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AGAWAM

ADVERTISER NEWS

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Agawam Paranormal reports on findings

By Quinn Suomala Staff Writer

AGAWAM – Agawam Paranormal presented their updated findings on the Thomas Smith House at the Agawam Historical Association meeting.

Agawam Paranormal had investigated the Smith House in 2013 and had found evidence of paranormal activity.

Owner and Director of Agawam Paranormal Rob Goff reported that his psychic had sensed the intelligent spirits of a little girl, a little boy and an enslaved person.

The investigators' EMF devices picked up anomalous readings. Meaning there was no man-made explanation for the readings.

One area that picked up those readings was the crib in the upstairs, which was also where the

psychic felt the intelligent spirit of the little girl.

"We were getting EMF readings in that crib all night long," Goff said.

They also found shadows with inexplicable origins, temperature changes of up to 15 degrees and odd floating orbs that they only could see through the camera.

These orbs could not be explained as bugs or dust, as Goff pointed out the difference between a bug and the odd orb and many of the orbs were flashing.

"Dust does not flash," Goff said.

Goff detailed a story where he and one of his investigators were watching two orbs in the basement of the Smith House. Goff had a different investigator dust

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Dozens of people gathered at the Agawam Historical Association Meeting in order to hear the reports from Agawam Paranormal on their findings at the Thomas Smith House.

Warming centers available

By Quinn Suomala

AGAWAM – The library and the senior center are available as warming centers for residents in need.

Last week was a great example of the type of cold snap that would necessitate the need for people to find sanctuary from the elements indoors.

"People should know if they need a place to come and warm up; those two places are open," Mayor Christopher Johnson said. "And the library does have some weekend hours as well, so there is availability."

Both places operate on their usual hours. The senior center is open Monday through Friday from 8 a.m. to 5 p.m. The library is open Monday through Thursday from 9 a.m. to 9 p.m. and Friday and Saturday from 9 a.m. to 5 p.m.

Seniors are welcome to come get their meals at the senior centers through the meal program.

Additionally, those who arrive at the library or the senior center are welcome to take part in some of their many programs available.

"There's things for people to do at both of those places rather than just come and sit," Johnson said.

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Library hosts day of Mario Kart racing

By Quinn Suomala Staff Writer

AGAWAM – The library hosted a Mario Kart evening for children in kindergarten through fourth grade on Wednesday Jan. 17.

Children were able to play Mario Kart on the library's Nintendo Switch and also build lego cars or read Mario Kart or racing-related books.

Childrens' Librarian Evan Delano also puts on a monthly Nintendo Switch gaming session for teens and tweens. This event is on the third Friday of every month.

"It's just kind of show up and play the games we have or bring a game you have," Delano said. "It's casual and fun." These sessions are open for children in grades five through twelve and children can bring their switch or use the one available at the library.

According to Delano, many younger siblings of those teens wanted to join in on the fun, which inspired Wednesday's event.

"It just seemed like there was a lot of interest from younger kids," Delano said. "Any opportunity to do something that kids are actually excited about that gets them into the library I'm okay with."

Delano hoped that kids would be able to have fun and grow more comfortable in the library. They hoped that this event would help to bring more people in and allow kids to in-

teract with each other.

Delano also believed that this event may allow some of the kids to get to use technology or play a game that they may not have access to at home.

"It's good for kids to socialize with other kids their age and have an opportunity to play games that maybe they don't have access to in other places," Delano said.

A couple of the kids who signed up had not played Mario Kart before.

"I'm looking forward to getting to experience the joy and wonder of them playing Mario Kart for the first time," Delano said.

library. They hoped that this event would help to bring more people in and allow kids to in-

them the opportunity to pick up a book they're interested in.

"We love when people come to the library and we want to do things that are exciting to them," Delano said. "And a kid that comes to the library to play video games is more likely to leave with a book than a kid that doesn't come to the library at all."

This event did have a small literary component. Delano put up a display of Mario Kart or racing related books for children to peruse when not racing or building legos.

Delano was grateful for the assistance of Volunteer Owen Elwell, a student at Agawam High School. Elwell was experi-

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Connor Elliot and Elliot Elwell were the first up to try Mario Kart.



When not racing, children were able to read or build lego cars.

TURLEY PHOTOS BY QUINN SUOMALA



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Senior Center announces activities

National Wear Red Day

Join The Agawam Senior Center and The Heart Truth, and organizations around the country on National Wear Red Day, celebrated each year on the first Friday in February, to bring greater attention to heart disease as a leading cause of death for Americans. Join the staff at the Agawam Senior Center and wear RED to lunch on Friday, Feb. 2 and will you be entered into a raffle for a gift card.

Prevention and Management of Prediabetes and Diabetes

Wednesday, Feb. 7 at 1 p.m.

Early identification, treatment and lifestyle changes can make a major difference in preventing prediabetes and diabetes. Join us to learn which food choices and other lifestyle habits can help you avoid the serious health complications of diabetes. Call Kristina at 413-726-2836 to register.

Dr. Katrina Banks from Neurologic **Optimal Wellness Physical Therapy**

Wednesday, Feb. 21 at 1 p.m. Neurologic Optimal Wellness Physical Therapy (NOW PT) is a very patient fo-

cused outpatient clinic. We specialize in movement disorders of Stroke, Parkinson's Disease, Multiple Sclerosis, and Balance disorders. Whether you had a fall, a car accident, suffer from back pain, have muscle weakness, a movement disorder that has changed your life, or are dealing with long covid symptoms, we offer clinic services, in which we teach you how to move safely, efficiently, and confidently. Once you have gained your confidence and are moving safely, our wellness subscription services of strength training, mobility training, and balance training are essential in helping you maintain your gains and longevity. Join Dr. Banks as she explains what they offer in their facility. Meet in the Seminar Hall at 1 p.m. Call Kristina at 413-726-2836 to regis-

Hearing Screening available in February 2024

Tuesday, Feb. 27 hearing checks will be available by Gary Winn. Appointments can be made by calling 413-821-0604.

Yoga Dance

Join Renee Rix, certified Let Your Yoga

Dance Instructor, for a one-hour joy filled inter-generational movement practice that everyBODY can do.

The class combines gentle yoga, user friendly dance, and all genres of music to cultivate overall health and sense of community. No yoga or dance experience is needed! Please bring water and a mat/ blanket for relaxation. Chairs will also be available. Bring your grandchildren to the Senior Center and enjoy an hour of Yoga Dance with them. Call Kristina at 413-726-2836 to register.

Hampden County Sheriff Office

Wednesday, Feb. 28 at 1 p.m.

The Hampden County Sheriff's Office Triad Division is a cooperative agreement of first responding agencies operating throughout Hampden County.

Learn about the free and accessible safety programs offered to help reduce victimization while being empowered to stay safe and maintain your independence. Join us at the Agawam Senior Center in the Dining Room at 1 p.m. for this very informative seminar. Contact Kristina at 413-726-2836

Agawam Library to feature two art exhibits in February

AGAWAM – Throughout the month of February, the Agawam Public Library is excited to be hosting works by Stephanie Diaz on the main floor gallery walls. Diaz is a local artist who will be exhibiting acrylic and watercolor paintings, alongside woodburning art. Works and commissions by Diaz can be found online, at whimsicalcorner.bigcartel.com and in local craft fairs.

Works will also be exhibited in the glass cases leading into the children's section provided by Rick's Place. These pieces are part of a travelling exhibit made in November to honor Children's Grief Awareness Month titled "Reflections: A Grief Awareness Exhibit." Rick's Place is a Wilbraham-based support organization for children, teens, and families navigating grief. Their exhibit features poignant artwork created by both youth and adult participants, encapsulating intimate, heartfelt narratives of personal journeys through grief. This collection serves to raise awareness about the impact of grief and loss on youth and families, as well as to provide a platform for individuals to tell their story through art. Anyone with questions about Rick's Place can contact them at their Wilbraham office at 413-

All art can be viewing during the Agawam Public Library's open hours. The library will be closed Monday, Feb. 19 for Presidents' Day.

If you are interested in exhibiting your own art or have any questions about this month's exhibits, please contact Library Associate Erica at elefebvre@agawamlibrary.org or 413-789-1550 x4.

Winter reading challenge at the library

AGAWAM - Did you know kids and teens can enter to win prizes just by logging reading online? The Agawam Public Library's annual Winter Reading Challenge goes through Feb. 29.

During this time kids and teens can log days that they read on the library's Beanstack website found at, agawamlibrary.beanstack.org. On March 4, the prize winners will be announced, so be sure to log all the reading and earn raffle tickets before that day.

For more information about this program or other programs at the Agawam Library go to our website agawamlibrary.org or call 413-789-1550

Velis demands pharmacies increase access to Narcan

WESTFIELD - Senator John Velis (D-Westfield) recently shared his outrage regarding the lack of access and visibility to the over-the-counter opioid reversal drug Narcan in Massachusetts pharmacies following the release of a Boston Globe survey of more than 60 statewide pharmacies.

This survey found that many pharmacies in the Commonwealth were inconsistent with their access to Narcan and did not have the item in stock or displayed on store shelves, despite the U.S. Food and Drug Administration's (FDA) decision last spring to allow the overdose reversal drug to be sold directly to consumers and a Massachusetts law requiring all state licensed retail pharmacies to maintain a continuous supply of the lifesaving drug.

"Narcan saves lives, but only when people are able to get it. With the FDA's monumental decision this past spring and clear state guidelines, it is absolutely unacceptable that we are not seeing Narcan stocked on all store shelves in every pharmacy across our state," said Velis, Senate Chair of the Joint Committee on Mental Health, Substance Use, and Recovery. "The very heart of the FDA's decision and our state's guidelines was to make Narcan more available and reduce stigma. If you hide it and make people go back to pharmacy to ask for assistance, the entire purpose is defeated. We cannot lose sight that people's lives are at stake."

Velis shared that he plans to reach out to the Department of Public Health about current state guidelines and will be raising this issue as part of the Joint Committee's work this session.

Feline Friends Cat Sanctuary announce upcoming fundraisers

AGAWAM - Feline Friends Inc. Cat Sanctuary of Feeding Hills will be holding food/supply drives at Smithland Pet & Garden Center on Saturday, Jan. 6 and Feb. 3 from 10 a.m. to 1 p.m. Volunteers will be accepting food, litter & monetary donations for our kitties. Opened bags/boxes will also be accepted. Gift cards from various pet stores or Costco would be much

We are selling tickets to our February Valentine Calendar Raffle in January for \$20 each at Paypal- info@felinefriendsinc.org; Venmo - @Feline-Friends and by check/cash - Feline Friends Inc., P.O. Box 174, Feeding Hills, MA 01030.

Smithland, a valued sponsor, is stocked with Friskies Pate or Shreds canned food (single flavored cases preferred), some Fancy Feast varieties and unscented, clumping cat litter. All donations are gratefully accepted. Our donation bin is lo-

cated near the cash registers. Other Wish List items: Disinfecting wipes, paper towels, puppy pee pads, dry cat or dog food for strays & colonies.

Special thanks to our monthly donors and everyone who donated at our December event including Julie & Kevin, Jeanette L, Joanne L, Joan E, Crystal M, Kay A, Carl and Cheryl K, George P, Nicole M, Ken K. Congratulations to Ken K, who won the winter-themed gift basket.

We are thankful to all of our community members for their support throughout the year. December donations were received from the Community Foundation of Western Mass, Jonathan Hall and Toto, Denise R, Patricia C, Judith G, Nicole M, Carolyn C, Ida S, Diane H, Catherine M, Judy C, David P, Jennie U, Carol R, John & Marjorie, Carolyn O, Tami N, Jean R, Michael K, Jeremy B, Marianne S, Paypal Giving Fund Grant, Sharon and Bob L, Jude S, Daniel G, Carolyn T and Shirley M. We are so grateful.

Sincere condolences go out to all who have lost furry family members this year. We were saddened by the loss of our dear friend, Toto the Tornado Kitten in late November at the age of 12. May their memories remain in our hearts.

Just a reminder that we have collection bins at the Agawam Public Library as well as at Smithland in Agawam. Please

add your contact information if you would like an acknowledgement.

Feline Friends Inc. is a community-based, nonprofit sanctuary that does not discriminate against any cat based on age, gender or disability.

More information about our sanctuary may be found on our website at felinefriendsinc.org or our Facebook page at Feline Friends Cat Sanctuary. Contact us with questions at info@felinefriendsinc.org or by phone at 413-786-5019.

Tickets for a Valentine's Italian dinner now available

AGAWAM - Save the date of Saturday, Feb. 17, for a Valentine's Italian night dinner at Agawam Congregational

The spaghetti and meatballs dinner with a salad and cupcake dessert will be held beginning at 5 p.m.

Tickets are \$14 with a deadline of Wednesday, Feb. 14 at noon to purchase

tickets. Take-out orders will be available, as well. Contact the church at 413-786-7111 or office@agawamcong.com.The church office is open Monday through Friday from 8 a.m. to noon.

Agawam Congregational Church, located in the town's Historic District, is handicapped accessible with a large, well-lit parking lot.

Inaugural social for new mayor

AGAWAM - Newly sworn-in Mayor Christopher Johnson will hold an inaugural social on Friday, Feb. 2 beginning at 5:30 p.m. at Oak Ridge Golf Course. The cost to attend is \$40 per person or \$75

per couple. There will be a DJ and dress is business casual. Social hour will begin at 5:30 p.m. followed by a buffet dinner at 6:30 p.m. For tickets, please contact chrisjlaw@comcast.net or call (413) 732-8356.

Agawam Day in Florida on March 6

ST.PETERSBURG, FLA. - Agawam Day will be held on Wednesday, March 6, 2024., from 10 a.m. to noon, at Fort De Soto National Park, shelter #14, in St. Petersburg.

Agawam Day in Florida has been held on the first Wednesday of March since 1981. Each year 40 to 60 former Agawam

residents join together for a reunion of friends and family for a picnic, raffles, beautiful scenery, hugs and to share old

For more information contact Hank Drewnowski by cell phone call or text at 860-462-7273 or by email at hdrew2452@

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Habitat for Humanity introduces 'Hearts and Homes' challenge

WEST SPRINGFIELD - Every \$20 donation made to Greater Springfield Habitat for Humanity (GSHFH) by end-of-day Tuesday, Feb. 13, 2024, will be entered for a chance to win a Spa Renewal Day gift card for two people at the exclusive Canyon Ranch in Lenox.

The winner will be drawn at our Valentine's Day dedication, celebrating the completion of our newest home in Holyoke. Participants don't have to be present

"We are very appreciative of Canyon Ranch for partnering with us on this fundraiser. Stable affordable housing plays a key role in a family's well-being and Canyon Ranch wants our donors to have a chance at increasing their well-being by supporting our programs," said Aimee Giroux, GSHFH executive director. "What a fantastic way for us to celebrate the completion of a home on Chestnut Street in Holyoke that will be dedicated and sold to the Santos family on Valentine's Day."

The "Hearts and Homes" challenge came about when a volunteer asked the resort that focuses on prioritizing its clients' well-being, if it would be interested in supporting Greater Springfield Habitat through a fundraiser. The donation committee complied and donated a gift card worth \$700.

To donate, visit habitatspringfield. org/donate; https://bit.ly/3lq36gO; or text "BUILD413" to 44-321 and follow the

GSHFH is dedicated to strengthening communities by empowering low-income families to change their lives and the lives of future generations through homeownership and home preservation opportunities. Since 1987, Greater Springfield Habitat has built or repaired 129 homes in Hampden County. This project represents the first home to utilize ICFs, which will further reduce longterm costs for the future homeowners.

Zonta Service grant applications available for 2024 award cycle

In keeping with Zonta's more-than-100-year tradition of improving the lives of women and girls, the Zonta Club of Quaboag Valley is currently soliciting proposals from local non-profit organizations for projects that benefit women and/or youth. Since its inception in 1991, the Zonta Club of Quaboag Valley has contributed over \$150 thousand in cash and in-kind donations to local non-prof-

The Zonta Service Grant Form application can be downloaded at www.zontagy. org/service-grant/ or requested by contacting info@zontaqv.org. 2024 Grants ranging from \$100 to \$2000 will be awarded biannually, in May with a April 1 deadline and November with a Oct. 1 deadline. Proposals must include specific details of the project including the need that will be addressed with the funds. In reviewing completed applications the committee will give preference for a hands-on component that can involve Zontians and supporters, if appropriate.

The club's efforts to raise funds for these grants included a Calendar Raffle, Golf Tournament and Poinsettia sales. Two-thirds of all profits are used to fund local initiatives; one-third goes to the Zonta Foundation for Women to fund global projects with partners including UNFPA, UNICEF USA, Girls Not Brides, Coalition to End Violence Against Women and Girls Globally and Women's Empowerment Principles.

2022-23 grant recipients included: Girl's Inc of the Valley received a grant to help build new programs at their new Holyoke location.

YWCA of Western MA received a grant to purchase gift cards for individuals in their network to purchase essentials.

Safe Passage of Northampton to offset printing of a program booklet for Say Something - 8-hour skills-focused training program grounded in effective strategies of bystander intervention and empowerment self-defense.

Food Share in Palmer in support of stocking personal hygiene products and other items in short supply for women and girls.

Second Time's a Charm in Palmer received a grant toward the purchase of different-sized gowns in short supply for teens in need.

Alianza DV Services, Inc. (formerly Womanshelter/Companieros) in support of a fall showing of the Clothesline Project, a visual display of violence statistics that often go ignored. Each shirt is made by a survivor of violence or by someone who has lost a loved one to violence.

Inquiries can be directed to the Zonta Club of Quaboag Valley, Mary Knight the Communications Chair at info@zontaqv. org or 413-219-8260.

Virtual support groups offered for cancer patients and families

WESTERN MA - During a cancer journey patients and their families often benefit from the support of others. Virtual support groups will be held in 2024 by Camille St. Onge, LICSW, and oncology social worker.

For many years, people had to travel to a predetermined location in order to attend addiction support group meetings. As a result of restrictions during the COVID-19 pandemic and because of the increasing availability of digital services, these groups now meet online.

"Offering support groups virtually brings people together regardless of their location," said St. Onge. "Sharing concerns with a support group can be a beneficial way for people facing cancer to get the help they need to cope with the physical and emotional concerns that arise during and after a cancer diagnosis. While support and self-help groups can vary greatly, groups share one thing in common, they are a place where people can share personal stories, express emotions, and be heard in an atmosphere of acceptance, understanding, and encouragement."

The support groups are designed to help patients, their families, and caregivers cope with the challenges of a cancer diagnosis. Virtual Support Group offered include: General Cancer Support Group, 1st Wednesday of each month, from 11 a.m. - 12:30 p.m.; Partners in Caregiving, 2nd Wednesday of each month, from 5 - 6:30 p.m.; Expressive Writing through Cancer, 3rd Wednesday of each month, from 11 a.m. - 1 p.m; Breast Cancer Support Group, 4th Wednesday of each month, from 11 a.m. - 12:30 p.m.

All meetings are currently held virtually and made possible by funds raised by the Walk of Champions. For more information contact Camille St. Onge, LICSW, Oncology Social Worker by calling 413-239-7239 or by email at cstomagin@ gmail.com.



WARMING ■ from page 1

The senior center has a fitness room and a computer room, as well as a variety of activities that rotate on a daily basis. For further information go to https://www.agawam.ma.us/237/Programs.

The library also has a variety of programs, including crafts and even a yoga class. For more information on those programs go to https://www.agawamlibrary.org/.

If there is a deep cold or if there was a spike in need, Johnson said these places would extend their normal operating hours to help accommodate those in need.

"I would talk to the affected department heads to figure out how they would be extended, put it out on a press release and the website and so forth to notify people," John-

However, this has not been necessitated in recent years, as there has not been an extended period of time with severely cold

"At this point I don't know that there's been a tremendous need," Johnson said. "Last winter we had that one Saturday night that it got really cold, but then it warmed up the next day. So there hasn't been a situation where we've had extended cold snaps."

Overall, from Johnson's knowledge the cooling centers in the summer are more commonly used than the warming ones in

"A lot of people don't have air conditioning so when you get those really hot spells they'll show up at the senior center or library to take advantage of being able to cool off," Johnson said.

Johnson would also like to express that should anyone in the town be facing any difficulties, they are welcome to reach out to his office in order to ask for assistance.

"If people are having problems in their house, don't be afraid to reach out," he said. "The town may not be able to directly help, but certainly we're able to try to mobilize the community to help anyone out that may be experiencing difficulties."

They also can reach out to the senior center if they're a senior, the veterans agency if they're a veteran, or any other place that they interface with the town.

"We may not be able to directly help but we can try to pull together as much community support as we can," Johnson said.

Horace Smith Fund scholarship and fellowships available

WESTFIELD - The Horace Smith Fund has scholarship and fellowship money available for graduates of Hampden County public and private high schools. Graduating high school seniors and students already in college may apply for Scholarships of \$12,000. Those in their final year of college and previous college graduates pursuing advanced degrees may apply for Fellowships of \$15,000. Applicants must maintain at least a B average in college and be enrolled as full-time students. Awards are made based on both academic achievement and financial need. Of great importance is a personal written account of why the student feels deserving of financial assistance and their goals in pursuing higher education.

Last year, \$316,000 was awarded to 30 individuals. Scholarships were given to 22 graduating seniors from nine Hampden County high schools. Three scholarships were also awarded to current

college students to assist them in completing their undergraduate degrees. Five fellowships were given to college graduates pursuing advanced degrees, who had graduated from Hampden County high schools. The Horace Smith Fund was established in 1899 by the successful and generous philanthropist named Horace Smith, co-founder of Smith & Wesson, established in Springfield. The scholarships and fellowships are named for Walter S. Barr, a West Springfield businessman, whose widow left the bulk of the family estate to The Horace Smith Fund in 1950. Completed applications must be received either electronically or by mail to The Horace Smith Fund at 16 Union Avenue, Suite 2K, Westfield, MA 01085 no later than March 15. Applications are available at local high school guidance offices, college financial aid offices, online at www. HoraceSmithFund.org or by phoning (413) 739-4222.

ACC to hold souper bowl Sunday

AGAWAM - As of Sunday, Jan. 14, SOUPer Bowl Sunday is underway at Agawam Congregational Church.

"Cans of various soups will be collected from members and friends through Super Bowl Sunday, Feb. 11, the day of the big football game," said church Missionary

Committee chair Lesley Young.

The "Football Stadium" is set up in the Narthex where folks can place their donated cans of soup to be brought to the Parish Cupboard the week of Feb. 12. For more information, contact the church office at 413-786-7111 of office@agawamcong.com.



Guest Column



How can I get details about my Social Security payment?

Dear Rusty

How do I find the actual breakdown of the Medicare insurance that I have auto deducted and my actual Social Security payment?

I was just looking at a video which explained the 3% Cost of Living Adjustment we will be receiving this year and it compared the current payout to the new payout. There seems to be a big difference in what I am getting and what they said in the video. Currently my Social Security payments are \$1,431. My Medicare insurance is supposed to be \$165, which means my total Social Security is about \$1,596. On the video it said all retired workers are getting \$1,848 with the new increase to take it to \$1,938. There are a couple hundred dollars there that I seem to be missing out on. Can you help me understand that difference?

Signed: Confused Senior

Dear Confused Senior

What you're asking for is an itemized breakout of your gross Social Security benefit, any deductions being taken therefrom (e.g., your Medicare Part B premium), the amount of your COLA increase and your net Social Security payment for 2024. If that is the case, the best way to get this detail is in your personal "my Social Security" online account, which provides all the information mentioned.

You can access your online account at www.ssa.gov/myaccount, and if you don't already have that online account set up, you'll need to first establish your online access credentials. Instructions for how to do that will be at that web-

I'm not sure which video you watched, but "all retired workers" do not get \$1,848 or \$1,938. Everyone's Social Security benefit is different, based on their lifetime earnings record and the age at which they claimed benefits. The numbers you heard in the video were likely average Social Security payments, not the actual amount you should personally be receiving. Here's how it works:

Your personal benefit is based on your Primary Insurance Amount, which is the amount you get if you claim for your benefits to start at your Full Retirement Age, which is somewhere between 66 and 67 depending on the year you were born. Claim before your FRA your benefit is permanently reduced; claim after your FRA it is higher.

Your personal maximum benefit is achieved if you claim at age 70. The Medicare Part B premium (for outpatient healthcare services) is automatically deducted from your Social Security payment. Although the standard 2023 Part B premium was \$164.90, the standard 2024 Part B premium is \$174.70.

You may also have other things, e.g. income tax, withheld from your monthly Social Security payment.

The annual Cost of Living Adjustment for 2024 is 3.2%. That means your gross Social Security benefit goes up by that percentage starting in 2024.

But there was also a \$9.80 increase in your Medicare Part B premium starting in 2024, which means that you won't see all of the COLA increase in your Social Security payment. Since your Medicare premium is deducted from your Social Security, that Medicare increase will

SECURITY | page 5

SIGNS THAT YOU MAY HAVE FROZEN PLUMBING ...

Letter to the Editor

VAVEGRANWND© www.davegranlund.com

City Council should support medicare for all

Dear Editor:

The Agawam City Council should pass TR-2024-9, a resolution to urge state legislators to establish medicare for all, a single payer healthcare system for all who reside in Massachusetts.

Imagine entering your doctor's office, showing vour new "Medicare For All" ID card and being told that there will be no co-pay, no deductible, no co-insurance. You also chose this provider because they aligned with your needs and because any licensed provider you chose would be accepted by Medicare For All. No more Provider Panels. No more pre-authorizations for treatments or proce-

Imagine that under Medicare For All, you can receive vision care and dental care.

Now picture Agawam's Mayor Johnson having a \$12.9 million dollar savings each year from the town's employees and retired employee's health-

Imagine being a small business owner and not

having to worry about rising healthcare costs or to compete with larger companies for employees looking for the best health insurance, or to negotiate with health insurance brokers each and every

Medicare for All would: Save approximately 29% of our current spending on health care; Take the burden of rising healthcare costs off of most small businesses, municipalities and families; Eliminate medical debt and medical bankruptcy; Use the power of consolidation and numbers to lower prescription drug costs; Finally, Medicare for All would guarantee access to quality, affordable health care as a right for all residents of the commonwealth.

We don't have to imagine. This is a future within reach for all residents of the commonwealth. By supporting Medicare For All in bills H 1239 and S 744, we can create a more predictable, sustainable way forward to a more robust public health system. See MassCare.org for more info.

Guy Qvistgaard

Guest Column

Bashing China is easy but not always helpful



Here's one thing we can count on in the upcoming election year: American politicians will find ways to criticize China, even if they're running for jobs that have little to do with U.S. foreign

China-bashing is a tried-and-true way to ap-

It's politically safe: China has few defenders anywhere in the United States. Politicians can take shots at China without worrying that they will offend anyone or lose support and, certainly, China often deserves criticism.

But there is a downside to reflexive anti-China rhetoric. With the world's second-largest population and its second-largest economy, China is a force in world affairs

We need to push back when it threatens our interests, but we also need to engage with China when appropriate.

It's understandable that China would be a target for attacks. We live in a bipolar world, with the U.S. and China competing for global influence.

Under President Xi Jinping, China has positioned itself as our chief rival and China's actions often call for pushback. It engages in unfair trade practices, disregards intellectual property rules



Rep. Lee H. Hamilton and others are shown with Vice-Premier Deng Xiaoping in June 1979 during the first official visit to the U.S. by top Communist Chinese leadership. Among the others are Paul Findley in the far left back and Michael Barnes to Hamilton's left.

COURTESY OF THE WELLS LIBRARY LEE HAMILTON PHOTO COLLECTION

and tramples on human rights.

It has been accused of genocide against the Uyghur population in its Xinjiang province. It threatens Taiwan and antagonizes its neighbors over the South China Sea.

To many Americans, China can seem foreign and far away. Its people look different and speak different languages. Its autocratic system of government is very different from our democratic

A recent Pew Research Center survey found half of Americans consider China to be the biggest threat we face; that's three times as many as view Russia as our biggest threat. In another survey,

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*)*pinion



used the last of my home grown carrots in soup today. Growing enough carrots to last into the winter months is a huge accomplishment for me. You see, I've never been the best carrot grower.

In the past, either the seeds didn't germinate well, or if they did, bugs ate the seedlings when they were just an inch tall. One year I got past that only to have the roots taste so bitter at harvest that I ended up throwing them all out.

All that work for nothing!

After a good carrot growing experience last year, however, things are looking up, and I'm planning for an even better harvest this summer. I've been slow to inventory my seeds this year, but in preparation, I did some research on carrot varieties and cul-

My great-flavored carrots were due in part to the variety.

I don't remember the exact name, but I know for certain they were a Nantes type. The sausage shape and blunt end is a giveaway. They were crisp and sweet and about six-seven inches long.

If you aim to grow the kind of standard carrots that are typically sold in the grocery store, Imperator types are what you should look for. Because they can grow very long, be sure you have loose, deep soil.

Crazy for carrots

Some experts say that although they can top off at nine-10 inches long, they are not always flavorful.

Chantenay types are a good choice for shallow soils.

These carrots have wide shoulders but are extremely tapered, growing only fivedix inches long. They are typically crisp and sweet, and like most carrots, taste even sweeter after a few frosts

Another good choice for shallow or dense soils are the Danvers types. Originating in Danvers, Massachusetts, this heirloom six-eight inch carrot tapers to a

Typically, they store well and are good for cooking.

In addition to these types, there are hybrids of the above types and specialties beyond that. Once thing they all have in common is their culture.

Growing carrots is not hard if you follow a few hard and fast rules.

Ideally soil should be deep, loose and free of stones. Carrots grow well in raised beds for this reason.

Regular garden beds should have the soil loosened to about a foot deep. Be wary of using fresh manure or other sources of fertilizer that are super high in nitrogen.

While it's true that carrots like some nitrogen, having ultra rich soil will make for fibrous, hairy roots. Last year, I sowed my carrot seeds immediately after harvesting my garlic in July.

I did not amend the soil at all in preparation of the planting. Experts say that if you are going to amend it should be done the fall prior.

It can take a long time for carrot seeds to sprout. Gardeners have tried all sorts of extraneous measures to get them to germinate more quickly and with greater consistency.

Here are some things I have read about and some I have tried.

The old radish trick – try sowing radish seed interspersed among your carrot seed. The radishes will sprout first, marking the row and providing some shade for the developing carrot seedlings.

Some people pre-sprout. Place seed in a moist paper towel and set it in a warm spot in the house and it will sprout. Immediately after sprouting it is sown in place in the garden.

The rows are kept moist and ideally the seedlings take hold. Sadly, I have read that sometimes this causes roots that end up misshapen.

Sometimes gardeners use wood, shade cloth or burlap to keep the seedbed moist. If you miss when the seeds sprout, they could be smothered under these coverings or worse yet, get tangled up in the fabric.

Check daily and remove coverings on the first notice of germination. Continue to keep the bed watered or seedlings will

My success this past summer was due in part to when I sowed. In mid-July, soil temperatures were optimum (around 75 degrees) and seedlings germinated in a week.

I kept the plot watered until they were up and growing. Although carrot seed can germinate in early spring- even when soil temperatures are below 50 degrees, it will definitely require some patience, and work, on our part, to keep the seedbed from drying out.

Another concern gardeners have, has to

do with sowing the tiny seeds and/or thinning the seedlings. Carrots mature to the right size when given at least two inches between plants.

I usually try to sow my seed a half-inch apart and then thin to two inches. Thinning is a pain to do, especially in bigger plantings, but it can be done.

In order not to damage nearby seedlings, I often use a tiny pair of scissors to cut away the crowding seedlings. A thumb and index finger can also be used to pinch away the excess plants right at the soil line.

Sometimes gardeners mix carrot seed with sand or dry coffee grounds to make sowing the small seed easier; using seed tape or pelletized seed are other, albeit expensive options to insure more equidistant seedlings. Regular carrot seeds are viable for two-three years whereas pelletized seed is viable for a year.

Plan accordingly by not ordering more than you need. Tape and coated seed do still need to be kept as moist as regular sowings - maybe even more so, due to the additional layers.

I am excited to grow carrots again this year. Hopefully a bigger harvest will enable soup-making well into spring.

Tackling what types of carrots to grow and ensuring good germination and a healthy stand of seedlings will mean I am well on my way to achieving that goal!

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For 31 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.

CONGRESS ■ from page 4

more than 80% of Americans had negative views of China.

Some of China's actions do call for strong responses. We should expect candidates for relevant government offices to adopt clear positions toward China.

But China-bashing can go too far.

In Indiana, where I live, one candidate for governor has made "combating China" a centerpiece of his campaign. He and his rivals say they will confront China over fentanyl imports, online theft of personal information, and other matters.

The next governor of Indiana will have a lot of important issues to address, but getting tough with China won't be high on

Demonizing China also has a long and sometimes ugly history in the United States. Chinese immigrants in the 1800s did hard and dangerous jobs, working in mines and building railroads, but faced discrimination in housing, employment and education.

Anti-Chinese bias led Congress to pass the Chinese Exclusion Act of 1882, barring further Chinese immigration. Sensationalistic newspapers fanned fears of a "Yellow Peril" that threatened native-born 34 years.

SECURITY ■ from page 4

also be taken from your SS payment, so

you won't see the full 3.2% COLA increase

ly, I suggest you access your online "my So-

cial Security" account as described above.

As an alternative, you can also call Social

Security at 1-800-772-1213 and request a

Benefit Verification Letter which will in-

clude all the information you seek about

The Association Mature Citizens Foun-

your Social Security payment.

To see all of this detail for you personal-

in your 2024 Social Security payment.

Americans.

A 1924 law further restricted Asian im-

Some of those old prejudices can resurface today. One recent poll found that voters linked politicians' anti-Chinese rhetoric to a spike in violence against Asian Americans.

With election campaigns getting underway, some experts predict a rise in hate incidents.

At the end of the day, U.S. officials will have to lay aside the rhetoric and engage with China. That means standing firm when China threatens our interests and those of our allies, but it also means finding ways to work together.

We can, and should, cooperate on addressing climate change, combating terrorism, deterring drug smuggling, promoting free and fair trade, and other

Lee Hamilton is a Senior Advisor for the Indiana University Center on Representative Government; a Distinguished Scholar at the IU Hamilton Lugar School of Global and International Studies; and a Professor of Practice at the IU O'Neill School of Public and Environmental Affairs. He was a member of the U.S. House of Representatives for

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ions and interpretations of the Association

Mature Citizens Foundation's staff, trained

and accredited by the National Social Secu-

rity Association To submit a question, visit

a mac foundation. or g/programs/social-se-

curity-advisory or email us at ssadvisor@

amacfoundation.org. Russell Gloor is a So-

cial Security advisor for AMAC.

13 15 22 33 48 49 50

CLUES ACROSS

- 1. Winged nut 7. __ Humbug! 10. One who sets
- apart 12. Circle above a
- saint's head 13. Unpleasantly
- loud and harsh 14. Expressed pleasure
- 15. Feminine given name
- 16. Company of badgers
- 17. Popular Dodge pickup truck
- 18. Witty sayings 19. Leader
- 21. Autonomic nervous system
- 22. Premolar 27. Atomic #28 28. Holiday
- decorative item 33. Exclamation of
- surprise 34. Rusk or

- cracker 36. Returned
- material authorization (abbr.)
- 37. Scottish or Irish Gaelic language 38. Eat
- 39. Marxist economics theory (abbr.)
- 40. Ceases to exist 41. Male Arabic name 44. Series of
- ridges on an organ wall 45. Places where bees are kept
- 48. One-time Yankees sensation Kevin 49. Church office
- 50. Single lens reflex 51. Pieces of fibrous tissue

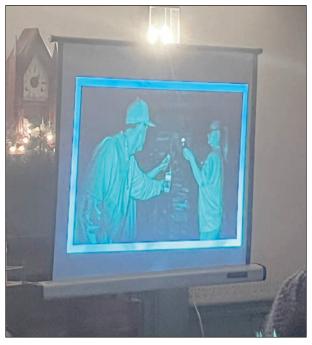
- **CLUES DOWN**
- 1. Classify 2. Dismounted
- 3. Produced 4. Consumed
- 5. Director Howard 30. Relative 6. The products of human creativity
- 7. Thai monetary units
- 8. Away from wind 9. Builder's trough
- 10. Relating to Islam
- 11. It can sometimes ache
- 12. Small quantities (Scot.) 14. Poisonous
- plant 17. Laugh at 18. Voqul
- 20. C. European river
- 23. Type of cat 24. Exclamation of disgust

- 25. Stephen King novel
- 26. Without armies 29. Expression of sympathy
- biological effectiveness (abbr.)
- 31. Previously 32. Illegal drug
- 35. Kiloelectronvolt 36. Large,
- flightless birds 38. For smoking
- 40. Binary 41. Competition 42. Mark
- resembling an arrow 43. Containers
- 44. Root mean square (abbr.) 45. Commercials
- 46. I.M. architect 47. 007's creator
- **CROSSWORD SOLUTION ON PAGE 9**

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



Owner and Director of Agawam Paranormal Rob Goff presented the findings on the Thomas Smith House.



Rob Goff presented the evidence he found of the paranormal at the Thomas Smith House, including photos of mysterious glowing orbs.



Rob Goff showed photos of the variety of tools Agawam Paranormal used during their investigation of the Thomas Smith House.



The various tools that Agawam Paranormal use in their investigation were on display at the Agawam Historical Association Meeting.



PARANORMAL **■** from page 1

off the camera, in case the orbs were dust or a spider.

They were not. In fact, the orbs moved closer to the camera and hovered behind the investigator's shoulders while he cleaned the camera.

The instant the investigator left the room, the orbs resumed floating around the room.

When the investigators returned this past September, they found similar results.

A completely different psychic who had no knowledge of the past results also felt the intelligent spirits of a little girl, a little boy and an enslaved person.

One highly trained and experienced investigator also witnessed a little girl peeking around a door while they were investigating. This same investigator, who Goff reported to be usually very professional and analytical, experienced "uncharacteristic emotions".

"She was overwhelmed to the point of tears of sadness," Goff said. "She actually had to stay with me for a little while until she could compose herself; that's how strong the feelings were."

The investigators also used a new device, called a Tempest. This device is like an advanced Ovilus.

"It can allow spirit energy to communicate with us in an instant, verbal manner," Goff said.

Goff reported that in a past investigation when one of his investigators commented that it was "stuffy" in the building. The Tempest picked up a response saying "well then open a window."

"Woah, okay that just got real," Goff said when describing his reaction. "You've got me convinced, I'm sold."

When in the Smith House, the Tempest picked up on a variety of phrases. Including: "I appreciate it", "You are making assumptions", "More will come after", "You are missed", "Spirits are here" and "We're going to trust you".

"It was kind of cool, the diversity of the answers that we were getting," Goff said.

Overall, Goff felt that this abundance of experiences indicated that something was present.

"There have simply been too many individual things that we've experienced here that just can't be explained easily," Goff said. "Whether it's the photos, the videos, the psychics' intuition, the many personal experiences there; there definitely seems to be something or someone that is aware of their surroundings and willing to communicate with us.

Therefore, Goff would love to come back and do further investigations on the Smith House in order to learn more about what is going on.

Goff has been running Agawam Paranormal for 17 years and has been in the paranormal field for 36. He accepts no he enjoys it and believes in it.

"I had my own personal experiences when I was 21 and to this day, even with all the reading, education, trainingeverything that I've done, I still can't explain what got me into this," Goff said.

While Goff does strongly believe in this, he emphasizes that he does not expect everyone to believe in it as well.

"I can show you all the evidence in the world that supports that there's something going on, but ultimately it's up to you to make that leap of faith," Goff said. "At no point in time do I try to make you believe in Casper, that's not my job."

If you are interested in learning more about Agawam Paranormal, or if you have something that you want investigated, go to http://www.agawamparanormal.com/.

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SPORTS

Strong start leads to win

By Tim Peterson

Sports Correspondent

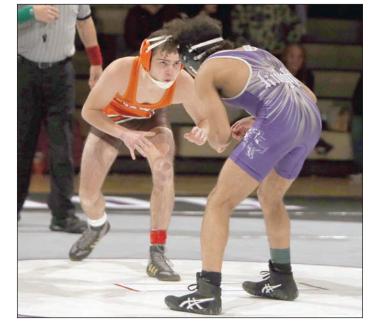
HOLYOKE - Most wrestling matches at the high school level begin with the 106 weight class and end at 285.

Had the dual match between the Agawam and the Holyoke varsity wrestling squads begun at 106, the Purple Knights would've been leading 10-0 after the first two matches.

However, a draw was held prior to the start of last Wednesday night's match. The first match of the evening was at 190, which wound up helping the visiting team.

Agawam coasted to a 57-13 victory over Holyoke before a good size gathering at the Dean

WRESTLING | page 8



Chase Rising gets ready to lock up.

TURI FY PHOTOS BY DAVID HENRY



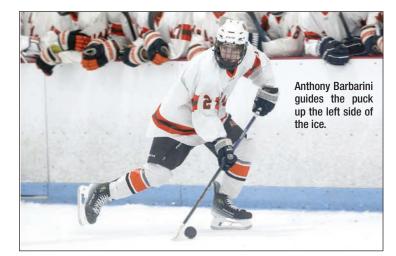
Dmitri Huey tightly guards the side the

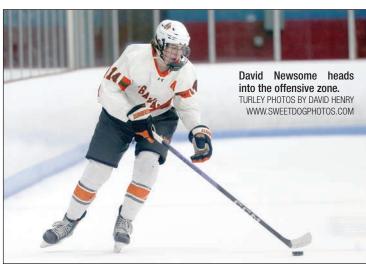


Anthony Buoniconti grabs the puck and makes a quick pass.



Jake Parolo grabs the loose puck.





Agawam takes consecutive games over **Southwick**

WEST SPRINGFIELD -Last week, Agawam hockev would win its third and fourth games in a row as it took back-to-back matchups against Southwick.

On Jan. 13, the Brownies defeated Southwick 7-3 at Amelia Park in Westfield, and followed that with a holiday matchup last Monday, taking home a 6-2 victory at Olympia Ice Center in West Springfield.

In the home win, six different players scored for Agawam. Evan Connery, Landon Ashford, Anthony Barbarini, Peyton Buffom, Cole Buffom and Drew Scherban all scored single goals. Dmitri Huey got the win in goal for Agawam, saving 21 shots.



Mia Canavan takes the free throw. TURLEY PHOTOS BY GREGORY A. SCIBELLI



Isabella Laprise keeps the ball moving around the perimeter.



Marlee Montagna attempts three-pointer.



Mia Oyler drives into the arc toward the



a

Hannah Solitario looks to get around a defender and go for the hoop.

TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM

Brownies defeat Orioles

BELCHERTOWN - Last Thursday night, it took overtime, but Agawam managed to get past Belchertown in girls basketball action 52-47. Agawam would trail late in the third quarter, but quickly came back. Belchertown would get held down 10-4 in the fourth quarter in order for regulation to end in a 42-42 deadlock. Agawam would put up 10 points

in the four-minute overtime to improve to 8-3 on the season. One more win qualifies the Brownies for tournament while Belchertown dropped to 4-6. Mia Canavan led all scorers with 21 points. Marlee Montagna had 13 points. Belchertown got 16 points from Chloe LaRoche and Morghan Litz had 13 points. LaRoche had three

Worcester Railers stun Fort Wayne Komets in shootout

FORT WAYNE, IN - The Worcester Railers HC (17-15-3-2, 39pts) took down the Fort Wayne Komets (19-16-1-3, 42pts) on Saturday night in a shootout by the final score of 4-3 in front of a crowd of 9,747 at Allen County War Memorial Coliseum. The Railers wrap up their three-in-three on the road against the Komets this Sunday, January 21st at 5:00pm.

Blade Jenkins (2-0-2) opened scoring for Worcester to give the Railers the early lead in the first before Nolan Volcan (1-0-1) scored a short-handed goal to tie things going into the second. The second period looked as though it was going to be a scoreless frame before Ture Linden (1-0-1) scored with just over three remaining in the period to put the Komets up 2-1 going into the third. Jack Dugan (1-1-2) extended Fort Wayne's lead before Joey Cipollone () and Blade Jenkins tied things up for Worcester to force overtime. As neither team scored in the extra frame, a shootout was required. It took sev-

en rounds until Jack Quinlivan scored in the bottom of the round to give Worcester the 4-3 shootout win on Saturday night.

Worcester came out firing in the first period, playing what would end up being one of their best first periods of play this season. Blade Jenkins (10th) worked a tip on a Ryan Verrier shot to put Worcester ahead 1-0 at the 5:58 mark of the frame. The Railers would slip on the power play, allowing Nolan Volcan (11th) to slip past the defense and throw a puck of the backside of John Muse into the net to tie the game shorthanded at 1-1 going into the second. Physicality was high in the first period, with multiple scrums playing out in front of both nets and in the end-boards after whistles. Shots in the first heavily favored Worcester,

The physical play continued in the second, as was the theme for most of the period. The Komets began to get more shots on Muse in the second, finishing with 15 total in the frame. Late in the period, Ture Linden (17th) grabbed a rebound from the scrum in front which Muse dove for and patted it home around him to make it a 2-1 lead for Fort Wayne with 3:02 left in the second. Shots in the middle period favored Fort Wayne 15-7, and were tied across the game after two, 21-21.

Fort Wayne extended their lead in the third period thanks to Jack Dugan's (10th) goal off a wrister from the slot to make it 3-1 Komets. The third period was Worcester's from there. Joey Cipollone found the puck loose in the slot and skated it to the far side where he ripped it clean past Fanti to make it a 3-2 game. With John Muse pulled and the Komets ahead by one late in the game, the Railers worked their way into the attacking zone. Anthony Callin cut to the right wing through the defense and delivered a perfect cross-ice feed to Blade Jenkins (11th) who finished past Fanti to tie the game for the Railers and give them new life. Neither team

scored across the remaining 1:41, as the game was headed into overtime.

Both teams exchanged a flurry of opportunities in the extra frame, as Fanti made four saves for the Komets while Muse made three for Worcester. Neither team broke through in overtime, meaning the game would be settled in a shootout.

The Komets shot first in the shootout. Shawn Szydlowski, Jack Dugan, Ethan De Jong, Matt Wedman, Carl Berglund, Xavier Cormier, and Ture Linden were all turned aside by John Muse. For Worcester, Keeghan Howdeshell, Blade Jenkins, Anthony Repaci, Connor Welsh, Anthony Callin, and Andrei Bakanov were all denied by Ryan Fanti. In the bottom of the seventh round, Jack Quinlivan had his turn in the shootout. He came in wide along the right-wing side, cut back across to the left, and skated in slowly as he then finished past Fanti to deliver Worcester their second shootout win of the season, and the extra point on the evening.

Thunderbirds drop decision to Americans

SPRINGFIELD - The Springfield Thunderbirds (18-15-3-2) could not keep pace with the potent offense of the Rochester Americans (19-13-3-1), falling 7-3 on Saturday night at Blue Cross Arena in Rochester.

The home team came out with firepower from the onset, and after a bad defensive zone turnover, Linus Weissbach cashed in with a wrister past Vadim Zherenko to make it a 1-0 game just 3:24 into the action. The Amerks were not finished, either, as Graham Slaggert found himself available for a deflection outside of Zherenko's crease, and he did just that at 6:07, tipping it by the Springfield goalie to make it a 2-0 Rochester lead.

In need of a positive shift in morale, the T-Birds got just that when Calle Rosen crept up into a play at the offensive blue line, stepping into the high slot to receive a one-touch pass from MacKenzie MacEachern. With a lane available to shoot, Rosen did just that, snapping it past Devon Levi's blocker just 39 seconds after the Slaggert goal to cut the Rochester lead down to 2-1 at 6:46.

Springfield's special teams stepped into the spotlight meaningfully after that, killing off a pair of Amerks power plays thanks to a stabilized effort by Zherenko and his defense.

When the T-Birds received their first power play in the closing minutes of the period, they took full advantage to erase the two-goal hole before a full period was even completed. In his first game as a T-Bird, recent ECHL call-up Tanner Dickinson made his presence known, beating Levi with a snapper from the left circle to even the score, 2-2, at 17:17. Rosen picked up the primary assist in accounting for both Springfield goals in the opening

After 20 minutes, Zherenko exited the game with an apparent injury, so former Amerk Malcolm Subban was thrust into duty. Even with the goalie swap, history repeated itself to begin the second period as Rochester got to the scoreboard first. Kale Clague slipped down the far side of the ice, undetected, and tapped home a perfect centering pass from Brandon Biro to make it a 3-2 game. Lukas Rousek also assisted, extending his point streak to an AHL-best 13 straight games.

3:30 later, another turnover reared its

ugly head on the T-Birds, as Brett Murray intercepted a drop pass, weaved to the right side, and beat Subban with a wrist shot to make it 4-2.

With Springfield jumping on a power play with a chance to cut the lead in half, Rochester handed Springfield a bitter gut-punch as Isak Rosen stormed in on a breakaway and chipped a forehander over Subban's glove to make it 5-2 at 11:42. It was just the second shorthanded goal allowed all year by the T-Birds.

The T-Birds stopped the Amerks' run at the 14:47 mark when Jakub Vrana marched over the right-wing side on a 2-on-1 before flipping a perfect saucer pass to Mikhail Abramov, who one-timed it through Levi to make it a 5-3 game.

However, on this night, the T-Birds did not have the third-period magic, as Rochester held Springfield to just three attempts on goal in the final 20 minutes. Subban was forced to hold the 5-3 margin with a penalty shot save on Mason Jobst, but the Amerks persisted anyway, getting back-to-back goals from Viktor Neuchev and Weissbach separated by just 2:07 to finish the scoring.

Tommy Baldwin Racing, Coby set partial schedule

MOORESVILLE, N.C. - Tommy Baldwin Racing (TBR) announced today that six-time NASCAR Whelen Modified Tour champion Doug Coby will pilot the No. 7NY for select Tour events in 2024. The team will begin the season at New Smyrna Speedway for the World Series of Asphalt Stock Car Racing and the Whelen Modified Tour opener on Saturday, February 10.

The team plans to run seven of the 16 Whelen Modified Tour events.

TBR will compete at Richmond Raceway on Friday, March 29, Riverhead Raceway on May 18 and New Hampshire Motor Speedway as part of NASCAR's National Series weekend on June 22. The combination will return to the track on Wednesday, August 14 at Thompson Speedway Motorsports Park, Saturday, October 5 at North Wilkesboro Speedway and Saturday, October 26 at Martinsville Speedway.

RACING | page 9

WRESTLING **■** from page 7

Tech Gymnasium.

"Not very many high schools do it, but there is a rule that says the first weight class of a match has to be drawn out of a hat," said Agawam head coach Armando Ramos. "We decided to play by the rules in tonight's match and we started the match at 190. I really didn't know how it would work out, but it wound up being an advantage for us. We really didn't have any standout performances tonight. I just thought it was a very good team effort."

Agawam sophomore Tyler Gervais, who faced Holyoke freshman Aaiden Reyes in the 190 weight class, recorded a pin in the opening match with 35.8 seconds left in the first period giving his team

After sophomore Michael Elias won the 215 weight class by a forfeit, the Brownies took an 18-0 lead when junior Maxwell Holloway posted another pin with 55.2 seconds remaining in the opening period of the 285 weight class.

Two bright spots for the home team were the outstanding performance turned in by junior Jackson Nbonihamkuye at 106 and sophomore Steven Santiago at 113.

Nbonihamkuye held a slim 5-4 lead over sophomore James Cascio at the end of the first period. He had a 7-4 advantage in the second period before recording a pin with 25.4 seconds showing on the scoreboard clock.

"Jackson is a second year wrestler for us, and he did a very good job in tonight's match," said Holyoke head coach Vin Silano. "He's a very strong kid for his size."

Then Santiago won his match against junior Chase Rising by a 9-0 decision.

With the help of a near fall and a take down, Santiago led 4-0 after the first period. He recorded another take down in the second and was leading 6-0 entering the final two minutes of the match.

During the third period, Santiago earned three more points with an escape and a take down.

Because he won his match by more than six points, Santiago was given four

"This is the second time that Steven defeated Chase this season," Silano said. "We also faced Agawam in a junior varsity match last month, which was a lot closer. They do have a powerful varsity squad."

The Purple Knights, who were trailing, 18-10, didn't get any closer than that the rest of the way.

Agawam earned six more points in the 120 weight class when sophomore Jordin Agosto recorded a pin with 28.3 left in the first period.

The Brownies led 30-10 when freshman Lincoln Despard won at 126 by another

That was followed with four more Agawam pins by freshman Ryan Litz at 132, senior Nicholas Ugolini at 138, freshman Ryan Sexton at 144, and senior IIya Shie-

At that point, the Brownies had locked up the victory holding a 54-10 lead.

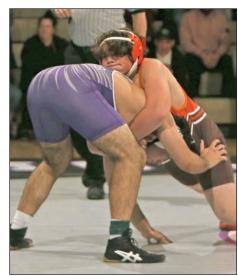
There was a double forfeit in the 157 weight class.

Agawam senior Keymani Rivera captured the 165 weight class by squeaking out a 3-2 decision over Holyoke sophomore Jonathan Rivera.

The final match of the evening was at 175 where Holvoke senior Abinadab Cintron-Garay earned three points with a 7-2 decision over freshman Jack Levesque.



Tyler Gervais tries to avoid a takedown.



Jack Levesque goes after a takedown.



Ryan Litz pursues the pinfall.

TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM

Public Notices

Commonwealth of Massachusetts The Trial Court Hampden Probate and **Family Court 50 State Street** Springfield, MA 01103 (413)748-7758 Docket No. HD05P144712TP1 In the matter of: Edna Shiblev TRUST CITATION

To all interested persons: A Petition has been filed by: Peter R. Shibley of Agawam, MA and William E. Shibley of Westfield, MA requesting Petition to Terminate Trust.

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 02/21/2024.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

Witness, Hon. Barbara M. Hyland, First Justice of this Court.

Date: January 10, 2024 Rosemary A. Saccomani Register of Probate 01/25/2024

Commonwealth of Massachusetts The Trial Court **Hampden Probate and** Family Court 50 State Street Springfield, MA 01103 (413)748-7758 Docket No. HD05P144712TP1 In the matter of: **Edna Shibley** Date of Death: 11/13/1972 CITATION ON PETITION FOR ALLOWANCE OF

ACCOUNT To all interested persons: A Petition has been filed by: Peter R. Shibley of Agawam, MA and William E. Shibley of Westfield, MA requesting allowance of the Amended Second Account account(s) as Trustee and any other relief as requested in the Petition.

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 02/21/2024.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

Witness, Hon. Barbara M. Hyland, First Justice of this Court.

Date: January 10, 2024

Rosemary A. Saccomani Register of Probate 01/25/2024

Commonwealth of Massachusetts The Trial Court Hampden **Probate and Family Court** 50 State Street Springfield, MA 01103 (413)748-7758 Docket No. HD05P144712TP1 In the matter of:

Edna Shibley Date of Death: 11/13/1972 CITATION ON PETITION FOR ALLOWANCE OF ACCOUNT

To all interested persons: A Petition has been filed by: Peter R. Shibley of Agawam, MA and William E. Shibley of Westfield, MA requesting allowance of the Third account(s) as Trustee and any other relief as requested in the Petition.

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 02/21/2024.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

Witness, Hon. Barbara M. Hyland, First Justice of this Court.

Date: January 10, 2024 Rosemary A. Saccomani Register of Probate 01/25/2024

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

Docket No. HD05P144712TP1 In the matter of: **Edna Shibley** Date of Death: 11/13/1972 CITATION ON PETITION FOR ALLOWANCE OF ACCOUNT

To all interested persons: A Petition has been filed by: Peter R. Shibley of Agawam, MA and William E. Shibley of Westfield, MA requesting allowance of the Fourth and Final Account account(s) as Trustee and any other relief as requested in the

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 02/21/2024.

This is NOT a hear-ing 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 date, action may be taken without further notice to you.

Witness, Hon. Barbara M. Hyland, First Justice of this Court.

Date: January 10, 2024 Rosemary A. Saccomani Register of Probate

Commonwealth of Massachusetts The Trial Court **Probate and Family Court Hampden Division** Docket No. HD24P0068EA **Estate of:** Theresa Ann Desmarais Also Known As: Theresa Donovan

Desmarais Date of Death: August 26, 2023 INFORMAL PROBATE **PUBLICATION NOTICE**

To all persons interested in the above captioned estate, by Petition of Petitioner Nicole T Cava of Agawam,

Nicole T Cava of Agawam, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner. 01/25/2024

Massachusetts The Trial Court **Hampden Probate and Family Court 50 State Street** Springfield, MA 01103 (413)748-7758 Docket No. HD23P0572EA Estate of: David E Haskell Date of Death: 10/24/2022 CITATION ON PETITION FOR

Commonwealth of

SETTLEMENT A Petition for Order of Complete Settlement has been filed by John J Ferriter of Holyoke, MA requesting that the court enter a formal Decree of Complete Settlement including the allowance of a final account and other such relief as may be requested in the Petition.

ORDER OF COMPLETE

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 02/23/2024.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to

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

Date: January 17, 2024 Rosemary A. Saccomani Register of Probate

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

Docket No. HD23C0351CA In the matter of: Finn Gekyume Korzeniowski CITATION ON PETITION TO CHANGE NAME

A Petition to Change Name of Minor has been filed by Finn Gekyume Korzeniowski of Agawam, MA requesting that the court enter a Decree changing their

Finn Elliott Schmidt 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 02/08/2024.

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: January 11, 2024 Rosemary A. Saccomani Register of Probate 01/25/2024

Commonwealth of Massachusetts The Trial Court **Hampden Probate and Family Court** 50 State Street Springfield, MA 01103 (413)748-7758 Docket No. HD24P0130EA Estate of: Steven R Kurtz Date of Death: 10/13/2023 CITATION ON PETITION FOR

ADJUDICATION To all interested persons: A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Albert E Stasiak of Feeding Hills, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

FORMAL

The Petitioner requests that: Albert E Stasiak of Feeding Hills, 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

02/16/2024. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice

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: January 19, 2024

Rosemary A. Saccomani Register of Probate 01/25/2024

Notice of Private Sale

Notice is hereby given by USA Towing, 71 Garden St., Feeding Hills, MA 01030, sale of a motor vehicle pursuant to the provisions of M.G.L. C. 255, Section 39A, that on February 05, 2024 at 8 a.m., at USA Towing, said motor vehicle will be sold at a private sale to satisfy the garage keeper's lien for towing, storage and costs of sale.

2019 Chevy Malibu VIN: 1G1ZD5ST2KF127616 Plate # TRP895 / MA Last known reg. owner: Donna Viel 129 Valley View Ave. Woronoco, MA 01097 01/18, 01/25, 01/01/2024

Please check the accuracy of your legal notice prior to submis-

sion (i.e., date, time, spelling). Also, be sure the requested publication date coincides with the purpose of the notice, or as the law demands.

Thank you.

Sports

RACING ■ from page 8

"Tommy has a deep racing history in the Modified community and when you drive for him, you know he's going to bring fast cars to the track," Coby said. "Having the opportunity to work with them again in 2024 to simply try to win races is some-

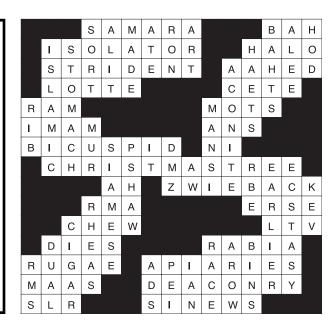
thing I'm really excited for." Coby and Baldwin first paired together in 2022 and won events at Riverhead Raceway and Lee USA Speedway in their first two races together. They also picked up a victory at Langley Speedway that season one that saw Tommy Baldwin Racing seal the Whelen Modified Tour owner's championship with multiple different drivers. Coby drove the No. 7NY in 13 events last season with one victory and six top-five

"Doug is a proven winner and champion and we're happy he's back with us for 2024," Tommy Baldwin Jr. said. "We've selected a great list of events to compete on the NASCAR Whelen Modified Tour at some of their biggest races. We're looking forward to having Doug back in the seat and it will be all about trying to get trophies."

The addition of Doug Coby to the 2024 Tommy Baldwin Racing lineup is yet another piece of what will be a busy season, including the likes of Luke Baldwin, Jack Baldwin, Bryan Narducci and Doug Coby.

NOTICE

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



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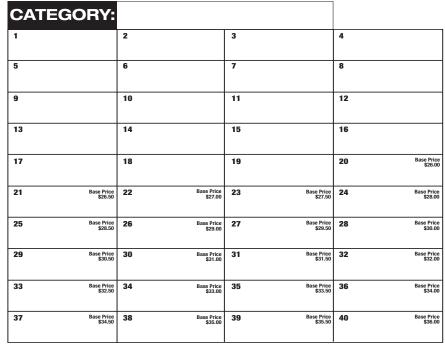
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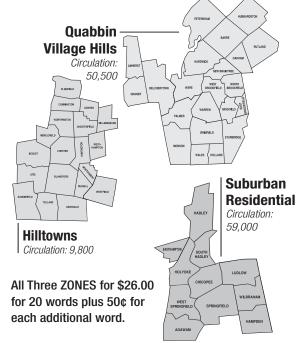
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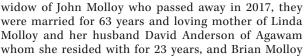
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Obituary

Brigid J. Molloy

1930-2024

AGAWAM - Brigid J. (Richardson) Molloy, 93, passed away Tuesday at Westfield Gardens. She was born October 27, 1930 in Dublin, Ireland to the late Brigit (Griffin) and Christopher Richardson, she was the 7th of 11 children. She spent most of her life in West Springfield. She was an active communicant at St. Thomas Church in West Springfield. She was a Eucharistic Minister there and was a member and instructor for the Schoenstatt Movement for years. She was the beloved





of Agawam. She was predeceased by her two sons, Michael and Shawn, her daughter-inlaw Joanie Molloy, her five brothers, five sisters, and her lifelong friend and sister-in-law Nyla Molloy. She also was the devoted grandmother of 8 and she leaves many nieces and nephews. Much of her family has settled in Wisconsin, California, and Ireland. Calling hours were Wednesday from 9-11 a.m. at the Toomey-O'brien Funeral Home, 1043 Westfield Street, West Springfield followed by a

Funeral Mass at 11:30 a.m. at St. Thomas Church. The burial will be at St. Thomas Cemetery. In lieu of flowers donations in Brigid's may be made to St. Jude's Children's Hospital, 501 St. Jude Place, Memphis, TN 38101.

Agawam Advertiser News

Obituary Policy

Turley Publications offers two types of

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.

Schools & Youth

Superintendent presents safety plans for each school

By Quinn Suomala Staff Writer

AGAWAM - Superintendent Sheila Hoffman, Safety Supervisor John Nettis and Social Emotional Learning Director Marlene DeJesus presented an update on the district's safety plan.

This plan has a two-pronged focus, covering both physical safety and being preventative of students and staff mental

At the beginning of the school year, Hoffman presented the district goals. One such goal was a focus on public safety.

Throughout the year Hoffman wanted to add safety coordinators, Alert, Lockdown, Inform, Counter, Evacuate training and drills refinements, an inventory of safety needs and safety-focused professional developments.

Hoffman also planned to expand community partnerships and explore threat assessment protocols.

One of the first steps made to work toward achieving these goals was to hire safety coordinators.

"We did add three stipended positions for teachers in our district of safety coordinators," Hoffman said. "Those are to assist Mr. Nettis in making sure that we're having consistency across buildings in the safety efforts we are making."

These safety coordinators have been asked to make a year-long safety checklist to help administrators, as it will break down what they need to do month-bymonth for standard operating procedures and protocols.

We do a really good job of making sure that we have protocols and procedures that we follow in thes schools, but we want to make sure they're all documented and updated as we go," Hoffman said.

One of the main focuses throughout this year has been on ensuring this consistency across schools in regards to safety. While there are some needed variations from building to building, they want everyone to be able to "speak the same language" for safety protocols.

"We want a common thread for all employees to have, a baseline for everybody regardless of the building," Hoffman said.

In order to work on this, the safety coordinators will be working on training for new employees to help inform them of the needed protocols.

According to Nettis, many staff have also been trained in ALICE, which helps to establish this "common language" the safety team is striving for.

Nettis has also been working on developing the reunification process for Agawam, or the process for reuniting students with their families in an emergency evacuation or school closing.

'With any reunification you have sites where, god forbid something happens in the school and we have to evacuate the school, there have been sights identified over the past eight years for the staff and students to muster at," Nettis said.

There are also two "super sites". Buses

will pick up students from the school and deliver them at one of these two sites for them to reunite with their families.

Additionally, Nettis has been working on developing more professional development for staff focused on physical safety.

This has included topics such as: radio etiquette and protocol, tourniquet and implementation training, open air training for MA public critical events for schools, vaping and fentanyl updates and lectures, screening procedures for remote supervision, and district wide response terms and practices for medical emergencies.

Delesus has also implemented professional developments focusing on: anxiety, social media, supporting adults to avoid burnout, improving classroom culture, helping teachers manage stress in the classroom and building on cultural responsive education.

Nettis and Hoffman also reported progress on the project replacing the cameras at the entrances of school buildings.

'We are replacing the cameras at entrances and doors so they can pick up a license and identification outside for the staff inside to ask for upon visitor entrance," Hoffman said.

The junior high had this completed in the fall and they are working on rolling this out in the remaining schools.

DeJesus has worked to increase the support for mental health in schools. This has involved working with Rick's Place to assist with grief counseling for students in need (especially after the pandemic) and creating care teams.

'We worked with the BRAVE project (Building Resilience Against Extremism in Schools) to create care teams at the junior high school and high school," DeJesus said.

The care teams attended BRAVE projects and professional developments looking at topics including identifying concerning behaviors and responding to vulnerable youth in a non-confrontational and non-judgmental manner.

Additionally, DeJesus has started a Safe and Supportive School Student Advisory Group at the high school. This group focuses on providing feedback to the Safe and Supportive School Teams in the buildings.

'They know," DeJesus said. "They're the ones who are going to tell us 'yeah, that's not going to work here' or 'that's going to work here.' We really need their voice and information to be able to continue some of the projects that we're doing."

DeJesus is greatly appreciative of the students in this group and is highly impressed by their work thus far.

"I'm completely impressed with how they're already ready to go," DeJesus said.

While there is still more work to be done in improving safety within the schools, Hoffman, DeJesus and Nettis are proud of the work they have done so far.

The school committee was also greatly appreciative of all they have done.

"I think the Agawam public schools are way ahead thanks to you and the whole staff," Committee Member Shelley Reed

COLLEGE NOTES

Springfield College's announces Dean's List for the 2023 fall

SPRINGFIELD - Springfield College a primary major of English. Recognizes dean's list Students for academic excellence for the 2023 Fall Semes-

William Balzano from Feeding Hills, was named to the dean's list. Balzano has a primary major of Physical Ed Hlth/FCS.

Sara Bolton from Agawam, was named to the dean's list. Bolton has a primary major of Health Sci / Pre-OT. Chocolate Carrier from Agawam, was

named to the dean's list. Carrier has a primary major of Computer & Info Sciences. Liliana Cicchetti from Feeding Hills, was named to the dean's list. Cicchetti has

Megan Crawford from Agawam, was named to the dean's list. Crawford has a primary major of Health Sci / Pre-PA. Mary Diaz from Feeding Hills, was

named to the dean's list. Diaz has a primary major of Social Work.

Julianna Faillace from Feeding Hills, was named to the dean's list. Faillace has a primary major of Biology.

Nadia Ghareeb from Agawam, was named to the dean's list. Ghareeb has a primary major of History.

Katelyn Gingras from Feeding Hills, was named to the dean's list. Gingras has

Christina Grasso from Agawam, was mary major of Sports Biology. named to the dean's list. Grasso has a primary major of Health Sci / Pre-OT.

Colin La from Agawam, was named to the dean's list. La has a primary major of Health Sci / Pre-PA.

McKenzie Lyne from Feeding Hills, was named to the dean's list. Lyne has a primary major of Exer Sci / Applied ES.

Daniel Mudrenko from Feeding Hills, was named to the dean's list. Mudrenko has a primary major of Business Management.

Samuel Polley from Feeding Hills,was

a primary major of Business Management. named to the dean's list. Polley has a pri-

Mackenzie Ritchie from Feeding Hills, was named to the dean's list. Ritchie has a primary major of Psychology.

Christopher Rondinelli from Feeding Hills, was named to the dean's list. Rondinelli has a primary major of Health Sci / Pre-PA.

Anna Russo from Agawam, was named to the dean's list. Russo has a primary maior of Health Sci / Pre-PA.

Kristopher Thomas from Agawam, was named to the dean's list. Thomas has a primary major of Human Services.

This paper publishes birth, engagement, wedding and significant anniversary announcements free of charge.







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Childrens' Librarian Evan Delano joined in on building some of the



Nicholas Dukach put together a lego car creation of his own at the



Childrens' Librarian Evan Delano helped Harlow Wavdell learn how to play Mario Kart.



Children were able to play four way races against each other as the night went on.

MARIO ■ from page 1

enced with the Nintendo Switch technology and helped to ensure the event ran smoothly.

"The biggest challenge for me was familiarity with the technology because I don't have a switch myself and I'm learning it as I go," Delano said. "It's a little bit of a chal-



Several Mario and racing related books were put on display by Children's Librarian Evan Delano for the Mario Kart event.



Leonardo and Nicholas Dukach got to try their hands at Mario Kart, with some help from Childrens' Librarian Evan Delano.



Nicholas Dukach and Volunteer Owen Elwell enjoyed playing Mario



Childrens' Librarian Evan Delano helped Harlow Wavdell and Leonardo Dukach play Mario Kart.

lenge for me, but that's why I have Owen to volunteer."

Delano hopes to be able to continue to host events like this in the future. They will accept any feedback from those who attended to try to improve it, and they also welcome anyone who didn't come to this event to stop by.

"If the kids are into it, I would love to continue this kind of program," Delano said.

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