’t believe this is our tenth championship title in a row and I’m looking forward to playing for this team again next year,” said Gaines, who issued two walks and didn’t record any strikeouts. “We were able to take an early lead in tonight’s game, which is always a very important thing. My teammates also made the plays behind me. We do have the best defense in the league.”

Ferry and Gaines, along with second baseman Dave Clark, catcher Pete Hogan, and pitcher Andy Gaines, are the only PeoplesBank players who have been members of the last ten championship teams.

“We do have a great group of baseball players and we own this league now,” Ferry said. “We just fill in the holes every year.”

While the PeoplesBank players were celebrating another championship title

outside of the first base dugout, the mood was a little bit different on the other side of the field following the game.

“I’m glad that we made it to the finals, but we just didn’t play very well in the past two games,” said Tigers player/manager Sean Bourgeois. “I’ll be moving to New Jersey soon, so this was my final Tri-County League baseball game. I’m hope this team can win the championship title next year.”

Bourgeois, who started in left field, would like Mike Truff to replace him as the Tigers manager next year.

PeoplesBank scored an unearned run in the second inning.

Centerfielder Seth Allen (2-for-4) blasted a leadoff double down the left field line against righthander Ryan Magni. The next batter struck out before shortstop Sam Allen drew a walk. Then Hogan bounced into a fielder’s choice play. Seth Allen advanced to third on the play before scoring the game’s first run on a throwing error by the shortstop.

An RBI line-drive single to center by designated hitter Johnny Gegetsas gave PeoplesBank a 2-0 advantage with one-out in the third inning. Then Seth Allen blasted a triple to left field against Magni scoring two more runs.

Bourgeois thinks Magni is one of the top pitchers in the TCL, but he hasn’t had very much success against PeoplesBank.

“We’ve beaten Magni in a number of big games over the years,” Ferry said. “At least six of our nine batters have faced him at least 30 times. We know

what he throws.”

The Tigers had just one base hit during the first three innings before they loaded the bases in the fourth.

With one-out, Right fielder Tom Burzynski hit a flyball just out of the reach of PeoplesBank right fielder Breon Parker Jr., who attempted to make a diving catch. Catcher Nick Kreuzer followed with a single and shortstop Shane Denault walked. Gaines retired the next two batters on a pop-up and flyout ending the threat.

Magni kept PeoplesBank off the scoreboard for the next two innings before allowing four runs in the top of the sixth inning.

Hogan, who had a leadoff single, scored on Ferry’s triple to right field. Ferry also scored on a throwing error. Their other two runs crossed the plate on a double by Clark (3-for-5) and a single by first baseman Kyle Platner, who led the way offensively with four hits and a walk.

PeoplesBank scored seven more runs in their final at-bats against a couple of relief pitchers.

The Tigers finally got on the scoreboard in the bottom of the seventh inning against Gegetsas, who replaced Gaines on the mound. Burzynski reached first base on a fielder’s choice play which scored pinch hitter Josh DeSouza, who singled leading off the frame.

Had there been a game three of the series, righthander Zach Handzel, who graduated from Palmer High School, would’ve been the starting pitcher for

## 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.



PeoplesBank.

“It just feels awesome to win another championship title,” said Handzel, who has been wearing a PeoplesBank uniform for the past six years. “Danny threw a gem tonight and Jimmy Flahive pitched very well in game one. We do have a very strong pitching staff. I’m hoping that we can win another title next year.”

Before taking a team picture at home plate, Ferry received the championship trophy from first year Tri-County League President Michael Kennedy, who’s a former PeoplesBank player.



Jason Byers pitches for the Tigers.

Turley photos by David Henry [www.sweetdogphotos.com](http://www.sweetdogphotos.com)



## ALZHEIMER'S, from page 1

we are trying to get vitamin D with our coffee, and we eat nothing else with that meal, we're not able to access that vitamin D because we don't have fat—the mailman—to come pick it up and help deliver it to our body."

The MIND meal plan is a diet that includes all of these macronutrients and combines ideas from the well-known Mediterranean diet and the Dietary Approach to Stop Hypertension meal plan.

While specific nutrition recommendations are best to be figured out with a health provider, as the best nutrition plan is going to be different for everyone, this general meal plan can be beneficial to anyone.

The core ideas of this meal plan are to eat fruits, vegetables, whole grains and plant-based fats every day; have fish,

poultry, beans, legumes and eggs every week; to share meals with family and friends; to get regular exercise; and to drink lots of water.

"It [the MIND plan] is something that you want to do more often than not, but it shouldn't impair your ability to enjoy yourself," Chiapperino said. "The idea, in general, is to emphasize and strengthen neurocognitive health."

The MIND meal plan is recognized by the World Health Organization as a healthy-eating pattern. In fact, two 2015 studies about the MIND diet proved that using this meal plan can reduce the risk of developing Alzheimer's disease. Close adherence to the plan had a 53% reduction of risk in developing Alzheimer's and moderate adherence still reduced risk by 35%.

The MIND plan also slows the rate of decline of cognitive abilities over time.

If you are interested in starting the

MIND plan, Chiapperino emphasized that it is important to be kind to yourself while doing so. It will take time to make changes to your diet and it is okay to not always be 100% true to the MIND plan.

"Every change you can make is helpful and beneficial," Chiapperino said.

If you are struggling to find a way to begin eating healthier, Chiapperino suggested beginning by looking at the beverages you drink. One 16oz bottle of Pepsi has 75 grams of added sugar, which is three days worth of added sugar intake based on the MIND plan. So, according to Chiapperino, cutting that out and enjoying water instead can be a good step in the right direction to balancing your diet.

On top of the suggestions to eat healthy, the Alzheimer's Association Regional Manager Meghan Lemay also emphasized the importance of exercise, cognitive activity and social engagement

in reducing the risk of Alzheimer's. The heart and the brain are crucially connecting, so exercising to keep the heart healthy can benefit the brain as well.

"Doing things like exercise and keeping good cardiovascular health is critical for keeping your brain healthy as well," Lemay said. "It's now thought that about 30% of dementias are actually potentially preventable by doing things like exercise, healthy eating, nutrition and also keeping your brain active with cognitive activity and social engagement."

The Alzheimer's Association has resources available online for people who would like to learn more about this disease. On top of their 24/7 help line—which is reachable at the number 800-272-3900—they also have <https://www.alz.org/> where people can go for free education and support and <https://www.communityresourcefinder.org/> for people to find resources they may need.

## VACANCIES, from page 1

the process of onboarding, leaving 48 remaining vacancies.

Their biggest needs are currently in special education and elementary education.

"We have approximately 19 vacancies in special education and approximately 14 in elementary," Gage said.

On top of these new teaching positions, Holyoke has added a few new members to their district administration.

Christy Prosser has been hired as the new Executive Director of Technology.

"She comes to us with an extensive background in technology and operations and she's worked across the country from Georgia to New Hampshire and has relocated to the area," Director of Recruitment and Induction Christie Elman said.

There will be a new Executive Director of School Leadership, Sarita Graveline. Graveline had worked previously as the principal at William R. Peck

elementary.

"She is going to be coaching other principals," Elman explained. "She comes to us with extensive experience in special education and school leadership."

Gage also took the time to emphasize that Graveline has also assisted over the past year in a leadership role helping to coach other principals.

"The Executive Director of School Leadership role was actually vacant this past year and Sarita has taken on some extra responsibility to do some coaching with the principals already, so she had kind of served in a dual role for the past year."

Steven Moguel has been welcomed as the new Executive Director of Diversity, Equity and Inclusion. This is a new position in the HPS system, brought on by the strategic plan. Moguel was chosen to lead this position based on his previous work in diversity, equity and inclusion while he also worked as William G. Morgan Elementary School principal.

"That [the Executive Director of Diversity, Equity and Inclusion] is a new position, but Mr. Moguel has been leading that work for the past year," Gage said.

There is also a new assistant principal at Lt. Elmer J. McMahon Elementary School, Erik Spracklin.

Spracklin has worked in the district as a teacher for several years now and Gage and Elman look forward to seeing his work as assistant principal.

While the district does have more vacancies currently than they would normally have this time of year, Gage and Elman wanted to emphasize that this was largely due to a general increase in the amount of staff they are hiring.

In the last several years, the HPS district has been in the processing of expanding their staff due to increased funding. Therefore, while in 2019 they only had about 495 teachers, currently they have 542 teachers officially onboard, not including the current vacancies or applicants in the process

of onboarding. Their goal of staffing is about 600 teachers, over a 100 teaching staff increase from 2019.

"We've had a drastic increase [in staff] and a large part of that is the funding available," Gage explained. "With ESSER money and the student opportunity act within the state we've been able to create better staffing models to support our students."

If interested in applying for any positions at HPS, go to SchoolSpring.com or to <https://holyoke.tedk12.com/hire/index.aspx>.

Anyone who is applying for a position needs at least a bachelor's degree and a state license to teach in that subject area. However, according to Elman, an exception can be made if someone is lacking a license, so long as they are able to waive the requirement temporarily and get on the track to receive a license.

"If we do have to hire someone on a waiver then we will get them on a licensure track to get them licensed as quickly as possible," Elman said.



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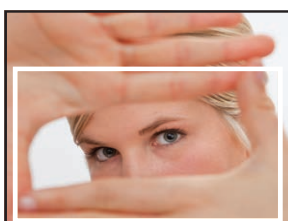
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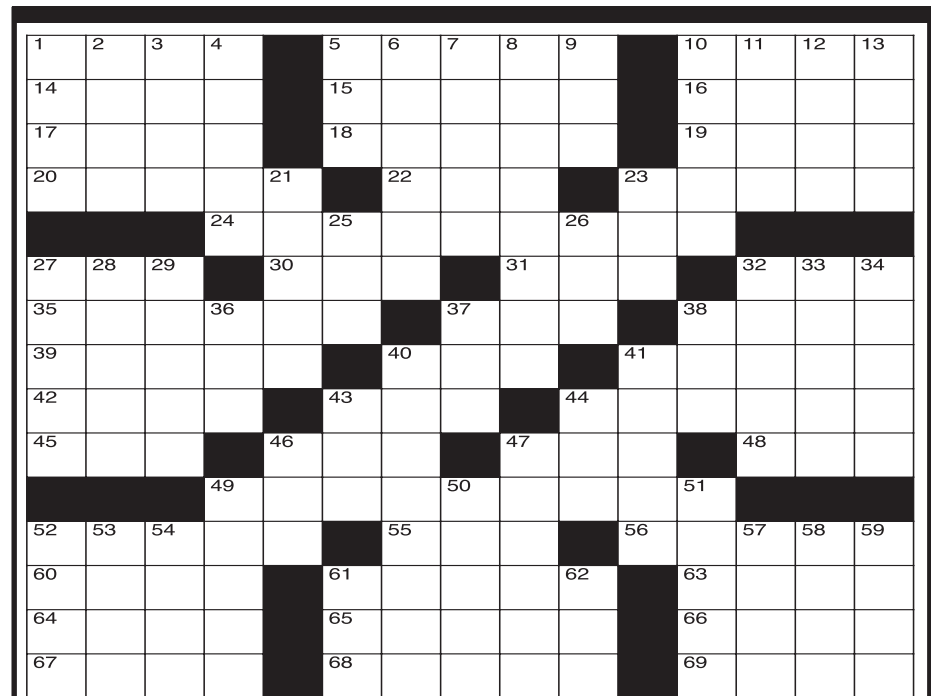
This full-time position with flexible schedule is based in our Palmer office at 24 Water St., this is not a remote position.

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- Management experience and/or experience managing content for a print publication.

### Please send resume and writing examples to:

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



### CLUES ACROSS

1. A way to pick up
5. Presents
10. Type of guitar
14. Actor Idris
15. A citizen of Iran
16. Creative
17. Harness
18. Weight unit
19. You better call him
20. Utterly devoted
22. Male cat
23. Spiritual leader of a Jewish congregation
24. Risk-taker
27. A team's best pitcher
30. Cool!
31. Women's \_\_\_ movement
32. Georgia rockers
35. Step-shaped recess
37. The princess could detect its presence
38. Type of truck
39. Butterhead lettuces
40. Angry people see it
41. Lines where two fabrics are sewn together
42. Soviet city
43. Carpet
44. Traveled all over
45. Thin, straight bar
46. Body art (slang)
47. Congressman (abbr.)
48. No seats available
49. Breaks apart
52. Arabic name
55. Ballplayer's tool
56. Type of sword
60. Baseball team
61. Upper bract of grass floret
63. Italian Seaport
64. Ancient Syrian city
65. Shoelace tube
66. The Miami mascot is one
67. South American nation
68. Popular video game "Max \_\_\_"
69. Body part

### CLUES DOWN

1. German courtesy title
2. Ancient Greek City
3. Ancient Hebrew calendar month
4. Long-legged frog family
5. Photo
6. Delivered a speech
7. Lute in classical Indian music
8. Decorated
9. Take a seat
10. Belonging to a bottom layer
11. Member of a Semitic people
12. Part of a ticket
13. Defunct Guinean money
21. Challenges
23. Popular BBQ food
25. Subway dweller
26. By way of
27. Shady garden alcove
28. Egyptian city
29. Partner to "flowed"
32. Widens
33. Old Eurasian wheat
34. Act incorrectly
36. European pipeline
37. Al Bundy's wife
38. Ocean
40. Root eaten as a vegetable
41. Sound units
43. Style of music
44. A way to drench
46. Hot beverage
47. A cotton fabric with a satiny finish
49. Rumanian city
50. Urge to action
51. Vaccine developer
52. Canadian law enforcers
53. Wings
54. "Perry Mason" actor Raymond
57. Small fry
58. \_\_\_ Clapton, musician
59. Take a chance
61. Bland food
62. Consumed

CROSSWORD ANSWER on page 10



SISTERS, from page 5

In 1884 they hit the big time: A side-show with Barnum and Bailey's Circus, "The greatest show on Earth." P.T. Barnum promoted them as, "The seven most pleasing wonders of the world."

The sisters were different from their colleagues. They weren't viewed as "circus people" shunned by polite society.

They conducted themselves as dignified proper ladies. Though his girls were now bona fide celebrities, it still wasn't enough to satisfy their father's voracious greed.

So Fletcher Sutherland partnered with promoter Harry Bailey, distant cousin of the Bailey in Barnum and Bailey.

They resurrected Ma Bailey's hair

ointment, changing the formula so it wasn't so disgusting smelling. Soon "The Seven Sutherland Sisters Hair Grower" was being sold.

They got a chemist to write, "I hereby certify that I found it free from all injurious substances ...and I cheerfully endorse it." In the days before the FDA, that was good enough for gullible consumers.

By 1884 the company had raked in \$90,00 in sales (about \$2.7 million today).

Sutherland was a wealthy man when he died in 1885. The sisters gradually got involved in the company and proved themselves shrewd businesswomen.

They expanded the product line to include brushes and other hair-related products, all marketed to upper-class women who could afford their extrava-

gant prices. By 1890, their Hair Grower (also sold as "Hair Fertilizer") had sales of \$3 million (around \$97.6 million in 2022).

The sisters married, started families, and became eccentrics. They lived together in a gaudy 14-room mansion built on the family farm.

Despite their facade of Victorian respectability, behind closed doors, they would have been "The Real Housewives of Cambria, New York." There was alcoholism, complicated extramarital affairs, and even whispers about witchcraft—enough fodder for a tabloid.

Naomi died suddenly in 1893 before turning 40, dramatically shaking the surviving sisters.

They toured on and off with Barnum until 1907. But the 20th century's arrival saw Americans' fascination with hair

rapidly fading.

Sales of their products plunged as extravagant living caught up with them.

Desperate for cash, the last three sisters went to Hollywood in 1919 on a trip so disastrous that not only did a movie deal fall through but Dora was killed in a car crash. Things only got worse from there.

The mansion was sold in 1931 (burning in 1938); the hair business went belly-up in 1936; Mary died in an insane asylum in 1939; and when Grace, the final sister, passed away in 1946 at age 92 she was dirt poor.

In the end, the Sutherland Sisters wound up right back where they had started.

Holy Cow! History is written by novelist, former TV journalist and die-hard history buff J. Mark Powell.

Public Notices

City of Holyoke Notice of Public Hearing

The Ordinance Committee of the Holyoke City Council and the Planning Board will hold a joint public hearing on **Tuesday, August 22, 2023 at 6:30pm** to hear a zone change application from DR to BC for Jose Almonte at 549-551 South Bridge St (029-08-002) to rebuild convenience store following a recent fire. Meeting will take place at Holyoke City Hall 536 Dwight St and can be accessed remotely via www.zoom.us Meeting ID 831 7743 6694 Meeting Passcode 289877 or by call in at 1-646-558-8656 with same Meeting ID and Passcode. Written public comment can be submitted to publiccomment@holyoke.org. For a copy of this application or to submit written comment for the hearing, please contact City Council Admin Asst Jeffery Anderson-Burgos at Anderson-BurgosJ@holyoke.org or by phone 413-322-5525.

Ordinance Chair  
Linda Vacon  
Planning Chair  
Mimi Panitch

08/04, 08/11/2023

Commonwealth of Massachusetts  
The Trial Court  
Hampden Probate and

Family Court 50 State Street Springfield, MA 01103 (413)748-7758 Docket No. HD23P1660EA Estate of: Michael J Abel, Jr. Date of Death: 07/02/2023 CITATION ON PETITION FOR FORMAL ADJUDICATION

To all interested persons: A Petition for **Public Administration** has been filed by **John J Ferriter 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: **John J Ferriter of Holyoke, MA** be appointed as Personal Representative(s) of said estate to serve **With Corporate Surety** on the bond in **unsupervised administration**.

**IMPORTANT NOTICE**  
**You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 09/05/2023.**

**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: August 08, 2023  
**Rosemary A. Saccomani**  
Register of Probate  
08/11/2023

City of Holyoke PUBLIC HEARING

NOTICE

The Holyoke Planning Board will hold a Public Hearing on **Tuesday, August 22, 2023 at 5:30 p.m.** via Zoom.com ID: 836 3939 8493; CALL IN \*67 646 558 8656 to hear, pursuant to the Holyoke Zoning Ordinance Section 6.4.6.4, a Special Permit for an Increase in Sign Size and Multiple Signs per wall for Gary Rome Carwash, at 180 Whiting Farms Road (Parcel 116-00-020), submitted by New Holyoke Realty, LLC.

The complete application may be viewed through the Holyoke Planning Dept M-F, 9-4 p.m.

Applicant:  
New Holyoke Realty, LLC  
Planning Board:  
Mimi Panitch  
08/04, 08/11/2023

City of Holyoke PUBLIC HEARING NOTICE

The Holyoke Planning Board will hold a Public Hearing on **Tuesday, August 22, 2023 at 5:30 p.m.** via Zoom.com ID: 836 3939 8493; CALL IN \*67 646 558 8656 to hear, pursuant to the Holyoke Zoning Ordinance Section 6.4.6.4, a Special Permit for an Increase in Sign Size and Multiple Signs per wall for Mass Surgical, at 249 High Street (Parcel 112-

03-003), submitted by Sign Techniques Inc.

The complete application may be viewed through the Holyoke Planning Dept M-F, 9-4 p.m.

Applicant:  
Sign Techniques Inc.  
Planning Board:  
Mimi Panitch  
08/04, 08/11/2023

City of Holyoke PUBLIC HEARING NOTICE

The Holyoke Board of Appeals will hold a Public Hearing on **Tuesday, August 29, 2023 at 5:00 p.m.** via Zoom.com; ID: 836 3939 8493; Call In \*67 646 558 8656 to hear the appeal of Nilsa Laboy of 475 Northampton St (223-00-012) from the Zoning Ordinance Section 4.4.6 Location of Accessory Structure and Section 6.4.3 Table of Principal Uses.

A complete copy of the application may be seen in the Office of Planning & Economic Development, 20 Korean Veterans Plaza, Rm 406, 8:30-4:30, M-F.  
Petition #969  
Board of Appeals:  
Josh Knox, Chair  
08/09/2023

City of Holyoke  
536 Dwight Street #3  
Holyoke, MA 01040-5078

(413)-322-5650 Real Estate for Sale

The City of Holyoke is seeking sealed offers & proposals for the following properties: 736 Dwight Street & Dwight Street Parcel #006-09-001 Sold together only, 118 Newton Street, Newton Street Parcel #011-03-009, & 94 Newton Street 3 parcels sold together only, 277 Main Street, and 285 Main Street, Main Street sold Individually.

Proposals are due on 09/12/2023 by 11AM. The Public Opening will start at 11AM and go every 30 min until finished.

Documents are available by email request at: morrowj@holyoke.org

The City of Holyoke reserves the right to reject any and/or all proposals. No electronic submissions will be accepted.  
08/11, 08/18, 8/25/2023

NOTICE OF PUBLIC AUCTION

Swinging Bridges Auction Company, Lic #2755 will hold a Public Auction on **August 19, 2023. Unclaimed items to be sold at 9 a.m. at Pawn Depot Inc., 448 Appleton St., Holyoke, MA 01040.**

20% buyers fee, 6.25% MA sales tax.  
08/04, 08/11/2023

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.

The other is a **Paid Obituary**, costing \$225, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

*Exceptions will be made only when the family provides a death certificate and must be pre-paid.*

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

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

**visit www.publicnotices.turley.com**

**This paper publishes birth, engagement, wedding and significant anniversary announcements free of charge.**  
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## FOR RENT



All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status (number of children and or pregnancy), national origin, ancestry, age, marital status, or any intention to make any such preference, limitation or discrimination.  
This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain about discrimination call The Department of Housing and Urban Development " HUD" toll-free at 1-800-669-9777. For the N.E. area, call HUD at 617-565-5308. The toll free number for the hearing impaired is 1-800-927-9275.

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