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Members of Team Monaghan stand united before the race.

Submitted photo

Record-breaking Sheriff's Shuffle event combats domestic violence

HOLYOKE – The Hampden County Sheriff's Office's hosted the 2024 Sheriff's Shuffle 5K and 1.5-mile on Sunday, Sept. 29, at Ashley Reservoir in Holyoke, with a record turnout of more than 700 runners and walkers setting the largest participation in the event's 25-year history.

Sheriff Nick Cocchi spearheaded this year's initiative, aimed at addressing the epidemic of domestic violence in

Western Massachusetts. The event successfully raised crucial funds to support victims, with this year's proceeds benefiting the YWCA of Western Massachusetts, an organization dedicated to empowering and assisting individuals affected by domestic violence.

"I'm beyond grateful for the more than 700 people who supported this year's

See SHERIFF, page 3



Over 700 runners and walkers took part in the 5K held at Ashley Reservoir in Holyoke.

School committee receives training

By Quinn Suomala
Staff Writer

HOLYOKE – At their meeting on Sept. 23, the school committee received training on how to manage the district budget.

Executive Director of the Massachusetts Association of School Committees Glenn Koocher led the training to ensure that the committee felt more prepared for managing the district budget once the district exits receivership.

Koocher reminded the committee that, once out of receivership, they will be the body in charge of managing the district budget. As a result, they have a variety of financial responsibilities.

These responsibilities include: Appointing the superintendent, confirming appointment of school business officer, monitoring revenue and spending, overseeing warrants, making transfers, establishing the budget and policy, and understanding school finance.

See TRAINING, page 11

Vacant school committee positions filled

By Quinn Suomala
Staff Writer

HOLYOKE – Orlando Isaza and Gladys Lebron-Martinez have been selected as the new Ward 4 and Ward 1 school committee members, respectively.

Isaza and Lebron-Martinez were selected by the joint committee of the city council and the school committee to fill these vacant positions following their interviews.

Both candidates have promised to do well by Holyoke and bring with them decades of experience in serving the community.

Isaza shared that he has been working in Holyoke since the 1970s, when he was recruited to start a mental health clinic for the Puerto Rican community in the city.

At the time, Isaza agreed to be a part time clinician and a part time community activist. He wanted to support the com-

See VACANT, page 11

Antonowicz presents 1900s women's fashion

By Quinn Suomala
Staff Writer

HOLYOKE – Karen Antonowicz came to Holyoke Public Library to do a presentation on women's fashion from 1912 through the 1920s.

Antonowicz picked this era as she is interested in seeing how fashion shifted based on the historical events happening at the time, including women earning the right to vote, the Prohibition Act and even the discovery of King Tut's tomb.

"We're going to be focusing on not only what they were but what they carried with them, what were their lives like and how did the '20s affect fashion," Antonowicz said. "It all [the events] blended in with fashion's influence."

Throughout her research, Antonowicz has found fashion to be highly impacted by the history around it, and she hopes that this presentation showed others its effects.

"You can see it everywhere, you can see it in clothing, accessories, decor, and it's just awesome," Antonowicz said.

During this presentation, Antonowicz also hoped to show fashion across different income levels, as the concepts could shift depending on a person's class.

"We're looking at how women dressed not only from the upper classes but also the middle and working classes," Antonowicz said.

As Antonowicz presented,

she also made sure to include video clips demonstrating examples of clothing from the time periods she was discussing.

Additionally, Antonowicz

See FASHION, page 12



Karen Antonowicz provided some background on different fashion styles and designers of the time period. Antonowicz discussed different styles of corsets that existed throughout the 1910s and 1920s.

Turley photos by Quinn Suomala

Carlos Vega Fund for Social Justice annual fall event set

HOLYOKE – The Carlos Vega Fund for Social Justice will honor Gladys Lebron-Martinez as the 2024 Social Justice Award recipient at its annual fall event on Saturday, Oct. 19, from 2 to 5 p.m. (program starting at 3 p.m.) at Fame Lounge/Eatery, 386 Dwight St.

The CVFSJ works to maintain the legacy of Carlos while supporting current efforts in the Greater Holyoke area around social justice, youth empowerment and supporting the arts.

This year's event is also the annual "Day in the Yoke" event with Doors Open, The Great Holyoke Brick Race and the Paper City Food Festival happening before and after our event. We encourage all to come early and stay after to enjoy the other activities happening in the city both Carlos and Gladys love so much. More info on "Day in the Yoke" can be found at ExploreHolyoke.com.

The annual fall event will include complimentary tapas, music, and a short program to honor Gladys Lebron-Martinez. A cash bar will also be available. The event is free, and the public is invited. There will be a request for donations of any amount to support the work of the Carlos Vega Fund.

This year's award recipient Gladys Lebron-Martinez, was born in Puerto Rico and moved to Springfield in 1969 and moved to Holyoke in 1978 where she soon became friends and co-advocates with Carlos. Today Lebron-Martinez is a proud mother, grandmother, and resident of Holyoke. She's a dedicated advocate for community development and social justice whose career spans more than four decades of impactful service. Lebron-Martinez has devoted much of her life to advocating for those around her. Recognized for her advocacy in

anti-racism and LGBTQ+ rights, Lebron-Martinez is celebrated as a role model for her unwavering dedication to creating positive change in her community.

Vega was an advocate for those experiencing hardship because of poverty, homelessness, lack of education and job opportunities, as well as unfair treatment based on racism and intolerance. His organizing work on behalf of people in Holyoke spanned over four decades. He died in 2011.

A group of Vega's close friends and relatives established the Carlos Vega Fund for Social Justice to keep his legacy of compassion and social activism alive. The focus of the CVFSJ (a Donor Advised Fund managed by the Community Foundation of Western Massachusetts) is to provide modest grants to grassroots organizations to support small but meaningful social change

projects that address poverty, oppression, environmental concerns, race, and the needs of vulnerable communities.

The CVFSJ has awarded grants to over organizations in the Greater Holyoke area since 2011. The Fund established the Carlos Vega Social Justice Award to honor outstanding activists who demonstrate a deep commitment to improving the lives of people in Greater Holyoke.

Additionally, on Oct. 19 the Carlos Vega Fund board members will be presenting 3 Appreciation grants to organizations in Holyoke in honor of retiring board members, Jane Frey, Miguel Arce and Orlando Isaza. For more information about the Fund or to donate online, visit carlosvegafund.org.

For more information about the event please email carlosvegafund.413@gmail.com.

2025 Grand Colleen pageant application now available

HOLYOKE – The St. Patrick's Committee of Holyoke is excited to announce that its application for the 69th annual Grand Colleen pageant is now live on their website. Eligibility, requirements, and the online application can all be found at holyokestpatrickparade.com/apply.

Applications will be accepted now through Sunday, Dec. 29. On Monday, Dec. 30, all contestants will have an orientation meeting at the Wyckoff Country Club and the pageant will take place on Saturday, Jan. 4, 2025 at Holyoke High School.

Each year the Grand Colleen Pageant decides the five finalists who then go on to the Coronation Ball to have their Grand Colleen crowned. The Grand Colleen reigns with her Colleen Court on a majestic float over the two-mile parade

route. Not only does the honor of being a Colleen represent women who are proud of their Irish heritage and community, but the journey helps them build connections, gain self-confidence, and develop skills that will help in their present and future career paths.

2024 Grand Colleen Elizabeth Gourd said, "I want to encourage anyone who is considering running or running again to please do so. This contest pushes you about 10,000 feet outside of your comfort zone but it will reward you for every single foot. It has changed my life for the better and I hope it can do the same for you."

The 72nd Holyoke St. Patrick's Parade will be held on Sunday, March 23 and the 48th Holyoke St. Patrick's Road Race will be held on Saturday, March 22, 2025.

New opioid treatment peer program offered at MiraVista

HOLYOKE – "Life In Recovery," a new peer-led support group for clients of MiraVista's Opioid Treatment Program, is launching at MiraVista Behavioral Health Center this fall. Together with a Master's Level clinician, the group will be led by Crystal Grzelak who has shared her recovery experience at MiraVista, including in a video about OTP on the hospital's website, in recent years.

"The integration of individuals in recovery into substance use treatment programs as peer-to-peer support has been shown to help sustain recovery," said Kimberley Lee, chief of Creative Strategy and Development for MiraVista. "It allows individuals in long-term recovery to share their lived experience to help others, especially those early in recovery, build confidence in navigating their own path of recovery."

"Life In Recovery" provides a space to share experiences of those in recovery, talk about challenges and exchange ideas and practices to support and help its members. Participants will explore ways to overcome difficult situations and learn to experience all that life has to offer without substances. Through conversation, arts and crafts and other activities, while building friendships, the group's focus is to prevent the feeling of being alone in recovery.

OTP provides Medication-Assisted Treatment with methadone through its clinic and counseling for the medical condition of Opioid Use Disorder in those 18 years and older and is part of the psychiatric hospital's addiction treatment services.

"I never expected this was the path my life was going to take," Grzelak has said of her own use of substances. "When you first start doing these things, you think it is just a good time or makes you feel better. You don't expect this is actually going to make you very, very sick. I started the clinic because I didn't want to be sick anymore."

She has said this eventually turned into "enjoying life and wanting to be clean" and has described OTP's clinicians as listeners who "nudge you in the right direction without telling you what to do" and its peer support groups as where members "can learn from each other."

Other recovery services at MiraVista include the Intensive Outpatient Program for individuals who do not require medical detoxification for substance use but who want more therapeutic services than outpatient counseling. Its sessions follow a four-week curriculum. Free transportation is offered for both IOP and OTP.

MiraVista has a program conducted over 16 weeks for referrals from Mass Courts as part of the Massachusetts Impaired Driver Program. Second and Multiple Offenders Aftercare Services for referrals from Mass Courts are also available.

Grzelak's video may be viewed at <https://www.miravistabhc.care/i-have-stayed-committed-i-want-to-live-without-drugs/>.

For additional information on "Life in Recovery" or any of MiraVista's treatment options, please contact Kim Lee at klee@miravistabhc.care or 413-264-3042.

Church to host Fall Festival Oct. 26

HOLYOKE – Our Lady of the Cross Church will hold their Fall Festival the weekend of Oct. 26 and Oct. 27 at 67 St. Kolbe Dr. The Oct. 26 hours will be from 11 a.m. to 6 p.m. and the Oct. 27 hours will be from 11 a.m. to 5 p.m.

There will be musical entertain-

ment on Saturday from noon to 3 p.m. Magic Al the Magician will perform his magic on Sunday from noon to 12:45 p.m. Polish and American food will be sold and there will be various booths, games and vendors.

For more information, please call (413) 532-5661.

4th annual Paper City Food Festival

HOLYOKE – The Greater Holyoke Chamber and Invertir Holyoke welcome back the Paper City Food Festival for its 4th year, promising a weekend filled with delicious cuisine, local businesses, and community spirit. Set to take place on Oct. 19-20, this year's festival will showcase the rich culinary diversity of the region, featuring a wide array of food vendors, live entertainment, and family-friendly activities.

Join in on High Street at High and Suffolk, to celebrate the local chefs, artisans, and food enthusiasts in a family-friendly environment. With over a dozen food vendors offering everything from gourmet street food to artisan desserts, there's something for everyone to enjoy. Enjoy performances by local bands and artists, providing the perfect soundtrack to your culinary adventure.

Proceeds from the event will go directly to a family in Holyoke impacted by cancer. Past recipients have included Rays of Hope and Laila Strong. In 2024, we honor Rich Perez, a dedicated local community leader for youth, who has been courageously battling Hodgkin's Lymphoma.

New for 2024, there will be a special walk in support of the Perez family, where 100% of the proceeds will go directly to them. We invite everyone to join us in this meaningful initiative on Sunday, Oct. 20, to show solidarity and support.

"We're excited to bring the community together once again to celebrate our local food scene and support a worthy cause," said Jordan Hart, executive director, of Greater Holyoke Chamber. "The Paper City Food Festival is not just about food; it's about fostering connections and supporting local families in need."

Vendors include El Paraiso Colombiano, Sweetera, Tacos Pueblos, YJ Catering, and featuring local artists, The Basement Cats, the Holyoke Senior Center's Senior Sing, Last Minute, and much more! Sponsors include Sublime Systems and the USA International Sporting Complex. Sponsorships and space are still available.

For more information, or to register as a vendor, sponsor, or walk, visit holyokechamber.com/pcff or follow us on Facebook.

Chamber lists Grow Holyoke awards

HOLYOKE – The Greater Holyoke Chamber is excited to announce the 2024 Grow Holyoke awards, a celebration of outstanding leadership and commitment to the community. This year's event will honor remarkable individuals and organizations making significant strides in Holyoke. The Chamber will also be recognizing and honoring those Chamber members who are celebrating company milestones.

Join us on Friday, Oct. 25, from 5 to 10 p.m. at Mill 1 in Open Square for an evening of dinner, dancing, and community recognition.

The 2024 Award Winners to be celebrated include:

Business Persons of the Year: Miguel Rivera and Lidia Rodriguez, owners of Rewarding Insurance Agency. Their leadership and dedication have set a new benchmark for excellence in our business community, making them the first Latino recipients of this prestigious honor since its inception in 1971.

Business of the Year: Rewarding Insurance Agency, celebrated for its impactful contributions to the Chamber and

the local community.

Field Volunteer of the Year: Carl Eger, a longtime resident and dedicated volunteer, is recognized for his unwavering commitment to improving the lives of others in Holyoke.

Non-Profit of the Year: River Valley Counseling Center, honored for its vital role in supporting mental health and wellness in our community.

The Greater Holyoke Chamber extend their heartfelt gratitude to their sponsors: PeoplesBank, Holyoke Medical Center, River Valley Counseling, CubeSmart, and WestMass Eldercare, their generous support makes this event possible. Tickets and sponsorship opportunities are still available. Visit holyokechamber.com for more information and to purchase tickets.

Join us in celebrating these remarkable individuals and organizations who exemplify the spirit of Holyoke and its commitment to community growth.

For more information, contact Jordan Hart, Executive Director, at 413-534-3376, or by email at jordan@holyokechamber.com.

Holyoke Community College to host annual Trunk or Treat

HOLYOKE – Visitors to Holyoke Community College on Friday, Oct. 25, can expect to see ghosts, witches, and ghouls, along with an assortment of characters from their favorite children’s movies, games, and TV shows as the college celebrates Halloween with its annual Trunk or Treat event.

Dozens of HCC departments, programs, and student clubs, as well as community groups and area businesses decorate vehicles every year for this event.

Trunk or Treat runs from 5 to 7 p.m. in Parking Lot M by the Bartley Center for Athletics and Recreation on the main HCC campus, 303 Homestead Ave.

In the past, trunk sponsors from HCC have included the Early Education program, Student Engagement, Veterinary and Animal Science, Dance Club, ASL Club, Japanese Anime Club, C.A.M.O. (military club), Radiologic Technology, El Centro, Student Records, Early Childhood Grants Initiative, Culinary Club, Business department, President’s Cabinet, Disney Club, Nursing program, Student Senate, STEM Club, Latinx Empowerment



Association, Psychology Club, Radio Club, Animation Club, and Dungeons & Dragons Club.

And from the community: Dean Technical High School, Holyoke Police Dept., Berkshire Hathaway, Valley Opportunity Council, YWCA, Mass. Dept. for Children and Families Holyoke, Positive Regard Network/Center School, NexGen Roofing, Elms College: The Teachers’ Lounge, Holyoke

Credit Union, Y Kids Learning Center, Girls Inc. of the Valley, and Holyoke Public Schools-Early Childhood program.

Past year’s trunk themes have included crayons, rubber ducks, happy clowns, a witch’s house, a haunted house, Jurassic Park, The Nightmare Before Christmas, Hungry Hungry Hippos, construction, Hocus Pocus, Paw Patrol, bones, Encanto, Star Wars,

spooky fun prom, M&M’s, Frozen, Ratatouille, Disney villains, Muppets, Mary Poppins, Spiderman and other Marvel superheroes, outer space, a pumpkin patch, Alice in Wonderland, the Multiverse, and Ghostbusters.

Prizes are awarded to vehicle sponsors in various categories including best executed theme, scariest trunk, best costumes, and most original. Each vehicle will be handing out free Halloween treats and also have non-food items for children with dietary restrictions.

Trunk or Treat at HCC started in 2017 as a safe, fun, and early alternative to traditional trick-or-treating on Halloween night. Rather than going door to door seeking Halloween treats, children go trunk to trunk to collect their candy, visiting cars decorated with seasonal themes and familiar stories and characters. The event is free and open to the public and will be held outdoors, rain or shine. Children must be accompanied by an adult.

To sponsor a vehicle, please contact organizers Lindsey Pare at lpare@hcc.edu. The deadline is Monday, Oct. 21.

UCCH to host Trunk or Treat

HOLYOKE – Dust off a costume, decorate a trunk and join in on Thursday, Oct. 24 at 6 p.m. at the Maple Street Parking Lot for the annual Trunk or Treat event.

Trunk or Treat is a free, fun-filled, safe Halloween event for the whole family. Featured activities include Trunk or Treating, interactive fun, a photo booth, crafts and food trucks. It will be a spooky good time.

The United Congregational Church of Holyoke is an open and affirming congregation of the United Church of Christ. All individuals are welcome, regardless of where they are on their journey.

To learn more about UCCH, please visit the website at 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.

Sheehan announced as Rohan award recipient

HOLYOKE – The St. Patrick’s Committee of Holyoke has announced that the 66th recipient of the Rohan award is Devin M. Sheehan. The Rohan Award is presented to a person who has made significant contributions to the overall success of the Parade and/or the Association. The award was established in 1957 in honor of its first Grand Marshal, Thomas F. Rohan.



Devin M. Sheehan

Since joining the Committee in 2008, Sheehan has held multiple leadership roles, including Parade President in 2019 and chair of the Board of Directors. He has co-chaired the Grand Coronation Ball and Parade Program Book committees and contributed his talents to other various committees including the Grand Marshals Reception, Golf Tournament, Parade Coordination, and Budget and Audit.

“Devin is a dedicated long-time

Committee member”, said John Beaulieu, parade president. “Devin’s sound judgment and knowledge of Robert’s Rules of Order are appreciated, especially when convening a committee as large and diverse in thinking as ours. His love of community and heritage is evident in everything he does, both in his everyday work and his commitment to the long-term success of the Parade and our events. He is incredibly

deserving of this honor.” A Holyoke native, Sheehan is a proud graduate of Holyoke High School (2001), Franklin Pierce University (2005) and received his master’s degree from the University of Massachusetts Dartmouth.

An active member of the community, Sheehan has served on various local Boards including the Children’s Museum at Holyoke, Friends of the Holyoke Public Schools, Holyoke Democratic Committee, and the

Holyoke Lodge of Elks #902. He also serves on the Board of the Greater Commonwealth Virtual School.

Educational equality is important to Sheehan. He was first elected to the Holyoke School Committee in 2009 and served until 2021. He was reappointed in August 2024 upon a vacancy. He currently serves as Chief of Staff for Senator Jake Oliveira.

Sheehan and his partner, Dr. Michael Dodge, are parents to Jacob, a senior at Westfield State University. He is the son of Susan Sheehan and Jim and his wife Deb and brother to Tim and his partner, Jamie.

Sheehan will be honored at the Coronation Ball and Awards Dinner in February 2025. Tickets and more information will be available online at www.holyokestpatricksparade.com.

The 72nd Holyoke St. Patrick’s Parade will be held on Sunday, March 23 and the 48th Holyoke St. Patrick’s Road Race will be held on Saturday, March 22, 2025.

SHERIFF, from page 1

Sheriff’s Shuffle 5K. Together, we raised much-needed funds and awareness for the fight against domestic violence, a cause that touches far too many lives in our community,” said Sheriff Nick Cocchi. “Events like this remind us that when we stand united, we can bring about real change. The strength and generosity of our community are powerful, and I’m proud to see so many people come together to say, ‘Enough is enough.’ Let’s continue this momentum and keep working to protect survivors and break the cycle of violence.”

The YWCA of Western Massachusetts, based in Springfield, has experienced a significant increase in demand for its services, particularly following the COVID-19 pandemic. In 2023 alone, the organization provided vital support to nearly 12,000 men, women, and children through its various programs.

“The Sheriff’s Shuffle 5K was an incredible event that united our community in the fight against domestic violence. We are so grateful for the outpouring of support from everyone who participated. Together, we are raising funds and awareness that will help protect and

empower survivors. The partnership with the Hampden County Sheriff’s Office is vital in ensuring that resources and support are available for those in need. This fundraiser sends a strong message: we will not stand by in silence; we will act and make a difference,” said YWCA CEO Elizabeth Dineen.

Joseph Harris, of South Hadley, a Hampden County Sheriff’s Office employee, was the 5K race winner with a time of 18 minutes, 12 seconds. Lee Belisle, of Belchertown, was second in 19:03, and Pete Syper, of Three Rivers, was third in 20:39. Jennifer Murray, of Westfield, was the first place female runner, finishing the 3.1-mile race course in 22:53. Lydia Pacheco, of Springfield, was the top Sheriff’s Office female staff finisher and second female overall with a time of 23:18. Victoria Stone, of Chester, was the third female across the finish line in 23:22.

The Sheriff’s Shuffle has long fostered community involvement and collaboration with local agencies, bringing together participants from all walks of life to unite for this important cause. The day included camaraderie, refreshments, food, awards, a raffle with exciting prizes, and live entertainment, creating an atmosphere of community spirit and engagement.

Comedy to benefit Harmony House

CHICOPEE – Harmony House of Western Massachusetts, a home for the terminally ill located in Chicopee, will be the beneficiary of a “FunnyRaising Comedy Show,” presented by Jess Miller Comedy Shows. The event is scheduled for Saturday, Nov. 9, and will be held at the Moose Club Family Center located at 244 Fuller Road. Doors will open 6:30 p.m. with the show beginning at 8 p.m. Tickets are \$25 per person and can only be obtained at www.funnyraising.com. This show is rated R for adult content and language and people must be aged 21 or older to attend.

It will be a great evening of fun while supporting the mission of Harmony House. The FunnyRaising Comedy Shows are “Built on Laughter and Sustained by Kindness.” The headlining comics in this show will be Jess Miller, who has performed at Caroline’s on Broadway, Peaches Rodriguez who has performed at the Apollo Theatre in New York City, and Linda Belt, who has performed on Royal

Caribbean Cruises. Get ready to laugh.

There will be a raffle with great prizes along with a 50/50 raffle. All proceeds go directly to Harmony House of Western Massachusetts. A cash bar will be available, and patrons can bring their own dinner and snacks. Tables of 8 are available to reserve with pre-payment.

Harmony House is a local organization whose mission is to provide a loving home providing compassionate care for the terminally ill. Harmony House is primarily staffed by trained volunteers including licensed nurses, caregivers, companions, and others. If interested in learning more or becoming a volunteer, please contact Harmony House at 413-315-9784 or by email at harmonyhouse-wma@gmail.com.

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Guest Column



Will my wife's survivor benefit less if she claimed her Social Security early?

Dear Rusty:

I claimed Social Security at 70. My wife claimed her own SS at 62 and her earnings were significantly lower than mine. I understand my wife will be eligible to claim my benefit if I pass before she does, but will Social Security reduce that benefit because she didn't wait until age 65 to claim hers?

Signed: Concerned Husband

Dear Concerned:

Your wife's benefit as your surviving spouse will be based on two things: her age when she claims her survivor benefit and the amount you were receiving at your death.

If she has reached her own Full Retirement Age when she claims her surviving spouse benefit, she will get 100% of the amount you were receiving when you died instead of her own smaller SS retirement amount. However, if she claims her survivor benefit at any time before her full retirement age, it will be reduced for claiming the survivor benefit early.

Thus, when your wife claimed her own Social Security retirement benefit in her case, age 62 doesn't matter and doesn't affect her potential surviving spouse benefit what matters is her age when she claims her survivor benefit. If she claims before reaching her own FRA, her survivor benefit will be reduced according to the number of months before her FRA that the survivor benefit is claimed. That reduction would be about 4.75% for each year earlier than her FRA she claims it.

But if she claims her surviving spouse ben-

See SECURITY, page 9

Election letters to the editor welcome

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

For more information, call 413-283-8393.

Campaign news

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

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



Guest Column

Autumn related questions for Garden Lady



Deborah, who gardens in Hardwick, wrote in with this question for the Garden Lady.

"When would be the best time for me to divide and replant my Black Eyed Susan plants? I have a healthy clump growing near my deck, and I have a couple other spots that could benefit from their all-summer long blooming habit."

I am fairly certain that Deborah is talking about perennial Black Eyed Susan (*Rudbeckia fulgida* var. *sullivantii* "Goldsturm"). This 1999 Perennial Plant of the Year is a hardy perennial that makes a thick carpet of foliage underneath the black centered yellow daisy-like flowers.

The plant is easy to take care of and is drought tolerant. It's also noteworthy to mention that both deer and rabbits don't seem too interested in it, but bees and butterflies do love it, and songbirds will visit the spent flowers in search of a seedy meal.

Goldsturm tops off at about two feet tall and enjoys full sun to bloom best. But alas, I digress from Deborah's question.

I usually don't divide my perennials much after mid-September at the latest. I want the plants to have a chance to root well before winter, so that the impending freeze/thaw cycles won't heave the crown out of the ground and

into harm's way.

My recommendation would be to divide as soon as the plant comes alive in the spring, watering the divisions well for a month or so until well established.

While Deborah had my attention she asked a second question. "It is my first time growing dahlias. I was lured into buying a mixed box of tubers in the spring. Boy those pictures on the front of the box caught my eye. It took them awhile to sprout, and even longer to bloom. Just within the last few weeks am I beginning to enjoy the flowers. Is it true that you have to dig them up for the winter, or are they hardy around here?"

Great timing on this question, Deborah!

I am part of a dahlia lover's group on social media, and the consensus is that indeed, some dahlias have been slow to flower this year. Mine have, for sure!

I think it has to do with all of the rain we had soon after planting. The tubers will sometimes struggle or rot if it's too wet. It's interesting to hear from some members of the group – especially those closer to Boston or Cape Cod, having luck with tubers overwintering in the ground.

I guess it's a gamble, but I am of the habit of digging them up. It's taken me awhile to build my collection and I don't want to lose it, and honestly, we never know what kind of winter we'll have.

Here is how you get the job done: Dig up dahlia tubers either just prior to or soon after frost hits. Leave a small portion of stem attached to the tubers – it is a great place to adhere a label.

See GARDEN, page 5

Chasing every trail in the wilderness

By Julie Midura

It was a rough weekend in the Sandwich Wilderness. Three days, three nights, 19 trails, 38.6 miles, one black bear encounter, one startled partridge encounter, 168,952 mosquitoes (give or take a few), and a handful of curse words (give or take a few dozen).

It was a weekend when being taken out by a startled partridge who swooped out of the dense brush flapping its wings wildly while making what was assuredly an unintentional beeline straight to my face seemed like a far worse fate than encountering an enormous black bear at a stream crossing. I have no animosity towards the partridge. Based on the look in its eyes as I dropped to the ground to avoid the impending collision, the bird was just as terrified as I was.

As for the black bear, Tom and I approached a 30 foot wide brook that we needed to ford when we saw the enormous beast coming towards us from downstream. We were about twenty-five feet from each other when we caught sight of each other, which gave the animal the opportunity to size us up before deciding that we didn't look very appetizing and we weren't worth the effort. It charged up the embankment on the other side of the stream

and disappeared into the woods...in the same direction that Tom and I were going.

It was a weekend of when the steep climbs

See HIKING, page 5



On the summit of Mt Paugus.

Submitted photo

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Unsigned or anonymous letters will NOT be published.

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Deadline for submissions is Wednesday at noon.

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

What kind of patient-doctor relationship do you have?



I've written before about the patient's role in creating a good relationship with their doctor: Be on time for your appointments; write down your questions and concerns; don't waste time on chitchat; bring someone with you; be honest about your health habits, good and bad; and if you don't understand something, keep asking until you do.

But a lot of the responsibility for a good patient-doctor relationship lies with the physician; after all, they're the ones with the greater education, knowledge and experience.

Back in 1956, two doctors, Theodore Szasz and Marc Hollender, described three types of doctor-patient relationships. Depending on your situation, you probably have one or more of these:

Active-passive, which they compared to a parent-child relationship, when the physician is acting upon the patient (useful in emergency and trauma situations);

Guidance-cooperation, a sort of parent-adolescent relationship, in which the physician tells the patient what to do and the patient complies;

Mutual participation, a relationship between two adults in which the physician helps the patient help themselves.

In this era of patient-centered care, there's a clear preference for the mutual participation model. Health-care providers who provide more than just competent care, who bring empathy, open communication, active listening and understanding into the examination room, are more likely to have satisfied patients.

Unfortunately, many aspects of our current health-care system work against the patient-doctor relationship.

There never seems to be enough time for a doctor to really talk with a patient and develop that relationship. Administrative hurdles (problems getting an appointment, for example) hurt the relationship. Sometimes both patients and doctors make assumptions about one another's cultures or backgrounds that may damage patient trust.

How many times will you put up with such roadblocks before you start looking for another doctor? A recent survey found that almost half of the respondents will give their doctor or their staff only two chances to get things right before looking elsewhere.

Why is this even important? Because a good patient-doctor relationship can lead to better health outcomes for you. If your doctor has worked to establish mutual understanding and trust, you are much more likely to divulge information needed for an accurate diagnosis. You may also be more willing to adhere to a treatment plan. A recent survey by Tebra, a health-care marketing firm, found that 87 percent of respondents believe that a strong and positive patient-doctor relationship has a positive impact on their patient journey.

Your relationship with your primary

care provider is particularly important because it's likely you will access other health-care providers through them. Here are five signs that your doctor is invested in their relationship with you.

1. Active communication

In my experience as a private patient advocate, the cause of a poor patient-doctor relationship usually boils down to one thing: communication – either miscommunication or lack of communication.

Does your doctor:

- Listen without interrupting?
- Try to understand your perspective?
- Validate your concerns?
- Answer your questions?
- Solicit information about what's going on in your life?
- Express empathy and compassion?

These behaviors on the part of your doctor take your relationship beyond the merely clinical.

2. Person-centered care

Person-centered care focuses on individuals and their particular health care needs. Clinicians are there to inform, advise and provide patient support, but it is ultimately up to individuals to determine their course of action. Does your doctor present all available options and alternatives for treatment and solicit your input in the decision-making?

3. No billing surprises

No one likes an unexpected bill, which causes anxiety and frustration as we try to manage our health-care costs. Does your doctor's administrative staff provide clear, honest and transparent billing information? This goes a long way

toward building your confidence and trust in the practice.

4. Efficient scheduling

Efficient scheduling and office procedures respect your time. Does your doctor offer new patient forms online, online appointment setting and flexible appointment options? Does the office minimize your wait times – and if there's going to be a delay – do they keep you informed?

5. Multiple touchpoints

Is your doctor's practice keeping pace with technology? Do they send text notifications and reminders of appointments? Can you access a patient portal to check your records and ask a question? Do you get follow-up phone calls after a surgical procedure or to keep tabs on a chronic condition?

If you experience this kind of relationship with your doctor, you're more likely to stick with that doctor, follow their advice as to lifestyle changes and adhere to their prescribed treatments. An advocate can always help you find a new physician, but remember to make sure that you're doing your part to make the relationship work.

Teri (Dreher) Frykenberg, RN, is a board-certified patient advocate and Monson resident. A critical care nurse for 30+ years, she is founder of NShore Patient Advocates, (www.NorthshoreRN.com). Her book, "How to Be a Healthcare Advocate for Yourself & Your Loved Ones" is available on Amazon. She is offering a free phone consultation to Turley Newspaper readers. Contact her at Teri@northshorem.com to set it up.

GARDEN, from page 4

Plastic tape works like a dream – and leaves you ample room to write down notes in addition to the variety.

Take it from me – it is easy to forget a name over the winter months and also easy to forget height, or vigor!

Soil should be eased off the tubers with a spray of water before placing in storage. Choose a location to overwinter your tubers that maintain 40-50 degrees temps and 90% humidity.

These conditions will keep them dormant and healthy until it is time to replant. Many people have good luck using a cold basement or root cellar; small quantities of tubers can be stored in the crisper drawer of the refrigerator.

Placing tubers in damp peat moss, saw dust, shredded leaves, or even ventilated plastic bags will help to prevent shriveling. Be sure to check on your tubers every couple of weeks throughout the offseason.

Should you see shriveling, mist them with clean water and re-dampen the medium in which they were placed. If you see mold, bring down the temperature and humidity level. Good luck!

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For 32 years she has held the position of staff horticulturist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to pouimette@turley.com with "Gardening Question" in the subject line.

HIKING, from page 4

came one after another after another. To the point that we made the questionable decision of dumping out a large portion of the contents of our backpacks and hiding them behind a truck-sized boulder so that we wouldn't have to shoulder the heavy weight on the next uphill. We'd pick up everything on the way back down. Which inevitably made us worry for the next two hours that we'd arrive back at the boulder to find that our tent and sleeping bags would either be gone or be ripped to shreds by the aforementioned bear looking for a soft place to lay his head.

It was a weekend when eating left-over pizza on a mountaintop with beautiful views almost made up for 72 hours of being tormented by every flying, buzzing, stinging insect imaginable, all of whom were intent on sucking every ounce of blood AND sanity from my body.

It was a weekend when you don't want to use insect repellent because you know that there will be no shower at the end of each day and you hate how sticky the bug juice feels on your skin, but you spray yourself anyway, and so liberally that any self-respecting mosquito wouldn't be caught dead within a mile of you. But the

bug juice ends up being more of an aphrodisiac than a deterrent, and at the end of the day, not only is your skin sticky from the bug spray, but you're covered in mosquito bites as well.

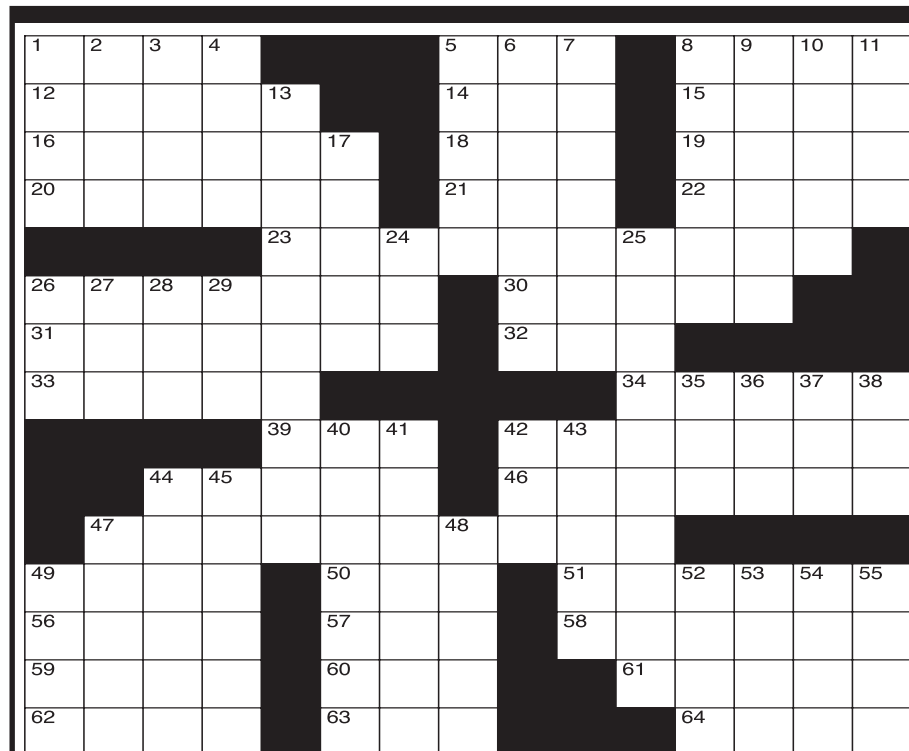
It was a weekend when you crawl into your tent at the end of the day after hiking for nine long hours in the scorching heat and oppressive humidity, and your long hair is plastered to your head and neck like a second skin and it takes Herculean effort to peel the clothes from your sticky body, and the baby wipes are no match for the stench from days of sweating profusely, no matter how many you use.

It was a weekend when hiking in the pouring rain is actually a welcome relief, even though the added weight from soaking wet gear makes your already heavy backpack feel like there's a baby elephant strapped to your back.

It was one of those weekends that made us ask ourselves if we really want to complete our goal of hiking EVERY trail in every Federally Designated wilderness area of the White Mountains of New Hampshire.

Frankly, after all of the misery we endured on this backpacking trip, I have just one thing to say...

Follow more of our hiking adventures on Instagram @morethanthemountain.



CLUES ACROSS

- 1. Unsheared sheep
- 5. Rock TV channel
- 8. Streetcar
- 12. Concerning
- 14. Exclamation
- 15. Greek goddess of youth
- 16. Popular type of device
- 18. Alcoholic beverage
- 19. Ancient Olympic Site
- 20. Sharpshoots
- 21. Tyrion Lannister was characterized as one
- 22. Pointed ends of pens
- 23. Measuring instruments
- 26. Midsection body part
- 30. Made a mistake
- 31. Adjusted
- 32. "Partridge" actress Susan
- 33. Yell
- 34. Civil rights city in Alabama
- 39. Young boy
- 42. Type of sea bass
- 44. To call (archaic)
- 46. Unfortunate
- 47. Separate oneself from others
- 49. Hero sandwiches
- 50. Spy group
- 51. Florida is famous for them
- 56. Irritating individuals
- 57. Luck
- 58. Hunting expedition
- 59. WWII diarist Frank
- 60. Peyton's younger brother
- 61. Type of wrap
- 62. Type of overseas tax or levy
- 63. Soviet Socialist Republic
- 64. Wake up
- 3. Renowned desert (abbr.)
- 4. Eat greedily
- 5. She didn't make it through the Fr. Revolution
- 6. Beat
- 7. Bloodsucker
- 8. From a place already noted
- 9. Counted on
- 10. Alberta Assn. of Baccalaureate World Schools
- 11. Something one can make
- 13. One who abstains
- 17. Wild ox
- 24. Type of student
- 25. Bacterial infection of the skin
- 26. Expresses surprise
- 27. What engaged couples ultimately say
- 28. Crony
- 29. Where one begins
- 35. Architectural designation
- 36. "Matt Houston" actor Horsley
- 37. More (Spanish)
- 38. Autonomic nervous system
- 40. Indigenous peoples
- 41. Deflections
- 42. Circulating life force
- 43. Executes with a rope
- 44. Natives of an island nation
- 45. Girls
- 47. Logician and philosopher
- 48. Nocturnal hoofed animal
- 49. Relaxing spaces
- 52. From a distance
- 53. Form of Persian language
- 54. Amounts of time
- 55. Mathematical designation

CROSSWORD ANSWER on page 9

In The News



Ruth B. Loving was an American activist. She has been called "the mother of civil rights" in Springfield, Massachusetts.



Left, Meta Vaux Warrick Fuller an American sculptor, is known for her groundbreaking depictions of the African and African-American experience. Right, Josephine St. Pierre Ruffin, a significant Beacon Hill activist from the turn of the 20th century, grew up surrounded by the abolitionist ideals of justice, equality, and political representation.

Submitted photos

Faces on the Fenceline

HOLYOKE – Wistariahurst Museum, Holyoke's Center for art, music and history, has an outdoor exhibit available for viewing on Beech St.

'Faces in the Fenceline' is a celebration of black lives. Scan the QR codes to learn more about the people seen in the artwork. Others are in the archives at the museum.

Wistariahurst Museum is located 238 Cabot St. Learn more at wistariahurst.org. The exhibit is sponsored by a grant from the Holyoke Local Cultural Council.



Art and history combine on the fenceline at Wistariahurst Museum. Scan the QR Code seen on the artwork and be virtually transported to information about the person highlighted. Step inside the museum and discover all that they offer within.

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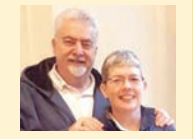
Saturday,
October 12
**Dee
Reilly**



Friday,
October 18
Kilashandra



Saturday,
October 19
**The
Healys**



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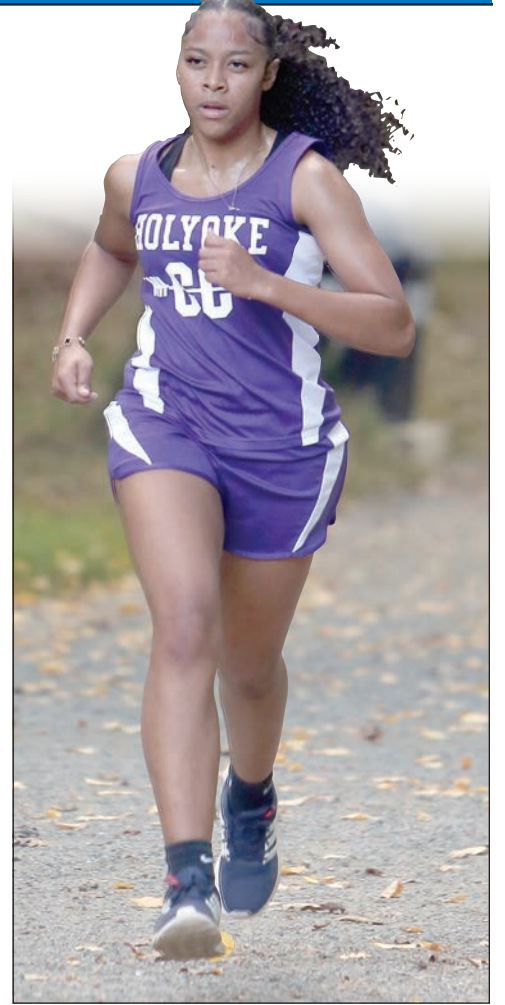
HOLYOKE – Last week, Holyoke High School cross country faced Agawam and Renaissance in a tri-meet at Ashley Reservoir. The final score of the meet was not reported. The Knights were scheduled to face West Springfield this week, and next face Westfield and Granby on Tuesday, Oct. 15 at Stanley Park.



Julian Rodriguez finishes second for the Knights.



Jayden Mora was Holyoke's top male finisher.



Kiara Perez was Holyoke's top female finisher.

Knights fall in first AA matchup

HOLYOKE – Last Friday night, Holyoke High School had its first match-up of the very difficult AA Conference season.

The AA Conference has typically consisted of the top football schools in Western Massachusetts for many years. With a review of the leagues coming next year, it remains to be seen if the league will remain intact.

The Knights opened their schedule with Longmeadow last Friday, falling 35-6. Coming up, the Knights were scheduled to face Minnechaug Regional on Oct. 10, and next face Chicopee Comprehensive on Oct. 18 at 6 p.m. on the road. Central and Westfield are also part of the league scheduled.



The Cross Country meet starts.

Turley photos by David Henry www.sweetdogphotos.com



Leilany Figueroa tries to keep possession of the ball.
Turley photos by David Henry www.sweetdogphotos.com



Selina Alicea dribbles up the field.



Kayshaly Garcia heads up the field.



Kyra Lippman shoots into traffic.



Bianca Speaks goes after the loose ball.

Knights earn tie with Ware

WARE – Last Tuesday evening, Kyra Lippman scored the lone goal for Holyoke in a 1-1 tie at Ware. The Knights trailed 1-0 in the second half when Lippman scored to get Holyoke even. Holyoke would beat Mahar and lose to Greenfield during last week. The Knights are now 6-5-1 this season and are looking to secure a tournament spot in the next couple of weeks.

Vermont State-Castleton defeats WSU football

CASTLETON, VT – Turnovers proved costly as Vermont State-Castleton downed Westfield, 24-10 in a MASCAC football game at Dave Wolk Field on Saturday afternoon.

Westfield is 2-3 overall and 2-2 in the MASCAC. Castleton is 3-2 overall and 2-2 in the MASCAC.

Castleton bookended the win with a pair of defensive touchdowns, the first on a fumble recovery and a 30-yard scoop and score with 6:55 left in the first half.

The Spartans' CJ Childs capped the scoring with a 50-yard interception return with 1:31 left in the game.

Westfield's offense couldn't get momentum all afternoon.

Westfield was limited to 82 yards of total offense (on 55 plays) on the afternoon and just 12 yards in the second half.

TJ Kiley made his first start at quarterback for the Owls. (His father Todd was a starting QB for the Owls in the early 1990's). Kiley handled the first couple series for the Owls before being replaced by Gabe Fernandez, with Kiley coming back in late in the game.

Castleton got on the scoreboard first when the Owls mishandled the center snap, and Ian DeTulleo picked up the fumble at the 30 and rambled to the end zone to give the Spartans a 7-0 lead with 6:55 left in the first quarter.

Westfield got a 35-yard kick return from Curtis Dion on the ensuing kickoff, but another bad snap gave the ball right back to the Spartans, and another fumble return set the Spartan up 1-and 10 at the

Westfield 12-yard line.

The Westfield defense held on three plays, and the Spartans led 10-0 after a 27-yard field goal from Walter Luendstrom.

On the next series, Fernandez found Dylan Disbella for a big gainer (38 yards) down the middle to the Spartan 18-yard line.

Westfield's Sean Willis plunged in from 3 yards out to trim the lead to 10-7 with 14:13 left in the second quarter to cap a 10-play, 67-yard drive.

Andrew Lovell picked off a pass at the four yard line to thwart a Spartans drive.

A short punt set the Owls up 1st and 10 at the Castleton 32. The Spartans had been pinned back on their own two-yard line after a third-down sack from Justyn Gardener. Cooper Harvey added a 25-yard field goal for the Owls with six seconds left in the half to send the game to halftime tied at 10-10.

Castleton marched down the field sharply to open the second half, completing five straight passes to march 80 yards, QB Wes Cournoyer found Wyatt Jackson on a 33-yard bomb down the left side to fuel the drive, which was capped by an 8-yard scoring strike to Caezar Williams to give Castleton a 17-10 lead.

From there, both teams largely stalled.



Westfield dodged several bullets, getting pinned back inside the five-yard line after a mis-communication on the kick return, then the Owls turned the ball back over to the Spartans on an interception, then the Owls defense forced a field goal miss to keep the lead at seven points.

Despite the miscues, Westfield still had several possessions with a chance to tie in the fourth quarter.

A Castleton punt from their own end zone gave Westfield 1st and 10 on the Castleton 38 with just over 8 minutes left in regulation time. A sack and forced fumble by the Spartans' Mike Morrissey gave the ball back to Castleton as Ian DeTulleo recovered at midfield. Off the sudden change, Cournoyer hit the big hitter with a 37-yard completion to Leonard Brice at the Owls' 13 yard line.

But Westfield's D came up with another big play as Budder Ferreira and Eric Lovell combined to force a fumble from Christian Keeling at the goal line, Andrew Lovell recovered the ball in the end zone for a touchback, giving Westfield a 1st down at their own 20 with six minutes left in the fourth quarter.

Owls went 3-and-out on that series, and with one last chance with less than two minutes left in the fourth

Castleton capped the game with the

50-yard interception return for a touchdown from CJ Childs for a 24-10 final.

Westfield's defense was led by six tackles and 2.5 sacks from Budder Ferreira, with Justyn Gardener adding six tackles and a sack. Andrew Lovell came up with three turnovers on the interception and a pair of fumble recoveries.

Willis carried 18 times for 56 yards. Owls qb's completed just one of 11 passes on the day.

Castleton was led by Cournoyer, who completed 20 of 29 passes for 206 yards. Brice finished with five catches for 84 yards. Westfield limited the Spartans to just 17 yards rushing on 27 carries.

Kevin McDonough led the Castleton defense with 16 tackles.

The two teams combined for eight turnovers on the day, five by the Owls and three by Castleton.

This was the first ever meeting between the two schools and the Owls first-ever game in Vermont. Castleton joined the MASCAC for the 2024 season. Through a quirk of conference re-alignment, the Spartans are slated to only be in the conference for this season, as the MASCAC and other Division III league's re-align for 2025. Anna Maria and Dean will join the MASCAC football slate next season.

The game started 15 minutes late due to a transportation issue for the Owls.

Westfield will be back in action on October 19, hosting Framingham State in Westfield's homecoming game.

Worcester Railers Hockey Club expand preseason roster

WORCESTER – The Worcester Railers Hockey Club, proud affiliate of the New York Islanders, and General Manager and Associate Head Coach Nick Tuzzolino, announced today forwards Dilan Savenkov, Nick Pennucci, and Anthony Callin have been released from their tryouts and returned to Worcester Railers training camp.

Savenkov, Pennucci, and Callin each played in the Springfield Thunderbirds game against the Providence Bruins on Saturday, Oct. 5 in Providence, RI. Callin had been with the

Thunderbirds since the start of camp on Sept. 30. The Railers training camp roster is now up to 32 players.

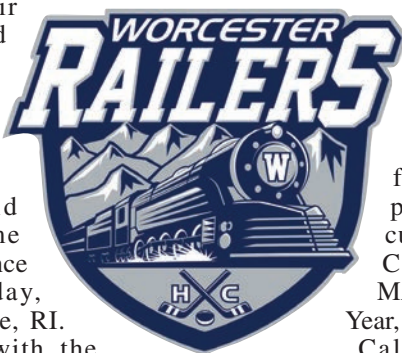
Savenkov, 23, comes to camp after he split the 2023-24 season between four ECHL teams (Trois-Rivieres, Cincinnati, Orlando, Reading). He played in two seasons for the University of Alberta from 2021-23. Savenkov had seven points (3G, 4A) in 30 games played.

Pennucci, 25, comes to Worcester after attending the team's 2023 training camp and playing in two games for the team during the 2023-24 campaign. Pennucci grew up in Worcester and played hockey locally growing up, spending time at St. Peter-Marian

before committing to play at Worcester State University for the 2018-19 season. In five seasons with the Worcester State Lancers, the 5-10, 190lb forward scored 20 goals and 25 assists in 102 games played. He was a part

of the Worcester State team in 2022-23 which went to the Massachusetts State Collegiate Athletic Conference championship game for the first time in program history under current Railers Head Coach and former MASCAC Coach of the Year, Bob Deraney.

Callin, 25, joins the Railers for his second professional season. In his rookie year with the Railers, the 6'0", 205 lb. forward was third on the team in points (49), tied for first on the team in assists (35), and tied for second on the team in games played (67). Callin was 18th amongst all ECHL rookies in scoring, and second amongst all ECHL rookies in shots taken at 214. In his five seasons at Clark University playing collegiate hockey, the Middleton, WI native scored 70 points (34G, 36A) in 147 games played. Prior to collegiate hockey, Callin played three seasons for the Madison Capitols of the United States Hockey League, where he scored 39 points (19G, 20A) in 99 games.



T-Birds fall in preseason action

PROVIDENCE, R.I. – The Springfield Thunderbirds dropped a 5-1 decision to the Providence Bruins in the preseason finale on Saturday at Amica Mutual Pavilion.

The Bruins' penalty-killing unit had to go to work in the game's opening minute, and the unit responded successfully against the Springfield power play. Just seconds after the penalty expired, Providence defenseman Mason Millman sneaked a wrist shot through the glove hand of Will Cranley to make it 1-0 for the home side at 2:38 of the first.

Cranley and Bruins goaltender Michael DiPietro each worked up a sweat in the opening frame as each netminder turned away a dozen opposition shots.

Trevor Kuntar emerged as the star of the night in the second, tallying a pow-

er-play marker at 3:15 to give Providence a 2-0 lead. Greg Meireles answered back for Springfield at 8:29, only to have Kuntar add his second of the period just 12 seconds later.

Jimmy Lambert logged the Bruins' second power-play goal of the evening at 11:10 before Kuntar completed a second period hat trick at 16:45 to make it 5-1 after 40 minutes. The two teams failed to add to their goal totals in the third.

The T-Birds now have a week to prepare for the start of the 2024-25 regular season, which opens on Saturday, Oct. 12, against the Laval Rocket at 7:05 p.m. for Opening Night presented by MGM Springfield. The festivities begin with the Community Bank N.A. pregame Block Party from 4 to 6 p.m. at the MGM Plaza.



New inductees for Superfan gallery

SPRINGFIELD – The Naismith Basketball Hall of Fame announced the addition of four new SuperFans to its James F. Goldstein SuperFan Gallery. Billy Crystal, Alan Horwitz, Spike Lee, and Jack Nicholson will be recognized during the Hall of Fame's SuperFan Celebration on Sunday, Oct. 13 at 1 p.m. on the Jerry Colangelo Court of Dreams.

The event will be held as part of the Hall's Enshrinement Weekend festivities, at which a new class of Hall of Famers will be inducted during a ceremony beginning at 6:00 PM at Springfield's Symphony Hall.

"We are excited to welcome Billy Crystal, Alan Horwitz, Spike Lee, and Jack Nicholson into our SuperFan family," said John L. Doleva, President and

CEO of the Naismith Basketball Hall of Fame. "These individuals have not only been passionate fans but have also significantly contributed to the rich culture of basketball. Their unwavering dedication to the game and their ability to connect with fans make them truly deserving of this recognition."

These four celebrated SuperFans will join a group of basketball enthusiasts who have made a profound impact on the game through their loyalty, passion, and dedication. The Hall of Fame has previously honored Jim Goldstein, the gallery's namesake, along with SuperFans Penny Marshall and Nav Bhatia. Both Goldstein and Bhatia, along with Crystal, Horwitz and Lee, will be in attendance during the SuperFan Celebration and the Hall's prestigious Enshrinement Ceremony.



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 or call, 1-413-283-8393.

Commonwealth of Massachusetts The Trial Court Probate and Family Court Suffolk Probate and Family Court 24 New Chardon Street Boston MA, 02114 Docket No. SU22P1175PM In the matter of: Frank Boutin Of: Tewksbury, MA Protected Person/ Disabled Person/ Respondent CITATION GIVING NOTICE OF CONSERVATOR'S ACCOUNT

To the named Respondent and all other interested persons, you are hereby notified pursuant to Rule 72 of the Supplemental Rules of the Probate & Family Court, that the 1st Annual and Final account(s) of Brian J. McLaughlin of Boston, MA as Conservator of the property of said Respondent has or have been presented to the Court for allowance.

You have the right to object to the account(s). If you wish to do so, you or your attorney must file a written appearance and objection at this court on or before 10:00 A.M. on the return date of 11/06/2024. This day is NOT a hearing date, but a deadline date by which you have to object to the account(s). If you fail to file the written appearance and objection by the return date, action may be taken in this matter without further notice to you, including the allowance of the account(s).

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

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

IMPORTANT NOTICE The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

Witness, Hon. Brian J. Dunn, First Justice of this Court. Date: September 27, 2024 Stephanie L. Everett Register of Probate 10/11/2024

Commonwealth of Massachusetts The Trial Court Probate and Family Court Hampden Probate and Family Court 50 State Street Springfield, MA 01103 Docket No. HD24P1404GD In the interests of Roman James Daletto of Holyoke, MA Minor

NOTICE AND ORDER: Petition for Appointment of Guardian of a Minor NOTICE TO ALL INTERESTED PARTIES 1. Hearing Date/Time: A hearing on a Petition for Appointment of Guardian of a Minor filed on 07/02/2024 by Joseph Daletto of West Springfield, MA will be held 10/30/2024 08:30 AM Review Hearing-In Person. Located: Hampden Probate & Family Court, 50 State Street, 4th Floor, Springfield, MA, 01103.

2. Response to Petition: You may respond by filing a written response to the Petition or by appearing in person at the hearing. If you choose to file a written response, you need to: File the original with the Court; and Mail a copy to all interested parties at least five (5) business days before the hearing.

3. Counsel for the Minor: The minor (or an adult on behalf of the minor) has the right to request that counsel be appointed for the minor.

4. Counsel for Parents: If you are a parent of the minor child who is the subject of this proceeding you have a right to be represented by an attorney. If you want an attorney and cannot afford to pay for one and if you give proof that you are indigent, an attorney will be assigned to you. Your request for an attorney should be made immediately by filling out the Application of Appointment of Counsel form. Submit the application form in person or by mail at the court location where your case is going to be heard.

5. Presence of the Minor at Hearing: A minor over age 14 has the right to be present at any hearing, unless the Court finds that it is not in the minor's best interests. Date: October 3, 2024

Rosemary A. Saccomani Register of Probate 10/11/2024

Commonwealth of Massachusetts The Trial Court Probate and Family Court Hampden Division Docket No. HD24P2010EA Estate of: Janet Caroline Ladge Also Known As: Janet Lagimonier Date of Death: August 3, 2024 INFORMAL PROBATE PUBLICATION NOTICE To all persons interested

in the above captioned estate, by Petition of Petitioner Kathleen M Start of South Hadley, MA .

Kathleen M Start of South Hadley, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner. 10/11/2024

LEGAL NOTICE CITY OF HOLYOKE GAS & ELECTRIC DEPARTMENT LANDSCAPING SERVICES ANNUAL CONTRACT

Sealed bids for the above contract will be received by Holyoke Gas & Electric Dept. until 2 p.m. November 12, 2024, at the Office of the Manager, 99 Suffolk St., Holyoke, MA 01040, at which time proposals will be publicly opened and read.

Bid Deposit: An original Bid Deposit in the amount of \$20,000 must accompany all bids and may be in the form of a certified, treasurer's, or cashier's check payable to HG&E from a responsible bank or trust company; cash; or a bid bond from a licensed surety payable to HG&E.

Prevailing Wage Rates: Rates, which are to apply to the work, are set by the Mass. Dept. of Labor & Industries.

Additional information may be obtained from:

Chi Wong Holyoke Gas & Electric Dept. 99 Suffolk St. Holyoke, MA 01040 (413) 536-9308 cwong@hged.com

The right is hereby reserved to reject any or all proposals, or to accept any proposal that in the opinion of the Manager may be in the best interest of the City of Holyoke.

Please mark sealed envelopes, "Bid for Landscaping Services Annual Contract" and address them to: James M. Lavelle, Manager Holyoke Gas & Electric Dept.

99 Suffolk St. Holyoke, MA 01040 10/11/2024

Commonwealth of Massachusetts The Trial Court Probate and Family Court Hampden Probate and Family Court 50 State Street Springfield, MA 01103 (413)748-7758 Docket No. HD24P2111EA Estate of: Mabel C Poli Date of Death: 04/21/2024 CITATION ON PETITION FOR FORMAL ADJUDICATION

To all interested persons: A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Susan M Doherty 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: Susan M Doherty 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 10/31/2024. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

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

WITNESS, Hon. Barbara M Hyland, First Justice of this Court. Date: October 03, 2024 Rosemary A Saccomani, Register of Probate 10/11/2024

LEGAL NOTICE CITY OF HOLYOKE GAS & ELECTRIC DEPARTMENT WOOD POLES ANNUAL CONTRACT

Sealed bids for the above annual contract will be received by Holyoke Gas & Electric Dept. until 2:00 p.m., October 29, 2024, at the Office of the Manager, 99 Suffolk St., Holyoke, MA 01040, at which time proposals will be publicly opened and read.

Additional information may be obtained from: Chi Wong Holyoke Gas & Electric Dept.

99 Suffolk Street Holyoke, MA 01040 (413) 536-9308 cwong@hged.com

The right is hereby reserved to reject any or all proposals, or to accept any proposal that in the opinion of the Manager may be for the best interest of the City of Holyoke.

Bids shall be submitted in a sealed envelope addressed "Bid for Wood Poles Annual Contract" to: James M. Lavelle, Manager Holyoke Gas & Electric Dept. 99 Suffolk St. Holyoke, MA 01040 10/11/2024

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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.

Crossword puzzle grid with letters: T E G G M T V T R A M, A B O U T A H A H E B E, T A B L E T R U M E L I S, S N I P E S I M P N I B S, T I M E P I E C E S, H I P B O N E E R R E D, A D A P T E D D E Y, H O L L A S E L M A, L A D C H I L E A N, C L E P E H A P L E S S, Q U A R A N T I N E, S U B S C I A G L A D E S, P I A S H A P S A F A R I, A N N E E L I S A R A N, S E S S S S R R I S E

SECURITY, from page 4

efit at or after she reaches her full retirement age, she will get the amount you were receiving at your death, instead of her own smaller age 62 Social Security retirement benefit amount. FYI, your wife's full retirement age is somewhere between 66 and 67, depending on the year she was born in 1960 or later, her FRA is age 67.

And, just for clarity, your wife's payment as your surviving spouse will consist of her own SS retirement benefit plus an auxiliary amount to bring her monthly payment up to what she is entitled to as

your surviving spouse.

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

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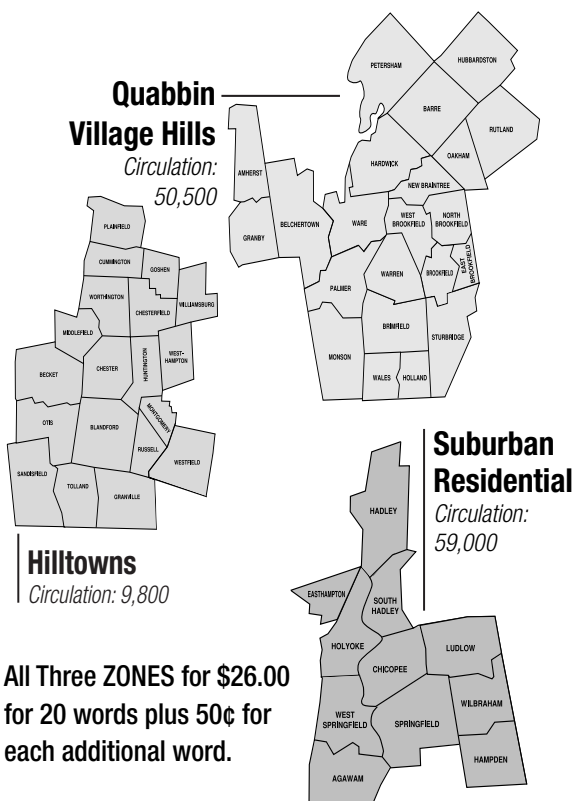


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VACANT, from page 1

munity however he could. Isaza also has experience in helping an organization out of receivership. When he was involved in the Boston Housing Authority, they were under receivership and he worked to help them out of it.

"My task at the time was to develop, for the receiver, a model for the transition out of receivership," Isaza said. "We worked on designing a model that would supersede the old activities of the Housing Authority so we could move from receivership into a new, and better, organization."

Isaza believed that this experience would help him to support Holyoke Public Schools as they work toward their own transition out of receivership.

Through his work in Holyoke, he also wound up helping the community through the infant mortality crisis in the 1980s. He worked as part of the Infant Mortality Task Force.

"We came to be the founders of the prenatal care center in Holyoke," Isaza said. "The clinic in the high school, for example, came out of that effort. The care center came out of that effort and the beginnings of the modern Holyoke Health Center."

Lebron-Martinez also worked to help the community through this crisis. She worked with the Valley Opportunity Council as they worked to help Holyoke through this process.

"I became involved in the process as I was doing my own infant mortality field work for this research project I was doing to understand the disparities happening in our community," Lebron-Martinez said. "It triggered that I really need to get down to the nitty-gritty."

On top of helping with the infant mortality crisis, Lebron-Martinez also worked for Mass Hire and helped to develop programs to support students in Holyoke.

"I ran an MCAS grant that worked with youth who did not pass the MCAS

to get remedial services," Lebron-Martinez said. "Youth who would have dropped out of school or considered dropping out of school because of MCAS."

She worked hard to ensure that even if students struggled with the MCAS, they would still have the opportunity to graduate high school and pursue a career.

During her work with Mass Hire, Lebron-Martinez also opened the first career center for students in high school in Holyoke.

"We could work and have students be assessed to learn and understand 'what are my learning skills, what are my passions for work in the future'...whatever they may consider," Lebron-Martinez said.

Both Isaza and Lebron-Martinez also hope to help Holyoke improve their support for students in special education.

"Special education has been a major concern of mine for a long, long time," Isaza said.

Isaza has worked with students with

special needs over many years. He was a professor at Curry College, which focused on working with autistic and otherwise disabled students.

He hopes to help Holyoke work toward improving their support for students who need special education.

Lebron-Martinez is also dedicated to this mission. She wants to ensure that Holyoke has the staff and resources it needs to support students in special education.

"To tell a parent that there is a waiting list or that we cannot do an IEP because we don't have the staff on board because we cannot find the staffing for that?" Lebron-Martinez said. "We've got to go out of Holyoke and look for that person, I don't care where we have to go... Whatever it takes to find that individual, we are going to find them."

Both of these candidates are passionate about the city, and the joint council of the school committee and the city council have faith in their abilities to help Holyoke schools toward a brighter future.

TRAINING, from page 1

"The school committee has a fiduciary responsibility over finances," Koocher said. "It is your job to watch the money and do the things necessary to make sure that the money is spent well, used well, and invested appropriately."

Additionally, the school committee is in charge of establishing the goals for the district, providing a budget to achieve the goals, setting the parameters (policy manual, budget) under which administrators will pursue those goals, monitoring progress toward meeting goals and evaluating the superintendent's progress towards goals.

It is the job of the superintendent to create and propose a budget for the school committee to approve.

Once this is done, the school committee goes over the budget, makes any changes that they believe necessary, before submitting it to the city council to approve.

Even after the budget has been approved, the school committee is still in charge of monitoring it. They are able to approve mid-year transfers if money needs to go to different areas of the district.

"If we have a mild winter then you might have money left over in the fuel account so the superintendent may come and say they would like to transfer it over to supplies and equipment so we can buy supplies now rather than buying them later," Koocher said. "So sometimes there is money left over and the school committee has the authority to create line items, monitor them and approve any changes."

The committee will likely set a threshold for what transfers need to go through them for approval, as they do not necessarily need to monitor transfers of merely \$30.

School Committee Member John Whelihan mentioned that the finance and operations committee is working on pro-

posing such a threshold.

Koocher also took the time to warn the committee that, as they are in charge of the budget, they will have to make difficult decisions for the district.

"You have very hard decisions to make and the school committee makes those decisions, often with the people who are affected sitting right there in the audience, watching you and mentioning to you that they all voted for you" Koocher said. "It is what makes budgeting very difficult."

Koocher used the example of the common difficult decision of whether or not to fund the arts and music programs

or to instead work on funding more staff for the core subjects.

"Do you protect the music, art, drama and dance teachers and raise class size or do you lower class size and eliminate some of the other positions?" Koocher said.

Additionally, throughout his presentation Koocher advised that the committee request quarterly budget presentations so that they can more effectively monitor how the budget is being used.

The school committee was grateful for this training session and will use Koocher's advice to inform their decisions moving forward.

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The Town of West Brookfield is looking for a full time Administrative Assistant for the Highway Department. Candidates must have a high school diploma and at least two years' experience in a similar work environment.

The Administrative Assistant performs a wide variety of general administrative work. Basic responsibilities are accounts payable, payroll, account reconciliation and assisting the Highway Superintendent with Chapter 90 and grant projects.

A full job description and application are available on the West Brookfield website. Applications should be submitted to jdaley@wbrookfield.com. Applications will be accepted until position is filled. Salary is \$19.47 - 24.64 per hour (40 hrs), grade 7.

The Town of Huntington is seeking a part-time **HIGHWAY ADMINISTRATIVE ASSISTANT** for 16 hours per week. Applicants must be proficient in Microsoft Word, Excel, and Outlook. Hours are flexible, but must be worked during the regular highway department hours of Monday through Friday, 7:00 a.m. to 3:00 p.m. to assist the Highway Superintendent. Application and complete job description are available online at www.huntingtonma.us or by emailing admin@huntingtonma.us. Position is open until filled. Town of Huntington is an Equal Opportunity Employer.

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Deadline for Calendar submissions is October 14.



Karen Antonowicz brought vintage clothing to her presentation at Holyoke Public Library for people to see.



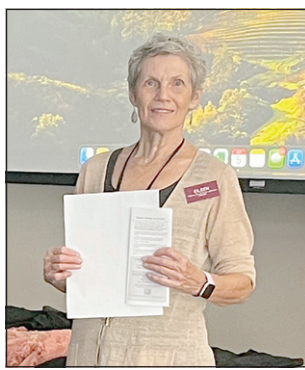
Karen Antonowicz presented a top that demonstrated a style from the 1910s.



Karen Antonowicz welcomed everyone to her presentation on the evolution of fashion from 1912 to the 1920s.



Antonowicz's presentation covered the work of Paul Poiret, a key fashion designer in the 1910s.



Historical Collections Librarian Eileen Crosby introduced Karen Antonowicz.

FASHION, from page 1

brought a variety of clothing from 1912 through the 1920s that she displayed for people to see and to touch.

Antonowicz hoped that this presentation would show people how interesting historical fashion is.

"To me it is keeping history alive and giving the clothing and accessories from the past a new life."

She also hoped it showed how much fashion had changed over time.

"It's a world that is lost," she said. "I find that in fast fashion, nothing lasts. These [vintage] pieces were made to last...the fact that these '20s pieces are still here a hundred years is not going to be the case with fast fashion."

Above all, Antonowicz hoped that people came away from this presentation with a new appreciation of history.

"I hope they take away the importance of keeping this history going, not forgetting our pasts, not letting it slip away," Antonowicz said. "I hope people go down this rabbit hole and get some joy from it."

Antonowicz has a masters degree in historic dress and textiles from the

University of Rhode Island and she has found that she enjoys sharing her knowledge through presentations like this.

She did her first presentation in 2012 at a library in Massachusetts and fell in love with the process.

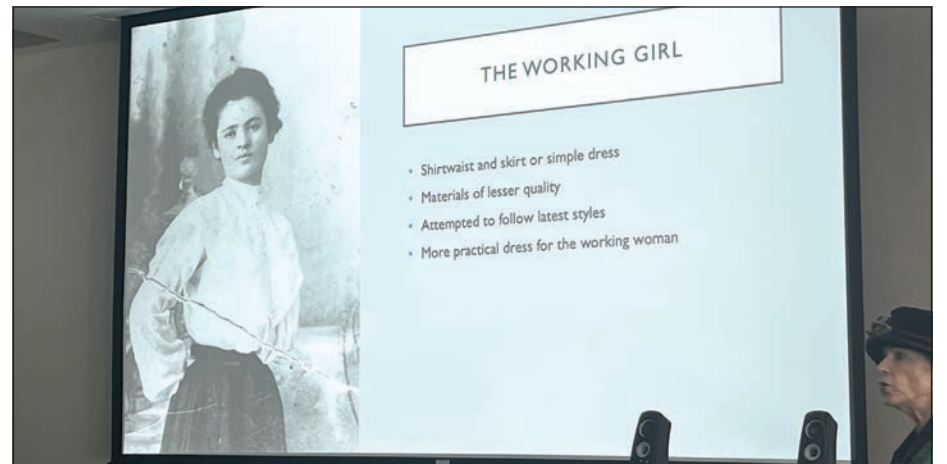
"That's when I knew, 'this is my audience,'" Antonowicz said. "And then I just kept going."

Since then Antonowicz has traveled across New England to go to different libraries and other similar community centers to educate on fashion, and she greatly enjoys the process.

"It's when I feel most alive," Antonowicz said. "I feel most alive when I am up here, when I'm making other people happy, bringing them down memory lane and teaching them a little about history."

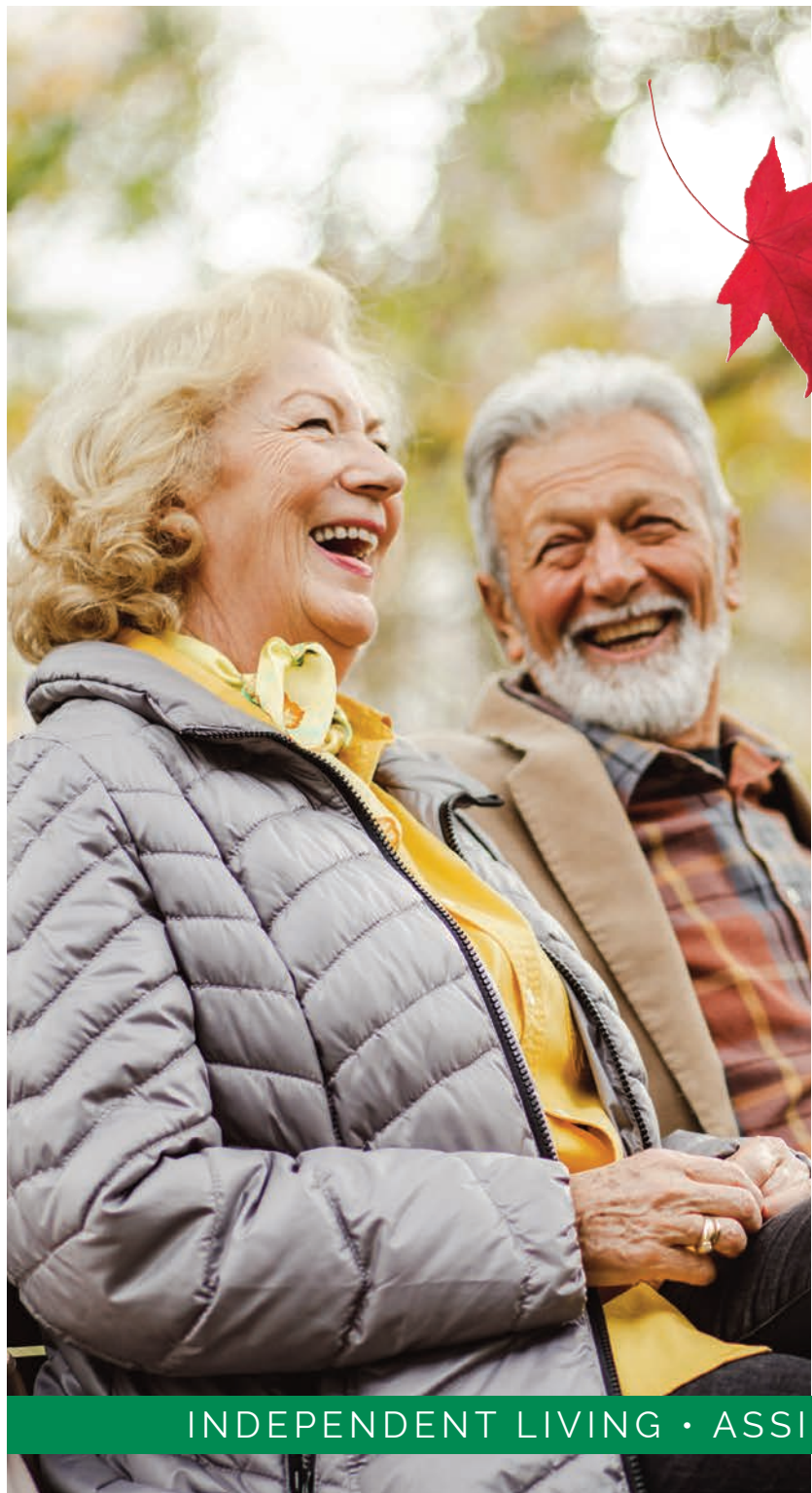
If people are interested in learning more about Antonowicz and her work, they can go to <https://www.spiritsoffashion.com/>. She also has a youtube channel, titled Spirits of Fashion, where people can see some of her presentations.

Additionally, if people want to keep updated on the different events that the HPL puts on, they can go to their website at <https://www.holyokelibrary.org/>.



Karen Antonowicz discussed how fashion differed for people in the middle and working classes versus the upper classes.

Turley photos by Quinn Suomala



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