

# the HOLYOKE Sun

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## Accusations refuted about sewer discharge

By **Brendan Rooney**  
Correspondent

HOLYOKE – Interim Department of Public Works Director Mary Monahan is refuting the ongoing allegations and general frustration from Connecticut state lawmakers who have claimed the Paper City has released millions of gallons of raw sewage into the Connecticut River via Controlled Sewage Overflow (CSO).

This comes as it was first reported Aug. 29 through a television report that showed Connecticut State Rep. Tami Zawistowski (R-61) alleged that, “Holyoke alone dumps seven million gallons into the river in just one day, which occurred earlier this month and several times previously. When there is heavy rain, it is more than sewage, and other towns have done it too.” The state representative

then included a majority of the Pioneer Valley bearing similar responsibility as she claimed, It’s Chicopee, West Springfield, and Springfield on different days. They all have issues that have come out in the past years,” she said.

Monahan responded to the allegations, saying the data put forth isn’t being reported accurately.

“I think the legislators in Connecticut downstream

from us, misunderstood, what’s happening in their water downstream from us, they specifically called out a heavy rain fall date, in their letter, where they are alleging that Holyoke discharged 7 million gallons of untreated waste water into the CT River, as result of the CSO, and that’s an inaccurate reading of that reporting,” she admitted. Monahan then went on to explain that the 5 million gallons of that origi-

nally reported 7 million figure, which has been a point of ire, was actually permitted discharges that received primary treatment via a CSO treatment facility at the Paper City’s wastewater treatment plant, before it was discharged into the CT river.

The letter mentioned by Monahan is a grievance presented by CT State lawmakers, who reached out to the regional Environmental  
*See SEWER, page 6*

*“So the good news in Holyoke is that we have separated 70% of the CSO targeted removal that is part of our consent decree,”*

**- Mary Monahan**  
Interim  
DPW Director

## Paving program work underway

By **Gregory A. Scibelli**  
gscibelli@turley.com

HOLYOKE – The FY2026 paving program has gotten underway, according to city officials, and there is an ambitious amount of work officials hope will be accomplished.

Paving projects and maintenance are typically funded by a combination of Chapter 90 highway funding, funding which comes from the state based on a formula that includes how many miles of public ways are in the community.

Typically, the city also pledges some of its budget to the paving and maintenance of roads.

Maintenance could include crack sealing or other preventative or reactionary care such as filling potholes.

According to the Department of Public Works, the city has about 130 miles of roadway. Ward 5 has the largest amount of roadway with 33.2 miles.

The city has backlog of road work totaling almost 117 miles. The majority of the backlog, approximately

*See PAVING, page 6*

## City officials visit local homeless campsites

HOLYOKE – An official delegation made house calls on the unhoused Tuesday, August 26.

Led by Holyoke Mayor Joshua A. Garcia, the five-member crew included State Senator John Velis, Holyoke Police Chief Brian Keenan, Holyoke Board of Health Director Tim Rivers, and Holyoke Parks & Recreation Director Jonathan Moquin. The team was looking to connect with homeless individuals who were camping in various parts of the city in order to check on their well-being and make them aware of services and resources.

But compassion was not the sole purpose. Trash, unsanitary conditions, public health and safety, and drug use also were significant concerns. The team members talked as they walked from one settlement to another. The conversations indicated agreement that there is no simple solution to homelessness, that it can’t be solved by strict enforcement or compassion alone, and that what is needed is a solution that is firm, and that respects the dignity of the individuals while promoting the health, safety, and pride of Holyoke.

The sites visited ranged from blankets and rags in the open air to pup tents and to sturdy shacks constructed of tarps, tents, and poles. One shack in the woods



State Senator John Velis (left) talks to Holyoke Mayor Joshua A. Garcia outside a makeshift camp as Holyoke Police Chief Brian Keenan looks on. Partially visible behind Chief Keenan is Holyoke Parks & Recreation Director Jonathan Moquin.  
*Submitted photo*

off Hampden Street near the Connecticut River had a generator for electricity. Others had barbecue grills.

“During our visit to the campsites on Wednesday,” Mayor Garcia said, “I was

deeply moved by the challenging conditions faced by individuals living in tents and makeshift shelters on public property. The City of Holyoke is committed to addressing this humanitar-

ian concern with compassion and urgency coupled with enforcement. We will be working on an initiative that will include state agencies, local nonprofits, law enforcement, and communi-

ty organizations to provide immediate support to navigate the complexity of the issue while working toward sustainable solutions to pre-

*See VISIT, page 6*

## Red carpet treatment for Hampden Sheriff’s Department featured in TV series

By **Brendan Rooney**  
Correspondent

SPRINGFIELD – On Aug. 25, more than 200 guests gathered at the Naismith Basketball Hall of Fame to celebrate the red carpet grand premiere of A&E’s new hit drama series ‘Family Lockup’ that chronicles an unfiltered look inside the Hampden County Sheriff’s Office (HCSO).

that puts Hampden County and Western Massachusetts in the national spotlight, as each episode follows individuals and their loved ones as they navigate the emotional challenges of separation and the hope that family bonds can be a key to successful reentry.

In addition, the premiere event featured a variety of state and local leaders, community partners, staff, and the families who bravely shared their stories, with some notable names, including State Rep Brian Ashe, West Springfield Mayor Will Richelt, Retired Hampden County Sheriff Michael J. Ashe Jr., Springfield Mayor Domenic Sarno, State Rep Carlos Gonzalez, Springfield Police Superintendent Larry Akers, and Retired Judge Peter Velis, all showed unanimous support towards the guest of honor, current Hampden County Sheriff Nick Cocchi.

Offering insight into why Hampden County was the point of focus and launching point for the series was Greg Henry, CEO of

Lucky 8 Productions, and Executive producer on the show.

“So we started calling around, and then managed to get Rob (Rizzuto) on the phone, and then in turn the Hampden County Sheriff’s Office. I then discovered that the HCSO, for decades, has been focused on these larger questions and trends of looking at detention as, yes, our fundamental role is to make sure folks can come and safely face trial,” Henry revealed. Before adding, “While we have them here, what can we do?”

Henry then noted that he felt something different and unique about the Hampden County Jail that gave birth to the overall thought. “We sort of put the idea as what it would be for a TV show, but it was really built over the course of multiple conversations with Rob (Rizzuto) and Sheriff Cocchi over what that might look like,” he said. “Because I think at the end of the day, as a storyteller, I’m trying to parse out all

*See SERIES, page 10*



The entrance to the red carpet event for Family Lockup. Inset, Tom Devine, Sheriff Nick Cocchi, and Springfield Mayor Sarno.  
*Turley photo by Brendan Rooney*

The series is a joint effort produced and brought to reality by Lucky 8 & Monami Productions, which chronicles and documents the efforts to keep families connected during incarceration. It’s a ten-episode series

# Literary Monsters take the stage at Wistariahurst

HOLYOKE — On Saturday, Sept. 20, the historic Wistariahurst Museum will host a hauntingly imaginative live show from a home-grown Western Massachusetts ensemble that blends puppetry, poetry, and original music into a strange and beautiful spectacle.

Shadow, Sound, Spectacle — a queer-led troupe of musician-storytellers and visual artists — presents Literary Monsters, a 90-minute multimedia performance reimagining gothic classics through shadow puppetry, live video, and all-original songs written and composed by Northampton-based singer-songwriter Jess Martin.

At its heart, Literary Monsters is a love letter to misfits, monsters, and the power of reinvention. Part concert, part puppet theater, part ghost story, the show draws on the words of Edgar



Shadow, Sound, Spectacle present Literary Monsters on Sept. 20 at Wistariahurst.

Submitted photo

Allan Poe, Mary Shelley, Emily Dickinson, Anne Rice, and Greek myth to explore transformation, survival, and identity — all through an unmistakably queer lens.

“Every monster in this show is a mirror,” says Martin. “They’re metaphors for being different, for longing, for growing into a version of yourself that doesn’t fit the mold — and finding the beauty in that.”

This one-night-only performance at Wistariahurst will include the world premiere of *Headless* — a brand-new collaborative work by Pioneer Valley video artist Abby Hanna, featuring live-action footage, original shadow puppetry by Amy West, and an original score performed live by Jess Martin.

In a rare twist, the night will also invite the audience to shape the troupe’s future work. Jess will debut three

never-before-heard original songs, and the audience will get to vote on which story becomes the next full-length *Literary Monsters* piece — and perhaps what form it takes (shadow puppetry, crankie, or video).

**What You’ll Experience:**

- All-original music written & composed by Jess Martin, performed live with guitar, bass, percussion & vocals
  - Shadow puppetry and overhead projector scenes
  - Crankies (moving panorama illustrations)
  - Video projection — including the *Headless* premiere
  - A post-show Q&A with the artists
- It’s an atmospheric, intimate performance that blends live art forms in ways you rarely see — especially in Western Mass.

## Public asked to fill out an opioid community survey

HOLYOKE — The City of Holyoke Opioid Community Survey is now accepting responses until Oct. 3.

The survey is provided in both English and Spanish from one link.

Ten survey takers will be randomly selected for prizes and announced at the Nov. 3 public meeting.

Prize winners do not need to be present.

Please share the link with your networks.

The survey link is also available on Facebook and <https://www.holyoke.org/opioid-response/>

People without internet access may call 413-322-5610 and take the survey over the phone.

## Public hearings on opioid use funds scheduled

HOLYOKE — The city’s Office for Community Development is holding two community forums on Monday, Sept. 8, to get the public’s thoughts on how to use money from opioid lawsuit settlements. This is the community’s opportunity to share what residents think Holyoke needs most when it comes to opioid use.

The city is seeking community feedback on how to

spend money from opioid lawsuits, to complete a community needs assessment and to learn about community needs and priorities related to opioid use.

Members of the public, especially those affected by opioid use in any way — whether currently using, in recovery, or having lost a loved one — are encouraged to attend one or both of these interactive, drop-in sessions

where residents can provide input about community needs and priorities related to opioid use in Holyoke. There will be no formal program.

The first session will be held Monday, Sept. 8, from 12:30 to 2 p.m. at the Holyoke Public Library, Community Room (250 Chestnut Street). The second will be held Monday, Sept. 8, 6 to 7:30 p.m. at the Council on Aging cafeteria (291 Pine

Street).

Spanish interpretation will be available at both sessions. Both locations are ADA accessible and on PVRTA bus routes. PVRTA bus access is free.

There will be snacks and door prizes.

For more info, call 413-322-5610, email [zoelera@holyoke.org](mailto:zoelera@holyoke.org), or check out [www.holyoke.org/opioid-response](http://www.holyoke.org/opioid-response).

## Holyoke VNA Hospice Life Care achieves four-star rating by CMS

HOLYOKE — Holyoke Visiting Nurse Assoc (VNA) Hospice Life Care is proud to achieve a four-star rating by the Centers for Medicare & Medicaid Services (CMS) in three different areas as noted on the Medicare Care Compare website ([www.medicare.gov/care-compare](http://www.medicare.gov/care-compare)). For home health services, Holyoke VNA achieved four stars in both “Quality of Patient Care” and “Patient Survey Rating.” Hospice Life Care also maintains four stars for “Family Caregiver Survey,” an achievement the agency

has consistently reached for several consecutive years.

“We are incredibly proud of our team in attaining these prestigious ratings by CMS,” says Holyoke VNA Hospice Life Care Executive Director, April Bartley, RN, MSN, NE-BC. “A four-star rating means that Holyoke VNA Hospice Life Care performed better than most other agencies in the country in the areas of quality patient care, as well as on surveys completed directly by patients and families themselves.”

The “Quality of Patient

Care” star ratings are based on seven measures of quality that give a general overview of performance, including:

- How often patients got better at walking or moving around
- How often patients got better at getting in and out of bed
- How often patients got better at bathing
- How often patients’ breathing improved
- How often the home health team began their patients’ care in a timely manner



- How often patients got better at taking their drugs correctly by mouth
- How often patients were admitted to the hospital for a potentially preventable condition while receiving home health care

## UCCH to host September meal

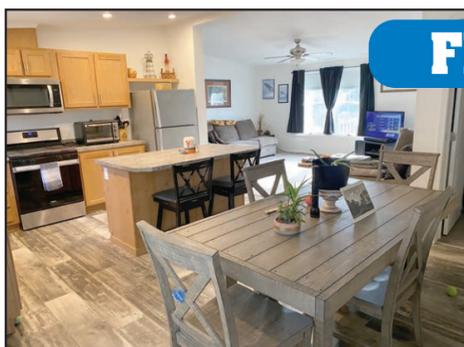
HOLYOKE — Autumn is right around the corner, and so is the United Congregational Church of Holyoke’s September Community Meal. Those who attend will have the opportunity to warm up from the crisp fall evening with meatball stroganoff, salad and dessert. Dinner will be served Sept. 12 at 5 p.m., followed by a family movie at 6 p.m.

The Community Meal is hosted on the second Friday evening of each month at the church at 300 Appleton Street. All Are Welcome to attend, and the meal is completely free of charge. The menu changes monthly; past

meals have featured lasagna, Thanksgiving dinner, breakfast for dinner, steak sandwiches, and more. Parents must accompany their children.

The United Congregational Church of Holyoke is an Open and Affirming congregation of the United Church of Christ. We welcome all individuals, regardless of where they are on their journey.

If you’d like to learn more about UCCH, please visit our website at [www.uccholyoke.org](http://www.uccholyoke.org), find us on Facebook or Instagram, or call our office at 413-532-1483 Monday through Friday from 9 a.m. to 2 p.m.



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*The Holyoke Sun*

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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 \$275, 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](mailto:obits@turley.com).

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

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# BHN looking to raise awareness for mental health

**H O L Y O K E** – Behavioral Health Network, Inc. (BHN) is working to raise awareness of the availability of timely access to mental health and substance use support at its BHN WellBeing Community Behavioral Health Centers (CBHCs) and Behavioral Health Urgent Care (BHUC) centers, with the offering of extended weekday and weekend hours across multiple locations in Agawam, Holyoke, Ware, Springfield and Westfield.

BHN WellBeing Community Behavioral Health Centers in Springfield (395 and 417 Liberty Street) and Westfield (77 Mill Street), along with its Behavioral Health Urgent Care Centers in Agawam, Ware, and two locations in

Holyoke, provide in-person and telehealth services with evening hours during the week. Saturday hours are available at most locations on a rotating basis, and the Springfield and Westfield CBHCs are also open on Sundays—helping to meet the needs of individuals and families across the region.

The centers are designed to support individuals experiencing changes in thoughts, feelings, or behaviors that may be causing distress and require timely attention. Whether someone is navigating a mental health challenge or a substance use concern, BHN provides a welcoming space for evaluation and support. No referral is needed, and many symptoms that may not feel “urgent” still qualify for care.

Services include same or next-day evaluations, psychopharmacology and addiction medication appointments within 72 hours, and follow-up appointments within 14 calendar days. Individuals experiencing emergency symptoms with immediate risk of harm to themselves or others should call the state crisis line at 988 or BHN emergency services at (413) 301-WELL (9355).

Routine and urgent care hours and locations are as follows:

- BHN WellBeing Centers (395 and 417 Liberty Street, Springfield and 77 Mill Street, Westfield): Monday - Friday, 8am - 8pm; and Saturday and Sunday, 9am - 5pm.
- Agawam Counseling Center (30 Southwick Street,

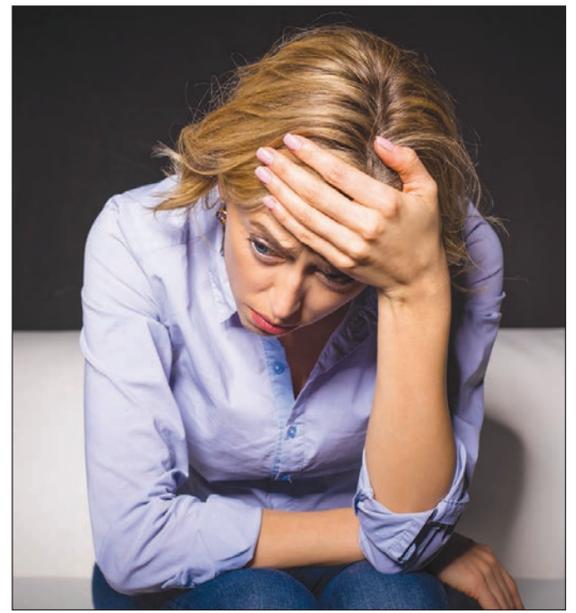
Feeding Hills): Monday - Friday, 8am - 8pm, Saturday (2nd and 4th each month), 9am - 1pm

- City Clinic (230 Maple Street, Holyoke): Monday - Friday, 8am - 6pm, Saturday (1st & 3rd each month), 8am - 12:00 pm

- Mt. Tom Center (40 Bobola Road, Holyoke): Monday - Friday, 8am - 8pm, Saturday (2nd & 4th each month), 9am-1pm

- Valley Human Services (96 South Street, Ware): Monday - Friday, 8am - 8pm, Saturday (1st & 2nd each month), 9am-1pm

BHN also offers 24/7, 365 days per year crisis support at (413) 301-WELL (9355). For more information about BHN’s urgent care and crisis services, go to [bhninc.org/wellbeing](http://bhninc.org/wellbeing).



## Fall Festival coming to St. Paul’s Church

**H O L Y O K E** – St. Paul’s Episcopal Church, 485 Appleton Street, Holyoke will hold their Fall Festival on Saturday, Sept. 27 from 9 a.m. to 3 p.m. in the Parish Hall and on the Church grounds.

There will be something for everyone: Gift

basket raffles, \$5 fun raising raffle, vendors, plants, bake sale, a cafe’, and outdoor activities for families.

Free ample parking is located behind the church and all are welcome.

For more information, please call the church office at 413-532-5060.

## Church launches Awana program Sept. 10

**CHICOPEE** – First Central Bible Church today announced the kickoff of Awana, a global, Bible-based discipleship program that helps churches and families raise children and youth to know, love, and serve Jesus Christ.

The program is open to the community and will

be held at the church located at 50 Broadway Street, Chicopee.

Weekly sessions run on Wednesdays from September 10, 2025 to May 20, 2026 from 6:30 pm to 8:00 pm and are for children ages two through fifth grade. Registration is required on the church

website at [www.firstcentral.church](http://www.firstcentral.church). There is no charge.

All families looking for a positive activity for their kids are welcome.

Awana combines Scripture memorization, Bible teaching, fun activities, and mentorship to help young people build a lasting foundation of faith.

The program provides a safe, structured environment where kids can make new friends, build confidence, grow spiritually, and explore how God’s Word applies to their everyday lives.

If you have questions, please call the church office at 413-592-5353.

## Friends of Veterans Memorial Cemetery to hold meeting

**A G A W A M** – The Friends of the Massachusetts Veterans Memorial Cemetery at Agawam announce their upcoming meeting. The public is welcome to attend.

Event Details: The meeting will take place Wednesday, Sept. 17 at the Agawam Senior Center, 954 Main Street. Doors open at 5:30 p.m. for the

6 p.m. meeting. For easy access, enter the lower level through the back entrance.

We are now accepting nominations for the 2026 Board of Directors. The board is comprised of seven members. All nominations must be submitted by the date of the meeting or in person during the meeting. Self-nominations are welcome. If you are self-nom-

inating, you may provide a short bio with your submission to help members learn more about your background and interest in serving on the board. To submit nominations prior to the meeting, please submit your information using the Contact Us section in the footer of our website at: <https://www.agawam-friends.org/>.

Community members and supporters are encouraged to attend to hear updates about “The Friends” activities and participate in the nomination process.

Please contact us with any questions via our website <https://www.agawam-friends.org/> or email us at [agawamfriends@gmail.com](mailto:agawamfriends@gmail.com).

## More events to enjoy at Buttery Brook Park

**S O U T H H A D L E Y** – The end of the Cruise Nights is upon us, but live music continues with a special performance next weekend.

Friday, September 5 - Cruise Night and Live Music featuring Ray Guillemette and his King Kountry

band, playing 5 to 7:30 p.m. at the front pavilion.

Wednesday, September 10 - Farmer’s Market from 2 to 6 p.m.

Saturday, September 13 - Live Music featuring Full Circle playing your favorite hits from the 80s, 90s, and

’00s, from 5 to 7:30 p.m. at the front pavilion.

Pickleball Courts - Open Monday - Sunday 8:30 to 11 a.m. Weeknight open Monday - Friday 4:30 to 10 p.m.

Spray Park - Open Daily until September 7, from 10:30 a.m. to 6:30 p.m.



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## Holyoke Sun



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- Preview & Registration: Friday, September 12 – 4:00 P.M. to 6:00 P.M.
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**FOR MORE INFO. CALL 413-207-1301 OR WEB SITE**  
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A FIVE THOUSAND DOLLAR CERTIFIED CHECK IS REQUIRED IN ORDER TO REGISTER TO BID ( please call for details of how to write the check out.) ALL BIDDERS ARE STRONGLY URGED TO GET FINANCING IN ORDER PRIOR TO AUCTION. Owner to provide Clear Title at time of closing. Winning bid is contingent upon SELLERS approval.



SOCIAL SECURITY

Matters

By Russell Gloor

I'm in poor health and need to know my options

Dear Rusty:

I plan to stop working very soon. My health is not good. I am 66 years old, born in June 1959, so my full retirement age is 66 years and 10 months. My wife passed away in March 2024 and she was collecting SS benefits when she died. I have no dependent children. In general, what benefits am I entitled to?

Signed: Unhealthy and Struggling

Dear Unhealthy and Struggling:

Sorry to hear that your health is failing and that you will need to stop working soon. But do not fear, Social Security will be there for you. Here is some info to help you decide your next possible steps:

Since you will not reach your full retirement age until next year in April 2026, your earnings limit from working for this year is \$23,400 or \$1,950/month. The earnings limit will apply only if you decide to claim Social Security early (this year).

If you decide to take Social Security this year, your earnings from before you take SS won't count, but your monthly earnings for the remaining months of this year will be subject to the 2025 monthly limit (\$1,950). If your monthly earnings exceed that amount, you won't be entitled to SS benefits for that month, unless your total earnings for 2025 are less than \$23,400. If you don't exceed the annual limit, your 2025 Social Security benefits won't be affected by your work earnings.

Next year, the year you attain your Full Retirement Age, your earnings limit will be much higher about 2.5 times more or something more than about \$63,000. If your 2026 earnings up through March do not exceed that limit, then you can claim your SS benefits a bit earlier in 2026 before your FRA and your benefits won't be affected, except that your monthly benefit amount will be permanently reduced by .556% for each month you claim before your FRA.

For example, if you were to claim for your SS to start in January 2026, you would get 98.3% of your FRA amount. So, provided your work earnings won't exceed about \$63,000 between January and March 2026, you could claim effective January 2026 without worrying about Social Security's earnings test.

So, depending upon your health, you could claim SS to start in January 2026, likely without worry about the earnings test and would get about 98.3% of your FRA benefit. Or, health permitting, you could wait to claim SS starting in April 2026 to get 100% of the benefit you've earned from a lifetime of working. Point

is, you just need to be careful not to exceed Social Security's earnings tests prior to reaching your Full Retirement Age or SS will take away some of your benefits.

They "take away" by withholding future monthly payments as long as needed to recover what you owe. Worse case penalty for exceeding the 2026 monthly limit would be no benefits for any month you exceed about \$5,300 or a penalty of \$1 for every \$3 over the limit if you exceed the 2026 annual limit before your FRA.

You do, however, have another option as your wife's surviving spouse: You can claim your benefit as a surviving spouse prior to claiming your own SS retirement amount. But the earnings test described above (if you claim before your FRA) would also apply to your survivor benefits. So, again, your plans for working enter this decision. If you decide to stop working this year, you could, for example, decide to claim your survivor benefit this year and collect that until you reach your FRA in April 2026 when you would get 100% of your personal SS retirement amount. In fact, you might even decide to collect your survivor benefit longer, allowing your own SS benefit to grow until you are 70, at which time you would get about 25% more than your FRA amount. Indeed, if your survivor benefit is higher than your personal age 70 amount, you can just continue to claim the higher amount.

I suggest that when you decide that you must stop working full time, you contact Social Security at 1-800-772-1213 to discuss whether it is best to claim your survivor benefit from your wife first and delay claiming your own until a later time to get a higher amount. You can make an appointment to discuss your options with SS over the phone, before deciding when (and what) to claim. And, of course, if you have any further questions, we are always here to assist you with your decision.

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.



How to cure and store for longevity

I harvested my garlic well over six weeks ago. It's been curing in my mudroom stems and all, first with a fan on it to speed the drying process.

Yesterday I cut the stems away and put the garlic fists that were left in mesh bags. Some will be seed garlic, in other words, it will be broken apart into planting cloves. The rest will be used for cooking all through the winter and hopefully into the spring.

It's so important to cure your vegetables well, both for optimal taste and for longevity.

As for garlic's cousin, the onion, there is a two step curing process. When three-quarters of the tops have fallen over push down the rest and let them stay in the ground a little while longer. Then, unearth the bulbs

and lay them, tops and all, on the ground in the sun, turning occasionally. When they turn completely brown cut the stems to one inch and spread them on screens single file in a warm and dry, well-ventilated area to cure further. They can rest in that location for up to two months, then store at temperatures close to 40 degrees.

Store apples, bananas, and tomatoes away from onions, these vegetables excrete ethylene gas as they ripen, causing onions to sprout prematurely. Use

bulbs that have two centers first, they won't store well.

It is interesting to note that the same compound that starts the tears flowing when we cut into onions - sulfur, is also a potent fungicide and bactericide. No wonder they store so well!

Potatoes are perhaps the most tricky vegetable to store. Curing them properly will help to prevent rot, premature sprouting, and toxic greening of the skin and flesh. By waiting a week or more after the plant has died before digging up the tubers, the skins will thicken and be less prone to injury during harvest.

Once they are dug, a week spent in a cool and totally dark space will further firm their skin and change sugars to starch,

See GARDEN, page 5



by Roberta McQuaid



A different kind of concierge medicine



By Teri (Dreher) Frykenberg, RN  
Guest Column

The rise of concierge medicine shows no signs of slowing down. Frustrated with long wait times for appointments, waiting room delays and only brief conversations with their doctor, those who can afford it are shelling out hundreds of dollars each month for faster care and attention, 24-hour access and personalized health programs.

It's understandable that, in our fractured health-care system, people would start looking for alternatives. There are some drawbacks to concierge care, however.

Many don't accept insurance, in order to keep their own costs low. You will still need to pay for insurance in case a serious illness or injury requires hospitaliza-

tion or a specialist. And not all concierge docs have hospital privileges, which may complicate care coordination - especially important for someone with multiple chronic illnesses.

It's that coordination, or "wraparound care," that sets private patient advocates apart from concierge doctors. Both offer concierge-style service, but a patient advocate goes above and beyond. When you pay for a patient advocate, you can expect them to be there when you need them, anticipate your needs, cut through red tape and run interference with hospitals and insurance companies.

Here are some scenarios where I think the concierge services of a nurse patient

advocate may exceed those of concierge doctors.

**When an aging loved one is on their own:** Very often, patient advocates are hired by family members trying to care for an elder who lives far away and may not have family close by. We are their boots on the ground, their eyes and ears, and their go-between with the medical professions caring for their loved one.

**When you feel the hospital medical staff isn't hearing you:** It's not uncommon for patients and patients' families to feel like their concerns are being overlooked or, worse, dismissed. A medically trained patient advocate speaks the language and can build bridges, mediate conflict and dial back the drama.

When your insurance claim is denied: Insurance documents can be wildly confusing. It helps to have someone on your side who can read through the mumbo-jumbo and explain whether an appeal may be successful. A patient advocate can also help prepare an appeal.

When a "simple" medical procedure turns into a nightmare: One of my clients

See HEALTH, page 5

The Holyoke Sun welcomes election letters to the editor

The Holyoke Sun welcomes readers to participate in this year's election campaigns by writing letters to the editor for publication on these pages. Letters of up to 250 words from local residents endorsing candidates on the ballot or discussing campaign issues should be sent to *The Holyoke Sun*, care of Turley Publications, 24 Water St., Palmer, MA 01069, faxed to 413-289-1977 or emailed to [thesun@turley.com](mailto:thesun@turley.com). Please include a daytime telephone number for verification purposes (it will not be printed). Letters must be received by noon Monday to be considered for that Friday's

newspaper. No attack letters will be printed. No letters written by candidates supporting their own candidacy will be printed. If the volume of letters received is larger than the space available in the newspaper, or if the letters become repetitive, the newspaper reserves the right to print a representative sample. No endorsement letters will be printed in the last edition before the election.

For more information, call 413-283-8393.

Campaign news

As part of its election coverage, the newspa-

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

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

the HOLYOKE Sun  
TEAM

EDITOR/SPORTS  
Greg Scibelli  
[thesun@turley.com](mailto:thesun@turley.com)

ADVERTISING SALES  
Wendy Delcamp  
[wdelcamp@turley.com](mailto:wdelcamp@turley.com)

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[www.sun.turley.com](http://www.sun.turley.com)

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CEO

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

Unsigned or anonymous letters will NOT be published.

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

Deadline for submissions is Wednesday at noon. Please email (preferred) letters to [thesun@turley.com](mailto:thesun@turley.com). Mailed letters can be sent to *The Sun*, 24 Water Street, Palmer, MA 01069.

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PHONE  
413.283.8393  
Fax: 413.283.7017  
Subscriptions: 413.283.8393

EMAIL  
Advertising Sales  
Wendy Delcamp  
[wdelcamp@turley.com](mailto:wdelcamp@turley.com)

Editor  
Gregory Scibelli  
[thesun@turley.com](mailto:thesun@turley.com)

WEB  
[www.sun.turley.com](http://www.sun.turley.com)

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# Building hope in Holyoke: Creating affordable home for local couple

**By Brandice J. O'Brien**  
Marketing and Communications  
Manager, Greater Springfield  
Habitat for Humanity

GSHFH, which prepared the site and built the foundation, will complete utility connections, landscaping, and install appliances.



Students from the University of Massachusetts DesignBuild program help construct the modular home that will be delivered to the Holyoke build site. Submitted photo

efficiency via highly-insulated and air-sealed exterior assemblies, triple-glazed windows, all-electric appliances/utilities, and low-embodied carbon building materials, such as wood fiber, hemp, and straw, said Ben Leinfelder, construction manager of this year's DesignBuild project and an alumnus of the program.

"We are chugging along right now and have our second group of students (the other half of the class) on the build site. It's been great to introduce these eight students to our construction site, the tools of the trade, and to show off what their classmates completed in the first six-week session," Ben said.

The decks and porch roof are framed and students are

See HOME, page 6

WEST SPRINGFIELD – Construction is underway and a Holyoke couple is one step closer to purchasing an affordable home for Greater Springfield Habitat for Humanity (GSHFH).

Greater Springfield Habitat is working closely with Holyoke Housing Authority (HHA) and the University of Massachusetts DesignBuild program to make this opportunity possible for Pedro and Damaris. HHA donated the plot of land on Chestnut Street. UMass DesignBuild professors and students designed the modular home, are constructing it, and will oversee its delivery to the Holyoke site. Upon its arrival,

"This is a great collaboration to give the students practical, hands-on experience, and for Habitat to provide a home to a family that might not have qualified for one of our traditionally built homes," said Aimee Giroux, GSHFH executive director. "Family size is one of many factors taken into consideration when building our homes and partnering with the future buyer. There is a need for affordable housing to benefit a variety of family sizes; not everyone needs three or four bedrooms. This project helps us to be able to make that happen."

The design of the 575-square-foot modular home emphasizes energy

## HEALTH, from page 4

was a 75-year-old gentleman who developed complications after a procedure. Unfortunately, the hospital and his physicians didn't meet the standard of care, leading him to have a stroke, internal bleeding, dehydration and a host of problems. He became delusional after days in the hospital and was given antipsychotic drugs. I was able to intervene with the care team, and his condition improved.

**When a patient isn't ready for discharge:** Hospitals very often want to get chronically ill patients out of their beds and into a nursing facility. Sometimes this is the right thing to do, but sometimes it isn't. A nurse patient advocate can evaluate a patient and work with the care team to make sure it's the proper course, and then help with the transition.

**When a college student with a medical condition is away from home:** It's unlikely that the typical 18- or 19-year-old has the maturity to advocate for themselves in a medical crisis. Parents may not be there to give their student the personal attention they may need to understand their treatment, speak with medical staff and schedule tests and appointments. A patient advocate in the student's location can help.

**When there's no one to go with you to a doctor appointment:** Doctor appointments these days can feel rushed, and often patients are confused about what they're supposed to do next, what medications are changing and what prescriptions need to be filled. Anyone can accompany you to an appointment to take notes, but if you're on your own, a patient advocate can explain the details.

The most important aspect of a patient advocate's "concierge service" is that they work for the patient, their client – not the hospital, not the insurance company. If you need help, find a board-certified patient advocate in your area by visiting Greater National Advocates (gnanow.org) or the National Association of Healthcare Advocacy (nahac.com).

*Teri (Dreher) Frykenberg, is a registered nurse and board-certified patient advocate and founder of www.NurseAdvocateEntrepreneur.com, which trains medical professionals to become successful private patient advocates. Teri offers a free phone consultation to Turley Newspaper readers as well as to nurses interested in becoming advocates. Reach her at Teri@NurseAdvocateEntrepreneur.com.*

## GARDEN, from page 4

completing the ripening process. Never wash potatoes prior to storage!

Gently brush off dirt and store in a single layer in the darkness at 55-60 degrees. Darkness will prevent greening, which renders potatoes inedible. Use any pitch-forked or shovel-marked spuds first, as damage to the skin will invite rot.

Harvest winter squash after vines have died back or prior to an impending frost. A pretty New England autumn scene is fields of pumpkins or colorful squash curing under sunny skies.

If you follow the farmers lead, just be sure to lift squash off the ground, and cover if rain or frost threat-

ens. Two weeks in the field or a sunny, well-ventilated space is sufficient for curing, at which point the skin should be hard enough to resist the dent of a fingernail.

Gently washing squash in a 10% bleach solution will help to prevent rot prior to storing at temperatures between 50 and 60 degrees.

The flavor of many of our favorite squashes only improves with age.

I remember my mom used to store our butter-nuts up off of the floor in our basement. I've heard of other people storing theirs under the bed in a spare bedroom.

For me, my mudroom serves as an all purpose storage area with mesh bags of onions and garlic hanging

from hooks on a shelf, the squash on a small pallet on the floor. I have yet to have enough potatoes to store, but this year might just be the exception and I'll come up with a dark enclosure to store them well.

Get creative and you too will be enjoying the fruits of your labor through winter into spring!

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

1	2	3	4	5		6	7	8		9	10	11	12
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63					64				65				
66					67				68				

**CLUES ACROSS**

- 1. Fairly large
- 6. Barrels per day (abbr.)
- 9. Cover the entirety of
- 13. Leafy appetizer
- 14. Showy ornament
- 15. Norse personification of old age
- 16. Athletes
- 17. Closes tightly
- 18. Attack via hurling items
- 19. Where the reserves stand
- 21. Sword
- 22. Begat
- 23. Damage another's reputation
- 24. Northeast
- 25. Turf
- 28. For each
- 29. Hours (Spanish)
- 31. Western state
- 33. One who offers help
- 36. Flanks

- 38. A woolen cap of Scottish origin
- 39. Free from drink or drugs
- 41. Tunnels
- 44. Mature
- 45. More dried-up
- 46. News organization
- 48. Steal something
- 49. Forms one's public persona (abbr.)
- 51. Female fish eggs
- 52. Small petrel of southern seas
- 54. Edible starches
- 56. Historical
- 60. In a place to sleep
- 61. Horse grooms
- 62. Off-Broadway theater award
- 63. Chinese dynasty
- 64. Resembling a wing
- 65. Small projection on a bird's wing
- 66. Of the Isle of Man
- 67. Derived unit of force (abbr.)

- 68. Plate for Eucharist
- 32. Not conforming
- 34. Polite address for women
- 1. Vipers
- 2. Ancient city in Syria
- 3. Slog
- 4. Emits coherent radiation
- 5. "Pollock" actor Harris
- 6. Bleated
- 7. Monetary units of Afghanistan
- 8. Tooth doctor
- 9. One who takes apart
- 10. Commoner
- 11. Beat poet Ginsberg
- 12. Cave deposit material
- 14. Home energy backup
- 17. Begets
- 20. Face part
- 21. Frocks
- 23. Hill or rocky peak
- 25. Giving the impression of dishonesty
- 26. About ear
- 27. Male parents
- 29. Popular grilled food

- 30. Vaccine developer
- 32. Not conforming
- 34. Polite address for women
- 35. 1970 U.S. environmental law
- 37. Astronomical period of 18 years
- 40. One who fights the government
- 42. Center for Excellence in Education
- 43. Watches discreetly
- 47. An electrically charged atom
- 49. Hymn
- 50. Arabic given name
- 52. Popular pie nut
- 53. City in Zambia
- 55. Species of cherry
- 56. John \_\_, British writer
- 57. Be next to
- 58. Make angry
- 59. Give birth to a lamb or kid
- 61. Unhappy

CROSSWORD ANSWER on page 8

### Blessed Sacrament Parish

Rev. Duy Le  
frduyle@blessedsacramentholyoke.org  
1945 Northampton St., Holyoke  
PARISH RECTORY: 413-532-0713  
OFFICE HOURS:  
Monday - Thursday 8:30 a.m. - 4 p.m.  
Friday 8:30 a.m. - 2 p.m.  
WEEKEND MASSES:  
Saturday 4 p.m.  
Sunday 8:30 a.m. - 10:30 a.m.  
DAILY MASS AND ROSARY  
Monday - Friday: ROSARY 6:15 a.m.  
Monday - Friday: MASS 6:45 a.m.  
Legal Holidays: ROSARY 7:30 a.m.  
Legal Holidays: MASS 8 a.m.  
ROSARY AND MEDITATION  
Monday Evening: 6 p.m.  
www.blessedsacramentholyoke.org  
FaceBook: @bspholyokema

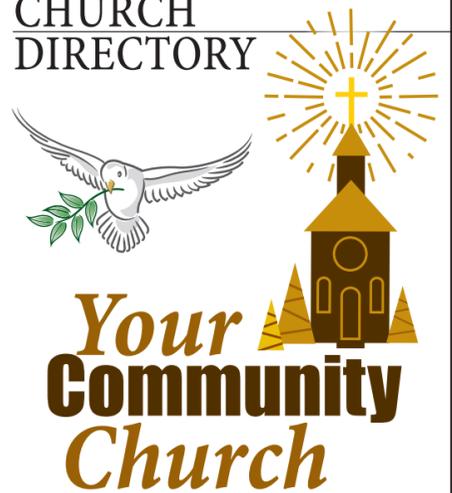
### First Baptist Church

Pastor Theresa Temple  
1976 Northampton St., Holyoke  
(413) 533-7728  
firstbaptistchurchhollyoke@comcast.net  
Facebook: First Baptist Church of Holyoke, MA  
HOURS: Sunday worship service (winter hours) at 10:30 a.m. (summer hours) at 10 a.m.  
Wednesday Bible Studies, one at 11 a.m. and one at 5:30 p.m.

### Our Lady of the Cross Catholic Parish

Pastor: Fr. Albert Scherer, OFM Conv.  
Email: pastor@ourladyofthecross.com  
Holy Cross Ave., Holyoke  
Parish Offices are located at: 15 Maple Street, Holyoke (413) 532-5661  
parish@ourladyofthecross.com  
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Monday - Friday 8:30 a.m.-12:30 p.m.  
WEEKEND MASSES:  
Saturday 4 p.m.  
Sunday 7:30 a.m., 9 a.m. (Polish), and 10:30 a.m.  
DAILY MASS:  
Monday - Saturday 8:30 a.m.  
Legal Holidays Mass 9 a.m.  
Reconciliation (Confession) Monday - Saturday 8 a.m.  
Saturday 3:15pm  
Anytime by Appointment  
DEVOTIONS  
Monday - Saturday  
Divine Mercy Chaplet - 7:50 a.m.  
ROSARY 8:05 a.m.  
www.ourladyofthecross.com

## CHURCH DIRECTORY



### St. Peter's Lutheran Church

Rev. Debora Stein  
34 Jarvis Ave., Holyoke  
Office: (413) 536-3369  
Office: stpetershollyoke@gmail.com  
Pastor: revdebma@gmail.com  
Website: www.stpetershollyoke.org  
Social media:  
facebook.com/stpetershollyoke  
OFFICE HOURS:  
Monday - Wednesday 10 a.m. - 2 p.m., Thursday 2 p.m. - 6:30 p.m. (Call first)  
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Sundays at 9:30 a.m. (also on Facebook Live) & Thursdays at 7 p.m.  
Other: Prayers with Pastor - Wednesdays at 10:30 a.m. - on Facebook Live.

### St. Paul's Episcopal Church

The Rev. Canon Joel Martinez  
485 Appleton St., Holyoke  
413-532-5060  
Office@StPaulsholyoke.org  
StPaulsholyoke.org  
Instagram:  
stpaulsepiscopalchurch\_holyoke  
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Tuesday - Friday 9 a.m. - 2 p.m.  
Days and Hours of Services:  
Sunday: 8 a.m.  
Sunday: 10 a.m.  
Sunday: 5 p.m. (Spanish)

# Cooper's collecting donations for Thomas J. O'Connor

AGAWAM – For a limited time, Cooper's Gifts, Apparel, Home of Agawam, Mass., is accepting shelter supply donations for Foundation for TJO Animals, which is located at 237 Memorial Drive, Springfield, MA 01104.

The Foundation for TJO Animals raises funds to provide resources and support for critical veterinary care and enrichment for the animals at the Thomas

J O'Connor Animal Control and Adoption Center. They are 501(c)(3) organization. Donations will be collected at Cooper's now through September 30. "We invite everyone to help out the animals at TJO and be entered to win a \$100 Cooper's Gift Card," said Kate Gourde, owner of Cooper's Gifts, Apparel, Home.

Items to keep the shelter clean and well stocked; paper towels, bleach, pet

food, treats, toys and litter, are their current needs. "We hope that while people are out purchasing items for themselves, that they will consider picking up a few extras for the Foundation for TJO Animals. And, you'll be entered into our raffle," said Gourde.

"We will swap a raffle entry for every item donated to the Foundation for TJO Animals. One lucky winner of a \$100 Cooper's

gift card will be notified on October 1st. Entry tickets can also be purchased at the store for \$1 each, or 6 tickets for \$5. All ticket sales will also be donated to the Foundation for TJO Animals. Especially for people outside the Greater Springfield area, it's easier for them to bring donations here, and we are open 7 days a week," Gourde said. Items may be brought to the shop anytime up until September 30. Cooper's

is located at 161 Main St., Agawam, Mass., and is open daily 10am-5pm, Saturdays 10am-4pm and Sundays 12-4pm.

"This drive coincides with Foundation for TJO Animals as our September Round-Up charity; so, it's the perfect time to spread the word about their mission and really help them out," Gourde said. Each month Gourde chooses a local charity to receive the profits of the

store's Round-Up Program through which customers are invited to round up their purchase total to the nearest dollar amount. Gourde will then match 50% of the total collected. The program has donated more than \$62,000 to local organizations since its inception in 2014. More information on the Round Up program and how to nominate a charity may be found on Cooper's website [www.coopersgifts.com/round-up/](http://www.coopersgifts.com/round-up/).

## Quabbin Days: Celebrating the Beauty and Heritage of the Quabbin Region

BELCHERTOWN – This fall, the Friends of the Quabbin invite residents and visitors alike to discover the beauty, history, and importance of the Quabbin Reservoir during Quabbin Days ([www.quabbindays.org](http://www.quabbindays.org)), a celebration of the region's role as both a critical drinking water supply and one of New England's most scenic outdoor destinations. Quabbin Days will be held the holiday weekend of Oct. 10 to 13.

Taking place in the Quabbin Region ([www.quabbindays.org/quabbin-region](http://www.quabbindays.org/quabbin-region)), which is made up of the dozen towns in the Quabbin Watershed, Quabbin Days is a community-driven initiative designed to raise awareness about the Quabbin as the primary water source for 2.7 million Massachusetts residents, and a breathtaking landscape that offers world-class hiking, fishing, bird-watching, and photography opportunities.

"Most people don't realize that one of the most pristine and carefully protected water supplies in the country is also an incredible place to explore," said Ed Comeau of the Friends of the Quabbin.

Held during the peak of fall foliage season,

October 10 to 13, Quabbin Days encourages towns, businesses, and organizations within the Quabbin Region to host events, walks, tours, and open houses that spotlight what this area has to offer. Participation is informal and flexible: anyone can contribute an event, and visitors can plan their own adventures through [www.QuabbinDays.org](http://www.QuabbinDays.org), which offers a growing calendar and interactive map of the region.

The Quabbin Reservoir, created in the 1930s, is one of the largest man-made public water supplies in the United States. Managed by the Massachusetts Department of Conservation and Recreation (DCR) and the Massachusetts Water Resources Authority (MWRA), the reservoir and surrounding lands form a protected ecosystem that supports wildlife and clean water while offering miles of trails and stunning vistas.

Whether you're a hiker, angler, nature photographer, or history enthusiast, Quabbin Days is your invitation to rediscover, or discover for the first time, this extraordinary region.

To learn more, plan your visit, or submit an event, visit [www.QuabbinDays.org](http://www.QuabbinDays.org).

## Supplies in need for Homework House

AGAWAM – From now through Sept. 14, Cooper's Gifts, Apparel, Home of Agawam, Mass., is accepting classroom supplies donations for Homework House, a non-profit organization located at 54 North Summer Street Holyoke, MA 01040.

Homework House strengthens our community by promoting educational success and providing free tutoring and mentoring for children living in economically disadvantaged neighborhoods. Homework House provides a safe and nurturing place for children to grow and learn. Acceptable supplies include disinfectant wipes, facial tissues, paper towels, copy paper, dry erase markers and erasers. Donations will be collected at Cooper's for a limited time.

"We invite everyone to help Homework House. Those that donate are entered for the chance to win a \$100 Cooper's gift card," said Kate Gourde, owner of Cooper's Gifts, Apparel, Home. "We

hope that people will remember these needs while they are purchasing items to send their own children back to school, and that guardians will then consider picking up a few extras for Homework House.

"We will swap a raffle entry for every item donated to the Homework House," Gourde continued. "The lucky winner of a \$100 Cooper's gift card will be notified on September 15. It's easier for people in the Greater Springfield area to bring donations here instead of searching for Homework House in Holyoke, and we are open 7 days a week," Gourde explained. Items may be brought to the shop anytime during Cooper's regular hours of operation up until September 14. The gift boutique is located at 161 Main St. in Agawam, Mass., and is open 10 a.m. to 5 p.m. on weekdays, Saturday 10 a.m. to 4 p.m. and Sundays 12 to 4 p.m.

"Homework House is also our August Round-Up



Cooper's Gifts is now accepting supply donations to benefit Homework House. Drop off donations between now and Sept. 14.

Submitted photo

charity, so this is the perfect time to spread the word about their mission and really help them out," Gourde said.

Each month Gourde chooses a local charity to receive the profits of the store's Round-Up Program through which customers are invited to round up their purchase total to the nearest dollar amount. Gourde will

then match 50% of the total collected.

The program has totaled more than \$62,000 in donations to local organizations since its inception in 2014. More information on the Round Up program and how to nominate a charity may be found on Cooper's website [www.coopersgifts.com/round-up/](http://www.coopersgifts.com/round-up/).

## St. Peter's Episcopal Church holding 120th anniversary lunch

SPRINGFIELD – St. Peter's Episcopal Church is delighted to announce its' 120th Anniversary Luncheon with a special live performance by Connie

Fredericks-Malone. Connie is an immense singer of blues, jazz, soul and the sister of the great bluesman Taj Mahal.

This is set to take

place on Sunday, Oct. 12 at 52 Sumner Avenue in Springfield, MA

The time of the event is 1 to 6 p.m., cost per adult is

\$100, RSVP by September 30, 2025.

For more information contact Debbie (413)782-7050. Tickets also available at [Eventbrite.com](http://Eventbrite.com)

## SEWER, from page 1

Protection Agency office, as frustrations boiled over, when Zawistowski pulled the records from Holyoke after receiving a video from fishermen who claimed they saw raw sewage, toilet paper, and other items floating in the river over in Suffield. The State rep then offered a comment citing a lack of impromptu urgency, "MDC (The Metropolitan District) is like a year away from completing a \$300 million project," Zawistowski said. "It started in 2019. It's time for Massachusetts to step up," according to prior reports.

Monahan noted that Holyoke is looking at the letter as a point of opportunity.

"It allows us to call attention to the work the city of Holyoke has done to date in separating our CSOs, as well as agreeing that there is an additional need for additional funding to help Holyoke's rate and taxpayers pay for this,"

Monahan said. "So the good news in Holyoke is that we have separated 70% of the CSO targeted removal that is part of our consent decree. Monahan went on to express that the DPW and the Paper City are more than halfway to completing and reaching the target removal of combined CSO discharges. However noted that the costs continue to increase, as remaining projects take priority. The project in focus was introduced earlier this spring by Garcia as a way for the Paper City to have clean water standards by 2037, which is broken down over three phases over the next 12 years and is estimated to cost \$30 million in total. According to prior reports, "Back on May 19 during a press conference when the project was revealed; some funding came from the Commonwealth Clean Water Fund and the Environmental Protection Agency, as Garcia thanked U.S. Sens. Elizabeth Warren and Ed Markey for earmarking \$2 million in federal funds that will be

used in the second phase of work (Phase B)."

"Most notably, a \$10.5 million separation project at River Terrace, which is currently underway, falls under "Phase A", according to Monahan. Phase A is currently being overseen by Ludlow Construction and funded by a 0% interest loan from the state. "Phase B will be starting in about two years, which is in excess of 12 million dollars to complete that separation in that neighborhood. So we are committed to clean water."

Providing additional clarity to Monahan's comment was a social media post via Facebook on Sept. 2 from the Holyoke DPW stating "Phase B Project," which is targeted for completion by June 30, 2026, as Monahan confessed, with construction complete no later than December 2029." Finally, the third and final phase is set to replace the pipes in the Springdale area of the Paper City, with exact costs still unclear.

Despite the allegations, Monahan said Holyoke

DPW is 'proud' of the work being done, before issuing an invitation for a roundtable discussion to work out and solve these problems together as a region, brought forth and presented by Mayor Joshua A. Garcia's administration.

"The plan from the mayor's office is to have our delegation, our state rep and state senator working with the DPW to reach out across the border to the Connecticut delegation, and let's have a conversation, because the inaccuracy isn't their fault, it's due to how the reporting is presented," said Monahan in response to the allegations present. She also noted that every CSO community is mandated to report when a CSO exists, before providing additional clarity that the report was brought forth and passed through all correct and appropriate channels, but stressed that due to the frustrated consensus, a heightened sense of urgency will be implemented going forward, "This helps us bolster each report to where

they will reflect and provide accurate data and show what has been separated, and what has been discharged and at that point treated, and what's not," she confessed.

Before reiterating that Holyoke is taking these allegations seriously while looking at all scenarios which could lead to solutions, "we are not, not doing what we were supposed to do, we have stepped up, and are doing what we need to," Monahan said. "We appreciate the concerns downriver; we have the same concerns right here in Holyoke, about what's happening in the CT river, but I think if we work together as a region, and across state boundaries, we can probably come up with some pretty cool solutions in funding to make this happen quicker."

The Sun reached out for additional comment from Holyoke Assistant City Solicitor after being redirected from the Mayor's office for any further questions regarding this unfolding matter, but didn't hear back by press time.

## HOME, from page 5

working on installing exterior trim and siding. Next up is drywall and siding.

"The challenge is keeping an eye on everything when I have pairs of students tackling different parts of the house and/or different kinds of tasks," Ben said. "As this is an educational experience, I try to give the students some space to problem solve on their own – even make mistakes (that we then fix) – but ultimately, we want this to be a high-quality house for Pedro and Damaris."

The house will feature design aspects specific to Pedro and Damaris, including a U-kitchen and interior stairs to the basement. The couple expressed a desire to one day finish the basement and turn it into a spare bedroom. By having an internal staircase, they have the ability to add more living space to the ground floor. The UMass DesignBuild team also allocated one of the donated windows to the lower level for that specific purpose.

"Every design is a matter of thinking about what would be most valuable within the given constraints," said Naomi Darling, a design studio professor at Mount Holyoke College and the UMass Architecture Department. "We went back and forth between a bar kitchen and a U-kitchen. We ultimately decided on the U-kitchen because we understand both Pedro and Damaris really like to cook."

The house is expected to be finished in autumn. To learn more about Greater Springfield Habitat's homeownership program, visit [habitatspringfield.org/how-to-apply](http://habitatspringfield.org/how-to-apply).

## VISIT, from page 1

vent such encampments in the future."

Senator Velis said he was "grateful to Mayor Garcia for inviting me to join him on this eye-opening visit and discussion with unhoused individuals living in area encampments. I have always believed in a boots-on-the-ground approach, and Tuesday's experience will be invaluable as we continue collaborating on resources and solutions."

## PAVING, from page 1

56 miles of roadway, needs preventative maintenance. Only 9.1 miles of road needs major rehabilitations. About 33 miles of roads need minor rehabilitation, and nearly 18 miles need routine maintenance. To "catch up" on all the work, the city would need nearly \$49 million.

Unfortunately, the Chapter 90 and other funds available fall far short of that, with a little more than \$1 million available for road maintenance in the city.

Under the proposed maintenance for this year, Avon Place, Lemay Dr., Worcester Place, Lower Westfield Rd., Hamilton St., Crescent St., Gates St., Thorpe Ave., Davis St., Cottage Ave., and Locust St. are on the slate for the upcoming fiscal year. All but one are local roads with Lower Westfield Rd. serving as a major collector.

There is no work being proposed in Wards 6 and 7 for the coming fiscal year.

According to the proposed spending, only 1 to 1.5% of city-owned roads each year can be main-

tained.

The city laid out the following plan to roll out its paving:

### Round 1 Paving

- Worcester Place (From High St to Commercial St)
- Lower Westfield Rd (From Homestead Ave to Whitney Ave)
- Hamilton St (From South Canal St to South Summer St)
- Gates St (From Chapin St to South Elm St)
- Thorpe Ave (From Hamden St to Beacon Ave)

- Davis St (From South Elm St to Kaster St)

### Round 2 Paving

- Crescent St (From Clemente St to South East St)
  - Cottage Ave (From Beacon Ave to Dead End)
  - Locust St (From Appleton St to Sargent St)
- The plan does not lay out the specific timeline for when the paving will occur. Paving crews typically work until late November, or until it begins snowing. Paving plants typically close down once the region has snow.

# SPORTS

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## Knight volleyball opens season

HOLYOKE – There was plenty of action to open the regular season with contests home and away in the opening week. Holyoke's home opener was on Sept 4 against SICS. The Knights are back in action on Monday, Sept. 8 at PVCA, and return home on Sept. 10 to host Chicopee Comprehensive at 5:30 p.m.

### Contact the Sports Editor

Have the scoop on a local sports story? Want to submit a team photo, pass along a potential story idea? Please send all sports-related press releases and information to Sports Editor Greg Scibelli at: sports@turley.com or call, 1-413-283-8393.



Anaya Rosario hits the bump back. Turley photos by David Henry www.sweetdogphotos.com



Kierstin St. Lawrence squares up a bump during practice.



Tatiana Gonzalez sets the ball up



Geo Aponte heads up the field on a run.

## Knights prepare for matchup with Colts

HOLYOKE – With a conference change happening for the upcoming season, Holyoke High School will still see Chicopee Comprehensive on its schedule this fall, but it

will in a non-conference game.

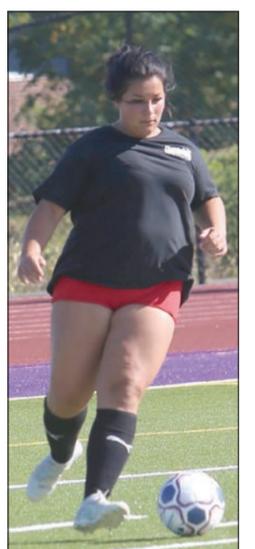
The two teams will open up the regular season against one another on Friday, Sept. 12 at 7 p.m. at Holyoke High School.



Members of the Holyoke High School football team line up for a play. Turley photos by David Henry www.sweetdogphotos.com



Kyleigh Dorman goes after a loose ball. The Knights wrapped up the preseason last week and started regular season Tuesday.



Kayleigh Caitinho looks to clear the ball away during practice. Turley photos by David Henry www.sweetdogphotos.com

## Holyoke girls soccer gets season underway

HOLYOKE – Earlier this week, Holyoke High School girls soccer started off its regular season with a road match at Chicopee Comprehensive. The girls

will be back in action on Friday, Sept. 5 against Easthampton, and return home on Tuesday, Sept. 9, hosting Greenfield High School at 4 p.m.

## Joey Jarvis gets first Modifieds win at Monadnock Speedway Saturday

WINCHESTER, N.H. - Add Joey Jarvis to the long list of first-time Modified feature winners at the Great Race Place. The second-generation hot shoe held off the best in the business to win the Aug. 23 604 Modified main event at Monadnock Speedway.

Super Street ace Dylan Zullo, also a generation star, moved closer to his first divisional championship by topping his Saturday night feature, and Super Modified blaster George Helliwell won his second SMAC 350 main event of the summer here on Back To School Night on the high banks.

Cameron Sontag won the Mini Stock feature, Gordon Farnum scored his third win of the summer in the Pure Stocks, and up-and-coming teen speedster Sofia Rego won for the first time in the Young

Guns on Saturday.

Jarvis, no stranger to victory lane but still seeking his first Modified win at Monadnock entering Saturday's 40-lap feature, comes from a storied pedigree of Green Mountain State racers. Following in the footsteps of dad Peter, and uncles Dwight and Victor, he led all the way Saturday to score the win with Brian Robie glued to his bumper.

To earn the win, he held off the all-out challenges of previous 2025 All States Material Group Modified winners Brousseau, Leclerc, Patnode and then Robie. Trying the top groove lap after lap, the speedway's top points man had to settle for second, inches behind the first-time winner. Patnode's big night aboard his Swanzy Oil ride brought him home third.

SMAC's Helliwell, setting a Monadnock lap record for 350 Super Mods at a mind-bending 11.348 seconds, started the night's 50-lap main event up front and rocketed off to win by a country mile.

"I hate to lose, and I've done a lot of it," Helliwell quipped in victory lane. At Monadnock Speedway, though, all he's done is win. Along with his Saturday speed record, he was perfect at two-for-two this summer on the high banks. Matt Seavey kept him in sight to finish second and Matt Riley was third.

Erik Smith led early in the Twin State Truck Services Super Street feature but top gun Dylan Zullo, who'd settled for second a week earlier, wanted more. Charging to the front from the top groove on lap five, Zullo took the lead and quickly sped off into the

night to solidify his spot atop the points parade.

Chris Riendeau, victorious seven days before, worked his way through the strong field to claim second on lap 24 but, by then, Zullo was far ahead. Smith finished his impressive performance in third, with JD Stockwell and Hillary Renaud completing the potent top five. After a post race inspection, Riendeau was disqualified for an upper control arm infraction placing Zilinski into fifth.

Kevin Clayton, and then Dick Lamotte, both set a fast pace early in the Fabian Fuels Mini Stock feature but Cameron Sontag took charge on lap 13 and never looked back en route to the top prize in the high speed rear-wheel versus front-wheel-drive battle for the win.

With Sontag making

Saturday's night's win look easy, Owen Zilinski blasted into second on the final lap to edge Louie Maher for the runner-up hardware. Timmy Paquette was fourth on the night, and Kevin Clayton - he the division's champ a quarter century ago - came home fifth.

Saturday night's win moved Sontag up to second in the 2025 points chase, now only four markers behind John Fultz, who finished pitside for 14th on the night.

Markus O'Neil was first to the front in the Brattleboro Towing and Recovery Pure Stock feature, but Kyle Kenny - victorious with ease the night before at Claremont - was shooting for a weekend sweep, And, back in row four, Gordon Farnum had plans of his own.

Kenny took the lead on lap five, bringing Dominick Stafford with him, and

Farnum seized third the next time around. Diving under a turn-four lapper on the 21st go-round, Farnum was back where he'd finished a week earlier, at the front and off to his stop in victory lane.

With Kenny and Stafford both rock solid to complete the top three, 2024 high banks champ Andrea St. Amour rebounded from two in-race brush-ups to come home fourth, and Chris Chambers was fifth.

Sofia Rego, who wrecked a month ago in a Doug's Auto Body Young Guns event, is getting used to her new ride. In fact, she has it fully figured out. Saturday, the teen pilot swept both her heat and feature races to score her first win. Previous 2025 winners Maya Bell and Hunter Duquette were second and third.

# Former minor league brings regional camp back

By Tim Peterson  
Sports Correspondent

WILBRAHAM – There were many different sports camps held throughout Western Massachusetts this summer.

The last one was called the Summer Sendoff Baseball Camp, which took place on the baseball fields at Spec Pond in Wilbraham during the third week of August and featured players from all over the region. The camp director is Dustin Brisson, who played Minor League Baseball for the Boston Red Sox.

“This is our second year holding the baseball camp and it has been absolutely incredible,” Brisson said. “All of the kids have been great. They understand that this isn’t just a normal day camp, it’s a skills camp. They’re learning different things about baseball every day.”

Brisson, who was born in Florida, played college baseball at the University of Central Florida from 1997-2000. He was drafted by the New York Mets and the Miami Marlins before signing with the Red Sox.

He advanced to Double A before his professional baseball career came to an end due to an injury.

“I was blessed to have the opportunity to play professional baseball,” said Brisson, who also owns Forge Athletics. “I’m doing what I can to give back.”

During one of his college baseball games in Orlando, Brisson hit a long flyball down the right field line. The base umpire was Don LaValley, who’s from Chicopee. LaValley ruled that the ball was foul, but it was a home run. LaValley told the campers that story at this year’s camp.

“I’ve known Don since I was playing college baseball,” Brisson said. “We’re good friends now.”

About 45 youth baseball players between the ages of 7-15 from Wilbraham and the surrounding communities attended the baseball camp. The campers were split up into groups depending on their age.

“Once we know how many kids will be coming to the camp, we like to put them in groups depending on their age,” Brisson said. “We just want to make sure that the kids are in the appropriate skill level. It’s hard to put eighth or ninth graders with third or fourth graders. I want them to have fun and learn some new things at the same time. They’re learning for some of the best coaches in the area.”



Rick Colon practices his technique behind the plate.

Turley photos by David Henry www.sweetdogphotos.com

A couple of the camp instructors were Chade Shade, who was the first-year head coach of the Springfield College baseball team, Dan Gomez, who’s the head baseball coach at Western New England University, and Terry Doyle, who coaches baseball at New England College which is in Henniker, NH.

Minnechaug Regional varsity baseball coach Mike Netkovic also worked at this year’s camp.

“This is an outstanding baseball camp for the kids,” Netkovic said. “Dustin is a great guy, and he has an outstanding baseball resume. I’m glad that I was able to help at this year’s camp. I never attended a camp like this one when I was a kid.”

Ray Fagnant, who grew up in Chicopee and is the Boston Red Sox Northeast Regional Scouting Supervisor, also helped at the camp.

A few of the different stations were hitting, fielding, and throwing.

One of the older campers was Nolan Witek, who’s from Wilbraham.

“This baseball camp is a lot of fun,” said Witek, who’s a sixth grader. “This camp will prepare me for my baseball tryouts for the Wilbraham Falcons in a couple of weeks. Baseball is my favorite sport.”

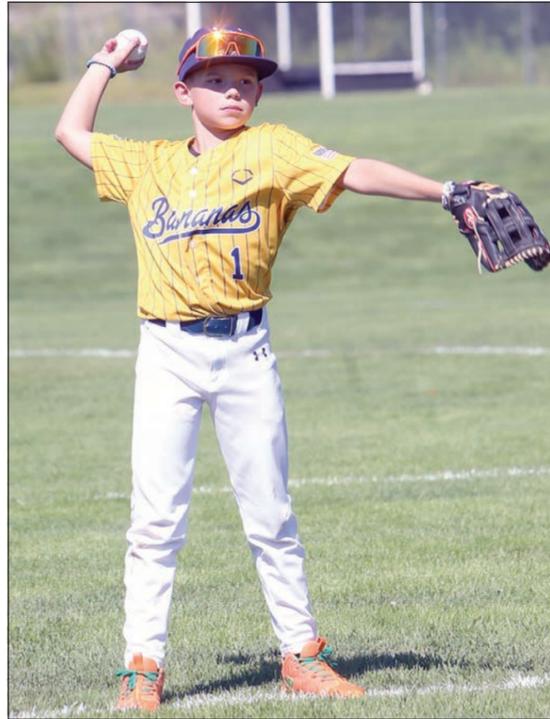
Brisson was also aided at the camp by his wife, Kasey.

“My wife is the backbone of the organization,” Brisson said. “She keeps everything in order. I appreciate all the support from many different people that I’ve received running this camp.”

Brisson and his staff are already looking forward to holding the baseball camp again next summer.



Alex Nunlist takes a swing.



Parker Duquette winds back for a throw.



Luke LaChappelle eyes the ball as he swings.



Sam Lacasse works on his pitching.



Eli Olbrych frames up a pitch.

## Public Notices

### CITY OF HOLYOKE REQUEST FOR QUALIFICATIONS RFQ 2026-009 DPW FEIR FINAL ENVIRONMENTAL IMPACT REPORT (FEIR) PREPARATION SERVICES

The City of Holyoke Department of Public Works (DPW) is seeking qualifications from pro-

fessional environmental consulting firms to submit a Final Environmental Impact Report (FEIR) in accordance with the Secretary’s Certificate on the Sixth Notice of Project Change, dated November 8, 2024 (attached), and the MEPA E-Filing requirements. The FEIR is to be submitted to MEPA by June 30, 2026.

This project is funded with Federal Funds. Respondents will be verified for eligibility to receive Federal Funds and must comply with all Federal Requirements including Part 200.

RFQ documents can be obtained electronically through the City of Holyoke’s Purchasing Department by submitting an email request to [morrowj@holyoke.org](mailto:morrowj@holyoke.org) with a CC to [sokopm@holyoke.org](mailto:sokopm@holyoke.org). Responses will also be submitted by email.

• RFQ documents will be available from [morrowj@holyoke.org](mailto:morrowj@holyoke.org) with a cc to [sokopm@holyoke.org](mailto:sokopm@holyoke.org) on 9/3/2025 at 10:00 AM (local time)

• Proposals shall be submitted to [morrowj@holyoke.org](mailto:morrowj@holyoke.org) and are due on 9/25/2025 by 2:00 PM (local time), based on the digital time stamp when received. Late applications will not be accepted. Proposals submitted through any other means, such as mail or hand delivery, will not be accepted and will be rejected by the City as non-responsive.

The OSG grant has allocated \$250,000 to the City of Holyoke for completion of the FEIR and

to complete the review of Holyoke’s CSO Long Term Control Plan. All services and construction procured under this grant must comply with Federal procurement requirements.

The City reserves the right to reject any and all submissions, to waive any minor informalities & technicalities, or to cancel the bid if it is in the public interest to do so.  
09/05/2025

**Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Hampden Probate  
and Family Court  
50 State Street  
Springfield, MA 01103  
(413)748-7758  
Docket No.  
HD25P1793EA  
Estate of:  
Krzysztof S Podolski  
Date of Death: 08/07/2025  
CITATION ON PETITION  
FOR FORMAL  
ADJUDICATION**  
To all interested persons:  
A Petition for Formal Ad-

judication of Intestacy and Appointment of Personal Representative has been filed by Regina D Podolska 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: Regina D Podolska of Holyoke, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration.

**IMPORTANT NOTICE**  
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 09/25/2025. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thir-

ty (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 28, 2025

**Rosemary A Saccomani,**  
Register of Probate  
09/05/2025

A	M	P	L	E		B	P	D		S	P	A	N		
S	A	L	A	D		G	A	U	D		E	L	L	I	
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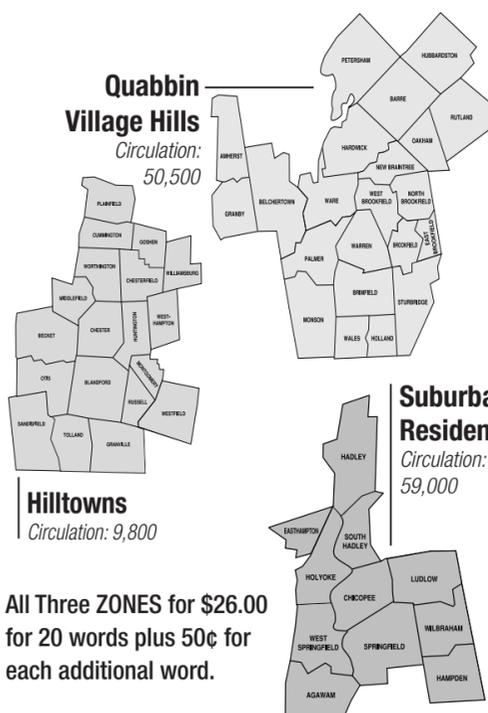
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Turley photos by Brendan Rooney



Many people gathered at the Red Carpet event for Family Lockup.



Sheriff Nick Cocchi does an introduction to the screening.



A poster of Family Lockup Series

**SERIES**, from page 1

these different pieces of the system because for me, the story of detention and incarceration is the story of us, and as a whole, the story of America," said Henry. "So, to greenlight this process was quite easy because everyone involved agreed to make this a reality."

Before the official screening, Cocchi took a moment of reflection centered around the impact on Hampden County, now elevated to a pedestal of national and critical acclaim.

"I can tell you this is a very special night for the Hampden County Sheriff's Office, but also I think not just for our staff but the citizens of Hampden County as well," Cocchi confessed. "It costs a lot of money to incarcerate an individual these days, and we want the public to know that we are trying to be as respectful and honest to those taxpayers' dollars as possible." He then provided a small sample of what the series is about.

"This series shows that we won't give up on anybody, it shows that if you're doing time in a county jail facility, one day you will return to the community from which you came, which is our neighborhoods and backyards," Cocchi said. "So we want folks to understand we are doing everything we can on the side of public safety to return someone back to the community that is more productive, law-abiding, and less likely to be destructive and vandalizing our home. So it's this family reunification piece that is anchored by statistics showing that when family support is involved upon release back into the community, recidivism rates drop tremendously." He mentioned that the families in this case are the victims living in the shadow of the offender, who is their loved one, currently incarcerated, which leaves a strained sense of peace, due to the frequency of criminal infractions transpiring.

"It wears on you, and quite frankly, family members will tell us the best night of sleep they got was when their loved one went to jail, and let it be known they love them still, but they couldn't deal with the everyday chaos of what was happening to the family's structural climate," Cocchi admitted. "We also understand not everyone is going to succeed, as part of going back to the community after incarceration, but our job is to raise these people and give them a little bit of hope," he said. "So this whole series is about reenergizing the offender as they are about to go back into the community, while letting them know we are with you. Because we are going to walk with you, stand by you, and understand we want you to be the person you deserve to be."

He then confessed that the outside presence from the production unit and partners at A&E helped capture the

'essence' of the Hampden County Sheriff's Office, which he revealed was a concern when the project was being discussed.

"When you allow people to come in unscripted, they can video what they want, report on what they see, and in the end, you run a risk of whatever they catch is what's presented," Cocchi noted. "But if I were honest in the conversations during pre-filming, we admitted we weren't worried about that transparency, we are proud of what we do, and the story they (Lucky 8 and Monami Productions) told over these ten episodes only further complements the men and women from the Hampden County Sheriff's Office, as their compassion, professionalism, and respect are on full display, and reflect the hardwork for the entirety of the Commonwealth of Massachusetts," said Cocchi.

As the night carried on, a sense of pride filled the room as Mayor Sarno unveiled his thoughts about what this means to the identity of Hampden County, along with the work being reinforced by Sheriff Cocchi.

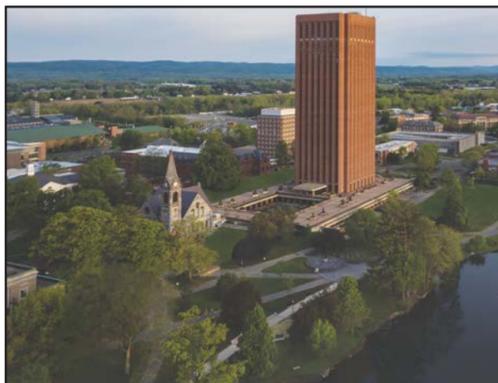
"This just highlights how many lives that are not only able to be saved, but also families that are now able to be reunited, because sometimes you have to give that tough love, for a second chance, and Sheriff Cocchi will give you a way to move forward, as not only a way to provide for your family and yourself, but also get back into the community," Sarno said. "Former HCS Mike (Ashe) was the godfather who started all of this 40 years ago, and now Sheriff Cocchi has put his own vision and mark on this program, and I can't say enough about our friendship and the work being done for the citizens of Hampden County; it's remarkable."

Offering similar sentiments to leadership put forth by Cocchi was Ashe, who felt it was a huge honor to be viewed nationally.

The last person to reflect on the overall filming process and the impact of Hampden County taking center stage was Patrick Devine, Assistant Deputy Superintendent at Hampden County Sheriff's Office.

"I think in terms of this, it shows the good we work to do, while breaking down the stigma of what correctional officers are, and I feel A&E depicted us in a good light and put a spotlight on our community," Devine said.

The last part of the night was a private screening that allowed attendees to witness the 2nd episode of the series, which saw Cocchi offer an ode of respect and gratitude to Sheriff Ashe, along with all those who came before solidifying that this series is dedicated to the foundation and hard work put by everyone who had a role to play throughout the creation of the Hampden County Sheriff's Office, before receiving a unanimous standing ovation.



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