

Tax rate reduced, but bills will rise for most residents

By Quinn Suomala
Staff Writer

HOLYOKE – The City Council set the tax shift for FY25 at their meeting on Dec. 17.

The council unanimously voted on a shift of 1.7500. This will set the residential tax rate at \$17.46 and the commercial tax rate at \$38.54.

“This is going to significantly reduce the residential, bringing it down to below \$18 and commercial, bringing it down finally below the \$40 mark while keeping the average single family tax bill increase to a manageable level,” Mayor Joshua Garcia said.

This is a reduction in the tax rate from last year. Last year, the tax shift was 1.6920, making the residential tax rate \$18.99 and the commercial/industrial \$40.09.

This reduction in the tax rate was possible due to Holyoke shifting to a minimal residential factor to relieve the tax burden on residents.

However, even with this reduction in the rate, the average single-family tax bill is still expected to increase by \$304.16, or about \$25 per month. This is due to the increase in property values, transportation costs, insurance, schools and various contractual obligations.

The council had proposed two other potential tax shifts, 1.749 and 1.747. The 1.749 would have created a rate of \$17.46 for residential and \$38.52 for commercial.

The 1.474 would have created a rate of \$17.47 for residential and \$38.47 for commercial.

The council ultimately decided on the 1.7500 as it was the lowest option they had for residential taxes.

“I would say we should adopt this 1.75, it is the best we can do and we take it from there,” Councilor Kevin Jourdain said.

However, moving forward many in the council want to work to improve the process of approving the tax shift and rate.

“The reason we have this late hour urgency is because we are, as a government, not following good process,” Jourdain said. “Typically we would complete the budget in June...then we would have the summer recess, we would come back in September, we would be provided our free cash certification and then in October we would vote on tax classification.”

Moving forward the council hopes that the rest of the city will work with them to speed up this process so they can have free cash certification and not

See TAX RATE, page 5

Freshly squeezed:

Community learns how to make lemonade



By Quinn Suomala
Staff Writer

HOLYOKE – Lemonade Dreams held a workshop where community members could learn how to make freshly squeezed lemonade.

Everyone in attendance got to have at least one glass of fresh lemonade that they made themselves.

They also got the option of adding in their own flavors, such as strawberry, mango or pina colada.

“We usually just do classic lemonade but today we’re adding flavors,” Owner Raven Torres said.

Torres hoped that going to this workshop would inspire people to make some of their own lemonade at home.

“I hope they stick to making their own lemonade rather than store bought...after you make your own fresh lemonade, you don’t go back to store bought,” Torres said.

Personally, Torres has only made her own lemonade since starting the business.

“Ever since we start-

See LEMONADE, page 12



Owner of Lemonade Dreams Raven Torres got all of the supplies ready for everyone to make their own lemonade.



Aalyah and Khameron Smart enjoyed getting the chance to make their own lemonade.

Turley photos by Quinn Suomala

Library hosts free gift wrapping opportunities for community

By Quinn Suomala
Staff Writer

HOLYOKE – The library hosted several free gift wrapping events for community members to attend.

At this event there were cookies and hot chocolate for people to snack on as they wrapped their different Christmas gifts.

The library hoped that providing this event would allow people to have a set time to wrap their gifts.

“The holidays are a really stressful time of year and taking a little bit of that present wrapping stress off of people’s shoulders and knowing we have all the supplies they need they can come, essentially have a party where they can relax and talk to other people and get it done with their community is always very helpful,” Children’s Librarian Rene Pellissier said.

Included in the supplies were gift tags provided by the history room. The tags contained historic festive images that the history room had in their archives.

Pellissier has liked helping to run this event and getting to know people in the community as they come in.

“I love getting to chat with people about what they’ve bought for people and who they like shopping for most and just a little bit of the thought that goes into everyone’s gifts,” Pellissier said.

The library had three different times and days for this event, including one on Wednesday, Dec. 11 from 6:30 p.m. to 8 p.m.,

one on Saturday, Dec. 14 from 11 a.m. to 12:30 p.m. and a final one on Thursday, Dec. 19 from 3 p.m. to 5 p.m.

Teen Librarian Robin Siniaho organized this event and wanted to ensure that there were a variety of times to accommodate all members of the community.



“We try to think about when people will be available to come and wrap their gifts with us,” Pellissier said.

Deciding on the different times for the event was one of the most challenging aspects of planning the event out.

The library is certainly open to future suggestions of times if the community feels different times would work better.

“We are always open to suggestions for next year on times of day that people think would work better for them, we’re trying to really work with the community on this,”

Pellissier said.

Pellissier and Siniaho hope to do this event again next year to help it continue as an annual tradition. This is their second year doing it and they hope to see it continue to grow.

The library has a few other events planned for the winter season. They will have a winter reading program planned to begin on Dec. 26 to help encourage kids to keep reading while on winter break.

Also throughout the season, Siniaho has various snowflake crafts available in the teen room.

They would also like the community to know that they will be on holiday hours for the week of Christmas into New Years. Rather than closing at 8:30 p.m. on Monday through Thursday they will be closing at 6 p.m.

For further information on the holiday hours and events, go to the library website at <https://www.holyokelibrary.org/>.

Highland Hardware selling commissioned paintings of Mt. TOM Ski Lodge

Highland Hardware selling commissioned paintings of Mt. Tom Ski Lodge

By Quinn Suomala
Staff Writer

HOLYOKE – Harry Craven, the owner of Highland Hardware, commissioned a painting of the Mt. Tom Ski Lodge to sell at his store.

The painting was done by Bill Greaney, who is a retired art teacher from Holyoke Public Schools. The paintings are available for purchase at the store for a price of \$50 each.

The paintings are also each signed by Greaney. Craven hopes many in the community enjoy the paintings.

“He does great work and I can’t believe how well the painting turned out,” Craven said.

Greaney used a black and white photo that Craven has of the ski lodge from the 1970s as his reference for the painting.

“He took this from this black and white I have and he hand drew the whole thing,” Craven said. “He penciled the whole thing in, then added color and it really came out nice.”

After Greaney painted the image, Owner of Mansir Printing Doug Riel helped them to print out the images.



Bill Greaney poses with Highland Hardware owner Harry Craven. Craven commissioned Greaney recently to do paintings of the Mt. Tom Ski Lodge. They are for sale at Highland Hardware. Greaney is a former art teacher who worked in the Holyoke Public Schools.

Craven was inspired to commission this painting due to his own connections to the lodge and because he knows how important it was to many others in the community.

“Mt. Tom is one of my favorite places ever and certainly in the city,” Craven said. “The whole lodge and the ski area just have great memories with it.”



Bill Greaney holds one his Mt. Tom paintings.

Submitted photos

He used to ski there as did his children. Craven would go up about once a week for the corporate racing there.

Also, according to Craven, his kids used to go to the lodge almost every day after school during the ski season.

“After school my wife would bring them [the kids] up and leave them off on their own,” Craven said. “It was a great place to bring your kids.”

Craven knows he is far from the only person in the community who has such strong connections to the lodge.

He hopes that these paintings will help people to reconnect with this beloved place.

“So many people have really fond memories of the ski area and this image I think really brings us back to the times that we enjoyed,” Craven said.

Mt. Tom also has a historical significance to Holyoke outside of the connections people

had and still have to it.

It was the first ski area to have a chair lift in Massachusetts. They also, according to Craven, were a pioneer in developing snow making.

This pioneering effort was crucial in helping the business thrive while it was still open.

The lodge itself was built with care and it was a beautiful place to go.

“Everything was done with the utmost care and done right,” Craven said.

Those interested in purchasing one of the paintings can get them at Highland Hardware. The store is open from 8 a.m. to 5 p.m. Monday through Friday and from 8 a.m. to 3 p.m. on Saturdays.

After he has finished selling the paintings, Craven plans to take a portion of the money received for them and donate it to a local charity.

HG&E offers extra discount

HOLYOKE – Holyoke Gas & Electric’s Commission recently approved an extra 10% Holiday discount for HG&E customers, to be applied to energy services billed during the December billing cycle. This discount applies to commercial and residential gas and electric customers who are not already participating in an economic development discount program.

“As the holiday season approaches, we at HG&E would like to express our gratitude to our valued customers by offering an additional 10% discount,” said HG&E’s Commission Chairman Fran Hoey. “We understand that the rising cost of everyday expenses can make things challenging and hope this discount will make your holiday season a little brighter.”

For the average homeowner who heats with natural gas, the combined

discounts (prompt payment and holiday discount) amount to savings of approximately \$76 on their bill. HG&E has implemented a holiday discount each year since 1992.

As a local municipal utility, HG&E is here to help customers manage energy expenses. HG&E has a variety of resources that can assist customers who are facing financial hardship, including payment plans, energy efficiency programs, and connections to fuel assistance.

For customers who are looking to save energy and money this winter, HG&E is here to help, visit hged.com/save or contact customer service by calling (413) 536-9300.

“All of us here at HG&E offer our best wishes for a warm and bright holiday season,” said Jim Lavelle, General Manager.

Cookie season set to begin for Girl Scouts

HOLYOKE – Girl Scout cookie season is nearly upon us. Time for Do-si-dos, Thin Mints, Tagalongs, Samoas and other favorites. The Girl Scout Cookie Program is the largest girl-led entrepreneurial program in the world, with Girl Scouts of Central and Western Massachusetts (GSCWM) serving over 5,000 girls from five counties in central and western Massachusetts. And it all gets rolling with the annual Cookie Drop.

Saturday, Jan. 11, hundreds of Girl Scouts, troop leaders, staff and volunteers from across central and western Massachusetts will descend on central locations in Springfield, West Springfield, Townsend and Worcester to unload the initial run of 32,629 cases (391,548 pack-



ages) of Girl Scout Cookies to bring back home and sell. It’s a fun and exciting time for everyone involved.

The annual Cookie Drop will take place on Saturday, Jan. 11 beginning at 7 a.m. in all locations (save for Townsend) which are listed below, along with the numbers of cases that will be delivered and distributed at each location. The press is invited to attend. Photo opportunities and interviews are available at all locations.

Holyoke Community College has successful Giving Tree campaign

HOLYOKE – Once again, Holyoke Community College delivered.

For the 23rd year, the HCC community collected hundreds of holiday gifts



for consumers at four nonprofit agencies through its annual Giving Tree campaign.

On Thursday, Dec. 12, representatives from the four agencies – Homework House, the Holyoke Veterans Home, WestMass ElderCare, and the Massachusetts Society for the Prevention of Cruelty to Children – attended a closing celebration where 302 gifts were distributed.

“Without community partners like you, we wouldn’t be able to create moments of joy for our veterans,” said Colleen Strunk-Ackerly, volunteer coordinator for the Veterans Home, formerly the Holyoke Soldiers’ Home.

Each year during the annual campaign, Giving Trees are set up in designated areas around campus. Participants choose tags from one of the nonprofit

agencies based on the age of the recipient and their wish for a gift. The wrapped gifts are then piled on tables for the closing celebration, when HCC faculty, staff, and students join with representatives from the agencies to share food and stories.

“This is an amazing tradition and always brings out the best of HCC,” said Giving Committee chair Michelle Vigneault.

Brittani Bey, prevention programs supervisor, for the Massachusetts Society for the Prevention of Cruelty to Children, noted that a lot of the agency’s consumers can’t afford to buy gifts for their children.

“Many of our families are homeless, don’t have family support, and are struggling with their day-to-day needs,” she

said, “so being part of the HCC Giving Tree allows them just a little peace during this time of year, so thank you.”

“This support of Christmas gifts definitely keeps our kids spirits high,” said David Haslam, executive director of Homework House, an after-school program in Holyoke. Roseann Martocchia, executive director of WestMass ElderCare, read a letter from one of the agency’s care managers, who has been distributing holiday gifts from HCC for 11 years:

“The Giving Tree program is a blessing,” she said. “When gifts arrive and are delivered, the appreciation the consumers have is heartwarming. Some are surprised. All are grateful. It’s a wonderful feeling, knowing they were thought of and the community cares.”

Museum hosting kids art classes beginning Feb. 2

HOLYOKE – Be a part of the next creative adventure coming to the halls of Wistariahurst Museum by participating in our Wistariahurst Kid's Art Classes. This series of art classes is geared towards children in grades K-12 to spark creativity and inspire a love for art history. Joycelin Raho, the talented instructor guiding these classes, will help children explore different mediums and artistic techniques to unlock their imaginations. These engaging activities will help kids create their own masterpieces through a hands-on approach to learning.

To make these classes accessible and available for all kids in our community, we offer a sliding scale for admission. Parents and/or guardians can choose admission pricing from \$10, \$15, or \$20, which will help cover the cost of materials and ensure a rewarding experience for everyone who participates.

Go to one class or go to all to get the most out of these sessions.

February 2: Mixed media collage inspiration by artist Romare Bearden

March 2: Color, Pattern and building a mural using inspiration by artist Yayoi Kusama

April 6: Art with Recycled Materials and found objects (Earth Day inspired!)

May 4: Exploring Still Life drawing with pastels inspiration by artist Georgia O'Keeffe

June 1: Drawing from Nature Outdoors inspiration by artist Claude Monet

If your child has an art appreciation, a desire to learn a new skill, or wants to try something new, Wistariahurst Kid's Art Classes are a fantastic way for them to explore, discover, and engage. Don't hesitate to join the fun. Visit our Eventbrite to learn more and sign up for these amazing classes. To learn more, visit: <https://www.eventbrite.com/e/wistariahurst-kids-art-classes-tickets-1104573572289?aff=oddtcreator>

Colleen pageant takes place on Jan. 4

HOLYOKE – The Saint Patrick's Committee of Holyoke will hold the Grand Colleen pageant will take place on Saturday, Jan. 4, 2025 at Holyoke High School.

Each year the Grand Colleen Pageant decides the five finalists who then go on to the Coronation Ball to have their Grand Colleen crowned. The Grand Colleen reigns with her Colleen Court on a majestic float over the two-mile parade route. Not only does the honor of being a Colleen represent women who are proud of their Irish heritage and community, but the journey helps them build connections, gain self-confidence, and

develop skills that will help in their present and future career paths.

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

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

First Night Junior 'drops the ball' this weekend

HOLYOKE – Gather your noise makers and brainstorm New Year's resolutions, First Night Junior at Holyoke Heritage State Park returns just in time for 2025. This family friendly event allows kiddos to ring in the new year with a party built just for them, all for a price that won't break their parent's banks.



First Night Junior will be hosted by the Children's Museum of Holyoke, the Holyoke Merry-Go-Round, the International Volleyball Hall of Fame, and the Massachusetts Department of Conservation and Recreation.

It will take place on Saturday, Dec. 28 from 10 a.m. to 2 p.m. at Heritage State Park. Entry to ALL three hosting organizations and included activities only \$10 per individual ticket or \$35 for a family 4-pack.

Event highlights:

- Unlimited Merry-Go-Round Rides
- Admission to The Children's Museum at Holyoke
- Live entertainment and guided activities
- New Years "Ball Drop" At 12:50 p.m.

For an affordable admission price, the whole crew can enjoy admission to the Children's Museum at Holyoke, a day of unlimited Merry-Go-Round rides, and

live entertainment at the Visitor's Center and International Volleyball Hall of Fame - all leading up to the big event...

The Ball Drop at 12:50 p.m. Tickets are available online now. Secure yours early - online ticket sales end on Thursday, December 26, after which tickets are available at the door while supplies last.

"This is my first year in my role at the Museum," shares DJ Tucker, Executive Director of Children's Museum at Holyoke, "but as a long-time Holyoke resident this event is one I have long appreciated for our community and I'm beyond thrilled to work with our partners on this long standing tradition." He also pointed out that by offering First Night Junior the weekend before the actual night of revelry this year that parents and caregivers can enjoy the afternoon with their little ones and not have to worry about rushing home to get ready for their plans. It's a win-win!

Many thanks to HG&E and Polish National Credit Union for supporting First Night Junior. There's no need to lose sleep over New Year's plans with this Holyoke classic daytime event, First Night Junior has your back.

For media inquiries or interviews, please contact Jill Monson at (413) 219-9692 or jill@chikmedia.us.

Keenan to be sworn in Jan. 7 ceremony

HOLYOKE – The public is invited to the Oath of Office ceremony for Brian Keenan, Holyoke's incoming Police Chief.

The ceremony will take place in the ballroom at Holyoke City Hall, 536 Dwight Street, on Tuesday, January 7, at 11 a.m.

Father Mark Stelzer will offer an opening prayer.

The speakers will be Holyoke Mayor Joshua A. Garcia, State Senator John Velis, and Hampden County District Attorney Anthony Gulluni. Judge Tina Wescott Cafaro will preside and administer the oath of office.

New truck stop, travel center at end of Interstate 291 gets approval

By Kristin Rivers
krivers@turley.com

CHICOPEE – The City Council approved two licenses for the truck stop and travel center on Burnett Road on Dec. 17.

The controversial approval comes after two 10-3 decisions for an amended fuel storage license from Chicopee Inn, Inc. and a service station license from Pilot Travel Centers LLC for 357 Burnett Road.

There was also an 8-5 vote to not send the items back to the License Committee for another public hearing. The night before, the License Committee voted 2-2, with one abstention, creating an unfavorable report.

The Project

The truck stop and travel center proposed by Pilot Travel Centers LLC will be on 7.9 acres of land with an 11,421-square-foot building. It will have a 16-pump gas station, seven-position refueling area for tractor-trailer trucks, a Wendy's restaurant and a convenience store.

The applicants said there would not be showers for truckers at the location.

The project was originally approved by the Planning Board in May 2022, but the City Council rejected permits for fuel storage and gas station licenses in September 2022. This led to a court case requesting the council's decision be vacated and the licenses granted, as lawyers for Pilot Travel argued the council's decision was unlawful.

The City Council's decision was upheld by Hampden Superior

Court in June.

The project came back to the table recently when the applicant applied again for the licenses after previously withdrawing.

Councilors Decide

The council would ultimately would 10-3 to approve the service station license and amended fuel storage license.

During council discussion, Ward 6 Councilor Samuel Shumsky addressed several things, including his upbringing in the Burnett Road area, the ongoing problems with traffic and the threats and harassment that took place over the last two months.

"It's insane and I condemn all violence. I condemn all of it no matter who it's at. This is not right. This should not happen and, quite frankly, the fact that it did happen is pretty concerning and I'm going to spend the remainder of my term trying to figure out ways that we can reunify the city and bring civility and respectful dialogue back to a conversation because this should never happen

again," Shumsky said. "Quite frankly, I'm disheartened and just utterly disgusted at the way this was all brought about."

Shumsky said he'd vote against the development, citing how he heard from constituents in all forms of communication and when he went door to door to speak with them.

"It was a resounding no. I didn't have one person tell me, yes, they wanted this. So, this is why I'm voting no on this and this is why I'm not going to support this," Shumsky said. "I hope that my councilors will support me in that and the residents of Ward 6."

Councilor-at-Large Tim Wagner fielded hundreds of phone calls and emails from residents from all areas of Chicopee both in favor and against the truck stop.

After giving it a lot of thought, Wagner said he'd vote in favor "because what we've done here over the last several years is show that we're unfriendly to any business opportunity and we've discouraged further business development within the community."



This vacant lot at 357 Burnett Road in Chicopee, where a controversial truck stop and travel center will be located following city council approval on Dec. 17.

Turley photo by Kristin Rivers

Guest Column



Have I saved Social Security money by claiming at 62?

Dear Rusty:

I had to start collecting Social Security at 62 and I am 75 now.

I believe that in the last 13 years I have saved Social Security money, so I do not know why I cannot draw my full benefits now.

If I had started drawing at 65 at \$1,200 per month, then I would have drawn \$16,400 per year. Instead, I got \$680 per month from 62 to 75 or \$8,160 per year or about \$106,000 over 13 years. Compare that to the age 65 amount of \$14,400 per year for 10 years, which is \$144,000. So, by claiming at 62, at age 75 I have saved the government over \$38,000. It would make seniors lives so much easier if they could draw full Social Security at 75 years old, after getting only part of their SS.

Signed: Second-guessing

Dear Second-guessing:

The difference between benefits claimed at various ages causes many to reflect, as you have done, about what might have been had you waited longer to claim. But there is an error in your calculations. If your age 62 monthly benefit is \$680, your age 65 monthly benefit would have been about \$845, not \$1,200. Thus, at 75 you would have collected about \$101,400 by claiming at 65, vs. the \$106,000 you have received by claiming at age 62. In other words, you still would not have broken even had you claimed at age 65.

Social Security says that it doesn't matter when you claim they say that if you claim early your payments will be less, but you'll get more of them. Where SSA's argument falls apart is when life expectancy is lon-

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

A Christmas card gardening question



My long-time friend Jane sent a column request via her Christmas card! "I still read your columns, Roberta. I like the folksy way you write! Can you please provide some tips on keeping my Poinsettia healthy?"

So, out of the archives comes this column, devoted to Jane and you guessed it, the poinsettia.

Every Christmas the poinsettia takes the stage, front and center, in grocery and box store displays. The deep red bracts lure buyers to make them part of their holiday decorating.

Pretty? For sure, but without proper care, the plant won't have a chance past New Year's Day.

Let's learn what we can do to keep this favorite looking its best throughout the holiday season and then some.

It's important that you start off with a

healthy plant. Choose a poinsettia with dark green foliage all the way to the soil line. Color should completely cover the bracts on the upper portion of the plant.

Avoid plants whose flowers (located in the center of the bracts) show pollen. If pollen is evident, the plant is old.

Be wary of those that are displayed in plastic or paper sleeves or even those that are elbow to elbow. Poinsettias need room to spread out, and the longer they are cramped, the more likely it is that their quality will be impacted.

Wilted plants are also best avoided, as this may indicate more than dry soil alone.

Poinsettias are cold sensitive. I was aghast when an out of town florist delivered these to me without a proper covering!

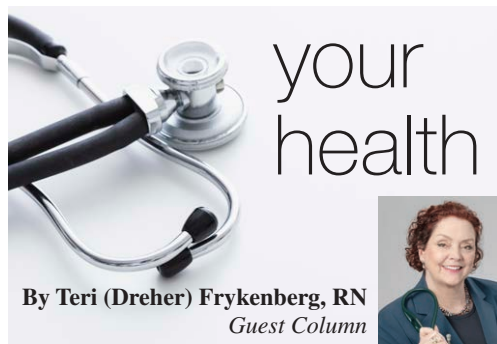
Temperatures under 50 degrees for even a few minutes can damage the plant. Therefore, insert into a bag or protective sleeve for the ride home from the store and do not leave in an unheated car while you run other errands!

Once home, position the poinsettia in a location where it will receive indirect light for at least six hours a day. Avoid drafts, warm or cold, and place far enough away from windows to prevent the foliage from touching cold glass.

See GARDEN, page 5

Guest Column

The outlook for health in 2025



By Teri (Dreher) Frykenberg, RN
Guest Column

As we embark on 2025, the health-care industry, providers and patients should be prepared for a lot of innovation, and not a little bit of uncertainty. Here are some of the trends people are talking about.

Wellness, not just the avoidance of illness

Millennials, those born between 1981 and 1996, are entering middle age with a focus on wellness, which they are passing along to their children. Wellness is a daily, active pursuit for millennials. They are eating healthier and exercising more than previous generations. They smoke less. Almost half consider healthy eating a lifestyle choice as opposed to a goal-driven diet. They value family and togetherness.

Besides healthy eating and exercise, wellness involves activities like digital detoxing, sleeping better, using mindfulness practices, purposeful travel and work-life balance.

The technological revolution continues

Wearables (fitness trackers, sleep monitors and the like) help us track our wellness activities, and they will remain popular in the coming year, but there's so much more to health-care technology.

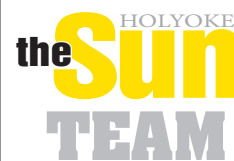
For example, artificial intelligence (AI) is being improved in order to deliver pinpoint treatments, more accurately read test results and diagnose illnesses. Innovations in 3D printing will let clinicians "print" customized joint replacements and implants for patients.

Telehealth and virtual health-care assistants are making care more accessible to more people. Companies like Target provide virtual health care to all their employees, regardless of whether they are eligible for health insurance.

More weight-loss drugs and coverage

Health-care costs are expected to rise about 8 percent in 2025, driven large-

See HEALTH page 5



EDITOR/SPORTS
Greg Scibelli
thesun@turley.com



ADVERTISING SALES
Wendy Delcamp
wdelcamp@turley.com

The Holyoke Sun is published every Friday by Turley Publications, Inc., 24 Water St., Palmer, Mass. 01069. Telephone (413) 283-8393, Fax (413) 289-1977.



@The Holyoke Sun



www.sun.turley.com

PATRICK H. TURLEY
CEO

KEITH TURLEY
President

DEANNA SLOAT
Graphics Manager



www.turley.com

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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

ly by wider use of GLP-1 drugs (such as Mounjaro, Wegovy and Ozempic) to treat obesity and diabetes. One report by financial research companies Morningstar and PitchBook predicted that the GLP-1 market will hit \$200 billion by 2031 and that 16 new obesity drugs could emerge within the next five years.

While some insurers are dropping coverage for GLP-1 drugs when prescribed for obesity, more than a quarter of employers are considering adding coverage in 2025 or 2026, according to a national survey conducted by Mercer, the human resources consulting firm.

If your employer is one of those,

you can expect your insurance premiums to increase. On the other hand, losing weight and controlling diabetes is likely to improve your overall health, so it might be a good investment.

Changes on the pharma front

Drug prices are expected to increase by nearly 4 percent in 2025. However, the 2022 Inflation Reduction Act brought several welcome changes for people on Medicare.

Starting in 2025, all Medicare Part D prescription drug plans will have an annual out-of-pocket cap of \$2,000. After reaching this cap, members will not have to pay additional costs for the rest of the year. The act also capped covered insulin products at \$35 a month

and provides free recommended vaccines, such as for shingles and RSV.

Meanwhile, the pharmaceutical industry is expected to launch nearly 70 new therapeutics in 2025, many of which are expected to improve treatments for particular cancers and autoimmune diseases, as well as some rare conditions.

Changes in U.S. health administration

With a new administration in charge, questions abound about health care.

If Robert F. Kennedy Jr. is confirmed as secretary of Health and Human Services, how might that change U.S. public health policies? Under the Inflation Reduction Act, Medicare was authorized to negotiate the prices of 10

popular but expensive drugs with manufacturers. Will that process continue or be curtailed under a new administration?

Stay tuned!
And Happy New Year to All.

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.

GARDEN, from page 4

Chances are if you are comfortable inside, your poinsettia will be as well. Temperatures from 65-70 degrees during the day to around 55 at night will extend its life.

Check the plant often to see if it needs water. If the soil is dry, water until droplets leak through the drainage holes in the pot. Saucers shouldn't accumulate water. Dump the excess out after each watering so the plant won't reabsorb it and become waterlogged.

Soil that remains soaking wet is likely to cause root rot. A visual indication of this irreversible disease is curled, wilting foliage and bracts. Hold off on fertilizing the plant while it is in bloom.

It's unfortunate that few people keep their poinsettias past the holiday season. My mom tries for repeat bloom each year with varying degrees of success. This year, some bracts are just starting to turn red!

Here's what to do if you'd like to try it: In early April cut back the plant to eight inches. Fertilize with an all purpose houseplant fertilizer once a month.

New growth should appear by the end of May. After the danger of frost has passed, move the plant outdoors. Continue to water but increase fertilization to every two weeks.



Pinch plants in late June or early July to promote bushy growth. At this time you may also wish to repot the poinsettia. Select a pot one size larger, filling around the root ball with a good potting soil.

Bring the plant indoors as temperatures fall.

The poinsettia is photoperiodic, and long nights of uninterrupted darkness encourage it to bloom. In greenhouses, growers go to great lengths to withhold light, as even small amounts can delay or stop the plant from setting bud.

At home, putting the plant in the closet for 14 hours each night is your best bet. Most people get on a 5p.m.-8 a.m. schedule beginning on Oct. 1 and continue it for eight-10 weeks until color shows on the bracts.

Night temperatures should be no higher than 70 degrees or flowering may be delayed.

Regardless of whether you enjoy the poinsettia for the season or longer, may its colorful bracts brighten your holiday!

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

If you had waited until age 65 to claim you would have, instead, collected about \$101,400 – in other words you have received more, so far, by claiming at age 62. But that will change when you reach 77, your breakeven age, had you claimed at 65). Starting at age 77, you will have received less in cumulative lifetime benefits because you claimed at age 62.

Which, again, is why – at the AMAC Foundation's Social Security Advisory Service – we encourage everyone to consider life expectancy when deciding when to take Social Security. Of course there are other factors too, but life expectancy is key. And since the benefit you get when you claim is permanent except for annual Cost of Living Adjustments, deciding when to claim Social Security is a decision which affects a lifetime.

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.

SECURITY, from page 4

ger. Our experience is that if you wait until your Full Retirement Age to claim, which is age 66 in your case vs. claiming at age 62, you will collect the same amount of total money at about age 78.

In other words, the "breakeven age" for waiting until FRA to claim is about 78. So, you will reach your personal "breakeven age" in about 2 1/2 years, at age 78). And this is precisely why we encourage everyone to understand their life expectancy when deciding when to claim Social Security those who expect to live longer will, indeed, get more SS money if they delay claiming.

Your benefit is determined by your age when you claim and if you claim before your FRA your monthly amount is permanently reduced. If you claimed at age 62 and your monthly amount was \$680, then in the four years until you reached age 66, your FRA, you would have received about \$32,640. If you had, instead, waited until your FRA to claim, your benefit at age 66 would have been about \$906/month. Collecting \$906/month (at 66) vs. \$680/month (at 62) would make your breakeven age about 78. If you claimed at age 65 instead of 62, your breakeven age would have been about a year earlier (77).

So, have you saved Social Security money? Up to this point, you have not. Since you claimed at age 62, you have collected about \$680/month for 13 years until you were 75 (or about \$106,000).

TAX RATE, from page 1

have a rush at the end of the year to approve the tax rate, shift and levy.

The council also sent a message to the mayor, asking that he consider investing the remaining ARPA funds to internal projects in the city and potential tax relief.

For example, they want the ARPA funds to go toward sewer project, water projects, sidewalks or other needed things for the community

While ultimately the distribution of the ARPA funds is up to the mayor, the city council wanted to make it clear that they wanted these projects to go back into the city rather than external projects.

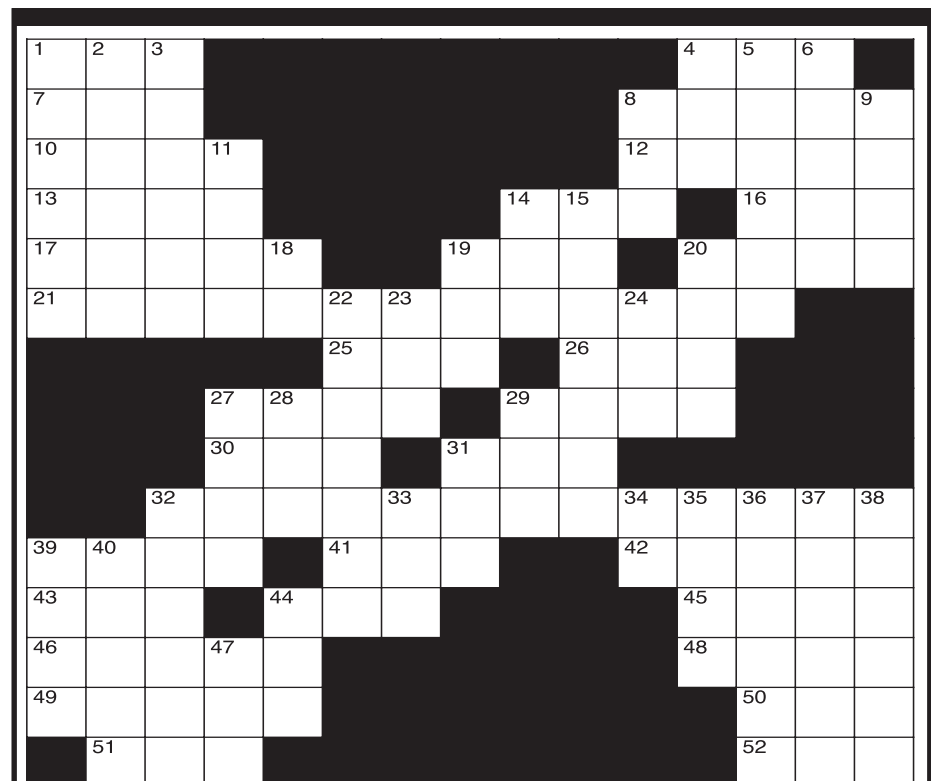
"We cannot give this money away to third parties, no matter how noble,"

Jourdain said. "We are in no position to be giving this away to anybody... we are going to use this to spend on city bills, so whether it is to balance something, pay for something we have to pay for, maybe some for tax relief."

Some councilors were concerned over ARPA funds being used for tax relief, as they did not want to rely on the funds and then put the city in a dangerous place in later years.

"If we take ARPA funds to cover some of it now then next year we have to come up with what we didn't pay for now plus whatever inflation rate we have to pay for on top...before you know it we are going to be behind," Councilor Israel Rivera said.

With this in mind, the council sent the message to Garcia for him to consider as he decides where to allocate the remaining ARPA funds.



- | | | | |
|--|---------------------------------------|---------------------------------|---|
| CLUES ACROSS | 29. Touches softly | 52. Witness | 28. Possesses |
| 1. Central processing unit | 30. Mock | | 29. Split pulses |
| 4. Taxi | 31. Red-brown Pacific sea bream | CLUES DOWN | 31. Small amount |
| 7. Body part | 32. Summer entertainment options | 1. Of cadmium | 32. Flat-bottomed riverboat |
| 8. Papal court | 39. Protective crust | 2. Deliver a sermon | 33. Not good |
| 10. Young women making their public debuts | 41. Cool! | 3. Inner regions of a shadow | 34. Atomic #31 |
| 12. Metal shackles | 42. Behave in a way that belittles | 4. Aggressive dog | 35. Assist in committing a crime |
| 13. Joseph's wife | 43. Denial | 5. Smells | 36. Chauvinists |
| 14. Licensed professional | 44. A place to sleep | 6. Twofold | 37. Get away |
| 16. Partner to cheese | 45. Electronic counter-measures | 8. Former OSS | 38. One of a people who speaks a Semitic language |
| 17. Mild fruits | 46. Intestinal pouches | 9. Computer language | 39. Civil rights college organization |
| 19. File format | 48. SE Asia family of languages | 11. Indian groom | 40. Combustible dark rocks |
| 20. Province of Indonesia | 49. Sound | 14. Automobile | 44. Grocery container |
| 21. Beloved grilled foods | 50. Select | 15. Hairstyle | 47. Central nervous system |
| 25. Bar bill | 51. Give the impression of dishonesty | 18. Atomic #76 | |
| 26. Don't know when yet | | 19. Guy (slang) | |
| 27. Whale ship captain | | 20. Ladies' undergarments | |
| | | 22. Furniture with open shelves | |
| | | 23. Back-arc basin | |
| | | 24. Partner to flow | |
| | | 27. A type of horse | |

CROSSWORD ANSWER on page 11

Tips on sustaining sobriety and thriving through the holidays

HOLYOKE – Sara Harpin, a clinician in MiraVista Behavioral Health Center’s Opioid Treatment Program, counsels her clients that staying on the path of recovery during the holiday season, especially for those early in recovery, can be particularly challenging.

This is because the days between Thanksgiving and the New Year usher in activities that can be triggers for those in recovery with substance use. These range from parties with an abundance of alcohol, as well as access to other drugs, to family gatherings where old conflicts may surface.

Harpin says they don’t have to serve as triggers. She advises those in recovery to think ahead and have an exit plan for events.

This may mean taking a friend along with an agreement to leave after a certain

period of time. Also, reflecting on who else may be present and a likely person to compromise one’s recovery. In both scenarios, it is advised to think out in advance what you will say when you want to leave and how you will refuse offers of alcohol or other drugs.

Harpin reminds that it is OK to say no as preventing relapse is the priority in recovery. Declining an invitation by saying you are grateful to be included but have a prior obligation is one option.

Harpin says unrealistic expectations contribute to relapse in the form of disappointment when people assume this holiday will be better than last year’s. Clinicians such as Harpin remind

those in recovery that recovery is all about staying connected to one’s supports outside family and friends during the holidays and beyond to prevent relapse.

Tips for managing recovery and preventing relapse during times of holiday stress and indulgence include:

- Make new memories that involve supportive connections and sobriety.
- Don’t isolate as holidays can be lonely and trigger thoughts of loved ones no longer here. Consider extra therapy sessions and more time with friends in recovery to avoid relapse.
- Limit contact where encounters are likely to be toxic for you.
- Be realistic and grateful for how you can positively connect to the joy of the holidays without overspending, over-stressing, and overindulging.
- Find the holiday spirit by looking beyond the traditions of the season and rediscover the real purpose and joy of the holidays.
- Enjoy sobriety-friendly celebra-

tions by trying non-alcoholic options like the new Mira Berry and Bright mocktail recipe. It’s a refreshing way to toast the season while maintaining your recovery. Click here to view the recipe: <https://www.miravistabhc.care/mira-bright-a-nonalcoholic-punch-recipe/>

For further information, visit: <https://www.health.harvard.edu/blog/navigating-holidays-recovery-2017121412931>.

To print or download a shareable copy of “Sustaining Sobriety – Thriving During the Holidays,” please visit: <https://www.miravistabhc.care/sustaining-sobriety-thriving-through-the-holidays/>.

If you or someone you know needs support now, you can contact the 988 Suicide and Crisis Lifeline. Call or text 988. For information on MiraVista Behavioral Health Center, visit <https://www.miravistabhc.care/>.

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MiraVista health center offers care for struggling adolescents

HOLYOKE – While the holiday season is often portrayed as a time of joy and togetherness, it can be particularly challenging for adolescents struggling with mental health issues. MiraVista Behavioral Health Center is addressing these challenges by offering direct access to compassionate inpatient psychiatric care, providing critical support to young people when they need it most.

The disruptions brought by the holidays can amplify mental health struggles in adolescents. School, a place of stability and routine, often serves as a protective factor for teens. When school is not in session, adolescents lose access to that structure and support system, which can contribute to feelings of anxiety, isolation, and depression.

For some adolescents, the holidays can mean heightened exposure to family conflicts, financial stress, or unresolved grief. Others may face unique challenges living outside their homes in foster care or residential placements, further deepening feelings of displacement and disconnection.

“Adolescents are particularly vulnerable during the holidays, as routines are

disrupted and stressors are often magnified,” said Shelley Zimmerman, MiraVista’s Hospital Administrator. “Our goal is

to ensure that young people have access to a safe, supportive environment where they can stabilize, heal, and receive the care they need.” Zimmerman added that MiraVista’s Direct Admission Process allows adolescents in need of higher-level care to bypass the emergency department and access treatment quickly. This streamlined approach reduces delays and connects teens directly to support when they are in crisis.

MiraVista provides inpatient psychiatric care specifically designed for adolescents aged 13-17 (18 if still in high school). Treatment offers a nurturing and therapeutic environment where young people can address acute mental health challenges, process their experiences, and begin building resilience with the help of professionals trained to work specifically with adolescents, guiding them through their most vulnerable moments and helping them rediscover strength and hope.

“MiraVista Behavioral Health Center serves as a critical resource for parents, schools, and healthcare providers seeking immediate, effective care for adolescents experiencing a

mental health crisis,” said MiraVista’s Associate Chief Nursing Officer, Evangeline Murray, MSN, RN, CNL. “By ensuring access to treatment during one of the most difficult times of the year, MiraVista is making a difference for young people and their families across the region.”

Murray added, “The holidays should not be a time when young people feel overlooked or alone. Mental health doesn’t take a holiday, and neither do we.”

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USDA INSP. FROZEN PORK SHOULDER PICNIC. \$1³⁹ lb	USDA INSP. FRESH BONE-IN STRIPLOIN STEAKS \$7⁷⁷ lb	NEW YEAR'S ITEMS
USDA INSP. FRESH BONE-IN PORK LOIN ROAST LOIN END or RIB END..... \$2³² lb	USDA INSP. FRESH BONELESS BEEF SIRLOIN SPOON ROAST \$5⁹⁹ lb	USDA INSP. IQF FROZEN CHICKEN PARTY WINGS PORTIONS 3 LB BAG \$5⁹⁹ ea
USDA INSP. FROZEN PORK BREAKFAST SAUSAGE LINKS FULLY COOKED \$2⁴⁹ lb	USDA INSP. FRESH BONELESS BEEF SIRLOIN SPOON ROAST \$5⁹⁹ lb	USDA INSP. FROZEN ARMOUR COOKED MEATBALLS 4 LB BAG \$9⁹⁹ lb
USDA INSP. KAYEM BUDDABALL BONELESS SMOKED PIT HAM..... \$3⁶⁶ lb	USDA INSP. GROUND FRESH DAILY 80% LEAN GROUND BEEF 7 LB BOX \$3⁹⁹ lb	USDA INSP. HILLSHIRE FARMS POLSKA KIELBASA 14 OZ OR 15 OZ... \$3⁴⁹ ea
USDA INSP. FROZEN BUTCHER WAGON BONELESS DINNER HAM AVERAGE 5 LB \$1⁹⁹ lb		USDA INSP. IQF FROZEN RAW SHRIMP PEELED & DEVEINED 51/60 CT 2 LB BAG..... \$7⁹⁹ ea
USDA INSP. FROZEN TURTLE CREAM PIE 25.1 OZ. \$5⁹⁹ ea		USDA INSP. FROZEN 5 LB BLOCK JUMBO RAW SHRIMP 6-10 FOR STUFFING \$39⁹⁹ ea

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Knights fall at Minnechaug



Genesis Rivera looks to work around a defender.

WILBRAHAM – Last Wednesday night, Minnechaug Regional High School girls basketball held Holyoke to just seven first half points and rode that great defense to a 51-24 win. The Falcons spread through scoring around with 12 different players registering points in the win. Lyric Nelson and Ava Ofcarcik had nine points each to lead the team. Aliana Almodovar had eight points to lead the Knights.

The Knights will face West Springfield on Dec. 30 at 7 p.m.



Aliana Almodovar follows through on a shot attempt.



Michaela Eruzman tries to block an opponent.



Kiara Perez takes a shot.

Turley photos by Sofia DiGrande

Wrestling team pick up win in first dual meet

HOLYOKE – Last Wednesday evening, Holyoke picked up an important win 51-30 over Westfield.

The Knights, which recently hosted an individual tournament at home, was having its

first dual meet of the year. Jack Perez and Luis Rivera were among the Knights that had wins in the meet. The Knights are headed to Parsippany, NJ for a tournament on Monday, Dec. 30.



Jacob Rosa gets ready to lock up at 190 pounds.



Ezequiel Vazquez wrestles at 165 pounds.

Turley photos by David Henry www.sweetdogphotos.com



Luis Rivera goes for a win at 144 pounds.

Boys take care of SICS in opener

HOLYOKE – Last Monday night, Holyoke High School boys basketball went on the road and scored an impressive win over Springfield International Charter School 76-64. Calvin Godbolt had a huge game for the Knights. He led all scorers with 34 points, including three treys and seven made free throws. Jordan King-Perilli had 18 points and Aden Cabrera had 16 points. Holyoke faced Chicopee on Dec. 23 and is back in action against Longmeadow on Dec. 27 at 7 p.m.

How to contact the Sports Editor

Have the scoop on a local sports story? Want to submit a team photo?

Please send all sports-related press releases and information to Sports Editor Greg Scibelli at: sports@turley.com or call, 1-413-283-8393.

Springfield Thunderbirds fall to Charlotte Checkers on the road

SPRINGFIELD – The Springfield Thunderbirds (12-10-2-1) fell victim to a two-goal comeback by the Charlotte Checkers (15-6-1-2) last Wednesday night at Bojangles Coliseum in a 4-3 defeat.

The T-Birds did themselves no favors by taking back-to-back penalties just four seconds apart, resulting in 1:57 of two-man advantage time for the league's top power play. Steve Konowalchuk's team dug in, though, as Vadim Zherenko and the penalty killers did the job to survive the lengthy threat.

Charlotte still rode the momentum from the power play to the game's opening tally by Oliver Okuliar at 4:45 of the first period, giving the Checkers a 1-0 advantage.

After the burst from Charlotte,

the T-Birds quickly chipped away on the shot board. At 15:00 of the frame, Dalibor Dvorsky brought Springfield even with his team-leading 11th of the season, cashing in on a rebound at the edge of the crease and driving it past former T-Bird Chris Driedger.

The 1-1 score continued for nearly a whole period of game action until the T-Birds' third and fourth units capitalized on back-to-back shifts. Tanner Dickinson started the scoring blitz with a wrister from the left circle that glanced off traffic and eluded Driedger at 14:02 of the second period, making it a 2-1 lead for Springfield.

34 seconds later, Mathias Laferriere and Drew Callin entered the offensive zone on a 2-on-1 and took advantage of the situation. Driedger made an initial

pad save off a Laferriere shot from the left circle. However, the rebound kicked right to Callin, who quickly deked to the forehand and put it behind Driedger to give the T-Birds a 3-1 advantage.

Penalties, though, continued to throw a wrench in the T-Birds' plans, and the Charlotte power play finally connected in the final minute of the second as Rasmus Asplund redirected a Trevor Carrick wrist shot behind Zherenko, chopping the lead to 3-2 at 19:21 of the middle frame.

For a second straight night, rookie Ben Steeves provided a clutch tying marker for Charlotte, taking a feed from Okuliar in the right circle and snapping a shot past Zherenko's stick hand at 3:55 of the third, bringing the game to a stalemate, 3-3.

The two teams did not generate much after the Steeves goal, with the two clubs combining for only eight shots in the entire third period, and the tie score carried into the final three minutes of the game.

Again, discipline proved pivotal, as Tobias Bjornfot drew a high-sticking double minor and a four-minute power play for the Checkers with 2:39 remaining.

The league's top man advantage lived up to their billing in the final minute, as Wilmer Skoog unloaded a blistering one-time slapper that found twine with 54 seconds left to give Charlotte the 4-3 lead. Springfield's last-ditch efforts to tie came up empty in the closing moments, and Charlotte completed the two-game sweep of the T-Birds.

High school coaching classes available

Coaches hired after Aug. 1, 1998 are required to take a coaching course to be eligible to coach high school sports in Massachusetts.

According to the Pioneer Valley Interscholastic Athletic Association, all coaches hired prior to Aug. 1, 1998 are exempt from taking the Fundamentals of Coaching Course. Coaches hired after that and before July 1, 2005 must have completed the NFHS Fundamentals of Coaching Course with the exception of Certified MA teachers.

All coaches (stipend or volunteer) first serving as an interscholastic coach after July 1, 2005 must complete the NFHS Fundamentals of Coaching Course, and an approved Sports First Aid course.

- The NFHS Fundamentals of

Coaching Course requirement must be met through attending an MIAA sponsored Fundamentals of Coaching Class with MIAA Certified Instructors. Must be completed and passed prior to coaching a second year.

- The NFHS Sports First Aid may be met by completing on-line courses with the NFHS www.nfhslearn.com. Must be passed prior to coaching a third year.

Additional requirements for all coaches:

- Massachusetts requires coaches to be certified in CPR per Section 1. Section 47A of chapter 71 of the General Laws. Additionally, AED training is required and will most likely be done in conjunction with the existing mandated CPR training.

- All MIAA member school coaches

(stipend or volunteer) are required to take annually the on-line National Federation Concussion Course, or other MA Department of Public Health recognized education program, prior to the start of their season. Rugby Coaches must see Rule 76.2 for additional coaches' education information.

Any questions, please call Donna Harrington at 508-541-9804 or email dharrington@miaa.net.

Fundamentals of coaching classes are being offered on Wednesday, Jan. 29, 2025 from 4 to 8 p.m. and Saturday, Feb. 8, 2025 from 8:30 a.m. to 12:30 p.m. Classes are open until capacity is reached and then a waiting list is established. There are online components to the course once the classroom portion is completed

Next HoopHall ceremony announced

SPRINGFIELD – The Naismith Basketball Hall of Fame announced that the Class of 2025 Enshrinement Ceremony will take place on Saturday, Sept. 6, in Springfield – the Birthplace of Basketball.

The nominees for the upcoming class were set to be revealed on Thursday, Dec. 19, at 3 p.m. during "NBA Today" on ESPN. The Class of 2025 Finalist Announcement will be Friday, Feb. 14, as part of the NBA All-Star Weekend in San Francisco, and the Class of 2025 will be announced on Saturday, April 5, during the NCAA Final Four Weekend in San Antonio.

Enshrinement Weekend will begin at the Mohegan Sun on Friday, September 5, with the Tip-Off Celebration and Awards Gala, inclusive of the Class of 2025 jacket and ring presentation and the annual Hall of Fame Awards. The Enshrinement Ceremony will take place the following day in Springfield's historic Symphony Hall and will be available to a global audience.

A full schedule of events will be announced at a later date.



Worcester Railers announce major coaching change

WORCESTER – The Worcester Railers Hockey Club (@RailersHC), proud ECHL (@ECHL) affiliate of the New York Islanders (@NYIslanders) and Chief Operating Officer Michael G. Myers have announced that Bob Deraney has taken on a new role within the organization, Head of Scouting, effective immediately. Nick Tuzzolino has been named Head Coach & General Manager of the Worcester Railers.

"Bob has been a part of the Railers family for a number of years," Myers said. "We can't thank him enough for

his dedication and commitment to this organization over the past several seasons. We look forward to him continuing to work with the team in this new role."

Tuzzolino becomes the fifth head coach in Worcester Railers history after serving as General Manager & Associate Head Coach to begin the season. He first came to Worcester in June after he spent the 2023-24 season as assistant coach and director of player development with the Savannah Ghost Pirates. As a defenseman, he played over 500 games professional-

ly between the UHL, IHL, ECHL & American Hockey League from 2007-2023. During his initial retirement, he coached the Buffalo Jr. Sabres of the Ontario Junior Hockey League from 2016-20.

"In his time here, Nick has demonstrated his readiness to lead the team both on and off the ice," Myers said. "He has a wealth of experience in dissecting professional systems and working in pro player development. We're excited for him to take the reins and continue his work on bringing a winning culture to Worcester."

► In The News

Notch Center open for winter

AMHERST – Winter at the Mount Holyoke Range is a magical experience, and a visit to the Notch Visitor Center, 1500 West St., Route 116, is the perfect way to enjoy it.

The Department of Conservation and Recreation's Mt. Holyoke Range State Park is ideal for hiking, snowshoeing, and cross-country skiing. The Notch Visitor Center enhances your park experience with exhibits that highlight the unique features of the Mt. Holyoke Range. Special public programs provide a broader perspective of the park, and staff are on hand to offer trail information and hiking suggestions.

Free admission and parking. The center is open Tuesday through Sunday, from 9 a.m.-4 p.m. For more information and upcoming programs, call 413-253-2883 or visit <https://www.mass.gov/locations/mount-holyoke-range-state-park>.

Baystate recognized for its high-quality stroke care

SPRINGFIELD – Baystate Medical Center (BMC) has received the American Heart Association's Get With The Guidelines® - Stroke Gold Plus quality achievement award for its commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines, ultimately leading to more lives saved and reduced disability.

Stroke is the No. 5 cause of death and a leading cause of disability in the U.S. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain cannot get the blood and oxygen it needs, so brain cells die. Early stroke detection and treatment are key to improving survival, minimizing disability and accelerating recovery times.

Get With The Guidelines puts the expertise of the American Heart Association and American Stroke Association to work for hospitals nationwide, helping ensure patient care is

aligned with the latest research- and evidence-based guidelines. Get With The Guidelines - Stroke is an in-hospital program for improving stroke care by promoting consistent adherence to these guidelines, which can minimize the long-term effects of a stroke and even prevent death.

"Baystate Medical Center is committed to improving patient care by adhering to the latest treatment guidelines," Sam Skura, president, Baystate Medical Center, and senior vice president, hospital operations, Baystate Health. "Get With The Guidelines makes it easier for our teams to put proven knowledge and guidelines to work on a daily basis, which studies show can help patients recover better. The end goal is to ensure more people in Springfield can experience longer, healthier lives."

Each year, program participants qualify for the award by demonstrating how their organization has committed to providing quality care for stroke patients. In addition to following treatment guidelines, Get With The Guidelines partici-

pants also educate patients to help them manage their health and recovery at home.

"We are incredibly pleased to recognize Baystate Medical Center for its commitment to caring for patients with stroke," said Steven Messe, M.D., volunteer chairperson of the American Heart Association Stroke System of Care Advisory Group and professor of neurology and director of fellowships of neurology at the Hospital of the University of Pennsylvania. "Participation in Get With The Guidelines is associated with improved patient outcomes, fewer readmissions and lower mortality rates - a win for health care systems, families and communities."

In addition, BMC also received the American Heart Association's Target: Type 2 Diabetes™ Honor Roll award. Target: Type 2 Diabetes 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.

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BUYING Bottles, Crocks, Jugs, Pottery, Costume Jewelry, Toys, Games, coins, sterling, Glassware, Silver-plated items, watches, Musical instruments, typewriters, sewing machines, tools, radios, clocks, lanterns, lamps, kitchenware, cookware, knives, military, automotive, fire department, masonic, license plates, beer cans, barware, books, oil cans, advertising tins, hunting, fishing, signs, and more Donald Roy **(860) 874-8396**

WANTED

Buy, Sell & Trade Video Games

Retro World

413-301-5020 M-S 11-7
187 Main St.
Indian Orchard, MA

JUNK REMOVAL

A Call We Haul FAST REMOVAL

Junk, Appliance, Cleanouts.
We load it & take it.
413-531-1936
CREDIT CARDS ACCEPTED

SERVICES

DRYWALL AND CEILINGS, plaster repair. Drywall hanging. Taping & complete finishing. All ceiling textures. Fully insured. Jason at Great Walls. **(413)563-0487**.

ELECTRICIAN

NEED AN ELECTRICIAN?

Look no further!
PJ's Electrical offers fast and reliable electrical services for your home or business. Call now for a FREE estimate!
(413) 366-1703
LICENSED & INSURED

SERVICES

HOME IMPROVEMENT

HANDYMAN RESIDENTIAL REPAIRS. Powerwashing, home repairs, interior/exterior painting, ceiling/wall repairs and chimney repairs. Fully licensed/insured. Lic. #105950CSL. Call **413-566-5596/413-433-5073**.

HOME IMPROVEMENTS. RE-MODELING Kitchens, baths. Ceramic tile, windows, painting, wallpapering, siding, decks. Insurance work. Fully insured. Free estimates. **(413)246-2783** Ron.

MASONRY

STOP WET BASEMENTS

ABC MASONRY & BASEMENT WATERPROOFING
All brick, block, stone, concrete. Hatchway doors, basement windows, chimneys rebuilt & repaired, foundations repaired, basement waterproofing systems, sump pumps. BBB+ rating. Free estimates. Lic #14790. Call **(413)569-1611, (413)374-5377**

PAINTING

DUTCH TOUCH PAINTING

Interior only \$199.00 for average 12x16 room. Very neat, references, prompt service call **(508)867-2550**

KEN'S PAINTING SERVICES. Interior painting/staining, wallpaper removal, wall/ceiling resurfacing, cabinet painting. Quality workmanship, fully insured. Free estimates. Call **413-896-8264**.

SERVICES

PLUMBING

GREG LAFONTAIN 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 Greg **(413)592-1505**

ROOFING

JENKINS ROOFING specializing in residential roofs & repairs, chimney repairs. Hampden, MA - **413-566-5596/413-433-5073**. Lic. #105950CSL. Fully insured.

RUBBISH REMOVAL

BOB ROBILLARD'S RUBBISH REMOVAL Attics, Cellars, Garages cleaned, Pools/Hot Tubs Removed. Family owned/operated since 1950 **(413)537-5090**

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AAA-TROM'S TREE SERVICE PROFESSIONAL SERVICE. Residential removal of trees. Free estimates, Fully insured W/Workman's Comp. Remove them before the wind takes them down. Cordwood, stump grinding. Call **413-283-6374**.

SERVICES

DL & G TREE SERVICE - Everything from tree pruning, tree removal, stump grinding, storm damage and brush chipping. Honest and Dependable. Fully insured. Now offering a Senior Citizen and Veteran discount. Call today for free estimate **(413)478-4212**

STUMP GRINDING

DL & G STUMP GRINDING Grinding stumps of all sizes, insured & certified. Senior discounts. Call Dave **413-478-4212**.

AUTO

AUTO FOR SALE

2010 HYUNDAI SONATA
138,400 miles. Well-cared for and in good condition.
\$2,500/OBO - MUST SELL.
Please call **(541) 654-6007**, leave message.

CASH FOR JUNK AND REPAIRABLE CARS
FREE TOWING
FAST SERVICE
CASH PAID AS IS
CALL OR TEXT
413-219-6839

PETS

ENGLISH SPRINGER SPANIEL MALE, liver tri-colored. current on shots, soft temperament. \$100. **413-596-8190**.

HELP WANTED

The **Town of Oakham** is seeking an experienced municipal **Treasurer/Collector**. 15 hours a week, negotiable pay based on experience. Please send resumes to admin@oakham-ma.gov.

TOWN OF BLANDFORD HIGHWAY SUPERINTENDENT

The Town of Blandford is seeking a qualified individual for the position of Highway Superintendent. Salary range starting at \$75,000-\$80,000+ negotiable based on experience/skills.

Please visit our website TownOfBlandford.com or email Administrator@TownofBlandford.com for more information.

REAL ESTATE

FOR RENT



EQUAL HOUSING OPPORTUNITY

ALL REAL ESTATE advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation, or discrimination." We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

BEDROOMS(s) AVAILABLE NOW:

4BR/2BA house in peaceful Palmer neighborhood, flexible terms. \$925 including utilities/parking. Pets/420 ok. Friendly live-in landlady. Women/NBs only. Email your situation/preferences: deirdre@mit.edu

FOR RENT



All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status (number of children and or pregnancy), national origin, ancestry, age, marital status, or any intention to make any such preference, limitation or discrimination.

This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings advertising in this newspaper are available on an equal opportunity basis. To complain about discrimination call The Department of Housing and Urban Development "HUD" toll-free at 1-800-669-9777. For the N.E. area, call HUD at 617-565-5308. The toll free number for the hearing impaired is 1-800-927-9275.

Advertise your **HOME IMPROVEMENT SERVICES** in our classifieds. **WE GET RESULTS!** Call **413-283-8393**



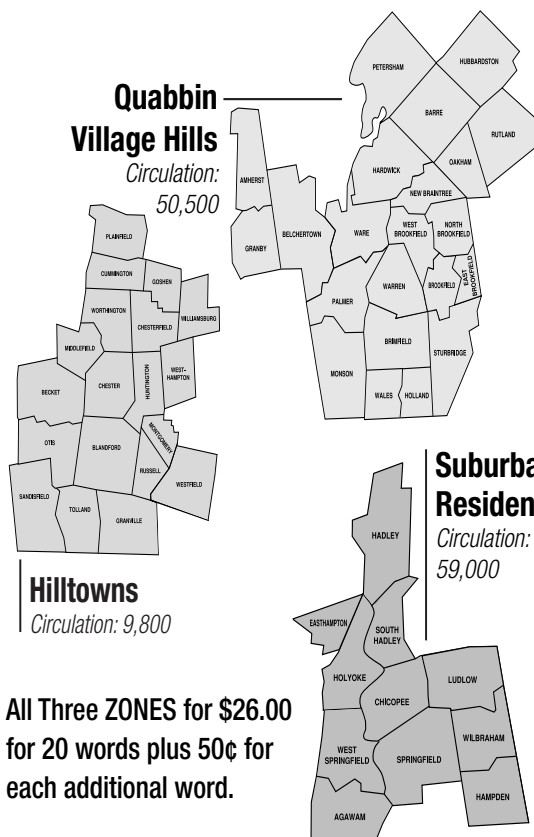
FILL OUT AND MAIL THIS MONEY MAKER

MAIL TO: Classifieds, 24 Water St., Palmer, MA 01069
or call: 413-283-8393

DEADLINES: **MONDAY AT NOON**

CATEGORY:			
1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20 Base Price \$26.00
21 Base Price \$26.50	22 Base Price \$27.00	23 Base Price \$27.50	24 Base Price \$28.00
25 Base Price \$28.50	26 Base Price \$29.00	27 Base Price \$29.50	28 Base Price \$30.00
29 Base Price \$30.50	30 Base Price \$31.00	31 Base Price \$31.50	32 Base Price \$32.00
33 Base Price \$32.50	34 Base Price \$33.00	35 Base Price \$33.50	36 Base Price \$34.00
37 Base Price \$34.50	38 Base Price \$35.00	39 Base Price \$35.50	40 Base Price \$36.00

Name: _____ Phone: _____
Address: _____
Town: _____ State: _____ Zip: _____
Number of Weeks: _____ X per week rate = \$ _____
Credit Card: MasterCard VISA Discover Cash Check# _____
Card #: _____ Exp. Date _____ CVV _____
Amount of charge: _____ Date: _____



All Three ZONES for \$26.00 for 20 words plus 50¢ for each additional word.

GREAT VALUE!
ALL 3 ZONES NOW FOR THE PRICE OF ONE!

OUR CLASSIFIEDS REACH 50 COMMUNITIES EVERY WEEK!

In The News

HCC to hold Registration Express event on Jan. 11

HOLYOKE – Holyoke Community College will hold a special “Registration Express” event for the spring 2025 semester on Saturday, Jan. 11, when prospective students can apply for admission, take the college placement test, meet with an academic adviser, register for classes, and set up financial aid – all in one day.

HCC’s Saturday Registration Express event will be held from 9 a.m. to 1 p.m. and takes place on the first floor of the Campus Center on the main campus at 303 Homestead Ave. and virtually over Zoom.

The spring 2025 semester begins Tuesday, Jan 21. HCC also has Flex Start dates on Feb. 3 (Spring Start II) and March 24 (Spring Start III). Full-term spring classes run for 14 weeks. Spring Start II classes run for 12 weeks. Spring Start III classes run for seven.

Registration Express will also be an opportunity for prospective students to learn about the state’s new program for free community college, MassEducate.

“Registration Express at Holyoke

Community College provides an opportunity for students to complete the admissions and registration process all in one day and all in one place,” said Mark Hudgik, dean of strategic recruitment initiatives, admissions, and financial aid. “Admissions, Financial Aid, and Advising counselors will be available to help students get ready for the spring semester.”

Those who can’t make it in person on Jan. 11 can still participate on those days virtually over Zoom.

The Registration Express Zoom link can be accessed through a link on the Registration Express page on the HCC website: hcc.edu/regexpress

Also, HCC offices will be open for extended hours, according to the following schedule: Jan. 6-9, 8:30 a.m. to 6 p.m.; Jan. 10, 8 a.m. to 4:30 p.m.; Jan. 13-14, 8:30 a.m. to 6 p.m.; (College offices closed Jan. 15 for Professional Day); Jan. 16, 8:30 a.m. to 6 p.m.; Jan. 17, 8:00 a.m. to 4:30 p.m.; Jan. 21-23, 8 a.m. to 6 p.m.; Friday, Jan. 24, 8 a.m. to 4:30 p.m.

City to host annual Kwanzaa celebration

HOLYOKE – The City of Holyoke will host an observance of Kwanzaa on Saturday, Dec. 28, at 10 a.m. at City Hall.

Kwanzaa, which is observed annually the last week of December, celebrates African heritage and Kwanzaa’s seven principles: Umoja (Unity) To strive for unity in the family, community, nation, and race; Kujichagulia (Self-Determination) To define ourselves, name ourselves, create for ourselves, and speak for ourselves; Ujima (Collective Work and Responsibility) To build and maintain our community together and solve problems together; Ujamaa (Cooperative Economics) To build and maintain our own stores, shops, and other businesses and to profit from them together; Nia (Purpose) To make our collective vocation the building and developing of our community; Kuumba (Creativity) To do always as much as we can, in the way we can, in order to leave our community more beautiful and beneficial than when we inherited it; Imani (Faith) To believe with all our heart in our people, our parents, our teachers, our leaders, and the righteousness and victory of our struggle.

Holyoke’s observance, a partnership with Kwanzaa Collective in the Valley with Ayanna Crawford and Theresa Cooper-Gordon of Holyoke,

will include a candle-lighting ceremony, recognition of two community leaders, remarks by Professor H. Zahar Caldwell, an educator and cultural historian at Westfield State University who teaches in the fields of History, Black Studies, and Women’s Studies, and the reading of a proclamation by Holyoke Mayor Joshua A. Garcia designating December 26 through January 1 Kwanzaa Week in Holyoke.

The Kwanzaa observance is open to the public. Refreshments will be served.

For more information please call Holyoke Mayor’s Office, 413-561-1600 or Theresa Cooper-Gordon, 413-218-6842.



Send Us Your Photos!
Email: thesun@turley.com

Public Notices

**City of Holyoke
PUBLIC HEARING
NOTICE**

The Holyoke Planning Board will hold a Public Hearing on **Tuesday, January 14, 2025 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, Special Permit applications for an increase in the height of both Temporary and Permanent Fencing (Sec 4.6.3.2) and an Increase in Sign Size (Sec 6.4.6.4) for the proposed South Street Plaza Coffee Shop/Drive-Thru Restaurant (File 158), submitted by Salmar Realty, Inc., to be located at 209 South St (080-00-039).

A complete copy of the application may be seen in the Office of Planning and Economic Development at 20 Korean Veterans Plaza, 8:30 am-4:30 pm, M-F.
APPLICANT:

Salmar Realty, Inc.

PLANNING BOARD:
Mimi Panitch, Chair
12/27/2024, 01/03/2025

**CITY OF HOLYOKE
PUBLIC HEARING
NOTICE**

The Holyoke Planning Board will hold a Public Hearing on **Tuesday, January 14, 2025, 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) a Special Permit for an Increase in Sign Size and Multiple Signs for Super Fresh, located at 235 South Street (oso-00-039), submitted by Gabriel Garcia.

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

APPLICANT:
Gabriel Garcia

PLANNING BOARD:
Mimi Pantich
12/27/2024, 01/03/2025

**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. HD24A0131AD
In the matter of:
Abrianna Nicole Torres**

**CITATION
G.L. c. 210, §6**

TO:
any unnamed or unknown parent and persons interested in a petition for the adoption of said child and to the Department of Children and Families of said Commonwealth.

A petition has been presented to said court by:
**Tommy Vargas of
Holyoke, MA**

**Thalia Ventura of
Holyoke, MA**

requesting for leave to adopt said child and that the name of the child be changed to

Abrianna Nicole Ventura
If you object to this adoption you are entitled to the appointment of an attorney if you are an indigent person.

An indigent person is defined by SJC Rule 3.10. The definition includes but is not limited to persons receiving TAFDC, EACDC, poverty related veteran’s benefits, Medicaid, and SSI. The Court will determine if you are indigent. Contact an Assistant Judicial Case Manager or Adoption Clerk of the Court on or before the date listed below to obtain the necessary forms.

IF YOU DESIRE TO OBJECT THERETO, YOU OR YOUR ATTORNEY MUST FILE A WRITTEN APPEARANCE IN SAID COURT AT **Springfield** ON OR BEFORE TEN O’CLOCK IN THE MORNING (10:00 AM) ON: **01/17/2025.**

WITNESS, **Hon. Barbara M Hyland**, First Justice of this Court.

Date: December 19, 2024
Rosemary A. Saccomani
Register of Probate
12/27/2024

**Commonwealth of
Massachusetts
The Trial Court
Probate and Family Court
Hampden Probate and
Family Court
50 State Street
Springfield, MA 01103
(413)748-7758**

**Docket No. HD24C0399CA
In the matter of:
Caitlyn Marie
Pisarski Vautrin**
CITATION ON PETITION
TO CHANGE NAME
A Petition to Change

Name of Adult has been filed by **Caitlyn Marie Pisarski Vautrin of Holyoke, MA** requesting that the court enter a Decree changing their name to:

**Caitlyn Marie Pisarski
Vautrin**
IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: **Hampden Probate and Family Court before 10:00 a.m. on the return day of 01/17/2025.**

This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, **Hon. Barbara M Hyland**, First Justice of this Court.

Date: December 20, 2024
Rosemary A Saccomani
Register of Probate
12/27/2024

**Commonwealth of
Massachusetts
The Trial Court
Probate and Family Court
Hampden Probate and
Family Court
50 State Street
Springfield, MA 01103
(413)748-7758**

**Docket No. HD24P2617EA
Estate of:
Robert Enoc Villani
Date of Death: 08/24/2024
CITATION ON PETITION
FOR FORMAL
ADJUDICATION**

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Elizabeth F. Horree of Sandy Hook, 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: **Elizabeth F. Horree of Sandy Hook, 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 01/16/2025.** This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

**UNSUPERVISED
ADMINISTRATION
UNDER THE
MASSACHUSETTS
UNIFORM PROBATE
CODE (MUPC)**

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

WITNESS, **Hon. Barbara M Hyland**, First Justice of this Court.

Date: December 19, 2024
Rosemary A Saccomani,
Register of Probate
12/27/2024

See **PUBLIC NOTICES,**
page 11

**EARLY
DEADLINE**
In observance of **NEW YEAR’S
PUBLIC NOTICES**
WILL HAVE AN EARLY AD DEADLINE
Place your public notice no later than
Fri., Dec. 27 Noon
A **TURLEY PUBLICATION**
24 Water Street, Palmer, MA 01069 • 413-283-8393 • www.turley.com

**City of Holyoke
Notice of Public Meetings**

The Holyoke Community Preservation Committee will hold 2 public meetings on **January 15, 2025 and January 22, 2025 from 6:00 to 8:00 p.m. over zoom**, for the public to learn about and comment on projects seeking funds. For the zoom link please contact klaymann@holyoke.org. See proposals at <https://holyokecpac.org> 12/27/2024, 01/03/2025

**City of Holyoke
PUBLIC HEARING
NOTICE**

The Holyoke Board of Appeals will hold a Public Hearing on **Thursday, January 16, 2025, at 5:00 p.m.**, in the City Hall Annex, Room 403, Holyoke MA to hear the petition of Mark Hoey, who is requesting an appeal from the zoning officer notice of determination letter dated 09/03/2024 and violation letter dated 11/06/2024, from Section 4.6.3/4.6.1, at a property known as 25 Cleveland St (095-00-034).

A complete copy of the application may be seen in the Office of Planning & Economic Development, 20 Korean Veterans Plaza, Rm 401, 8:30-4:30, M-F.

Applicant: Mark Hoey

Board of Appeals:

Josh Knox
12/20/2024

**City of Holyoke
PUBLIC HEARING
NOTICE**

The Holyoke Planning Board will hold a Public Hearing on **Tuesday, January 14, 2025 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, a Site Plan Review (Sec 10), a Special Permit applications for an Increase in Fence Height (Sec 4.6.3.2) and a Parking Reduction (Sec. 6.1.7) for the proposed Motor Vehicle Repair Garage (File 167), submitted by LN Berneche on behalf of American Environmental, to be located at 37 Appleton Street (036-01-002).

A complete copy of the application may be seen in the Office of Planning and Economic Development at 20 Korean Veterans Plaza, 8:30 am-4:30 pm, M-F.

APPLICANT:
LN Berneche, Inc

PLANNING BOARD:

Mimi Panitch, Chair
12/27/2024, 01/03/2025

**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 applica-

tion of Marcel Gavel to operate a vehicle exhaust repair and welding business at 54 Commercial Street (018-01-15). Hearing will take place on **Monday, January 13, at 6:30 pm** at Holyoke City Hall 536 Dwight St., and can be accessed remotely via www.zoom.us Meeting ID 859 3140 9907 Meeting Passcode 924730 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 413-322-5525.

DGR Chair
Kocayne Givner
12/27, 12/27/2024

**City of Holyoke
Notice of Public Hearing**

The Holyoke License Board will be holding a Public Hearing on **Wednesday, January 8, 2025, at 5:15 pm**. You can join via Zoom.com; ID 82543074809; CALL IN: *67 646 558 8656, or in person at City Hall Annex 20 Korean Veterans Plaza Room 406 regarding the application for a **Transfer of an Off-Premise Liquor License for 787 Min Mart LLC at 399 Hillside Avenue**, pursuant to M.G.L. Ch.138.

Applicant:
787 Mini Mart LLC.

License Board:
Anthony Luciano
12/27/2024, 01/03/2025

**NOTICE OF
MORTGAGEE'S
SALE OF REAL ESTATE**

By virtue and in execution of the Power of Sale contained in a certain Mortgage Deed, Security Agreement and Assignment of Leases and Rents, given by Alycar Investments, LLC, to Bluedog Capital Partners, LLC, dated May 31, 2024, and recorded on June 3, 2024 at the Hampden County Registry of Deeds in Book 25440 Page 541 (the "Mortgage") of which Mortgage Bluedog Capital Partners, LLC is the present holder, for breach of conditions of said Mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 11:00 a.m. on January 9, 2025, on the mortgaged premises located at 1412 Dwight Street, Holyoke, Massachusetts 01040, a portion of the premises described in the Mortgage,

TO WIT:
**1412 DWIGHT
STREET, HOLYOKE, MA**

The land in said Holyoke, with the buildings thereon, bounded and described as follows:

Beginning at the westerly corner of the intersection

of St. Jerome Avenue with the southerly side of Dwight Street; thence running WESTERLY along the southerly side of Dwight Street, fifty (50) feet to a point; thence SOUTHERLY one hundred twenty (120) feet to a point; thence EASTERLY thirty-seven (37) feet to a point on the westerly side of St. Jerome Avenue; and thence in a NORTHERLY direction along the westerly side of said St. Jerome Avenue to the place of beginning.

Subject to restrictions of record.

For reference, see deed recorded in the Hampden County Registry of Deeds herewith.

The premises will be sold subject to any and all unpaid taxes and other municipal assessments and liens, and subject to prior liens or other enforceable encumbrances of recorded entitled to precedence over the Mortgage, and subject to and with the benefit of all easements, restrictions, reservations and conditions of record and subject to all tenancies and/or rights of parties in possession.

TERMS OF SALE:

A deposit of Fifteen Thousand (\$15,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The high bidder will be required to sign a Memorandum of Sale upon acceptance of bid. The balance is to be paid by certified or bank check at Saulino & Silvia, P.C., 550 Locust Street, Fall River, Massachusetts 02720, or by mail to 550 Locust Street, Fall River, Massachusetts 02720, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said Mortgage shall control in the event of an error in this publication.

Other terms, if any, to be announced at the sale.

BLUEDOG CAPITAL PARTNERS, LLC,
Present holder of said Mortgage Deed, Security Agreement and Assignment of Leases and Rents,

By its Attorneys,
SAULINO & SILVIA, P.C.
PETER A. SAULINO,
ESQUIRE
Saulino & Silvia, P.C.
550 Locust Street
Fall River, MA 02720
PH: (508) 675 -7770
12/13, 12/20, 12/27/2024

**Commonwealth of
Massachusetts
The Trial Court
Probate and Family Court
Hampden Probate and**

**Family Court
50 State Street
Springfield, MA 01103
Docket No. HD24P2629GD
In the matter of:
Zahra Bagheri
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 **Holyoke Medical Center** of Holyoke, MA in the above captioned matter alleging that **Zahra Bagheri** is in need of a Guardian and requesting that **Kimberly A. Camp** of Westfield, MA (or some other suitable person) be appointed as Guardian to serve **Without Surety** on the bond.

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 **01/16/2025**.

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 above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon.
Barbara M. Hyland, First Justice of this Court.
Date: December 19, 2024
Rosemary A. Saccomani
Register of Probate
12/27/2024

**City of Holyoke
Conservation Commission
Notice of Public Meeting**
Pursuant to MGL Chap. 131 §40 and the Holyoke Wetlands Ordinance, the Holyoke Conservation Commission will hold a Public Meeting on **Thursday January 9th, 2025 at 6:15 p.m. remotely via zoom** at <https://us06web.zoom.us/j/82840431289> to review a Request for Determination of Applicability filed by VHB on behalf of the City of Holyoke for the resurfacing and related work on Cabot Street and Race Street (Public Streets/ Right-of-ways) within the 100-foot Buffer Zone to Bank and 50-foot Buffer Zone to Bank associated with the Second and Third Level canals and Land Under Waterbodies and Waterways.
Bernice Bowler,
Chairperson
12/27/2024

**CITY OF HOLYOKE
PURCHASING
DEPARTMENT
INVITATION FOR BIDS
2025-23SD
DEAN HIGH SCHOOL
ADVANCED
MANUFACTURING
EQUIPMENT
SEALED BIDS ARE DUE
BY 2:00 PM ON
JANUARY 15, 2025
EMAIL SUBMISSIONS
WILL NOT BE
ACCEPTED**

The City of Holyoke invites sealed bids from responsible and responsive bidders to furnish the advanced manufacturing equipment outlined in the technical specifications and in accordance with Contract Documents prepared by the City of Holyoke. All proposed equipment must be new (not a resale of used equipment) and meet or exceed the technical specifications. Dean High School is located at 1045 Main St., Holyoke, MA.

Documents will be available from the City of Holyoke's Purchasing Office, 536 Dwight Street, Room 3, Holyoke, MA 01040 beginning at 10:00AM on Friday December 20, 2024. Bid documents may be requested via email to sweeneye@holyoke.org or in person at the City of Holyoke's Purchasing Office. **The deadline to submit bid proposals is January 15, 2024, by 2:00PM**, at which time all bids received will be publicly opened in compliance with Chapter 30B and the City of Holyoke's Ordinances. No electronic Submissions will be accepted. **THE CITY RESERVES THE RIGHT TO REJECT ANY AND ALL BIDS.**
12/27/2025

**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. HD24P2626EA
Estate of:
Kurtis Lee Palmer, Sr.
Date of Death: 12/02/2024
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 **Kurtis Lee Palmer, Jr. of Holyoke, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.
The Petitioner requests that: **Kurtis Lee Palmer, Jr. of Holyoke, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 01/16/2025. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

**UNSUPERVISED
ADMINISTRATION
UNDER THE
MASSACHUSETTS
UNIFORM PROBATE
CODE (MUPC)**

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

WITNESS, Hon. **Barbara M Hyland**, First Justice of this Court.
Date: December 19, 2024
Rosemary A Saccomani,
Register of Probate
12/27/2024

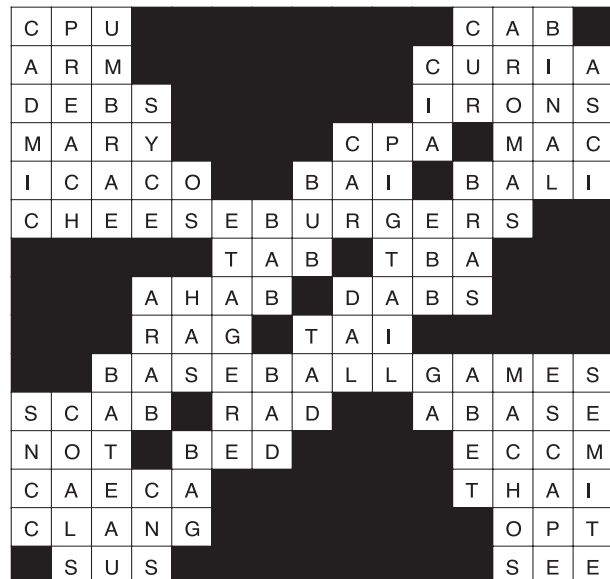
The Holyoke Sun
OBITUARY POLICY

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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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Owner of Lemonade Dreams Raven Torres added the mango flavor to Aalyah Smart's lemonade.



Owner of Lemonade Dreams Raven Torres welcomed everyone to her lemonade workshop.



Owner of Lemonade Dreams Raven Torres squeezed the lemons to get the lemon juice for the fresh lemonade.



Everyone in the workshop gathered around to make another cup of lemonade after they enjoyed their first glass.

Submitted photos

LEMONADE, from page 1

ed this I haven't gone back to the store bought at all," Torres said.

Torres has taught a few of the classes before, though this is her first time incorporating making different flavored lemonade into the process. She thought it would be a good way to add some new interest to the program.

"It's to do something different, classic lemonade can get boring," Torres said.

One of the times she did the class in the past a little girl took the idea of making her own lemonade and used it to raise funds for her dance recital. Torres is glad she was able to inspire her and help her out.

Lemonade Dreams has been in business for two years now. Torres got the idea when she and her daughter did a lemonade stand.

"We had one lemonade stand in the summer of 2022 and everyone just loved us after that," Torres said.

After that, Torres knew that this could be a great opportunity for her and her daughter.

"It works for us, we have a slogan, 'life gave us lemons so we made you lemonade,'" Torres said.

Torres and her daughter then applied for funding through accelerated EforAll Holyoke and were rewarded money, and the business took off from there.

Since then they have been working on finding partnerships with the community. Torres has partnered with the Springfield Museums and Topfusion and she hopes to keep expanding.

She loves doing this business with her daughter and feels that it is this part-



Shannon Swinton helped Aalyah and Khameron Smart to prepare their lemonade.

nership that makes them stand out from other businesses in the area.

Lemonade Dreams has a fundraiser coming up on Jan. 19 at the Holyoke Merry-Go-Round.

At this fundraiser there will, of course, be lemonade and attendees will be able to get free rides on the merry-go-round.

All of the funds from the fundraiser will go toward helping Torres to get a trailer so she can put her business on wheels.

She also hopes to hold many more of these classes in the future, perhaps even partnering with other local small businesses so they can help each other out.

You can learn more about this business by going to their Facebook Lemonade Dreams or to their Instagram, @thelemonadedream.

They can also go to the business website at <https://www.thelemonadedreams.com>

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