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HHS delights with Miss Nelson is Missing

By Quinn Suomala Staff Writer

HOLYOKE – The Holyoke High School Theater Company performed Miss Nelson is Missing, a comedic show perfect for people of all ages.

This show, adapted from the book by James Marshall and Harry Allard, tells the story of a teacher, Miss Nelson, and her students.

Miss Nelson struggles to ent it seemed from the other

keep her class under control and the class has a big test coming up that they have to do well on. Then, mysteriously, Miss Nelson goes missing and the much meaner Miss Viola Swamp takes her place.

The play continues to go through a series of comedic moments as Miss Nelson's students prepare for the test and try to figure out what happened to their teacher.

The HHS theater company did a fabulous job bringing this play to life. They kept the audience laughing along with their performance.

"It's super important for us to be able to connect with the whole community through our shows and we try to find different ways to do that," Artistic Director Bevan Brunelle said.

The cast and crew had a great time preparing to put this show on. Darius Baez, who played a student in Miss Nelson's class named Raymond, found this play to be unique from the others he has done at HHS.

"I really liked how different it seemed from the other

"It's really good for

them to practice both

comedy and drama

so they can

grow as actors."

- Artistic Director

Bevan Brunelle

shows that we've done," Baez said. "We don't have many kids shows and so I thought it would be fun to challenge myself to be

more of a kid."
Brunelle
agreed that this
show stood out

from the shows the company did

Having this kind of variety, in Brunelle's opinion, helps to truly build each student into a better actor.

"It's really good for them to practice both comedy and drama so they can grow as actors," Brunelle said. "It's also really important for them just to be able to tell a story and be able to convey character and if we did



The new teacher, Miss Viola Swamp (played by Fynn Maldonado), entered Miss Nelson's classroom and quickly brought fear into the hearts of the students.

the same thing all the time...it would get flat."

Baez also enjoyed that throughout this show each character had a chance to be highlighted.

"Every character has a bit of their time in the spotlight to do something and be more noticed to the audience," Baez

This show also gave the

cast and crew a great chance to get to know one another and create lasting friendships.

"I connected and built relationships with people that I wouldn't have normally talked to if I wasn't in the theater company," Usher Janiga Lagoy said.

"I think the highlight has been the fact that I am close with the cast and I got to build more bonds," Usher Azariah Heredia said.

The group was grateful for the effort that everyone put into bringing the show to life.

"I want to shout out Talitha Hernandez, who plays George, Fynn Maldonado, who plays Viola Swamp, and Linken Geddis, who is the stage manager," Baez said. "All three of

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TJO hosts annual benefit craft fair

By Quinn Suomala Staff Writer

AGAWAM – The Foundation for Thomas J O'Connor Animals held their annual Pawzaar Craft Fair on Saturday, Nov. 16.

During this craft fair there were 40 different vendors that sold a variety of animal-related products.

Additionally, there was a raffle and a bake sale for people to get additional goods they desired.

"We have lines of tables that are full of 40 different vendors selling all sorts of handmade products," Interim Executive Director Janna Brown said. "The raffle has items that are holiday in nature or just cat and dog or other pet-related stuff."

One of the central pieces of the raffle was a large Christmas tree that was decorated with about \$150 worth of gift cards to a variety of different places.

Further tables also had

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Stephanie Martinelli sold a variety of her crocheted creations from her business Imagination Creation Crafts.

Turley photo by Quinn Suomala

School committee discusses superintendent evaluations

By Quinn Suomala Staff Writer

HOLYOKE – The school committee discussed setting up the process for superintendent evaluations at their meeting on Nov. 12.

Executive Director of the Massachusetts Association of School Committees Glenn Koocher came in to give the committee a presentation on what the process should look like.

The superintendent evaluation is typically done annually for a superintendent. This only changes if the superintendent rates proficient or exemplary on the evaluation, then the school committee can decide to evaluate them only every other year.

Within the evaluation, it should assess how well the superintendent meets certain goals.

"You work with the superintendent to establish the district goals and the superintendent's goals," Koocher said. "The superintendent will need to have an education goal or in other words a district improvement goal, a student improvement goal and a personal professional goal."

On top of these goals, the committee will also set a student achievement goal with the superintendent.

"The student achievement goal might apply to individual student cohorts...for example our left handed students will improve by 10%," Koocher said.

When going into the evaluation, these different goals will be placed into categories for the school committee to rate the superintendent on.

As the school committee turns in the scores, they will have to elect an aggregate group to be the point person or people for the evaluation.

"Everyone will be submitting feedback to the aggregators on each goal and all the different criteria that you select," Koocher said. "You will all give the superintendent a rating and

See SCHOOL, page 6

Girl Scouts celebrate World Kindness Day

HOLYOKE – World Kindness Day, recognized globally on Nov. 13, brought the delivery of journaling books, hand-decorated by area Girl Scouts with motivational messages like "It's good to be you," to patients on the adolescent unit at MiraVista Behavioral Health Hospital.

The books, a collaboration during a recent Service Fair between the Pioneer Valley Coalition for Suicide Prevention and Girl Scouts of the United States, known locally as the Girl Scouts of Central and Western Mass were, were particularly appreciated as they were received in recognition of the world wide day of Kindness.

"World Kindness Day urges the doing of thoughtful acts and to have supportive messages sent to our adolescent patients by understanding young people on this day is real encouragement for them," Lee said. "Having mental health challenges, which manifest at any age and range in diagnoses, can create feelings of self-doubt and loneliness, and this outreach project, along with the work of our clinicians, help counter those emotions."

Sara Crawley, Service Unit Manager for the Nonotuck Service Unit of the Girl Scouts of America, known locally as the Girl Scouts of Central and Western Massachusetts said the fair devoted to community service drew about six local area nonprofits and some 40 Girl Scouts



Pictured left to right: Sherrill Joseph, RN, Charge Nurse/Supervisor; Sara Crawley, Girl Scout Service Unit Manager; Sarah Shaneika Hunt, RN, Nurse Manager; Lynn Marcus, volunteer.

Submitted photo

and "was a way of celebrating the birthday of Juliette Gordon Low, the founder of Girl Scouts."

"She was born October 31," Crawley said. "From the beginning, service to the community was part of the foundation of Girl Scouting. We honor her legacy by continuing that tradition."

Jen Matoney, co-chair of Pioneer Valley Coalition for Suicide Prevention, one of the state's 11 regional coalitions under the Massachusetts Coalition for Suicide Prevention, said the book project drew the interest of high school as well as elementary school-aged Girl Scouts.

"Our volunteers answered questions that came up, followed the girls' lead about what they wanted to talk about, organically providing age-appropriate, facilitated conversation about wellness and the importance of naming, sharing and-or writing down emotions," Matoney said.

She said that the decorated covers carry personal messages designed to first let the adolescent patients at MiraVista know "they are thought of and cared about, that they matter, and that healing, hope, and recovery are possible."

Matoney said that the project reflects the mission of PVCSP "to promote wellness and hope and reduce suicide and despair." She said members consists of both social service professionals and individuals who have been "personally impacted by suicide, known as having lived experience," and that this particular project held a "very high importance" for her.

"My beloved mom, Lynn, died from depression and suicide in 2007 at the age of 58," Matoney said. "Among her many roles, she had been my Girl Scout troop leader for 10 years. With her gentle, reserved approach, endless creativity, and talent for hands-on projects, she made an incredible impact on me, my sister, our friends, and many other girls. When she died, probably 15 to 20 years after being a troop leader, former Girls Scouts from childhood reached out to me. Of course, I now volunteer and work in suicide prevention and support in my mom's honor."

For more information on programs at MiraVista visit https://www.miravistabhc.care/.

Children's museum to host pet-friendly event

HOLYOKE – This Saturday, Nov. 23, you're invited to join The Children's Museum at Holyoke for the grand opening of their new exhibit, Paw & Play. The two-hour Community Celebration includes the official opening of this interactive and doggone amazing exhibit, plus free admission, guided activities and crafts, refreshments, local organizations, special four-legged guests, and more. The Children's Museum at Holyoke is pleased to announce the completion of a second new exhibit in less than a year, Paw & Play. It is a holistic approach to public safety through a helping lens with the help of our furry

friends, the working dogs! By looking at K9 dogs, service dogs, search and rescue dogs, herding dogs, and therapy dogs children learn how these canines help their human companions and the community at large. The exhibit itself is modeled after a training agility course, comparing and contrasting human versus canine abilities with active play pieces including a 'Canine Climb' rock wall, jump test, climbing rope with foam pit, balance beam, and more. In addition, there are educational wall text graphics, crafted in both Spanish and English, to be reflective of the diverse population utilizing the Museum.

Emme Geryk, the Museum's Programming Coordinator and one of the visionaries behind this exhibit shares an additional paws-itive note of pride about Paw & Play, "This installation was designed and executed entirely in-house with illustration and graphic design done by local artist Sam Lou and printing done around the corner at The Print Shop by Holyoke Art. The whole project - from painting, to building, to installing wall graphics - was all done by hand! It was truly a 100% local effort."

This new opportunity for our community's children to further un-leash their potential was made pos-

sible through the generosity of Andy Whitcomb of the Barbara and Richard Whitcomb Foundation.

Come sniff out all the fun this Saturday. We know you'll want to sit and stay (okay more likely play and stay) and enjoy many activities, visiting therapy dogs, refreshments, and participating organizations* including:

- Love on a Leash Therapy Dogs
- Dakin Humane Society
- Better Together Dog Rescue
- Journey's Lemonade

The event will be held from 10 a.m. to 12 noon and admission is free of charge.



Decluttering program fundraiser for NAMI

HOLYOKE – NAMI-WM will be holding a Responsible Decluttering Program fundraiser at our office; 1221 Main Street, Suite 100, in the Catherine Horan Medical Building. Volunteers will be collecting housewares, gently used clothing, towels, small household appliances, books, sporting goods and much more. All clothing should be in kitchen or 30 gal. size trash bags, durable goods should be in manageable size boxes. Anything wet or soiled, in non - working condition, and any baby safety items will not be accepted.

Call the office to arrange a time to drop off items or to have them picked up. Visit the website to find a list of items that will be accepted.



Grinspoon Amber award nominations open

HOLYOKE – The Harold Grinspoon Foundation proudly announced the launch of the Grinspoon Amber awards at the Jewish Federations of North America 2024 General Assembly gathering in Washington DC. These annual awards will honor five exceptional professionals in the Jewish communal field, celebrating their impact, leadership, and commitment to a vibrant Jewish future.

The Grinspoon Amber Awards were conceived of by Harold Grinspoon, the foundation's founder and a passionate advocate for Jewish communal life.

'The Jewish world benefits tremendously from the most amazing, creative people who work to enhance Judaism around the world," said Grinspoon "This is a small way to show our appreciation, my appreciation and the foundation's appreciation."

Since founding HGF in 1991, Grinspoon has championed initiatives that enrich Jewish life and learning, with a firm belief that strong Jewish communities are essential to a vibrant future. The Grinspoon Amber awards reflect this vision by honoring professionals who have made exceptional contributions to the Jewish communal field. Whether through remarkable achievements, deep dedication to Jewish values, effective bridge-building across diverse groups, or courage in overcoming challenges, the awards will celebrate professionals for their lasting impact on the Jewish community.

"Outstanding professionals in our community dedicate themselves to the hard work of nurturing Jewish life, often behind the scenes, and they do it with passion, resilience, and a deep commitment to others," said Winnie Sandler Grinspoon, president of the Harold Grinspoon Foundation. "When we considered who could be the right partner

for this, project, JFNA was the obvious choice. They are deeply committed to supporting Jewish professionals in countless ways, and we are thrilled to partner with them on this one."

The first winners will be announced a year from now at the Jewish Federations of North America General Assembly in 2025. In addition to a \$10,000 prize, each winner will have the chance to "pay it forward" by selecting two other professionals to receive Peer Recognition Grants of \$2,500 each. This reflects Harold Grinspoon's belief that true leadership is about lifting others, fostering a cycle of growth, inspiration, and excellence within the Jewish com-

"Partnering with the Harold Grinspoon Foundation on this initiative perfectly aligns with our mission to support and uplift the dedicated professionals who sustain and enrich Jewish life," said Eric Fingerhut, president and CEO of the Jewish Federations of North America. "At a time when our communities face unprecedented challenges, these awards not only honor individual excellence but also reinforce a culture of appreciation and shared commitment that strengthens our community as a whole."

Nominations for the 2025 Grinspoon Amber awards are now open and will be accepted until 5 p.m. Jan. 31, 2025. Eligible nominees will receive an invitation to apply for the award. nominees interested in being considered for the award will be required to complete an application and submit all necessary documents, including two personal letters of recommendation and a personal statement, by 5 p.m. on March 20, 2025.

For more information about the Grinspoon Amber Awards, visit www. amberawards.org.

YMCA unveils virtual golf simulator

HOLYOKE – Last Thursday, Nov. 14, The Greater Holyoke YMCA hosted an exciting kickoff event to introduce a new innovative amenity, offering local families, especially those from underrepresented communities, an incredible opportunity to experience the world of golf, all while breaking barriers and creating new pathways for enrichment and recreation.

The virtual golf simulator, which is the first of its kind in Holyoke, will give families who traditionally don't have access to golf courses a chance to learn and play in a safe, inclusive, and welcoming environment. As part of The Greater Holyoke YMCA's mission to create equity and opportunity for all, the introduction of the simulator underscores a commitment to bringing diverse, transformative experiences to our community.

'We're incredibly excited to bring this to the Y-and, more importantly, to our community," said Conor Bevan, CEO of The Greater Holyoke YMCA. "Golf is often seen as an elite sport, but we're here to change that narrative. The Virtual Golf Simulator is just one example of how The Greater Holyoke YMCA is breaking the norm and providing our community with everything it deserves.

It's more than just golf-it's about opening doors to new experiences, creating opportunities for growth, and making sure that all families, regardless of their background, can access and enjoy these opportunities.'

The virtual golf simulator joins a growing list of state-of-the-art programs and services at The Greater

Holyoke YMCA, which already includes swimming lessons, childcare (both preschool and school-age), teen programs like Virtual Reality Workforce Readiness, personal training, a cutting-edge wellness center, sports clinics, and so much

"This is a place where families of all kinds can come together, grow, and thrive," Bevan said "It's not just about physical health, but also about expanding minds, building relationships, and creating a sense of belonging."

The event is free and open to all, with opportunities for attendees to try out the simulator, learn more about The Greater Holyoke YMCA programs, and enjoy light refreshments. The Greater Holyoke YMCA encourages everyone in the community, whether experienced golfers or first-timers-to join in and celebrate this exciting milestone.

Community toy drive launched

HOLYOKE – The city's High Street Merchants have launched a community toy drive to benefit area children. Participating businesses are collecting new, unwrapped toys that will be distributed to families on Dec. 22 during a street party featuring a visit from Holyoke Mayor Joshua A. Garcia, photos with Santa, music, snacks, hot chocolate, and activities for children.

"The goal of this toy drive is simple yet powerful: to bring smiles to the faces of children who may otherwise go without gifts during the holiday season," said event cochair Jazmin Acevedo. "We believe every child deserves the joy of unwrapping a present. With the help of our generous customers and community members, we aim to make this a reality.

Individuals are invited to donate new, unwrapped toys suitable for children of all ages. Popular items include Legos, dolls, action figures, educational games, and art supplies.

Deja Vu Nightspot, Old San Juan Bakery, Cuba Supermarket, and City Pizza will have clearly marked donation bins where contributions can be dropped off.

Monetary contributions, which would be tax-deductible, are also welcome. Funds raised will go toward purchasing additional toys and ensuring every child who attends the event receives a gift.

To volunteer as Santa, or to be part of the supporting staff for the street party, email christmasonhighstreet@ gmail.com.

"We are incredibly excited to host Christmas on High Street and give back to the families of Holyoke," Acevedo said. "As a local business owner, I believe it's our responsibility to support the community that has supported us over the years. This toy drive is not just about collecting gifts; it's about bringing hope, joy, and a sense of togetherness to the children who need it most. We're calling on our neighbors, friends, and customers to join us in making this holiday season a little brighter for every child in our city."

Mall partners with Salvation Army

HOLYOKE - Holyoke Mall is proud to partner with The Salvation Army for their annual Red Kettle Campaign Kick Off event. This event signals the start of an initiative which funds programs and services for thousands of families, youth, and senior citizens in our community and across Massachusetts each year.

Bell ringers will be accepting donations at various exterior entrances and interior locations across the shopping center until Dec. 24. The event will also feature a performance from the Holyoke High School Madrigal Choir.

To complement the Red Kettle

Campaign, The Salvation Army is set to host another annual tradition, the Angel Tree. This program provides clothing and toys for children in need. According to The Salvation Army, each Angel Tree is decorated with numbered paper angel tags with the first name, age, and gender of a child who is in need of a gift. Contributors remove one, or more, tags from the tree and purchase appropriate gifts for the child or children described

Guests are encouraged to visit the Angel Tree Thursday through Saturday from 3 to 6 p.m. beginning on Friday, Nov.15 and until Tuesday, Dec. 24.

Santa Claus returns to Holyoke Mall

HOLYOKE - Santa's making his grand return to Holyoke Mall this holiday season beginning Nov. 21, offering the enchanting Santa Magic photo experience provided by Cherry Hill Programs. As North America's premier provider of experiential photography, CHP brings holiday magic to hundreds of venues, enchanting families and individuals alike.

Santa's Village at Holyoke Mall is open from Nov. 21 to Dec. 24 on the lower level, Honor Court near Mrs. Fields. Reservations are encouraged and can be made at whereissanta.com. Walk-up visits

are scheduled according to avail-

Capture the holiday magic all season long at one of the center's Santa events:

Santa's Arrival: Nov. 23 from 10 a.m. to noon.

Pet Night with Santa: Nov. 25 - 26 from 5 to

Dec. 2-3 from 5 to 7

Santa Cares: Dec. 8 from

9:30 to 10:30 a.m. All events will take place

on the lower level, Honor Court near Mrs. Fields.

For more information and a full schedule please visit at Holyokemall.com. Follow and share your stories at the center on Facebook and Instagram.

Wistariahurst Museum to host Holiday Open House and Festive Market

HOLYOKE - You better watch out, you better not cry. Better not pout, Wistariahurst is telling you why: our Holiday Open House and Festive Market is comin' to town! On Dec. 7 and 8 from 11 a.m. to 3 p.m., the mood will be right and the spirits up during this captivating weekend of jubilation. Our beloved museum will be decorated with the splendor of the holiday season and filled with

cheer as we welcome guests back into our halls. Visitors will be able to explore the first floor of the museum, listen to holiday-themed music, and discover the fun of our Wisty Railroad train set on display. But wait, there's myrrh! Our winter wonderland will feature our Festive Market with local vendors selling a variety of products such as art, jewelry, and other amazing items perfect for your gift exchanges this

year. Our Holiday Open House is guaranteed to bring joy to your world with historical fun and holiday cheer.

There is nothing better than feeling the magic of the holiday season inside of the museum," Rachel Powell, office assistant, muses. "The greatest gift we see at the museum is seeing people of all ages come together to celebrate the museum and community in the warmth of our halls."

Wistariahurst Museum's 4th Annual Holiday Open House and Festival Market truly offers something for everyone, and we're so excited to welcome the entire community to join us and share in the joy of the season. Our event is a time for celebration and a time to make cherished memories, so we've made sure to make admission to this event free and open to the **Guest Column**



Older Veteran asks about Special Social **Security credit for** military service

Dear Rusty

I served in the U S Army from January 1958 to February 1961.

What increase should I receive for those years and who do I call and at what phone number?

Signed: Proud Veteran

Dear Proud Veteran

First, thank you for your military service. I expect you are referring to the "special extra credits for military service," which are available to some who served in in the US Military in earlier years. It is important to note that these "extra credits" take the form of an adjustment to your military pay record while serving and are not an incremental amount added to your monthly Social Security benefit because you served.

Military pay has been subject to deductions for Social Security since 1957. Thus, while serving between 1958 and 1961 you paid SS tax on your military earnings. But, for purposes of determining your Social Security benefit, your military earnings record would be increased by \$300 for each quarter you served on active duty, up to a maximum of \$1,200 increase per year of service.

That means for 1958 - 1960, when calculating your SS benefit, \$1,200 would be added to your military earnings record for each year you served. FYI, for those who served after 1967, this adjustment was automatically made by Social Security. But for service years prior to 1967, as in your case, you would need to inform Social Security of your service when

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, 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

Wrap it up!



spent this past weekend trying to wrap things up. Before we know it the holidays will be upon us and there will be little time to spend in the garden. I had, and sadly still have, areas yet to clean up, last minute bulbs to plant and statuary and tools to put into storage. One major concern is how dry it is.Read on to learn about some chores that should be tackled before the ground freezes.

Honestly, in all my years of gardening I have never felt the need to water in spring bulbs after planting them. This year is the

What about our newly planted perennials, trees and shrubs? Just to be safe, get out the hose and give them a good soaking.

If weather permits, move a slow running hose from shrub to shrub over the course of a few hours. This is especially critical for our broad leaf evergreens such as rhododendrons, azaleas, and Pieris.

Remember the damage on older rhododendrons a few winters back? Some large specimens lost a third or more of their overall size. Much of that was caused by excessive cold and winter winds that desiccated (removed moisture from) the foliage and left it susceptible to injury. Antidesiccant sprays are available from nurseries and garden centers. These products leave a waxy layer of film over the leaf, locking in its moisture.

Did you purchase any shrubs, roses or otherwise that were so beautiful you couldn't resist, even though they were only marginally hardy in our area (zones 6 or higher)? These need special attention.

Pound some stakes into the ground just outside the drip line of the plant. Wrap the stakes with burlap and stuff it full of straw, salt marsh hay, or shredded leaves, anything that will insulate yet not pack down and cause rot.

greenhouse of fluctuating temperatures that will surely kill the plant. Climbing plants such as roses or clematis can be removed from their trellises, tied in loose bundles and wrapped in

under the weight of ice and snow. Smaller specimens can be protected by making "A-frame" tents out of plywood and placing them over the susceptible plant. Use hinges rather than nails to construct them; storage

blend in with the landscape.

Other articles have covered the importance of winter mulch to protect strawberries, fall mums, garlic, and spring flowering bulbs among others. Large evergreen branches do well to cover bigger areas. I have used them successfully to weigh down other light mulches such as straw or chopped leaves for twice the protection.

Remember, this task is best accomplished

See GARDEN, page 5

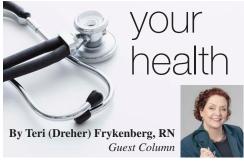
Never use plastic; this material creates a

a similar fashion as above. Many of our evergreen shrubs suffer

during the off-season will be a breeze. These types of enclosures also provide a

great deal of wind protection. Paint them to

Protect yourself from heat-related illnesses



ven before the official start of summer, many of us were feeling the heat. Dangerous temperature records were set and we have a long, hot summer ahead.

Our bodies are resilient, but heat is dangerous even to the fittest person. Heatrelated illnesses are the main reason emergency room visits spike in the summer.

Let's review the signs of heat-related illnesses and review safety tips. These are especially important if you have a young child or senior in your care, as they are most susceptible.

Types of heat-related illnesses

We're designed to maintain an internal body temperature a few degrees above or below 98.6° F. Heat-related illness sets in when the body isn't able to rid itself of excess heat at a fast enough rate.

When the body starts to overheat, blood

vessels get bigger and the heart beats faster and harder. More blood flows to the outer layers of the skin so that heat can be released into the environment.

If the outside air is warmer than the skin, the brain triggers sweating to cool the body. As sweat evaporates, it releases heat from the body. As you probably have experienced, sweating when the weather is humid is much less effective.

When the body can't cool itself effectively or quickly enough, heat-related symptoms can start showing up. Here are a few things to watch for:

Heat rash: This is a skin irritation caused by excessive sweating and clogged pores during hot, humid weather. Babies, who have folds of skin on their necks, legs and arms, can quickly develop this, but anywhere your skin rubs together (armpits, under the breasts) can be susceptible. Small blisters may develop.

Heat cramps: The body loses a lot of salt and electrolytes when it's sweating excessively, which can lead to painful muscle spasms in the arms, legs, abdomen and other areas.

Fainting or light-headedness: More blood is flowing to the skin surface (which is why people may look red or flushed when

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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.

HEALTH, from page 4

suffering heat-related illness), so there's less in the brain. This may cause you to feel dizzy or even faint when you stand up. One of the reasons for ER visits in summer is injuries caused by a fainting spell or dizziness.

The more serious heat-related illnesses are heat exhaustion and heat stroke, which is potentially fatal. A person's skin may feel cool to the touch, but the internal body temperature may still be dangerously high.

Heat exhaustion: When the internal temperature is between 101 and 103 degrees and you've become dehydrated from sweating, heat exhaustion can result, with feelings of fatigue, nausea, fast heartbeat and shallow breathing. This is your body telling you to stop exerting yourself.

Heat stroke: This is a medical emergency. Sweating causes your blood volume to drop and therefore your blood pressure, meaning not enough blood and oxygen are reaching internal organs. The body's internal temperature of 104 or above may be enough to lead to organ failure. Immersing a victim in cold water is the best immediate course of action.

So, clearly, heat is not something to mess around with. How do you protect yourself and those you love?

Avoid going outside unless you really have to. Most of us are fortunate enough to have air conditioning in our homes and cars, but if you don't have it, find somewhere that does, whether that's the mall, the library or a museum. There

are cooling centers across the region.

Get wet. As water evaporates from the skin, it cools the body. Jump in a lake or take a cool bath.

Shed layers. Summer is no time for fashion statements. Wear light-colored, loose clothing that allows air to flow around you. And a broad-brimmed hat, too.

Exercise or do yardwork in the early morning. One of the effects of prolonged heat is that even the nights are hot. Temperatures are usually lowest in the early morning.

Stay hydrated, but not too hydrated. Yes, drink water or sports beverages and eat foods that are water-rich. But too much water can dilute the salts in your body, so some salty snacks are a good

Listen to your body and keep an eye

on others. Heat illness can develop very rapidly and is not always obvious before it becomes life-threatening.

Most of all, don't hesitate to seek medical treatment if you suspect heat exhaustion or heat stroke. You want to make sure to be around when things cool off in autumn!

Teri (Dreher) Frykenberg, a registered nurse and board-certified patient advocate, is the founder of Northshore Patient Advocates LLC (NShore). She is also founder and CEO of Nurse Advocate Entrepreneur, which trains medical professionals to become successful private patient advocates. Teri offers a free phone consultation to newspaper readers as well as to nurses interested in becoming advocates. Reach her at Teri@ NurseAdvocateEntrepreneur.com.

SECURITY, from page 4

you claimed SS and provide a copy of your military form DD-214, your discharge papers. SS would then make the appropriate adjustment to your military earnings record prior to calculating your benefit amount. And, for clarity, additional credits for military service are not available to those who served after 2001.

A key point to understand is that this adjustment to your military pay may or may not affect the amount of your Social Security benefit. Social Security determines your benefit amount based on your highest earning 35 years over your entire lifetime, adjusted for inflation.

If, after you served in the military, you had at least 35 years of civilian employment where you earned more than your military pay, it is probable that your military pay is not included when calculating your Social Security benefit. If that is the case, it is likely that the "special extra credits for military service" would have no effect on your Social Security payment. If, however, your military pay including those special extra credits for any year is more than you earned in civilian life, then you

can contact Social Security (1-800-772-1213), provide them with a copy of your DD-214, and ask that they recalculate your Social Security benefit to include the extra credits for your years of mili-

Again, thank you for your service to our country, and please do not hesitate to contact us again if you have any further questions. FYI, you may also find the "For Veterans" section of our AMAC Foundation website by visiting www. amacfoundation.org.

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



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GARDEN, from page 4

after the ground freezes, with our goal being to keep it frozen, thereby avoiding thawing spells that heave plants from the ground.

During the winter voles and field mice can wreak havoc on young fruit trees by tunneling through the snow to the bark in search of food. Their gnawing will girdle the tree and if excessive enough will eventually kill it.

Remember, the layer of tissue just below the bark is the tree's "plumbing"! Protect the trunk by wrapping it with one-quarter inch hardware cloth or commercially made trunk protectors. Remove the protectors in the spring.

Unfortunately, I neglected to protect young trees one fall and that was all it took. A poor tree was gnawed almost completely around the trunk. I was surprised it had enough energy to leaf out the following spring, but less surprised to see it wither and die not a month later.

In case you were wondering, yes, my bulbs for Old Sturbridge Village did finally come in. I wish they could talk. What a story they would tell.

I think they have honestly traveled more in the last six weeks than I have in my entire life. Holland to New York to Alabama to the Bahamas to New Jersey and then to a shoe store in New York City. Yes, a shoe store.

A good Samaritan saw my name on the packing slip and called to say she received them. Regardless, I am happy they finally arrived in Sturbridge. I am hopeful that they will all be planted (and watered in) within the next couple of days!

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.



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HCC honored for excellence in marketing

HOLYOKE - Two stories about Holyoke Community College graduates earned awards for the college at the Fall 2024 District 1 Conference of the National Council for Marketing and Public Relations.

HCC won the top two Medallion awards in the category of Excellence in Writing, Short Form, for stories up to 800 words. Taking gold: "Name That Tune," a short profile of HCC math major Tom Dulac '23, now a student at Westfield State University. In 2023, Dulac won a national award for musical composition that he submitted under the pseudonym "Zac Dune."

Taking silver: "Ready to Go," a Commencement profile about Tatiana McKnight '23, who suffered from agoraphobia as a teenager. Encouraged by her grandmother, the Puerto Rican educator and author Sonia Nieto, McKnight enrolled at HCC, where she excelled and used as a springboard for transfer to Mount Holyoke College.

Both stories were written by HCC Media Relations Manager Chris Yurko. "Name That Tune" was published in the Alumni Out & About section of the Spring 2024 issue of the HCC college magazine, The Connection, and "Ready to Go" in the Spotlight section of the



HCC Media Relations Manager Chris Yurko and HCC Multimedia Specialist Louis Burgos hold gold and silver awards the college received from the National Council for Marketing and Public

HCC website in July 2023.

'It always feels good to be recognized by one's colleagues, but it gives me even greater joy to be able to bring attention to the great work being done at the college and the remarkable achievements of our students," said Yurko, who is also editor-in-chief of the college's award-winning magazine, The Connection, which received a national Paragon award from NCMPR

NCMPR represents marketing and public relations professionals at community and technical colleges in the United States and beyond. The NCMPR Medallion Awards recognize outstanding achievement in design and communication in each of NCMPR's seven districts. HCC resides in District 1, which includes Connecticut, Delaware, District of Columbia, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont, the Canadian provinces of New Brunswick, Newfoundland, Nova Scotia, Prince Edward Island and Quebec, and the United Kingdom. The NCMPR District 1 Conference was held Oct. 23-25 in Baltimore, Maryland.

SCHOOL, from page 1

those ratings will come into the aggregator."

The school committee will also need to come up with indicators of success for the superintendent.

Within these indicators, four standards must be included: instructional leadership, management and operations, family and community engagement, and professional culture.

The school committee is able to select within each standard a set of indicators that they want to use.

There is a provided list of indicators the committee can select from. Koocher suggests that the committee select a few indicators for each category to evaluate the superintendent.

"The best way to do this is for a cou-

ple of members of the school committee to sit with the superintendent and say, 'you've set your goals and we've set our goals; which indicators do you think are the most important ones for us to look for?" Koocher said. "We suggest, very strongly, that the superintendent and the school committee agree together on how the superintendent will demonstrate suc-

If the school committee feels that the indicators provided by the MASC do not reflect what they want to be done for Holyoke, they can also come up with their own indicators to evaluate based on.

Once the committee gives their evaluations to the aggregate group and the aggregate returns the full scores and evaluation, the school committee still has the ability to change the overall rating if they feel it does not properly reflect the work of the superintendent.

You will then have the ability to make changes to the report and even make changes to the ratings," Koocher said. "Let's say the scores come up to 3.2 but you feel that the superintendent is exemplary overall, you can give them the exemplary."

Koocher also laid out the specific details within a contract the school committee can set.

They can set special rules, such as only allowing school committee members who have been on the committee for six months to evaluate the superin-

Also, they can request feedback from people outside of the school committee, such as faculty members of the district.

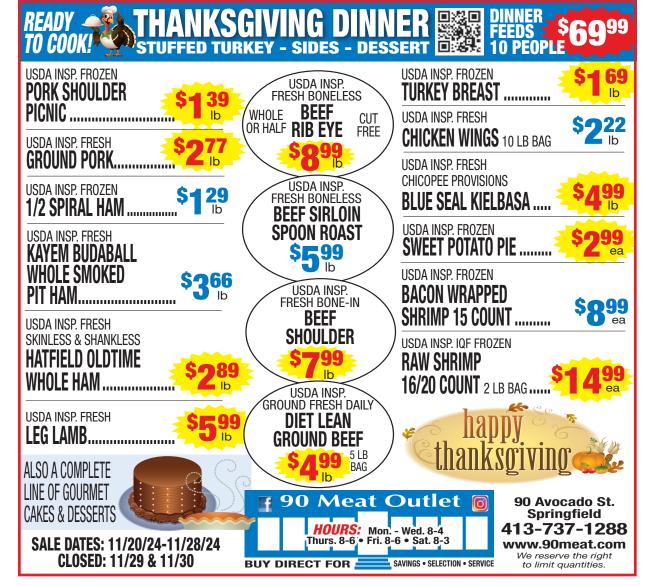
Overall, Koocher emphasized that the system is designed to give the committee a general pathway for their evaluation, and that they can decide what direction they want to take with it.

The scoring system allows you to use your head, your heart and your gut in rating the superintendent," Koocher said.

Above everything, Koocher suggests that the committee have this process be explicitly laid out between the superintendent and the committee.

This way even if there is a misunderstanding or a disagreement, the school committee can refer back to the process and the contract to decide the best way forward.

'We suggest that you consult with the superintendent, respect the wishes of the superintendent to the extent that you can, but if there is disagreement then the school committee gets to break that tie,"



Street Mythology offered as HCC theater production

HOLYOKE - "Polaroid Stories" written by Naomi Iizuka and directed by Rose Schietz Malla will being showing on Thursday, Nov. 21 at 7:30 p.m. at HCC's Leslie Phillips Theater. The Friday, Nov. 22, show will be ASL-interpreted.

Tickets are \$5 for HCC students, staff, and faculty; general admission is \$10 and Senior tickets cost \$8. Available one hour before each show at the Leslie Phillips Box Office or call 413-552-2528 to reserve.

For audiences 13 years and older "Polaroid Stories," a play by Naomi Iizuka, presents a series of linked vignettes, about homeless youth living on the streets of some unnamed, presumably American city.

Those snapshots capture their struggles, conflicts, hopes, and ambitions, but, like a Polaroid image, a full rendering only becomes clear over time. But it's even more complicated than that. The play, while based on interviews with real street kids, is also an adaptation of the ancient, epic poem "Metamorphoses," written by the Roman poet Ovid in A.D. 8.

"What they experience in Polaroid Stories mirrors or somehow distorts the familiar tales we know from Greek mythology," says Rose Schwietz Malla, guest-director of the Holyoke Community College Theater Department's fall 2024 production of the play. "Metamorphoses is a collection of stories about people and mythical figures experiencing change, transforming in some way, as do the characters in 'Polaroid Stories.'

Schwietz Malla, a graduate student in the University of Massachusetts Amherst theater program, said she selected Polaroid Stories in part because of the way it elevates marginalized young people to the status of mythological figures.

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HOLYOKE FOOTBALL (3-7)

Thurs., Sept. 12 – Pittsfield 36, Holyoke 12
Thurs., Sept. 19 – Agawam 21, Holyoke 14
Sat., Sept. 28 – Holyoke 51, Taconic 12
Fri., Oct. 4 – Longmeadow 35, Holyoke 6
Thurs., Oct. 10 – Holyoke 20, Minnechaug 14
Fri., Oct. 18 – Chicopee Comp 23, Holyoke 12
Fri., Oct. 25 – Central 62, Holyoke 0
Fri., Nov. 1 – Westfield 52, Holyoke 21
Thurs., Nov. 7 – Holyoke 22, Putnam 20
Thurs., Nov. 14 – East Longmeadow 35, Holyoke 20

THANKSGIVING GAME
Thursday, Nov. 28 – at South Hadley 10 a.m.

SOUTH HADLEY FOOTBALL (5-4)

Friday, Sept. 13 – Wahconah 26, South Hadley 6
Friday, Sept. 20 – South Hadley 27, Greenfield 14
Friday, Sept. 27 – Chicopee Comp 22, South Hadley 8
Friday, Oct. 4 – Pittsfield 46, South Hadley 6
Friday, Oct. 11 – South Hadley 31, Ludlow 12
Thursday, Oct. 17 – South Hadley 33, Taconic 2
Thursday, Oct. 24 – Putnam 42, South Hadley 19
Friday, Nov. 1 – South Hadley 47, Chicopee 20

Friday, Nov. 1 – South Hadley 47, Chicopee 20 Friday, Nov. 8 – at Palmer

Friday, Nov. 15 – South Hadley 27, Pathfinder 9
THANKSGIVING GAME

Thursday, Nov. 28 – vs. Holyoke 10 a.m.

HOLYOKE vs. SOUTH HADLEY

South Hadley leads series 5-1 2023: South Hadley 20-6

2022: South Hadley 60-36 2021: Holyoke 36-30 2020: No game - COVID

2019: South Hadley 50-26

2018: South Hadley 28-20 2017: South Hadley 34-21



Nathan Pok throws the screen pass.

Holyoke looks to rebound with win on Thanksgiving

HOLYOKE - Six years ago, Thanksgiving rivals shifted as Holyoke and Chicopee ended their 100-year Turkey Day rivalry in favor of Chicopee and Chicopee Comprehensive holding their "Sword Game" on Thanksgiving.

With the change, Holyoke and South Hadley now "Battle for the Bridge" for the seventh time. South Hadley has had a distinct advantage over Holyoke since the new rivalry started, winning five of the first six games, including the last two. The only Holyoke win so far in the series was in 2021.

Last year, at a sunsplashed Roberts Sports Complex, South Hadley had a big win over Holyoke 20-6. All of the scoring took place in the second half as the Tigers scored a touchdown in the third quarter to take the lead. Holyoke would score in the fourth, but the Tigers managed a pair of touchdowns to get the game out of reach late. For Holyoke, Nathan Pok had a 10-for-25 day passing for 133 yards. Owen Dawson led South Hadley with 142 yards rushing on 19 carries with two touchdowns. Noah Marion scored a touchdown for the Tigers as well and Julius Hebenth had 69 yards rushing.

This year, Holyoke has had a tough year with a 3-7 record overall. South Hadley will enter at 5-4. The Tigers are coming off a win against Pathfinder while Holyoke lost its last game in Week 10 against East Longmeadow.

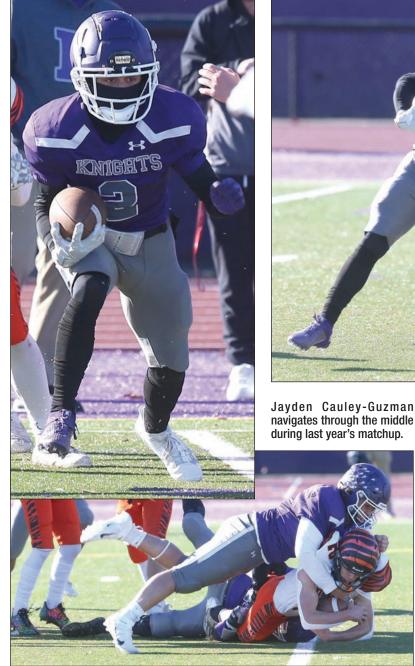
Kickoff will be at South Hadley High School at 10 a.m.

Athletic Hall gets new inductees

HOLYOKE - The Holyoke Public School Athletic Hall of Fame Induction Class of 2024 will feature some of Holyoke's finest from the pitch, basketball courts, baseball diamond and the track, all of them boasting some outstanding achievements. Purple Knights Michael Athas, Kate McKenna, Maxwell Perez and Selena Yates, and Dean Golden Hawks Nathan Hernandez and Krzysztof "Chris" Legowski, were inducted into the Hall of Fame at its enshrinement banquet on Oct. 26, at the Wycoff Country Club.

Michael Athas earned eight varsity letters at Holyoke High School and was the captain of the soccer, basketball and baseball teams in his senior year. As a senior, he led the soccer team in scoring and was the second leading scorer in the Churchill-Moriarty League with 12 goals and 2 assists, earning 2nd team All-Western Mass honors. Athas helped Holyoke win backto-back Division I basketball championships and was a twotime All-Western Mass all-star in baseball, his senior year was capped with a .368 batting aver-

A two-sport all-star, Nate Hernandez led the Hawks to the Massachusetts Small See HALL, page 8



Jaden Diaz makes a tackle.



Jayden Cauley-Guzman tries to avoid a tackle.

Turley photos by David Henry www.sweetdogphotos.com



Alexander Robles goes for a tackle.

Sports

HALL, from page 7

School Vocational Championship, the school's first ever bowl game, and caught a touchdown pass in the 36-34 win against Nashoba Valley Tech. In his senior year, Hernandez had 600 receiving yards and seven touchdown catches, and posted five interceptions at safety, to earn first team All-Western Mass honors. A four-year, high scoring starter for the Hawks' basketball team, Nate would finish his career with 1,068 points. He helped Dean post winning seasons all four years, was two time all-league first teamer, and earned All-Western Mass DIII First Team recognition in his senior year.

Chris Legowski finished his high school career at Dean as the school's all-time leading scorer in just three years, with 80 goals and 20 assists in 47 games. An all-star all three years, earning All-Western Mass 1st Team honors as a junior and senior, Legowski earned All-State honors, and was selected as "Division III Player of the Year" by the Western Mass High School Soccer Coaches Association, the first time ever the award was given to a "vocational school" soccer player, in his final season.

Kate McKenna was arguably Holyoke High's the most outstanding female athlete ever, as she earned 11 varsity letters and was named as captain of the Purple Knight soccer, basketball and track teams as a senior. A four-year starter in soccer, she was annually the team's leading scorer posting and finished with 25 career goals and was 1st team "All-State" as a junior and senior. Earning basketball All-Western Mass recognition all four years, McKenna became the first Holyoke girl to score 1,000 career points and would go on to record 1,018 points. In the spring, McKenna served as the Knights' top sprinter on the track team. As a sophomore, she qualified for the Western Mass meet in the 100 and 200 meters, and finished 6th in the 100, posting the Holyoke girls' only championship point, and would dominate 200 and 400 meters as a senior.

As a freshman, Max Perez earned starting status and was a solid contributor in helping Holyoke successfully defend its Western Mass crown in 2000. With Perez in the backcourt, Holyoke would make post season appearances the next three years with Perez being named "All-Western Mass" 2nd team as a sophomore and junior. Named one of the "Super Seven" players to watch by the Springfield Republican to begin his senior year, Perez joined the Purple Knights"1,000-



Nate Hernandez was among the inductees into the Holyoke Athletic Hall of Fame this year.

point Club" on January 28, 2003. He would go on to finish with a career total of 1,206 and was named All-Wester Mass 1st team after leading Holyoke to the Western Mass semi-finals.

Selena Yates was Holyoke's most celebrated track athlete ever. The area's top sprinter in only her first year, Yates was undefeated in the 100 and 200 meters during the regular season, before becoming the 200-meter titlist at the Western Mass Championships. She would graduate as a four-time Western Mass 200-meter champion, making her the only 4-time winner ever in that event. Along the way she broke the school's record in the 100, the 200 and the long jump, and received All-



Selena Yates helped lead the Knights girls basketball team to a Western Mass. title in 2012.

Western Mass 1st team honors. Her sophomore season high jump mark of 5'3" was the best mark at Holyoke in 28 years, and she also tied the 29-year-old Holyoke record in the 400 meters the first time she ran it and set the school mark in the long jump at 17' 1 1/2". Listed as a preseason "Super Seven" players to watch by the Springfield Republican in her junior year, Yates won the New England 200-meter title. A two-time "All Western Mass first teamer" in basketball, Yates helped the Holyoke High basketball team post a new school win mark with a 23-3 record and win the school's first ever Western Mass Girls Division I championship.

Late goals get Springfield T-birds much-needed win

SPRINGFIELD – The Springfield Thunderbirds (6-8-1-0) got a clutch late-game goal from their captain en route to a 4-2 win over the Charlotte Checkers (7-4-0-1) on Saturday night at the MassMutual Center. Springfield picked up its first set of back-to-back wins this season in the process.

The T-Birds played a stout defensive opening period against the AHL's most potent offense, keeping the Checkers to just nine shot attempts and one unsuccessful power play opportunity. Vadim Zherenko has a stable start to his night, denying each Charlotte shot that reached the blue paint.

At the other end, former T-Birds head coach Geordie Kinnear also had his team locked in defensively. The Checkers also killed off one Springfield power play, and Ken Appleby had answers for each of the T-Birds' seven first-period shots.

2:30 into the second, one of the newcomers to North America got Springfield the night's first tally. Leo Loof brilliantly maneuvered himself down the right wing into the slot, moving the puck to his forehand and rattling a shot off the post. While Loof did not have luck on his side, his fellow Swede Simon Robertsson did, as the rookie arrived in the slot, found the loose puck, and snapped it past a fallen Appleby to give Springfield the 1-0 lead. It was Robertsson's first AHL goal, and it marked the first time in three games that Springfield tallied the first marker.

The Springfield power play, which had not scored since Nov. 2, got into the action next at 5:57, as Aleksanteri Kaskimaki uncorked a one-timer from the right circle off a setup from Samuel Johannesson. Marcus Sylvegard parked himself in front of the net and deftly

tipped the shot past Appleby for his second man-advantage goal of the season, and the T-Birds lead moved to 2-0.

A late penalty and subsequent unsportsmanlike conduct call put Charlotte on the power play for four minutes at the tail end of the middle stanza. With just 1.8 seconds left in the frame, Trevor Carrick held a clearing attempt in and snapped a shot past Zherenko to bring the Checkers to within a goal heading into the third.

The visitors built off that goal at the 2:23 mark of the third when Marek Alscher moved up from the blue line to find a loose puck in a scramble and score his first AHL goal to tie the game, 2-2

The stalemate carried into the back half of the final frame, and a pair of matching minors set the teams up at 4-on-4 hockey with less than six minutes to play. Almost immediately, the T-Birds rose to the occasion. Hunter Skinner raced to the right point to hold a puck at the blue line. With no hesitation, he whipped a pass diagonally to a streaking Matthew Peca on the left-wing side. Appleby denied Peca's first attempt with the pad, but the captain corraled the rebound and swept it into an empty net, restoring the T-Birds lead, 3-2, with 5:29 to go.

With Appleby pulled in the closing minutes, Charlotte kept pressing the issue, but Zherenko and the T-Birds defense stiffened. Dylan Peterson blocked a last-ditch effort, cleared the defensive zone, and tapped the puck into the empty cage to wrap up Springfield's win.

Zherenko earned his first win since Oct. 12 with 25 stops on the night, while Appleby had 22 saves for Charlotte.

Worcester Railers notch road win in Trois-Rivières Canada

TROIS-RIVIÈRES, QC – The Worcester Railers HC (6-6-0-0 12pts) beat the Trois-Rivières Lions (5-3-2-0, 12pts), on Saturday by a final score of 5-4 in front of a crowd of 1,936 at the Colisèe Videotron. The Railers are back on the ice next at the Colisèe Videotron taking on the Trois-Rivières Lions on Sunday, November 17th at 3:00 p.m. EST.

It was Trois-Rivières who scored first when Jakov Novak (2-1-3) scored on the power play at 15:30 in the first making it a 1-0 score going into the second. Jakov Novak found the back of the net for a second time in the second period 12:03 into the frame. The Railers then made it 2-1 with a power play goal from Matthew Kopperud (1-1-2). Under a minute into the third Riley Piercey (2-0-2) scored on the power play to tie the game up at 2-2. The Lions took the lead 3-2 9:41 into the third with a goal from Logan Njihoff (1-0-1). Jonathan Yantsis (1-0-1) then added another on making it 4-2. Anthony Repaci then got one through (2-2-4) 13:02 into the third. Anthony Repaci struck again making it a tie game at 4-4 17:44 into the third. Riley Piercey got the game winner with 22 seconds remaining in overtime making the final score 5-4.

Trois-Rivières scored a power play goal for the lone first period goal. Jakov Novak (6th) got one by John Muse of Worcester to make it a 1-0 game. The Lions would go back on the power play later in the period following a hooking call on Connor Welsh, but the Railers penalty kill was able to successfully kill the penalty off. Shots favored Trois-Rivières 11-7 in the first period.

The Railers had to start the second period off on the penalty kill following a slashing call on Griffin Loughran late in

the first. Although the Railers successfully killed this penalty off to start the second, the Lions extended their lead to 2-0. It was Jakov Novak (7th) scoring again for the Lions as he ripped one through from the right circle. Matthew Kopperud (4th) cut into the Trois-Rivières lead with his power play goal making it 2-1 Trois-Rivières. Neither team would score through the rest of the second leaving the score at 2-1 headed into the third. Shots favored Worcester 11-9 in the second.

The Railers got another power play opportunity in the second and were able to tie it up at 2-2 as Riley Piercey (5th) tapped in a rebounded shot just 52 seconds into the third. The Lions went on to take the 3-2 lead with a goal from Logan Nijhoff (2nd). Jonathan Yantsis (1st) went on to make it 4-2 Trois-Rivières with his goal 11:21 into the third. The Railers cut the Lion lead to one with a goal from Anthony Repaci (8th) 13:02 into the third period. Anthony Repaci (9th) was not done there as he scored again on the power play to tie the game at 4-4 with 2:16 remaining in the third. With his goal, Anthony Repaci passed Barry Almeida at 150 for the franchise record in points scored with 151 (74G, 77A). Repaci's goal would be the final score of the third, forcing overtime. Shots were even at 17 for both teams.

It took almost the entire overtime period for a team to win this one. Matthew Kopperud had an opportunity late into the overtime period but his shot hit off the left post. Riley Piercey (6th) then took the puck down all alone and scored the game winner, giving the Railers the 5-4 overtime win. Worcester outshot Trois-Rivières in overtime, and Trois-Rivières outshot Worcester 40-39 in the game.

City of Holyoke **Notice of Public Hearing**

The Ordinance Committee of the Holyoke City Council will hold a public hearing to hear a special permit extension application of 876 Grow Inc at 360 Race Street (028-06-018A) to build and operate a marijuana cultivation and processing establishment. Hearing will take place on Wednesday, December 11th, 2024 at 6:30 pm at Holyoke City Hall 536 Dwight St and can be accessed remotely via www.zoom.us Meeting ID 841 7403 1269 Meeting Passcode 002495 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 11/22, 11/29/2024

City of Holyoke INVITATION TO BID 2025-17MB Bids Due December 9, 2024 by 2:00PM

The City of Holyoke invites Bidders to submit sealed Bids for 2025-17MB - Holyoke Municipal Buildings Floor Finishes and City Hall Immediate Needs, which includes: new flooring in four municipal buildings: City Hall, City Hall Annex, Dept of Public Works Bldg., and Police Station. City Hall, Annex and DPW buildings have asbestos flooring (ACM) to be removed. All existing flooring is to be removed to the original hardwood flooring or substrate prior to new flooring installation. Other minor improvements include replacing valves on existing cast iron radiators, limited removal of partitions, and installation of new casework.

Bid Alternates are as follows:

For City Hall - Attic cleaning, Gutter and structural repairs, Roofing and flashing repairs, Clock tower re-roofing, and Clock tower interior

For DPW Bldg. - New breakroom.

Bids are subject to M.G.L. c.149 §44A-J & to minimum wage rates as required by M.G.L. c.149 §§26 to 27H inclusive

Filed sub-bidders must be DCAMM certified for the trades listed below and bidders must include a current DCAMM Sub-Bidder Certificate of Eligibility and a signed DCAMM

Sub-Bidder's Update Statement.

Filed Sub-bids for the trades listed below will be publicly opened online. **TRADES**

Masonry, Roofing and Flashing, Resilient Flooring, Electrical Work

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.

General Bids will be received until December 9, 2024 at 2:00PM EST and publicly opened online.

THIS PROJECT IS BEING ELECTRON-ICALLY BID AND HARD COPY BIDS WILL NOT BE ACCEPTED. Please review the instructions in the bid documents on how to register as an electronic bidder. All Bids shall be submitted online at www.biddocs.com and received no later than the date and time specified. General bids and sub-bids shall be accompanied by a bid deposit that is not less than five (5%) of the greatest possible bid amount (including all alternates) and made payable to the CITY OF HOLYOKE. 11/22/2024

Commonwealth of Massachusetts **The Trial Court Probate and Family Court Hampden Division** Docket No. HD24P2413EA **Estate of:** Mary Jewett Date of Death: September 21, 2024 INFORMAL PROBATE **PUBLICATION NOTICE**

To all persons interested in the above captioned estate, by Petition of Petitioner Sandra L. Jenkins of Palmer, MA

a Will has been admitted to informal probate.

Sandra L. Jenkins of Palmer, 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 received until December 2, to petition the Court to insti-2024 at 2:00PM EST and tute 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. 11/22/2024

City of Holyoke **Notice of Public Hearing**

The DGR Committee of the Holyoke City Council will hold a public hearing to hear a special permit application of Daniel LaFlamme (Daniel's Truck Center Inc) to operate a light truck repairing and detailing center at 41 Temple St (085-00-012). Hearing will take place on Tuesday, December 10, 2024 at 6:30 pm at Holyoke City Hall 536 Dwight St and can be accessed remotely via www.zoom.us Meeting ID 814 6137 2448 Meeting Passcode 626329 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-

DGR Chair, Kocayne Givner 11/22, 11/29/2024

City of Holyoke **PUBLIC HEARING** NOTICE

The Holyoke Planning Board will hold a Public Hearing on Tuesday. December 10, 2024. at 5:30 p.m. via Zoom.com; ID: B3639398493; CALL IN 1 646 558 8656 to hear, pursuant to the Holyoke Zoning Ordinance, a Site Plan Review petition (Sec 10) for the conversion of existing mill space to 84 residential apartments and a Special Permit for a Reduction in Parking Requirements (Sec 6.1.7), submitted by Open Square Realty LLC, c/o Yedidva Blau to be located 110 Lyman Street / 383 Dwight Street (022-01-003, -004, &-oosJ.

For a complete copy of the application and site plan, contact the Planning Department at (413) 322-5575.

APPLICANT: Open Square Realty LLC, c/o Yedidya Blau PLANNING BOARD: Mimi Panitch 11/22, 11/29/2024

Commonwealth of Massachusetts The Trial Court **Probate and Family Court Hampden Probate and Family Court 50 State Street** Springfield, MA 01103 Docket No. HD24P1026GD In the matter of:

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.

Madeline Rivera Of: Holyoke, MA RESPONDENT Alleged Incapacitated Person **CITATION GIVING** NOTICE OF PETITION FOR APPOINTMENT OF **GUARDIAN FOR INCAPACITATED** PERSON PURSUANT TO G.L. c. 190B, §5-304

To the named Respondent and all other interested persons, a petition has been filed by MA Dept of Mental Health of Northampton, MA in the above captioned matter alleging that Madeline Rivera is in need of a Guardian and requesting that Javier Rivera of Springfield, MA (or some other suitable person) be appointed as Guardian to serve Without Surety on the

The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 a.m. on the return date of 12/03/2024.

This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

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 abovenamed person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named

person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Barbara M. Hyland, First Justice of this Court. Date: November 13, 2024

Rosemary A. Saccomani Register of Probate 11/22/2024

> City of Holyoke INVITATION TO BID 2025-11W **Bids Due** December 17, 2024 by 2:00PM

The City of Holyoke invites Bidders to submit sealed Bids for 2025-111W -Sealed bids for Wistariahurst Retaining Wall Rehabilitation, Holyoke, MA, which includes: rehabilitation of a section of historically significant masonry retaining wall on Pine Street. The project consists of mapping the existing masonry wall stones as they are in place, removal of wrought iron fence and coping, deconstructing the existing masonry wall and marking each stone with unique identification, staging and storing the wall stones on site, earthen excavation to subgrade, construction of a steel-reinforced cement concrete strip footing, reconstruction of the masonry wall with exact stone per location in bed of mortar, perforated pipe subdrain, clean out, free-draining crushed stone backfill, geosynthetic reinforcing in horizontal layers, backfill with compaction, fine grading, reinstall coping and wrought iron fencing, loam and seed, 5-foot

wide hot-mix asphalt sidewalk, drain manhole, ADA compliant cement concrete curb ramps with detectable strips including several cement concrete panels, temporary security fencing, temporary traffic control signs and lane or road closures, and clean up. The project is anticipated to include 150 linear feet of continuous wall rehabilitation and sidewalk replacement from the intersection of Pine Street and Hampshire Street, northward along Pine Street.

DCAMM Certification is required. The bidder Contractor shall also be MassDOT, Highways Division, Prequalified in the classes of work, "DRAINAGE" "HIGHWAYS-SIDEWALK and CURBING". The bidding and award of the Contract shall be in full compliance with Section 39M inclusive of Chapter 30 of the General Laws of the Commonwealth of Massachusetts as last revised. This project shall also comply with Sections 39F, 39K, 39N, and 39O of Chapter 30 of the General Laws of the Commonwealth of Massachusetts as last revised.

Bids will be received at the City of Holyoke, Office of Procurement, 536 Dwight Street, Room 3, Holvoke, Massachusetts 01040 until December 17, 2024 at 2:00PM EST and publicly opened at that time.

A non-mandatory Pre-Bid briefing will occur on December 4, 2024 at 10:00 AM EST at the Wistariahurst Museum, by the south end of Pine Street retaining wall.

Copies of bid documents are available by request to Edward J. Sweeney, Chief Procurement Officer, at the City of Holyoke, Office of Procurement, 536 Dwight Street, Room 3, Holvoke, Massachusetts 01040, Attn: Edward J. Sweeney, or sween eye@holyoke.org. 11/22/2024



EARLY DEADLINES FOR PUBLIC NOTICES

Thanksgiving will bring early deadlines for all public notices to run in TURLEY PUBLICATIONS the week of November 25-29, 2024.

Wednesday, Nov. 20 at 2 PM for November 27 issue

• Agawam Advertiser News • Sentinel • The Register • Wilbraham-Hampden Times

Thursday, November 21 at 2 PM for November 28 Issue

• Barre Gazette • Country Journal

• The Journal Register • Quaboag Current • Ware River News

Friday, November 22 at 2 PM for November 29 Issue

• Town Reminder • The Holyoke Sun • Chicopee Register



er is requested to check their advertisement the first time it appears. This paper will not be responsible for more than one corrected insertion, nor will be liable for any error in an advertisement to a greater extent than the cost of the space occupied by the item in the advertisement.

Classifieds

12 WEEKLY NEWSPAPERS ■ SERVING 50 LOCAL COMMUNITIES

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DEADLINES: MONDAY AT NOON

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GREG LAFOUNTAIN PLUMBING & HEATING Lic #19196 Repairs & Replacement of fixtures, water heater installations, steam/HW boiler replacement. Kitchen & Bath remodeling. 30 years experience. Fully insured. \$10 Gift Card With Work Performed, Call Greq (413)592-1505

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HELP WANTED

QVCDC IS LOOKING for a parttime facilities person to attend to three properties in downtown Ware. Duties include minor repairs, scheduling necessary inspections and serving as a liason with outside contractors Previous maintenance experience preferred. Please visit www.qvcdc.org for information.

SEEKING WEEKLY HOUSE-**KEEPING:** 1 floor - 2 baths, 1 bedroom, living room, kitchen and den. Southwick/Feeding Hills line. 413-530-6747

DRIVERS

INTERSTATE BATTERIES IS SEEKING A DRIVER/WARE-HOUSE for deliveries in Western Mass area. Qualifications include: clean driving record; ability to lift heavy weights; stable job history; good communication skills; high work standards & strong self-organizational skills. Apply in person 8 am-5pm M-F 9am-12pm Sat. 230 Chauncey Walker Street (Rte 21) Belchertown

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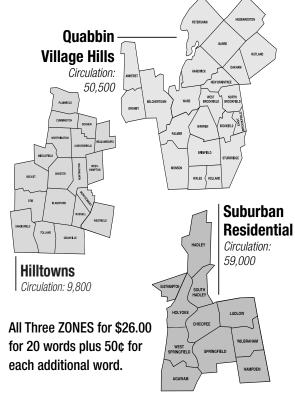
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FAIR, from page 1

discounted pet merchandise for people to shop and get items at a cheaper price than they normally would.

Also present at this event was the American Kennel Club pet disaster relief trailer. This trailer goes near shelters during disasters so people can keep their pets there while they stay in the shelter, as shelters do not allow pets.

This trailer is stocked with 55 crates as well as a variety of different pet supplies so that the pets will be well taken care of during their stay at the trailer.

There were three different sponsors for this event: Tandem Bagel, The Dog Spot and Country Bank.

"Just getting some of those partners involved with some of the events is a really nice way to give back," Brown said.

Brown and the others at the foundation hope that this craft fair can help to get people access to different pet supplies that they may need.

"We're just trying to get people

access to cheaper goods for their animals," Brown said.

One of Brown's favorite parts of the day is when the foundation got ready to announce the raffle winners.

Once we start getting to the 2 p.m. hour we get ready to call the raffles and it's funny because we're known for raffle prizes," Brown said. "I'll get on the microphone and start picking these names and people are cheering, it's a really good time."

The foundation's fundraising goal for the day was about \$10,000, though they are grateful for any amount of funds that they acquire.

They have been holding this craft fair for 17 years and every year they have enjoyed improving on it and seeing it

"These are one of our signature events," Brown said. "We take a lot of pride in it. We always get really great feedback, so many from around the community come."

Brown and the others at the foundation see this event as a great way to connect with the community and to spread

the message of their mission.

"We're kind of spreading the word on how as a community we can work together to help out," Brown said.

Additionally, the foundation uses this craft fair as a key fundraiser for TJO animals.

The Foundation for TJO Animals helps to pay for any medical needs of animals that are at the TJO Animal Control and Adoption Center.

The TJO center gets around 3,000 animals a year from Springfield, Chicopee and Holyoke. They get their money from the cities and tax dollars, which does limit their budget.

"The foundation's job is to raise money for the surgeries that happen constantly, medical treatments...and vet visits," Brown said. "It's a lot."

This kind of fundraiser is especially important in the current day, according to Brown.

"The shelters are overrun, there is a veterinary crisis across the company, so it's a really hard time," Brown said. "Being able to share this message is super important to us."



Sarah and Jeani Marquesen sold original portraits of different animals at the Pawzaar Craft Fair.



Mary and Brianna Manes ran Brianna's table: Crocheted by Bri.



Courtney Crosby from Don't Lose Focus Photography and Crafts sold some of her blankets for pets.



Root was one of many vendors at the event.



Inara and Laure Laplante from Laplante Creations ran their booth.



Owner of Wreaths and Crafty Creations Pawzaar Craft Fair.



Gale Flood sold jewelry.



Members of the TJO Foundation James Craft Fair.



Volunteers Stacie Cruickshanks, Lisa Smith, Ken Smith and Jeff Gonyer spent their time in the kitchen cooking food for the Pawzaar Craft Fair.



Gail Lafleur and Tina Colucci sold items for their businesses Gail's Pet Designs and More and Tina's Crafty Treasures. Turley photos by Quinn Suomala



Neveah Dasilva (who played Lavita) and Danaliz Davila (who played Kimberly) took their bows together.



The cast of Miss Nelson is Missing took their final bow together.

Turley photos by Quinn Suomala



Miss Nelson's class threatened to throw Raymond (played by Darius Baez) out of the window.



Jasiel Abreu Molina (who played Principal Humleker) performed a music number.



All the seniors in the Miss Nelson is Missing cast and crew were given flowers.



HHS Company Artistic Director Bevan Brunelle thanked the audience.



Miss Nelson's class grew to miss her and tried to figure out what happened to her.



Students gathered around Miss Nelson, who reappeared.



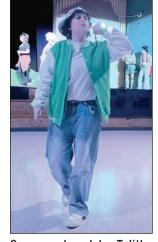
Miss Nelson's students all celebrated that she was back and that Miss Swamp was missing.



The whole cast and crew of Miss Nelson is Missing came together for one last bow.



Miss Nelson was able to get her students to finally settle down and listen to her storytime.



George, played by Talitha Hernandez, was assigned by the other students to keep watch as they looked for clues about Miss Nelson.



Miss Nelson, played by Kaylie Lopez, tried (and failed) to get her students to focus and learn from her lessons.



Darius Baez (who played Raymond) and Jasylanna Dasilva (who played Phoebe) took their hows.

PLAY, from page 1

them have done a lot, especially Linken because he was doing a lot to get this show on the road."

"I want to highlight Mrs. Brunelle," Heredia said. "She's the one piece that keeps us all together. She's our glue."

"Without her [Brunelle] we wouldn't be where we are today," Lagoy said.

For many of the cast and crew, being a part of this show and the theater company in general has been a great opportunity.

tunity.
"Holyoke High Theater Company has been the best decision I have made at this school so far," Baez said. "It's

really changed my point of view on a lot of things. I got to meet new people, I got to have new experiences and I got to be accepted in a lot of ways that have stood out to me greatly. I am so grateful for this opportunity."

Lagoy and Heredia have both been a part of the theater company since their sophomore year at HHS. Now they are both seniors, and they have truly enjoyed the experience.

Both of them agree that ushering is one of their favorite ways to take part in a production.

"I always made my way back to ushering because I love welcoming everybody," Lagoy said.

Also, not only do the cast and crew feel like this show brought them together, but they also felt it was a great way to bring the community together. "They [the plays] show how much

"They [the plays] show how much of a community we are," Usher Janiga Lagoy said. "Watching something that everybody can laugh at and enjoy just for a moment really helps people to connect."

Brunelle was thankful for the MIFA Victory Theater, which has been their sponsor for the last seven years.

"MIFA Victory Theater is our season sponsor this year and we really can't do our shows without them," Brunelle said.

Brunelle was also grateful to every-

one else who has chipped in to support the company, whether it be by giving donations, buying tickets or purchasing merchandise.

The theater company plans to put on Lord of the Flies in February. The show will be Wednesday, Feb. 5 through Friday, Feb. 7 at 6:30 p.m. as well as Saturday, Feb. 8 at 1 p.m.

Baez encourages anyone who has been interested in trying out theater but hasn't yet to come out for an audition.

"I think anybody, any kids or parents, should try to do something like this because I think a lot of people may think it is nerdy or stupid but it is really, really fun," Baez said.