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## **Early voting** underway in the city

By Quinn Suomala Staff Writer

HOLYOKE - In-person early voting has started in the city. Voting began on Oct. 19 and continues through Friday, Nov. 1.

Anyone interested in in-person early voting simply needs to have registered to vote and then they can go to City Hall to cast their ballot.

'You can just come in during one of the designated days, state your name and address and, if you are eligible to vote, you will be handed a ballot," City Clerk Brenna Leary said.

For mail-in voting residents need to submit an application, which can be found on the city clerk website (https://www. holyoke.org/clerk-voter-information/) or, if residents don't have access to a computer, the office can mail out the application.

Once the city clerk's office has received the application they scan it into their system and then print out labels and send out the ballots.

Residents are able to track their ballots on https://www.

See VOTING, page 11

## **Library hosts artist Yanira Castro**

By Quinn Suomala Staff Writer

HOLYOKE - Artist Yanira Castro came to Holyoke Public Library to have the community of Holyoke take part in her public art project titled Exorcism = Liberation.

Castro is working on this art project which mirrors an election campaign.

There have been signs on the PVTA, at libraries, at some businesses and on college campuses. The APE gala also has a mural on the back of their garage door supporting the project. Each of these signs contain QR codes that lead to an auditory experience.

"The idea is that elections can be very binary and oftentimes there is not much room for our own experiences and our own thinking about given topics, and so the QR codes really lead to immerse sound experiences for us to take a moment to think about things that are important like climate, freedom and self determination, and land," Castro said.

This project is made up of three different "slogans", "exorcism = liberation", "what is your first memory of dirt?" and "I came here to weep."

Each slogan has its own audio that acts as a prompt for



people listening to reflect on their own experiences related to the slogan.

Various organizations are each hosting a slogan and allowing people to come in and record their experiences related to the slogan.

The portion of the project Castro brought to HPL is "what is your first memory of dirt?" The goal of this part of the project is meant to focus on the idea of land, building on people's memories of dirt.

"It's a way of thinking about how we all think about land, the importance of land and our own freedom," Castro

She decided on "what is your first memory of dirt?" as a jumping off point for this portion of the project as she kept being drawn back to it throughout her process.

"Our very first memories often have to do with desire like eating the dirt, playing with the dirt, sticking your hands in mud, and that really has to do with freedom and this question of what does

See ARTIST, page 12

## Care Center completes endowment campaign

HOLYOKE — The Care Center's Moving Women Forward campaign, launched in November 2022, has now completed its goal to raise a \$4 million endowment. The funds will ensure that its growing college for young

tuition-free.

The Care Center, a nationally recognized nonprofit championing the education of young mothers, partners with Bard College to run Bard Microcollege Holyoke, the first-of-its-kind college mothers and other under-re- designed for young mothers sourced women will remain and other under-resourced

women. Through small class sizes, a rich curriculum, and extensive support services including childcare, transportation, meals, healthcare, and housing vouchers, the Microcollege breaks down barriers to education. The

See CAMPAIGN, page 11



The Care Center's Moving Women Forward campaign completed its goal to raise a \$4 million endowment.

## **Holyoke Food and Equity** Collective provides free compost

**By Quinn Suomala** Staff Writer

HOLYOKE – Holyoke Food and Equity Collective has put out a compost hub at the Dwight Street Garden that is available for anyone in the community to use.

HFEC does a variety of food access projects around the city and they felt that this compost bin was a good addition to their existing work.

This bin is a pilot project for HFEC and they hope to be able to continue to put out more compost bins around the city in the future.

"The idea is that people will be able to bring food scraps there for free," HFEC Co-Director Margot Wise said. "That way their food scraps won't be going into the landfill but rather will be turned into nutrient rich compost which will then feed the garden and produce more food for people to eat."

This compost bin will be available for people to access at any time.

In order to access this hub, community members need to go to the HFEC website and watch

an online training video.

Following this, they will need to take a short quiz that they will need to get above a 75% on (the quiz has unlimited retakes). Once they have done this, they fill out a form with their contact information and agree to the community guidelines.

After they have done this, someone from HFEC will reach out and provide them with the code to access the hub.

The information on the compost hub and the training video is available online at the HFEC website in both English and Spanish.

The English version can be accessed at https://holyoke-collective.org/compost/ and the Spanish version can be accessed at https://holyoke-collective.org/ composta/.

The whole training process should take about 30 minutes or

The reason people need to complete this training video prior to accessing the compost hub is so that HFEC can ensure that

See COMPOST, page 11

## Holyoke to host Veterans Day ceremony Nov. 11

Committee of Holyoke will host a Veterans Day ceremony on Monday, Nov. 11, at 10 a.m. at the Holyoke War Memorial Building.

The observance will salute veterans who have served and personnel currently serving in the armed forces. The event emphasizes support, as a community, not just for veterans, but for their families, as

The public and ceremony partici- follows:

HOLYOKE - The Patriotic Events pants can arrive at 9 a.m. for refreshments and community engagement with local vendors and veteran supporters.

> The City of Holyoke's Patriotic Events Committee invites nominations for this year's awards to be presented at the Veterans Day ceremony. The award categories are Public Safety of the Year, Veteran of the Year, Citizen of the Year, and Local Business of the Year.

The criteria for these awards are as

For Public Safety of the Year, an individual who has shown outstanding performance in the protection of the general public and has exhibited a willingness to exceed expectations.

For Veteran of the Year, a veteran who has shown exemplary support and dedication for others in the community.

For Citizen of the Year, an individual who has exhibited inspirational leadership, volunteerism, and contributions to the advances of the community.

For Local Business of the year, a local business that has shown great patriotism and support for the veteran community.

Nominees must be residents of Holyoke or individuals who have made valuable contributions to the city of Holyoke. Anyone can nominate.

Nominations can be sent by email to santiagoj@holyoke.org. The deadline for nominations is Oct. 25.

## 2025 Grand Colleen pageant application now open available

HOLYOKE – The Saint 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 holyokestpatricksparade. 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,

## **Lions Club to hold fruit sale**

HOLYOKE – The Holyoke Lions Club is pleased to announce the start of the 50th annual fruit sale.

"The fruit sale is our principal fund raiser, "stated Thomas Terry, chair of the sale. "Since this is a special milestone anniversary, we want to reach out to individuals

and businesses in the hope that they will consider participating. We sell 2/5 and 4/5 bushels of oranges and grapefruit. Proceeds from the sale are used to purchase eye exams and glasses for Holyoke and surrounding community students in need, fund eye research and emergency sight medical needs through the Massachusetts Lions, and support local food pantries."

The fruit sale was first held in 1974. Prior to then, the sale of light bulbs had been the fundraiser. This became less profitable so Ernest Davignon, a Holyoke jeweler and Lions Club member, suggested selling fruit. The sale was successful and has continued annually. Customers include both individuals and businesses. Our largest customer is Dowd Insurance who purchases a box of fruit as a holiday gift for each of its employees.

The Lions Club is hoping to celebrate the silver anniversary of its fundraiser by substantially increasing the sales. For information or to place an order, please contact Thomas Terry at tterry21@aol.com or 413-478-8526.

The Holyoke Lions Club was founded in 1923 and since then has been fulfilling its mission of assisting the visually impaired and supporting local charities.

## Holyoke Art hosts closing reception to celebrate ARTery Exchange

HOLYOKE – Holyoke Art is excited to announce the launch of The ARTery Exchange, a new residency program piloted with support from the Holyoke Local Cultural Council. This program provides selected artists with studio space, access to the Print Shop makerspace, a stipend, and a supplies budget. Over the course of one to two months, residents will create new work for an exhibition at The ARTery, while benefiting from teaching opportunities, networking events, and professional development such as business and marketing assistance.

Jay Neal is Holyoke Art's first-ever artist-in-residence. Neal, a queer, transmasculine artist based in the Berkshires of Massachusetts, brings a unique perspective to their work, spanning block prints, paintings, and poetry. Neal's art, deeply influenced by nature, captures its wild and whimsical qualities through bold, expressive styles. Their journey as a self-taught artist has been one of personal exploration and growth, with previous exhibitions at The Small Works Gallery and The Majestic Saloon.

"When the stars align, creativity happens," said Jeff Bianchine, president of Holyoke Art. "This residency is about giving artists the space and tools they need to create"

In celebration of the residency's success, a closing reception will be held at The ARTery, 289 High St., on Thursday, Oct. 31 at 7 p.m. This event is free and open to the public, offering a chance to meet the artist and view their completed



## **Salute to Veterans concert** to be held on Nov. 10

WEST SPRINGFIELD - On Sunday, Nov. 10, A special Salute To Veterans Concert will be held at 3 p.m. at Red Oak Church in West Springfield.

The concert will feature songs of Americana and Inspiration performed by TV's The Voice Michelle Brooks-Thompson and her full band, including backup singers. The performance will include special guest Ryan Bradley, accomplished guitarist, vocalist, and pastor of Red Oak Church performing "God Bless The

The concert, initiated and coordinated by West Springfield resident Roberta Page, will have proceeds support one of the free, monthly Veterans' luncheons in West Springfield as well as hurricane Helene efforts in North Carolina through Samaritan's Purse.

"So many Veterans, still, experience challenges and difficulties," Page said. This will be a good opportunity to remember all of them, past and present, she continued. Reservations are \$20 by contacting 413-279-4567, PageOneProductions@att.net or PageOneConcerts@

The church is located at 337 Piper Road. Reservations, also, may be taken at the door which will open at 2:30 p.m.

"Westover Air Reserve Base (the 439th Air Lift Wing) and Barnes Air National Guard Base (104th Fighter Wing) have been invited to participate," Page revealed.



## **Citizens Advisory Committee members needed**

HOLYOKE – The City of Holyoke seeks Holyoke residents (18+ yrs old) to serve on the volunteer Citizens Advisory Committee through the Office for Community Development to review grant applications and make funding recommendations to the Mayor and City Council for the upcoming fiscal year. This year, the CAC will also participate in the Consolidated Plan development by identifying community needs, priorities, and goals for the next five years.

The CAC is an opportunity to actively participate in local government, to learn about government processes and to make meaningful decisions that impact the community in visible ways. Mayor Garcia seeks community members who have personal experience with the services provided by federally funded community development activities like community health centers, food pantries meals, homeless services, addiction services, DV services, affordable housing and Holyoke Housing Authority residents, youth or elderly

programs, young parents, first time homeowners, renters, adult educational services, or small business development services. Low-moderate income residents, residents of low-moderate income neighborhoods, and those from groups underrepresented in local government are strongly encouraged to apply.

CAC members meet in the evenings approximately five times per year. Training and professional staff support are provided.

Interested residents should submit a letter and resume to: Mayor Joshua Garcia, City of Holyoke, Room 1, Holyoke MA 01040 or by email to ortizn@holyoke.org by Nov. 15. Other ways to apply will be made available if requested.

Please contact Alicia M. Zoeller, Office for Community Development Administrator at 413-322-5610 or zoellera@holyoke.org with any questions. Additional information about the work of the CAC is available at www.holyoke.org/departments/community-development/.

# HMC recognized for high-quality stroke care

HOLYOKE – This year Holyoke Medical Center has once again received multiple awards for its commitment to high quality stroke care including the American Heart Association's Get With The Guidelines Stroke Gold Plus, Target: Stroke Honor Roll Elite, and Target: Type 2 Diabetes Honor Roll quality achievement awards. Additionally, HMC received four prestigious awards from the Department of Public Health Massachusetts Paul Coverdell Stroke Systems of Care Collaborative: Door to Needle 60 minutes from arrival for at least 90% of stroke patients; Dysphagia screening greater than or equal to 90%; Documentation of NIHSS screening greater than or equal to 95%; Increase in Pre-notification Award.

"We are very proud of our entire stroke care team, under the medical direction of Dr. M. Zubair Kareem, for consistently ensuring that stroke patients at HMC receive the most appropriate treatment according to nationally recognized, research-based guidelines," said Spiros Hatiras, president and CEO of Holyoke Medical Center and Valley Health Systems. "It is the knowledgeable and quick work of our employees that ultimately leads to more lives saved and reduced disability."

To qualify for the American Heart Association's Target: Stroke Honor Roll Elite award, HMC met specific criteria to reduce the time between an eligible patient's arrival at the hospital and treatment with thrombolytic therapy.

The Target: Type 2 Diabetes Honor Roll award aims to ensure patients with Type 2 diabetes, who might be at higher risk for complications, receive the most up-to-date, evidence-based care when hospitalized due to stroke.

Holyoke Medical Center meets specific scientific guidelines as a Primary Stroke Center, featuring a comprehensive system for rapid diagnosis and treatment of stroke patients admitted to the emergency department. HMC also participates in educating patients to help them manage their health and recovery at home.

# Notice of HPL corporation meeting

HOLYOKE – The Holyoke Public Library Board of Directors invite community members to attend the 154th annual meeting of the Holyoke Public Library Corporation to be held on Tuesday, Oct. 29, at 5:30 p.m.

Items on this year's agenda include: Reports from the President, the Treasurer, the Trustees of the Endowment, and the Library Director; to receive the slate of the Nominating Committee and to vote upon the election of new Corporators and Board members, if any; To transact any other business that may legally come before the meeting

The library board is looking for potential candidates to join the Library Board and/or the Corporators. Being a board member is a great way to get to understand how a library is run and to learn more about the budget process. There are currently three open seats, and hope to have them filled at the annual meeting.

## Faithwaze is gathering to be held at UCCH

HOLYOKE – Faithwaze is gathering in-person, on Saturday, Oct. 26 from 4 to 6:30 p.m. and come join us at the United Congregational Church of Holyoke for food, fellowship, music by the Faithwaze band, prayer and breaking bread.

UCCH is also looking for volunteers to help put together blessing bags for those in need, as well as volunteers to help procure items for the bags. Those interested in volunteering or in seeking more information about the event may visit www.faithwaze.com.

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 our 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.

Faithwaze is a Co-Operative Virtual Service in partnership with the United Congregational Church of Holyoke. Faithwaze gathers on Zoom and Facebook Live every Sunday at 11 am EST and includes participants from all corners of the continent. To learn more about Faithwaze, please visit www. faithwaze.com.

## Trick or Treat event held at Children's Museum

HOLYOKE – All over Western Mass families prepare for the approach of Halloween, and staff at The Children's Museum at Holyoke, 444 Dwight St., are no exception as they get to work designing and crafting spooky season makeovers for select exhibits throughout the building. This creativity culminates on Oct. 27, from noon to 4 p.m., with their big Halloween bash, Trick or Treat at CMH, where little ones are invited to don their costumes and receive themed trinkets and prizes from each in-character staff member at their decorated stations

While the Trick or Treating is the

main attraction, this magical afternoon will also offer fantastic face painting, guided games, and creative crafts - all included with the price of admission. The Museum is excited to offer a safe way to play with all the best parts of Halloween condensed into something that works for everyone. This year's themed stations include Frankenstein's Spooky Science Laboratory, a Fantasy Fairy Village, a Dark and Cozy Bear's Den, and so much more.

"We received such positive feedback from parents and caregivers at last years event," said Emme Geryk (she/ her), programming coordinator at The Children's Museum at Holyoke, "It's an honor to be a part of the magic of Halloween for the kids of our neighborhood and beyond, it motivates us all knowing we're playing a role in creating positive childhood memories."

Bring cash to purchase and paint a mini pumpkin in our Fundraising Pumpkin Patch alongside Trick or Treating.

"We all look forward to bringing out our most imaginative and creative sides, for many reconnecting with our fondest childhood memories," says Chichi Wearing (she/her), weekend manager at the Museum.

# Mayor Garcia interviews two possible police chief canidates

HOLYOKE – The two finalists for the position of police chief will be interviewed by Mayor Joshua A. Garcia in a public session on Wednesday, Oct. 30, at 5 p.m. The interviews will be conducted at Holyoke City Hall, 536 Dwight St., in City Council Chambers. The interviews will conclude a competitive selection process facilitated by Public Safety Consultants, LLC.

Following the retirement of Chief David Pratt, the Mayor's Office launched a search for police chief candidates. A Search Committee, composed of city officials, community leaders, and law enforcement personnel reviewed applications, conducted interviews, and assessed candidates through a rigorous evaluation process. The process included a public listening session and public surveys. The final-

ists selected by the committee are now scheduled to take part in an assessment in which each candidate participates in a series of exercises that simulate critical aspects of the job. They then will participate in the public interview conducted by Garcia.

Garcia invites residents to attend the interview session in person. Residents who are unable to attend in person are welcome to join via Holyoke Media on cable Channel 15 and streamed live at: https://boxcast.tv/channel/d0fbxuecgtqbfmbop6ax. The interviews can also be accessed remotely via www.zoom.us https://us02web.zoom.us/j/89333587055?pwd=cFQBVKK85wAOyDwvjXI-GL68IXHxdPS.1. Meeting ID: 893 3358 7055 Meeting Passcode: 381900 or by call in at 1 (646) 558-8656 with same Meeting ID and Passcode.

## Free small business legal clinic

SPRINGFIELD – The Western New England University Small Business Legal Clinic is accepting applications from entrepreneurs and small business owners seeking legal assistance for the spring semester 2025. Under faculty supervision, law students assist clients with legal issues including choice of entity, employment policies, contract drafting, regulatory compliance, and intellectual property issues relating to trademark applications and copyright. This is a free service available to local businesses that might not have the resources to obtain such services.

The Small Business Clinic has assisted more than 500 small businesses since it opened. "The Clinic is a great resource for entrepreneurs who lack the finances to retain an attorney," said Associate Clinical Professor of Law Robert Statchen. "By using the Clinic's services, businesses can avoid problems by getting legal issues addressed early

and correctly. It also provides students with a great opportunity to get real world experience."

The Clinic requests small business owners to submit their applications by Jan. 1, 2025. Applications received after that date will be considered if additional resources are available. Students will begin providing services in mid-January. For more information, call the Legal Clinic at 413-782-1469 or email Marie Fletcher, Clinical Programs Administrator at mfletcher@law.wne.

The School of Law Small Business Legal Clinic was established to afford law students with an opportunity to provide practical consultation to entrepreneurs starting new and building existing small businesses in the community. This initiative strengthens alliances within the community by using the resources of the University to foster new business development. **Guest Column** 



## Signing up for **Social Security and Medicare Part B at 70**

**Dear Rusty** 

I just turned 69 years old in August 2024 and am still working full time. I signed up for Medicare Part A but, it is my secondary insurance because I have great health insurance through where I work.

My wife is retired and has Medicare Part A but, is on my insurance also and she is taking

Our plan is for me to work until August 2026 when I'll be 71. I'll file for Social Security when I turn 70 and bank all of it for a year until I retire. That is money we plan to use for travel and fun things. I have three questions: when should I file for my Social Security so it starts in September; when do my wife and I file for Medicare Part B with a supplement so it starts in September; and are there negative tax implications to this plan that I haven't thought

**Signed: Needing Info** 

### **Dear Needing Info**

Sounds like you have a great strategy planned for your personal Social Security benefits and your Medicare Part B enrollment for both of you. To your questions:

If you will be 70 in August 2025, you can apply for Social Security about three months prior e.g., in May 2025. Just be sure to specify that you wish your SS benefits to start effective with the month of your 70th birthday.

Signing up a few months early is perfectly okay; you will indicate your desired benefit start date on your application and that is when SS will start your benefits. Remember, SS pays benefits in the month following the

See SECURITY, page 5

## **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, c/o 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.



### **Letter to the Editor**

### Yes on 6 for lower taxes

**Letter to the Editor** 

Holyoke voters will have the opportunity to reduce business and residential CPA taxes from 1.5% to 1.0%. This amount of tax is based on assessed real estate values and added to tax bills after waivers and deductions. Holyoke has the highest business tax rates in the Commonwealth. The current commercial tax rate is \$40.26/per \$1,000 of valuation compared to the residential rate of \$18.95 per \$1,000 of valuation. Businesses generally have the highest assessed real estate values, thus pay a higher amount of CPA tax. Other funding streams for the CPA outside of local assessments include legislative action and distributions from the Massachusetts Community Preservation Trust Fund also known as the 'State" match. The Trust account is funded mostly with flat surcharge fees from the Registry of Deeds and/or Land Court. Trust Fund disbursements from revenue collected by the Registry of Deeds have steadily declined since 2021. According to the State Department of Revenue (DOR), CPA funds distributed in November 2022 were 22.2% lower than the previous year and CPA funds distributed in November 2023 were 29.0% lower. "Due to a struggling real estate market and a low probability of state budget surplus funding, CPA communities are bracing for decreased revenue from the Trust Fund for the time being" (CPA 2024 Annual Report-July 2024). One could argue that these financial trends validate the challenging economic conditions for both businesses and residents. These reductions also have the markings of the "bait and switch" tactic by the State in relation to the Quinn Bill where State "matches" to communities were promised then rescinded causing legal and financial burdens to participating municipalities. It's expensive to have and manage a business in Holyoke. Inflation has affected all sec-

tors of the economy. Increases in energy, insurances, labor, interest rates and some regulatory burdens have made it increasingly difficult for Holyoke businesses to stay open and be competitive. In addition, more non profits are purchasing residential & commercial properties that once were on the tax rolls and now are not. Lack of tax revenue from nonpaying entities "stress" the system and increase the burden for those that do pay taxes. Below is a snapshot of recent CPA tax surcharges assessed to businesses over and above regular real estate taxes. This is only 1 year of CPA tax over 5 years of assessments. Bresnahan Insurance Company \$197.00 Meridian Industrial Group \$255.00 Gary Rome Auto Group Log Cabin/Delaney House Holyoke Mall at Ingleside \$2,230.00 (car wash was not calculated on CPA this bill) \$16,460.00 (not fully operational due to sale, and renovations) \$77,017.00 (down from \$81,209.00 in 2023) I'm appealing to voters to consider the financial impact the CPA has had on local businesses over the last five years and how we as a community can offer some relief to our businesses who have withstood (COVID) and continue to navigate market and economic uncertainties. Residents who own a business in Holyoke receive 2 CPA tax bills: a double whammy. Many communities receive gifts, donations, and grants to support their communities. Maybe Holyoke can set up this type of account for those who would like to make direct donations to offset tax decreases. Current CPA legislation allows for a decrease or increase to the CPA tax every 5 years and saying yes to question 6 will not eliminate the CPA program but will allow for a cooling off period and thank the business sector for supporting Holyoke.

Lori Belanger Holyoke, MA

### **Guest Column**

## **Pretty leaves make great mulch and more!**



ven though we thought it was going to be a year of drab fall foliage, the colors Ithis past weekend surprised me.

I saw so many neat plants doing their

thing in response to the shorter days. When chlorophyll is broken down as a result of less daylight, lots of other colors take the place of green in the leaves.

We have our oranges and yellows from the carotenoids, the purple and red shades from the anthocyanins and the rusts and browns from tannins, and then there are plants that look ghost-like because the green color is just plain gone!

Besides enjoying great foliage, I saw the start of some very large leaf piles. I know that

See GARDEN, page 5





EDITOR/SPORTS Greg Scibelli thesun@turlev.com



**ADVERTISING** SALES Wendy Delcamp

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## Letters to the **Editor Policy**

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

Unsigned or anonymous letters will NOT be published.

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

Deadline for submissions is Wednesday at noon.

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

## **Blood donors are everyday heroes**

## your health By Teri (Dreher) Frykenberg, RN Guest Column

arlier this year, a 77-year-old Massachusetts grandfather was celebrated for his 550th blood platelet donation. Ralph "Rocco" Russo was inspired to begin donating when his best friend's then-14-year-old daughter was diagnosed with cancer in 1996.

And he just kept giving.

We could use more everyday heroes like Rocco. Although the country seems to have weathered the severe blood shortage seen in January of this year, when the Red Cross declared a national crisis, hospitals can't have enough blood. A single trauma patient can require 20 units of blood – or more.

Regular blood donation by a sufficient number of healthy people is needed to ensure that blood will always be available whenever and wherever it is needed. With World Blood Donor Day celebrating its 20th anniversary on June 14, it's a good time to thank donors and encourage new ones.

Who can give blood?

Even though roughly 7 million Americans donate blood each year, that's only 3 percent of the eligible population. The qualifications are simple: Be 17 or older (there's no upper age limit as long as you're in good health); feel well; and weigh 110 pounds or more. Many people are disqualified because of various infections, low iron, travel, pregnancy and other factors, so if you are eligible, give it some consideration.

At the donation site, after a brief health assessment (temperature, blood pressure, iron level), you'll be able to give the gift of life to a fellow human being.

### Isn't there artificial blood?

Researchers are racing to develop artificial red blood cells that could stand in for whole blood, but we're probably a decade or more away from that becoming reality. For now, there's no substitute for the real McCoy.

## The parts can be greater than the whole

While you can donate whole blood six times a year, platelet donors (like Rocco) can give up to 24 times a year. This is because the donation process takes only part of your blood and returns the rest.

Platelets are tiny blood cells that form clots and stop bleeding. For millions of Americans, they are essential to surviving and fighting cancer, chronic diseases and traumatic injuries. Every 15 seconds, someone needs platelets.

You may even be able to sign up to donate platelets to help a friend with cancer. In platelet donation and transfusion, it's generally not necessary to match blood types.

### Why don't more people donate?

The number of people who donate blood has dropped about 20 percent in the last few years. Fears about safety and needles keep some people from donating. There's also the bystander effect: It's common not to take action in a situation if you think someone else will.

Does giving blood actually hurt? It can, but it's usually no worse than stubbing your toe. There's that moment when you know the needle is coming close to the vein in your arm; the best thing to do is look away or close your eyes and keep breathing until that moment passes.

There are also still myths about who and who can't donate. In the early days of the HIV/AIDS epidemic, there were no tests to screen for HIV, so gay and bisexual men were prohibited from donating. The FDA rescinded that blanket ban in 2023 in favor of questions that assess the risk of HIV regardless of gender or gender expression.

Also, yes, you can donate if you have tattoos and piercings, as long as it was more than three months prior, you're completely healed and you took care to be inked or poked at a state-regulated facility. (That also means you can't use fear of needles as an excuse!)

## Virtual reality comes to blood donation

For some people, giving blood is easy – and you get snacks when you're finished. For others, though, it can be unpleasant, and they are unlikely to become first-time donors, let alone repeat donors.

Virtual reality to the rescue, or actually a subset of VR called "mixed reality," which mingles the real and virtual worlds.

In 2023, a blood collection center let donors take their minds off the process by focusing on planting a garden – with just their eyes. Donors used the Microsoft HoloLens 2 to play Paragon, a game created by Abbott Labs and Blood Centers of America. The thinking is that a positive emotional response to blood donation will encourage folks to become repeat customers.

A blood donation truly is a unique gift that transcends gender, age, ethnic and political lines. Find a collection center or blood donor event near you, and roll up your sleeve.

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@northshorern.com to set it up.



### **SECURITY,** from page 4

month earned, so your first payment will be received in September 2025 on the second Wednesday if you were born before the 11th of the month

As for Medicare Part B coverage for you and your wife, both of you can enroll in Medicare Part B a couple of months prior to you leaving work, but request that Medicare Part B coverage starts in the month your work coverage ends. In other words, you can enroll in Medicare before you retire from work, but request that your Part B coverage starts in the first month your employer coverage ends to avoid any gap in healthcare coverage. Obviously, you should begin your private supplemental healthcare coverage to coincide with the start of your Medicare Part B coverage.

Regarding the tax implications, just be aware that a portion of your received Social Security benefits become taxable income if your Modified Adjusted Gross Income as a married couple exceeds certain thresholds. FYI, "MAGI" is your Adjusted Gross Income on your tax return plus 50% of your received SS benefits, plus any non-taxable interest you may have had.

If you file your taxes as "married/

jointly" and your MAGI is more than \$32,000, then 50% of the SS benefits you receive during the tax year becomes taxable income or if your MAGI as a married couple is over \$44,000 then up to 85% of the SS benefits received during the tax year becomes taxable income at your normal IRS tax rate. Income tax on SS benefits occurs when your MAGI is over the thresholds for your tax filing status, so you should plan accordingly.

If your MAGI will be consistently over these thresholds after you retire from working, you may choose to have income tax withheld from your SS benefits, which is easy to do by submitting IRS FORM W-4V to your local Social Security office.

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.

### GARDEN, from page 4

raking up fallen leaves are not everyone's favorite task, but gardeners should rejoice!

Read on to learn about the many uses of leaves, straight from the archives.

Consider for a moment the forest, and how stands of trees grow successfully without any input from us. Why is that so?

It is thanks to nature's own process of decomposition. Leaves, branches, and pine needles, etc., fall onto the forest floor where microbes such as fungi and bacteria break them down into humus.

Humus works between the mineral particles and air spaces in the soil, helping it to retain moisture yet drain readily. It also helps to enhance overall soil fertility by making nutrients available to plants in a form they can readily use.

Worms and other macro-organisms aerate the soil and disperse the humus around plant roots, making a self-perpetuating system.

We can apply this lesson

We can apply this lesson from nature to our own situation, making for more successful gardens and healthier lawns, and all by the use of leaves!

Perhaps the easiest way to deal with a small amount of leaves is to mow over them several times with the lawn mower. Soon the tiny pieces will disappear into the soil adding valuable nutrients as they break down.

The lawn mower also comes in handy after piles have been made. Mow over low piles or chop them up with a shredder, then they can be used for a variety of purposes.

Once the soil has frozen, chopped leaves make an excellent protective winter mulch for any type of garden. They won't mat down and rot the crowns of your favorite perennials the way whole leaves might, but they will moderate soil temperatures enough to prevent them from being heaved out of the ground during normal cycles of freezing and thawing.

When spring arrives just pull back the mulch off the tops of the plants. It can stay in place covering bare soil, all the while conserving moisture, preventing weeds, and making humus!

If the "natural look" is unappealing to you apply a thin coat of bark mulch over chopped leaves to dress things up a bit. Repeat this drill every year for your own self-perpetuating garden.

You can also incorporate chopped leaves right into the vegetable garden each fall. The use of a rototiller makes this job a snap.

Most will have decomposed by spring, but till the garden again a month or so before planting to finish the job.

Chopped leaves make a great addition to the compost pile.

Layer brown, carbon rich ingredients (such as chopped leaves) with green, nitrogen rich ingredients (such as grass clippings, vegetable scraps, non-weedy plant parts) together to get the pile cooking. Add a shovel full of garden soil or finished compost per layer to inoculate it with microbes and water well.

Let the pile sit for a year or turn it frequently for faster results.

Compost is a near neutral source of humus, a well-bal-anced fertilizer and soil tonic, good for all types of gardens and even the lawn.

If you are too busy to layer and shredding sounds like a messy job, simply pile the leaves, moistening as you go. The resulting leaf mold is another healthy addition to the garden.

Research has proven that members of the cabbage family respond especially well to this type of humus. Keep in mind that oak leaves are more acidic than other leaves of trees native to our area.

If you use more of these in any of your gardening situations, adjust liming accordingly.

So get out the rake and improve your landscape!!

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.

## STCC announces grant to support health programs

SPRINGFIELD - Springfield Technical Community College received a \$1 million grant from the MassMutual Foundation, the largest philanthropic gift received by the college in the past 15 years, to help with the relocation of the School of Health and Patient Simulation

The college plans to move its health programs out of Building 20, an 83-yearold structure with a history of expensive emergency repairs. Most of the programs will be relocated to Scibelli Hall, or Building 2, a seven-story structure opened in 1988 on the historic STCC campus.

The total estimated project cost to relocate is approximately \$50 million with committed funding from the Massachusetts Division of Capital Asset Management and Maintenance (\$38 million), STCC Board of Trustees (\$11.5 million) and the STCC Foundation (\$500,000).

STCC President John B. Cook thanked the MassMutual Foundation at an Oct. 22 ceremony announcing the gift. 'We cannot express enough gratitude

to the MassMutual Foundation for this leadership award, which continues our momentum for relocating the School of Health and Patient Simulation," Cook said. "This gift is a remarkable investment in our regional workforce and will have a deep impact on students enrolled in essential health programs at STCC.

The \$1 million from the MassMutual Foundation will help enhance the educational and technological experience for students enrolled in programs in the School of Health and Patient Simulation

"The MassMutual Foundation is proud to award this grant to STCC for this very important initiative," said Dennis Duquette, President & CEO of the MassMutual Foundation. "Through this vital work, STCC not only provides hundreds of students with state-of-the art medical training, but the health services sector of our local economy will benefit tremendously when STCC graduates are hired. We are thrilled to help them relocate and update the School of Health and Patient Simulation, and look forward to

See PROGRAM, page 11

## 'Geek Is Glam' STEM event huge success for girl scouts

WORCESTER—Hundreds of Girl Scouts gathered at Worcester Polytechnic Institute on Sunday, Oct. 13, for the tenth Geek is Glam STEM event, hosted by the Girl Scouts of Central and Western Massachusetts. This day-long, interactive conference celebrated science, technology, engineering, and mathematics, providing girls in grades 4-8 with handson experiences and exposure to some of the area's top scientific and engineering

From building bridges and designing buildings and aircraft, to learning the basics of chemical engineering to make their own bath bombs, girls were immersed in a variety of engaging activities, games, and workshops. These experiences were designed to spark curiosity and foster a love for STEM subjects in a supportive, all-girl environment.

'The enthusiasm and engagement displayed by the girls throughout the day was truly inspiring. From dissecting owl pellets to creating robots, the variety of activities offered a comprehensive glimpse into the exciting world of STEM", said Theresa Lynn, CEO of GSCWM. "It was remarkable to see these young minds exploring cutting-edge fields like AI, biotech, and medicine with such curiosity. This event not only showcased the diverse opportunities in STEM but also played a crucial role in igniting a passion for science and technology in these bright young

Participants engaged in a wide array of interactive workshops, demonstrations, and hands-on exhibits throughout the day.

'We need more girls in STEM, and we need them in Clean Energy, too!" said Amanda Downey, vice president, Strategy Development & Partnerships, for National Grid. "I enjoyed being a panelist and found that the girls were enthusiastic about learning, and they asked thoughtful questions. National Grid is proud to support the Girl Scouts 'Geek is Glam' STEM Expo. I'm already looking forward to next year's event."

The success of Geek is Glam was made possible through the collaboration of GSCWM, WPI, more than 60 area education and STEM partners, 90 volunteers and sponsors Dietz & Co. Architects, Flexcon, and Cummings School of Veterinary Medicine at Tufts University. This collective effort ensured that girls had access to a diverse range of STEM experiences and role models.

GSCWM is committed to continuing this annual tradition, with plans already underway for the next Geek is Glam event. The organization aims to inspire more girls to pursue STEM careers and close the gender gap in these critical

### Check us out on the web www.sun.turley.com



## Sen. Velis opposes Question 5

WESTFIELD— As voters across Massachusetts begin to prepare to vote on ballot questions in the upcoming Nov. 5 election, State Sen. John Velis today announced his strong opposition to Question 5, which would replace the current tipped minimum wage system for servers, bartenders, and other tipped workers with the state minimum wage of \$15 an hour, phased in over 5 years, with a mandatory tip pool where tips are shared with non-service staff.

"While this ballot question might be well intentioned, it will have catastrophic economic consequences and I am vehemently opposed to it. Question 5 will drastically decrease the amount of money tipped workers can earn, force mandatory tip pools with managers and non-service staff, and will create monumental financial burdens for restaurants themselves," said Velis. "Simply put, Question 5 will hurt tipped workers, small businesses, and our entire restaurant industry. You don't have to look any further than tipped workers themselves to understand why."

According to surveys completed by the Massachusetts Restaurant Association, 90% of tipped employees believe that tipped employees will earn less if tipped wages are eliminated, and 91% prefer the current system, with a lower base wage and tips that provide the ability to earn more than the minimum wage.

Similarly, Question 5 is opposed by many owners and operators of restaurants and bars throughout Massachusetts in addition to tipped workers themselves. The Massachusetts Restaurant Association predicts that Question 5 would cost restaurants \$18,500 more per tipped employee annually, nearly a 225% increase in costs, and that these financial burdens would lead to business closures and staffing cuts across the state. This in turn would also drastically hurt local meals tax revenue as well.

In Washington D.C., where similar legislation was passed, 1,800 full-service restaurant jobs have been lost since the measure was implemented, according to gdata from the Bureau of Labor Statistics.

Senator Velis will attend a press conference at the Student Prince Cafe and the Fort Restaurant in Springfield on Tuesday, October 22nd, at 10AM alongside Explore Western Mass and restaurants throughout the region to detail his opposition to the ballot question.



### NOTICE

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Jesus Morales looks to make the tackle.



Lyshad Wilson dives for a tackle.



Devin Velez passes on the run.



Avantaey Rivera gets the handoff from Devin



ley photos by David Henry www.sweetdogphotos.com Avantaey Rivera takes off on a run.

## **Knights score win** in final home game

Holyoke High School field hockey team shut the visiting Palmer Panthers out 4-0 for its sixth win of the season last Tuesday evening. The Knights are 6-10 with a final game against Northampton scheduled ear-

HOLYOKE - The lier this week, as well as a potential non-playoff game. Because of its 43rd ranking in Division 2, the Knights are unlikely to qualify for the state tournament as they will not be able to finish the season above .500 at this point.



Julia Guzik looks to shoot on goal.

### Comp beats Holyoke to even up CHICOPEE – Last Friday night, despite a big run in the third quarter from Holyoke, a late touchdown helped

seal the deal for Chicopee Comprehensive for a 23-12 win. Both teams now have even 2-4

records after six weeks of play. Adrian Gonzalez had two touchdown runs in the first quarter for the Colts. He also scored in the fourth quarter for three rushing touchdowns. Reynaldo Andino and Jesus Morales scored touchdowns for Holyoke, both on passes from quarterback Devin Velez. Gonzalez finished with 110 rushing yard and three scores for the Colts. Velez had 139 yards passing and a pair of touchdowns for the Knights.



Sujelyz Peralta looks to avoid the





Eila Ramoth winds up to shoot. Turley photos by David Henry www.sweetdogphotos.com

## **Knights** seek win to make tournament

HOLYOKE – Last week, the Holyoke High School girls soccer team suffered two losses, falling to Frontier Regional and Hopkins Academy.

The Knights fell to 7-8-1 and their regular season has completed.

The Knights will likely have non-playoff games during the next week, needing to avoid a loss and needing to grab at least one win in order to qualify for the state tournament with a .500 record or better. Holyoke's last win came on Oct. 9 against St. Mary's 6-0.

The Knights have had one of their best seasons in recent memory.

The date and time of the Knights' next game has not been announced.

## Westfield State Owls comeback falls short

WESTFIELD - Westfield State senior Dylan Disabella (Granby, Conn.) ran for 130 yards and caught a touchdown pass in his debut as the Owls' feature back, but it wasn't enough as Framingham State foiled the Owls homecoming with a 21-7 win.

Both teams are now 2-4 on the season and 2-3 in the Massachusetts State Collegiate Athletic Conference.

Westfield got on the scoreboard first, with QB Gabe Fernandez (Holyoke, Mass.) finding Disabella for a 13-yard scoring strike with Disbella leaping into the endzone to punctuate a 9-play,

Turnovers again punished the Owls, as Framingham's first score came on an 11-yard Carl Renaudin (Waltham, Mass.) scoop and score fumble recovery touchdown, on a busted toss run for the Owls.

Westfield had a chance to take a lead into the half, after Tafari Proctor (Amherst, Mass.) intercepted his third pass of the season, and returned it 59 yards to the Framingham 3, but on the ensuing play Framingham forced a fumble and the Rams recovered to keep the score 7-7 heading to the half.

The Rams grabbed a 14-7 lead midway through the third quarter with a 25-yard TD toss from Luke Thompson (West Islip, NY) to Elijah Nichols (Burlington Twp., NJ), capping an 11-play, 79-yard drive.

Early in the fourth quarter, Westfield had a chance to tie as the Owls marched the ball from their own 28 yard line all the way to the Framingham four yard line, but the Rams forced a fumble with Ronyel Pena (Lawrence, Mass.) slashing between the Owls offensive line to force a fumble.

Framingham added a 2-yard touchdown run from Jaheim Daniels (Norwaklk, Conn.) with 46 seconds left in the fourth quarter to put the game out of reach, after the Rams defense forced a 4-and-out from the Owls. Westfield had their backs against the wall with a drive that started inside their own 10-yard line with less than two minutes to play.

Disabella had a big day on the ground in his first action as the feature back in the Owls triple-option attack. He played two seasons as a tight end for the Owls before moving to wing back in the offense this season, but moved behind the quarterback for today's game for the first time with Owls regular starter Sean Willis out with an injury. The Owls played with three offensive regulars sidelined by injury today.

Fernandez finished 7-20 passing for 66 yards, with 1 td and 1 interception. Jacob Swinehart (Holyoke, Mass.) caught two passes for 23 yards and added six carries for 27 yards.

Blake Simpson (Bellingham, Mass.) and Corey Henderson (Gardner,, Mass.) led the Owls with eight tackles each. Henderson added a sack and Cade Nelson (Shrewsbury, Mass.) had 1.5 sacks for the Owls.

Framingham QB Thompson finished 11-27 passing for 169 yards with a TD and an interception. Nichols led the Rams with eight catches for 90 yards and a TD. Daniels finished with 52 yards rushing on seven carries.

Pena was the man of the hour for the Framingham defense, getting in on 17 tackles (9 solo), with four for losses and a sack. Renaudin had the fumble recovery for TD and a 22-yard interception

The Owls ran 75 offensive plays to the Rams 52, and Westfield outgained the rams 246-219 and held a 37-23 edge in time of possession, but the key turnovers hampered the Owls chances to win.

Westfield will travel to Plymouth State for a MASCAC game next Saturday, Oct. 26 at noon. Framingham will next host Mass Maritime on Noon on Oct. 26.

## Railers lose weekend finale against Reading

WORCESTER – The Worcester Railers lost to the Reading Royals by a 2-1 final on Sunday afternoon in front of a crowd of 2,621 Sunday, they actually put three shots in the net. The problem was that only one counted, Anthony Repaci's short wrist shot at 13:37 of the third period. It accounted for the final score of 2-1.

Repaci was involved in one of the disallowed goals as well. That happened 44 seconds into the third period when Matias Rajaniemi's 45-foot wrist shot eluded Reading goaltender Parker Gahagen. Repaci was at the top of the crease and was called for interference. After a long review, the call was upheld.

"I didn't think my skates were in the blue paint, and I could feel some contact," Repaci said, "but (the officials) said my arm was in there. I know they call

The other wave-off was less controversial. Colin Jacobs tucked one into an open net at 18:30 of the second period but it was after a whistle when the officials thought that Gahagen had covered the puck.

Maybe he had, maybe he had not. No matter. The play was dead.

Gahagen was opposed in net by John Muse and it was an excellent goaltending duel as expected. Muse made 19 saves, Gahagen 22. The victory improved Gahagen's all-time record versus Worcester to 5-0-0. It is not just the Railers. His career ECHL record is

Worcester played a slow first period and fell behind 2-0 after 20 minutes.

Reading's first goal came as the puck entered the Worcester end and the Royals wound up in control. Nolan Welsh was set up in the slot by Tyler Gratton after just 4:38.

The visitors made it 2-0 with a power play goal at 9:55. Connor McMenamin got it via a 25-footer from the right circle. That was it for Reading's scoring but that was all it needed. The Royals were blanked for the final 50:05.

Repaci's goal came late in the third period and gave the Railers a chance to tie it late. Cam McDonald and Riley Piercey got assists on the play for their first points of the season.

The Railers were without two experienced defensemen who moved up to the AHL. Christian Krygier was recalled to Bridgeport and Griffin Luce was signed to a pro tryout by the Harford Wolf Pack.

Two inexperienced players made their professional debuts. One was defenseman McDonald, so the assist was his first pro point. Forward Cole Crowder was the other. McDonald is the second Alaskan to play for the Railers, following goalie Michael Bullion.

Worcester's next home game is next month. The Maine Mariners visit on Nov. 8. In between, the Railers are off on a five-game road swing. They play in Trois-Rivieres Friday night then in Maine on Sunday. They are in Norfolk for three games after that.

# Thunderbirds offense stymied in Providence

PROVIDENCE, R.I. - The Springfield Thunderbirds (2-3-0-0) could not solve the Providence Bruins (2-2-0-0) and their goaltender Michael DiPietro, falling 3-0 on Sunday afternoon inside Amica Mutual Pavilion.

Colten Ellis earned a second consecutive start after defeating the Bruins an evening earlier, and the young goaltender was kept busy in a first period that saw Providence outshoot Springfield 12-4.

The Bruins eventually cracked the at 12:17 following an extended shift Jordan Oesterle located open ice in the left circle, stepped up, and slapped a onetime feed from Fabian Lysell over Ellis's T-Birds tried to up the ante on offense,

shoulder, giving the Bruins the 1-0 edge.

5:42 later, in his second tour of duty as a Bruin, Vinni Lettieri continued his lengthy history of success against the T-Birds when he one-timed a shot through Ellis to extend the Bruins lead to 2-0 heading into intermission.

Springfield came out hungrier in the second period, but DiPietro was equal to the task, as he calmly stood tall against 10 T-Birds attempts. His best save came past the midpoint of the second, when he came out to challenge Alek in the offensive zone. Veteran blueliner Kaskimaki on a 4-on-2, denying the rookie his first AHL goal.

As the game moved to the third, the

and Marcus Sylvegard had the best chance of the day with a breakaway bid, but DiPietro had the answer to turn aside the man who had the game-winning goal a night earlier.

In the end, despite a perfect 4-for-4 showing by the Springfield penalty kill and a 31-save performance from Ellis, the offensive drought proved costly, and Patrick Brown sealed matters with an empty-netter in the final 90 seconds to seal it up for the Bruins.

The T-Birds return home to begin another three-game weekend on Friday, Oct. 25 against the Grand Rapids Griffins. Puck drop is set for 7:05 p.m. at the Thunderdome.

## **Bonsignore** sweeps weekend at North Wilkesboro

Justin Bonsignore found himself in North Wilkesboro Speedway Victory Lane twice this weekend. The driver of the No. 51 Phoenix Communications machine for Kenneth Massa Motorsports swept the weekend of Modified competition at the historic track - winning both the SMART Modified Tour season-finale 99 on Saturday and the NASCAR Whelen Modified Tour Brushy Mountain Powersports 150 on Sunday.

Bonsignore's SMART Tour victory came in his first career start with the series. He dominated the race and held off Matt Hirschman over the final laps to score the win.

His NASCAR Whelen Modified Tour win on Sunday was his fourth of the season and second straight. It was also his 44th career Whelen Modified Tour win - tying Reggie Ruggerio for second on the alltime NWMT wins list. Bonsignore also took back the series points lead heading for the finale at Martinsville Speedway (October 26) by 10 points in search of his fourth series championship.

"This car is two-for-two this year," Bonsignore said. "Just a great job by everyone. These cars have been lights out. It's just really special. Forty-four wins... it's cool. But there's a bigger goal next week. I'm looking forward to Martinsville... it can't come soon

Bonsignore and the Kenneth Massa Motorsports crew will return to the track for the NASCAR Whelen Modified Tour season-finale at Martinsville Speedway on Saturday, Oct. 26.

## Rays of Hope Walk & Run Toward the Cure of Breast Cancer takes place Oct. 27



SPRINGFIELD - Bringing more than \$17.2 million over 30 years to western Massachusetts in support of breast cancer care, research, and education, the Rays of Hope Walk & Run Toward the Cure of Breast Cancer will once again welcome supporters to hit the pavement on Sunday, Oct. 27, beginning at Temple Beth El in Springfield.

Hyundai Hope on Wheels is this year's presenting sponsor of the 2024 Rays of Hope Walk & Run Toward the Cure of Breast Cancer. Over the years, all money raised remains local to assist individuals and their families affected by breast cancer. Baystate Health Foundation administers the funds which support treatment, breast health programs, outreach and education, the purchase of state-of-the-art equipment through the Baystate Health Breast Network, as well as support for the Rays of Hope Center for Breast Cancer Research. Rays of Hope also provides grants to various community programs throughout western Massachusetts, who promote whole body wellness of survi-

There is still time to register to walk or run at baystatehealth.org/raysofhope.

Participants can choose to register as an individual or start a team, then create their own personal webpage to assist them in their fundraising efforts. While there is no minimum donation to participate, participants are required to raise at least \$50 to be eligible to receive a 2024 Rays of Hope participant t-shirt. As in the past, the Rays of Hope BIG WIG program offers special "big wig" status to those raising \$1,000 or more online only by credit card.

Check-in for the Run Toward the

See WALK page 11

### PUBLIC HEARING NOTICE

The Holyoke Planning Board will hold a Public Hearing on Tuesday, November 12, 2024, at 5:30 p.m. via Zoom.com ID: 836 3939 8493; CALL IN \*67 646 558 8656 to hear, pursuant to the Holyoke Zoning Ordinance Sec 6.4.6.4 an Increase in Sign Size and Quantity for a Burlington sign, at 39 Holyoke Street (Parcel 174-00-020), submitted by Holyoke Crossing, LLC.

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

Applicant: Blair Sign Programs

Planning Board: Mimi Panitch 10/25, 11/01/2024

# LEGAL NOTICE CITY OF HOLYOKE GAS & ELECTRIC DEPARTMENT GENERAL CONTRACT WORK ANNUAL CONTRACT

Sealed bids for the above will be received by Holyoke Gas & Electric Dept by 2:30 p.m., November 14, 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:**

A Bid Deposit in the amount of \$10,000 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:

Prevailing Wage 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 General Contract Work Annual Contract" and address them to:

James M. Lavelle, Manager Holyoke Gas & Electric Dept 99 Suffolk St

Holyoke, MA 01040 10/25/2024

### City of Holyoke Notice of Public hearing The Ordinance Commit-

tee of the Holyoke City Council will hold a public hearing to hear a zoning ordinance amendment proposal so that no group homes, profit or non-profit, be allowed within the city limits of Holyoke, Ma without the approval of the Holyoke City Council. Hearing will take place on Wednesday, November 13, **2024 at 6:30 pm** at Holyoke City Hall 536 Dwight St and can be accessed remotely via www.zoom.us Meeting ID 829 0560 0479 Meeting Passcode 358486 or by call in at 1-646-558-8656 with same Meeting ID and Passcode. For a copy of the application or to provide comments, please contact City Council Admin Asst Jeffery Anderson-Burgos at Anderson-BurgosJ@holyoke.org or by phone 413-322-

Ordinance Chair, Israel Rivera 10/25, 11/01/2024

City of Holyoke Office of Procurement 536 Dwight Street, Room 3 Holyoke, MA 01040 INVITATION TO BID 2025-15SD Bids Due November 26, 2024

by 2:00PM

The City of Holyoke invites sealed bids from Contractors for Project 2025-15SD, HVAC Replacement - Sullivan Middle School at Lt. Clayre P. Sullivan School in Holyoke, Massachusetts, which includes: HVAC improvements, generally described as replacement of existing steam air handling units with new steam and DX cooling split air handling units, selective demolition and envelope improvements to the rooftop penthouse, roofing and structural alterations, abatement, related mechanical work, controls, electrical, and related general conditions.

THIS PROJECT IS
BEING ELECTRONICALLY BID AND HARD
COPY BIDS WILL NOT
BE ACCEPTED. Bid Forms
and Contract Documents
will be available for review
at www.biddocs.com (may
be viewed and downloaded
electronically at no cost) after
2:00 PM EDT on Wednesday
October 23, 2024.

General Bids shall be submitted online at <a href="www.biddocs.com">www.biddocs.com</a> no later than 2:00PM EST on Tuesday, <a href="November 26">November 26</a>, 2024 and will be publicly opened online at that time.

Filed Sub-bids for the following trades: Miscellaneous & Ornamental Metals, HVAC, and

Electrical Work shall be submitted online at www.

biddocs.com no later than Tuesday, November 12, 2024 and will be publicly opened online at that time.

General bidders must be certified by the Division of Capital Asset Management and Maintenance (DCAMM) in the following category of work, General Building Construction, and must submit a current DCAMM Certificate of Eligibility and signed DCAMM Prime/General Contractor Update Statement.

Filed sub-bidders must be DCAMM certified for the trades listed and bidders must include a current DCAMM Sub-Bidder Certificate of Eligibility and a signed DCAMM Sub-Bidder's Update Statement.

All bidding Requests for Information (RFIs) shall be submitted online by Tuesday, November 5, 2024 at 2:00PM EST for filed sub-bids and by Tuesday, November 19, 2024 at 2:00PM EST for general bids.

A Pre-Bid Conference / Site Visit is scheduled for Thursday, October 31, 2024 at 10:00AM EDT at the Sullivan Middle School, 400 Jarvis Avenue, Holyoke, MA 01040. 10/25/2024

### City of Holyoke NOTICE OF PUBLIC HEARING

The Holyoke License Board will be holding a Public Hearing on Wednesday, November 6, 2024, at 5:15 pm. You can join via Zoom.com; ID 83974921923; CALL IN: \*67 646 558 8656 or in person at 20 Korean Veterans Plaza Room 406, regarding the application for a Transfer of an on premises All Alcohol **License from GCA LLC DBA Gateway City Arts,** 92 Race Street to Laudable **Productions LLC, 92 Race** St. pursuant to M.G.L. Ch.138.

Applicant:
Laudable Productions,
LLC
License Board:

License Board: Anthony Luciano, Chairman 10/25, 11/01/2025

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. HD24P2223EA Estate of: Norman James Liquori

Date of Death: 08/21/2024 CITATION ON PETITION FOR FORMAL ADJUDICATION

To all interested persons:

A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by Kassandra Liquori of Hartford, CT requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Kassandra Liquori of Hartford, CT 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 11/20/2024. 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 vou.

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 23, 2024

Rosemary A Saccomani, Register of Probate 10/25/2024

LEGAL NOTICE
CITY OF HOLYOKE
GAS & ELECTRIC
DEPARTMENT
OVERHEAD CRANE &
HOIST INSPECTIONS,
MAINTENANCE &
REPAIRS

ANNUAL CONTRACT

Sealed bids for the above contract will be received by Holyoke Gas & Electric Dept until 2:00 p.m., November 14, 2024, at the Office of the Manager, 99 Suffolk St, Holyoke, MA 01040, at

which time proposals will be publicly opened and read.

Additional information may be obtained from:
Chi Wong

Holyoke Gas & Electric Dept 99 Suffolk St Holyoke, MA 01040 (413) 536-9308

### cwong@hged.com Bid Deposit:

A Bid Deposit in the amount of \$3,750 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.

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 Overhead Crane & Hoist Inspections, Maintenance & Repairs Annual Contract" and address them to:

James M. Lavelle, Manager Holyoke Gas & Electric Dept 99 Suffolk St

Holyoke, MA 01040 10/25/2024

# LEGAL NOTICE CITY OF HOLYOKE GAS & ELECTRIC DEPARTMENT UNIFORM SUPPLY & SERVICE CONTRACT

Sealed bids for the above contract will be received by Holyoke Gas & Electric Dept until 2:30 p.m., November 12, 2024, at the Office of the Manager, 99 Suffolk St, Holyoke, MA 01040, at which time bids will be publicly opened and read.

Additional information, specifications and bid form may be obtained from:

Chi Wong Holyoke Gas & Electric Dept 99 Suffolk St Holyoke, MA 01040

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

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 Uniform Supply & Service Contract" and address them to: James M. Lavelle, Manager Holyoke Gas & Electric Dept

99 Suffolk St Holyoke, MA 01040 10/25/2024



### PHONE

413.283.8393 Fax: 413.283.7017 Subscriptions: 413.283.8393

### **EMAIL**

Advertising Sales
Wendy Delcamp
wdelcamp@turley.com

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The Holyoke Sun

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### Nobody dreams of having multiple sclerosis

Some dreams are universal: hitting a ball over the Green Monster; winning the World Series with a grand slam in the bottom of the ninth inning. Finding out you have have MS is not one of them.

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The Holyoke  $\underline{Sun}$ 

## OBITUARY POLICY

Turley Publications offers two types of obituaries.

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

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

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

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# PUBLIC NOTICES ARE NOW ONLINE

Email all notices to notices@turley.com

Access archives and digital tear sheets by newspaper title.

Find a quick link to the state of Massachusetts' public notice web site to search all notices in Massachusetts newspapers.

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

visit www.publicnotices.turley.com

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### **FIREWOOD**

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### WANTED

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### PART TIME SNOW PLOW **DRIVERS NEEDED**

Part time snow plow drivers are needed for the Town of New Braintree for the 2024-2025 season. Positions available for both CDL (\$30/hr) and non-CDL License (\$25/hr).

If you are interested, please contact Highway Superintendent Richard Ayer at (508) 867-2451 or email hwysecretary@newbraintree.org.

SHORT ORDER COOK, breakfast/ lunch. John's Corner in Ludlow. Call John **413-537-2455**.

WARREN WATER DISTRICT is hiring for part-time office help. Please apply in person at 988 Main St., Warren 413-436-9819. EOE.

### **REAL ESTATE**

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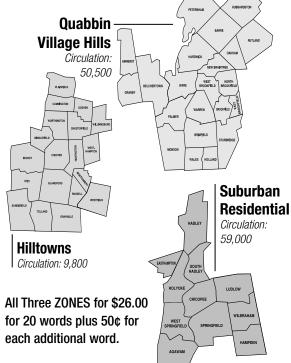
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### COMPOST, from page 1

people know how to compost correctly.

"We're trying to make sure everyone is on the same page as to what goes in and what doesn't and we're trying to create as little contamination in the compost as possible so we create a good quality end product," Wise said.

As long as people compost correctly,

the compost will help to keep the garden healthier and thus provide better food for the community.

Moving forward, HFEC hopes to have one or two compost bins in every neighborhood in the city.

"It would be great if people in any given neighborhood could walk to one of these," Wise said.

Wise hopes that this initial bin will

help HFEC to get funding in order to install more bins in the future.

She also hopes that this will be one step HFEC takes in helping Holyoke to improve its waste management.

"I would just love to see Holyoke become more progressive in general in its waste management," Wise said. "It would be really great if we could eventually have city-wide composting and more participation in recycling and just more people participating in the process in general."

Wise and the others at HFEC believe that nothing is waste until it is wasted, and they hope that their work will help to reduce waste in the city.

If anyone is interested in learning more about HFEC, they can go to their website at https://holyoke-collective.org/.

### PROGRAM, from page 6

seeing the impact this will have on both current and future generations of students in the greater Springfield area."

The SIMS Medical Center includes over 70 patient simulators, the largest array in New England. Accredited by the Society for Simulation in Healthcare, the Medical Center provides a state-of-theart, immersive educational environment where students and health care personnel obtain new skills while refining existing

With an enrollment of over 1,500 students, SHPS offers 13 associate degree and five certificate programs in health. Health programs include nursing, dental hygiene, physical and occupational therapy, surgical technology and a unique open-admission Health Science degree with embedded certifications.

Healthcare careers are in critical need across the region. STCC - the only technical community college in Massachusetts - is one of the premier organizations directly addressing these shortages.

Additionally, SHPS programs play a critical role in advancing STCC's commitment to equity and helping to build a diverse regional workforce. STCC is a federally designated Hispanic Serving Institution with about 34 percent of its students identifying as Latino/a/x. The novel Health Science degree offered since 2018 has experienced significant enrollment increases in part due to MassReconnect/MassEducate, the initiative providing free community college to Massachusetts residents.

## **VOTING,** from page 1

sec.state.ma.us/WhereDoIVoteMA/ TrackMyBallot to see when they will arrive at their house and, once they have remailed their ballots, when they make it back to the city clerk's office.

Leary would like to assure residents that mail-in voting is a safe way for people

"It's safe," Leary said. "I know some people are hesitant to vote early or through the mail but it is a very secure process, teh state has done a really great job putting in certain protocols to ensure that these ballots are kept safe and that the integrity of our elections is the number one priority."

She would also like to remind people to send in their ballots as soon as they get

"Once people get their ballot in the mail instead of hanging onto it they should send it back because I think with the whole state doing early voting through the mail it can be a little bit slower getting ballots to us," Leary said. "So to ensure that you are getting your ballot in by election day, I recommend getting it in the mail as soon as possible."

As election day, which is Tuesday, Nov. 5, approaches, Leary also would like to remind people to do their research, especially on the ballot questions.

There are six ballot questions for Holyoke and if people know how they intend to vote as they enter the polls it will make the whole process a lot quicker.

"It will prevent heavy lines at the polls if voters are educated going in," Leary said,

The Secretary of State's office recently sent out the red books that have a detailed description of all the ballot ques-

If anyone did not receive one of these books the city clerk's office has extras that they are willing to give out to residents in

The deadline to register to vote for this election is Saturday, Oct. 26 and the city clerk's office will be open until 5 p.m. that day for any last minute registrations.

The registration deadline for mail-in voting is Oct. 29.

Election day itself is Tuesday, Nov 5. and polls will be open from 7 a.m. to 8

If anyone is uncertain as to where they need to go to vote, they can check their polling location at https://www. sec.state.ma.us/WhereDoIVoteMA/ WhereDoIVote.



### WALK, from page 8

Cure will begin at 7:30 a.m. and the race will take off at 8:30 a.m. Walker registration will open at 9 a.m. and the Walk Toward the Cure steps off at 10:30 a.m. Buses begin operating at 7:30 a.m. for runners and at 8:30 a.m. for walkers to shuttle them to Temple Beth El.

Parking for runners is only at Springfield Elks Lodge at 440 Tiffany St. in Springfield. Parking for walkers is at Blueberry Hill Elementary School, Cartamundi, East Longmeadow High School, Longmeadow High School, and Maybury Material Handling. More details on parking can be found at baystatehealth.org/raysofhope.

The Rays of Hope Merchandise Store will be open to offer the latest swag for sale. All Baystate Health entities are now cashless, including the Rays of Hope Merchandise Store, which will be accepting credit cards and Venmo transactions at the event.

For more information about this year's Rays of Hope Walk and Run Toward the Cure of Breast Cancer, held rain or shine, people may call 413-794-8001 or visit baystatehealth.org/raysofhope.

### **CAMPAIGN**, from page 1

associate degree program boasts a 71% graduation rate, compared to 30% for associate degree programs nation-wide, and just 8% for single moms nationally.

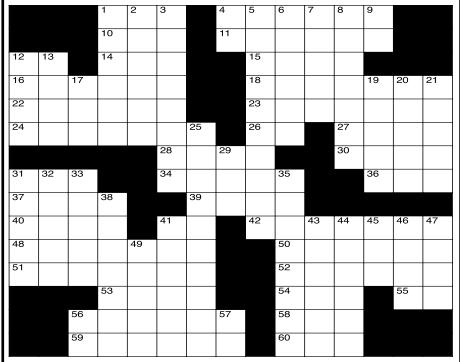
The Microcollege's supportive environment and small cohort sizes are intentional. The combined challenges of living in poverty, raising children, and participating in a rigorous academic environment can cause students to become overwhelmed and discontinue their education. Students receive personal attention from a team of open-minded, resourceful professionals. They are bolstered by the camaraderie of the tight-knit group of fellow students. This high level of individualized support is vital to student persistence and success.

"We are so grateful to everyone who made this possible," said Oona Cook, executive director of The Care Center. "Because of our community's incredible generosity, women will break the cycle of poverty. They will earn degrees, launch meaningful careers, buy homes, and advocate for their children and communities. Their success will be felt by generations to

The Ceres Foundation, a longtime supporter of The Care Center, helped launch the endowment with a \$1 million leadership gift. Amanda Northrop, Executive Director of The Ceres Foundation, remarked, "We are so proud to invest in this critical initiative advancing women's education. By removing barriers to success, The Care Center makes college completion possible and changes the trajectory for women and their families."

Last fall, the campaign received a \$500,000 gift from The Irene. E. and George A. Davis Foundation. Laurel Ferretti, a Director of The Davis Foundation, also expressed her enthusiasm, "The Care Center's groundbreaking work embodies our commitment to innovation and excellence in education. We are honored to help sustain this powerful resource, which not only supports young families as they navigate the path to financial stability but also stands out as a model for other college access programs."

The Care Center's innovative programs and commitment to education have not gone unnoticed, earning recognition from The White House, U.S. Department of Health and Human Services, and numerous national publications. With the completion of this campaign, The Care Center is poised to expand its impact and continue its vital work in the community for generations to come.



### **CLUES ACROSS** 1. "60 Minutes" network 4. Train line 10. Go quickly 37. Source of 11. Straightforward illumination 12. Canadian province

(abbr.) 15. Genealogy 16. Make changes 18. Utter repeatedly 22. In a way, turned 23. Type of ship

14. At any rate

24. Agents of one's downfall 26. Not out 27. Something to scratch 28. Round water pot

30. Refreshing green fruit (slang) 31. Promotions 34. Primordial matters 36. One-time world power (abbr.)

39. The content of cognition 40. An Arab ruler 41. South Dakota 42. Gnawed at with

teeth 48. Hawaiian island 50. Smaller 51. Of a single person 52. Rigid bracelet

53. Barbary sheep (Fr.) 54. Not even 55. Specific gravity 56. Engage in petty bargaining

58. Boxing's "GOAT" 59. Split between

60. Notable offensive

### **CLUES DOWN** 1. A place to

lounge 2. Skewed views 3. Peacefully 4. Commercial 5. Auxiliary forces 6. Large mollusk 7. Take out again

8. Sharp and forthright 9. Knight (chess) Source of fiber 13. Flesh covering

some birds' beaks 17. Energy 19. Night monkeys genus

20. Small, sharp nails 21. Pleasantsmelling liquid 25. Affirms one's hold 29. CNN's founder 31. Texans can't forget it 32. "Oppenheimer"

actor Matt 33. Expression 35. Vessel 38. Lacking poetic

beauty 41. Tall, swift and slender dog 43. Sports

personality Michelle 44. Robber

45. Liquefied natural gas 46. Snakelike fishes 47. The most

worthless part of something 49. City in Crimea 56. Bad grades

57. Reichsmark

CROSSWORD ANSWER on page 9



Food was provided to all of those who came to Holyoke Public Library to take part in Artist Yanira Castro's art project.



"What is your first memory of dirt?" is one of the portions of Artist Yanira Castro's art project Exorcism = Liberation. Scanning the QR code will take people to the website to listen to the audio portion of the project.



Artist Yanira Castro introduced her art project titled Exorcism = Liberation to those who came to Holyoke Public Library to take part in it.



Artist Yanira Castro came around the room and participated in some of the conversations about people's first memories of dirt.



When not recording their stories people were invited to sit down and write about their first memories of dirt.

Turley photos by Quinn Suomala

### **ARTIST,** from page 1

it mean to engage in freedom through land." Castro said.

Castro worked with Holyoke Media and the teens who work there in order to coordinate this event and have people record their stories.

"Talking to them [the teens] about their experiences with dirt and getting ready to do this experience with them has been really powerful," Castro said.

The teens worked to help record

the stories of those who came to HPL for the event. All those who came to the library listened to the audio related to the slogan "what is your first memory of dirt?" before they were invited to come forward and record their stories.

Ultimately, Castro hopes that this project allows for these issues to really be humanized and for people to be able to share their own stories and relationships with the different topics brought up through her slogans.

Castro is originally from Puerto

Rico and as a result self-determination and liberation is important to her and to many other people from Puerto Rico.

It is that idea that inspired this art project and she wanted to open up to American people, especially those with Puerto Rican roots.

"This is not just a Puerto Rican story, it is also really an American story, something we as Americans need to grapple with and think about," Castro said

This art project is taking place https://exorcism-liberation.net/.

across the country, including areas across Western Massachusetts, New York City and Chicago.

Castro has enjoyed being able to work with so many different people to put all of this together.

This project is continuing forward over the next month or so and will continue to have different events for people to attend.

People can keep updated on this project by going to the website at https://exorcism-liberation.net/.

# Holyoke Pizza

Town 213 South Street, Holyoke

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1 Topping Each & 2 Liter Soda
\$31.50 +Tax

One Large 1 Topping Pizza, 10 Buffalo Wings & 2 Liter Soda \$30.99 +Tax

One Party Size Cheese Pizza, 20 Buffalo Wings & 2 Liter Soda \$42.50 +Tax

Ten Wings w/French Fries \$16.50 +Tax

Two 16" Grinders with Bag of Chips & Can of Soda \$23.99 +Tax

Small Cheese Calzone, 2 Liter Soda & SPECIA

10 Wings \$41.50 +Tax

Clipless Coupons - Order By Number

# Accommodations for service or assistance animals are the law!



Although landlords can have a "no pets" policy, fair housing laws require landlords to make reasonable accommodations to allow disabled tenants to have service animals or assistance animals (also called emotional support animals) when needed because of a disability. Has a landlord refused to allow, or charged additional fees because of, your needed assistance animal?

**Contact the Massachusetts Fair Housing Center today!** 



## Lunch Specials

11AM-3PM ONLY

## (Almuerzos Especiales)

Mini Calzone	\$8.50
Each Topping (same as Pizza Toppings) Additional \$1.75	-
Any Wrap with Small Bag of Chips and Can of Soda	\$10.99
Any Wrap with French Fries and Can of Soda	\$11.99
Any 8" Grinder with a Bag of Chips & a Can of Soda	
Any 8" Grinder with French Fries & a Can of Soda	
Any Pita Pocket with a Bag of Chips & a Can of Soda	
Any Pita Pocket with French Fries & a Can of Soda	
Any 16" Grinder with a Bag of Chips & a Can of Soda	
Any 16" Grinder with French Fries & a Can of Soda	
10" Cheese Pizza\$8.50 Each To	pping \$1.50
4 Chicken Tenders with French Fries & a Can of Soda	
Cheeseburger with French Fries & a Can of Soda	•

### EXPRESS DELIVERY TO:

Holyoke, Parts of Chicopee, South Hadley & West Springfield

VISIT OUR WEBSITE FOR MORE COUPONS & TO ORDER ONLINE www.holyokepizza.com



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