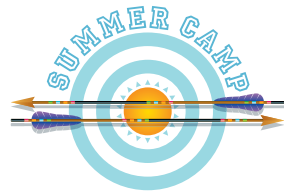




LOCAL
Feline Fundraisers
 PAGE 2



SPORTS
Playoffs begin
 PAGE 7



YOUTH
Summer Camps
 PAGE 9

AGAWAM

ADVERTISER NEWS

A TURLEY PUBLICATION | www.turley.com

February 29, 2024 | Vol. 46, No. 1 | \$1.00

www.agawamadvertisernews.turley.com



Western Massachusetts Library Advocates President and Blandford Library Director Nicole Daviau is shown with State Rep. Nicholas Boldyga.



State Sen. John Velis was one of the speakers at legislative breakfast.



Massachusetts Library Commissioner Vicky Bianco spoke at a recent legislative breakfast at the Agway Public Library on Feb. 16.

Town extends North St. closure

By Quinn Suomala
 Staff Writer

AGAWAM – North Street will remain closed until the asphalt plants reopen in the spring.

Mayor Christopher Johnson felt it would be a public safety issue to have the street reopen.

“It’s a very large trench, at the bottom a deep gutter, and I frankly do not feel comfortable having it be temporarily filled with gravel or coal patch,” Johnson said. “It frankly is an accident waiting to happen.”

Johnson consulted with public safety individuals and they came to this decision together. With the asphalt plants open they will be able to permanently repave the area.

“It provides the best outcome relative to safety,” Johnson said.

The asphalt plants generally reopen in mid to late March, weather depending. From there it will take a few weeks to roll out the asphalt and pave the road.

The needed foamed glass (a lightweight aggregate material that acts as an insulation and protection in construction) to finish the steps of the project prior to paving is scheduled to begin arriving the week of Feb. 26.

This product had been delayed in arriving due to a manufacturing issue in the plant. This had delayed the project by several weeks back in December.

“They wound up being delayed by about four weeks with that material, and then the holidays hit and now a snow storm,” DPW Superintendent Mario Mazza had said at the time of the delay. “So all of these things pushed the project into a six week delay range.”

With that initial delay, coupled with recent weather, the contractor waited to have the product be delivered until now.

“The contractor has purposely delayed it as long as

CLOSURE | page 12

Legislative breakfast airs library issues

By Mary Kronholm
 Correspondent

Several members of the library community addressed their needs focused in the Legislative Agenda for FY 2025 as presented by the Massachusetts Board of Library Commissioners on Friday morning, Feb. 16 at the Agawam Public Library.

Welcoming remarks from Agawam Library Director Nancy Siegel and Agawam Mayor Christopher Johnson opened the morning’s program.

Commissioner Vicky Bianco

asked for support of House Bill 3239 which would help libraries access electronic copies of books at a price offered individuals. She said a hard copy of a book for a library could be \$14.99 and lasts as long as it’s relevant to a library collection, while an e-book, which is sold as a licensed entity, costs libraries as much as \$130 for only two years. The demand for e-books has increased greatly and there may be over 100 requests for a single e-book, creating a long wait time.

The bill will empower library access to electronic books and

digital audio books.

Regarding book banning, Bianco said, “Banning books is not an attempt to protect children,” adding that protecting a child is the responsibility of parents. Libraries are “the embodiment of the democratic ideal,” providing equal access to all information to everyone. There is pending legislation to help insure diverse voices stay in our collections and give everyone the opportunity to learn from different perspectives, according to the

BREAKFAST | page 12

Agawam High School Future Teachers of America collect prom attire

By Quinn Suomala
 Staff Writer

AGAWAM – The Future Teachers of America club at Agawam High School is collecting items for fellow students to wear to prom.

They hosted a drop-off event at the public library on Saturday, Feb. 24 for people to drop off prom attire.

“We’re going for anything that people will use, mostly bags and clutches, shoes, accessories, dresses, ties, bowties, tuxes,” President of the Future Teachers of America club Isabella Oliveira said.

The library event itself was a huge success. They received over 200 dresses as well as a few suits.

At the event high schoolers were also welcome to shop through the items donated if they were in need of any of the materials.

“It is for everyone,” Oliveira said. “It’s not just for the kids that need it and don’t have the resources to get it, it’s for anyone. Any class, anything like that, don’t be afraid to use it. There are people here to help you.”

Oliveira and the other members of the club have also set up a “shop” in AHS library for students to stop by and use during the school day.

They have emptied off a bookshelf that they will be using to display the shoes, jewelry and other accessories. Then the dresses and other items that need to be hung are displayed on clothing racks.

Students are welcome to come by during their flex or independent learning periods in order to shop through the items.

“It’s for people to have a safe space where they feel like no one is judging them,” Oliveira said. “We just hope people use the prom closet and the things we’re trying to give them.”

Additionally, the club has set it up so students can fill out QR codes to request a member of the club join them while they are shopping.

“They can set up a time to go with a buddy and to have a second opinion so they don’t feel so alone when they’re there,” Oliveira said.

Oliveira came up with the idea of providing a “buddy” because she knew when she goes

prom dress shopping she would want her mom and friends to come and give her support and their opinions. She wanted to ensure all students had that opportunity.

“Just having someone there

with them is really nice,” Oliveira said.

Students who selected items from the prom closet are welcome to either keep them or return them once they finish with them. The decision on how to use them

is up to their own discretion.

“If you wanted to donate it again and repurpose it to another person, you’re welcome to, and if you wanted to keep it, you’re wel-

PROM | page 12



The AHS Future Teachers of America recently collected prom attire to help fellow students get ready for the event this year.

TURLEY PHOTOS BY QUINN SUOMALA



DPW superintendent updates council on water grant

By Quinn Suomala
Staff Writer

AGAWAM – Mayor Christopher Johnson and DPW Superintendent Mario Mazza gave an update to the city council on the water lateral grant initiative.

“We are embarking on doing an inventory to try to determine if we have lead service lines,” Johnson said.

This mandate was made by the EPA. The town is not conducting these tests due to any abnormalities in the lead levels in the water.

This process is being funded by a grant, so it will not cost the town to go through with it.

In this process, the town would inspect the service lines underground that connect Agawam residents’ homes to the water main.

They will only inspect pipes that were built before 1990, as no pipes should have been made at that time using lead given the EPA’s ban of the product in 1986.

“Nobody was using lead then, there’s no worry,” Mazza said.

Additionally, they will not be inspecting commercial properties with lead pipes

larger than two inches, as lead pipes were not made that large.

The first steps of this process will be the town investigating all services and notifying residents if and when lead service lines are encountered.

In an area where lead is unknown, they will conduct an inventory investigation to confirm whether lead exists. Visual inspections will be offered free of charge to residents and property owners in incidents where the town has incomplete records.

All residents will receive a flyer and a letter from the town informing them of the process. In these communications they will outline the procedures for a resident to do a test themselves. It will also instruct them on how to report the results to the town.

“It will require you to find your water meter and there’s a scratch test,” Mazza said. “You’ll take a coin and you’ll scratch the nub that comes out of the wall that then connects to your water meter and depending on the color...it tells the results.”

If a resident cannot or does not want to perform the test themselves, the town has partnered up with the company Hydro

Utilities who will perform the inspections free of charge.

“They are a professional outfit, they’ve done this before,” Mazza said.

It will be up to the resident to schedule the company to come at a time that works best for them. All workers for the company will wear their company’s tag on their clothes and their trucks.

“They will not knock on your door randomly and say ‘I’m so and so, I’m here to do that,’” Mazza said. “They’ll be there the day you make the appointment.”

Appointments will be available after work hours and on weekends to make the process easier for residents.

If a resident has a lead service line, it does not necessarily mean they have a contaminated water source. However, as a precaution the EPA suggests people run tap water until the water feels cold.

They also recommend that they avoid using hot water from the faucet for drinking or cooking, as hot water can leach more lead into the water than cold.

Boiling water also will not get rid of lead in the water, as the water will evaporate, leaving the lead behind.

Mazza also wanted residents to know

that most drinking water sources are lead free. More often when lead is found in drinking water it is because it flowed through a lead pipe, which is what the town will be looking for, or due to other fixtures in the home.

Lead is highest when water is not used for a period of time, as that allows it to leach lead.

“Running water generally won’t leach like it does when it’s left for a while,” Mazza said.

As this process moves forward, Mazza said they hope to seek more grants so that when they find people with lead service lines they can help with testing and replacement.

“If there’s a grant out there to help you replace them, as that’s the ultimate goal, whether it’s the town’s portion or the homeowners portion, we’ll go out for that too,” Mazza said.

The town may also put money aside in the next year’s budget to pay for any needed replacements.

This inventory is due for October of this year, as demanded by the EPA. Mazza is confident the town will be able to perform it in time.

EXPO scholarships now available

WEST SPRINGFIELD – The Exposition Area Alumni Scholarship Fund is accepting applications for its 2024-25 school year scholarships; the deadline for applications is April 1. In addition, registration is now open for the 2024 Golf Tournament, scheduled for June 23 at St. Anne’s Country Club in Agawam. Golf signup sheets and scholarship applications are available at exposcholarship.org.

2024 Golf Tournament Dedicated to Henry Ouimette

This year’s Exposition Area Alumni Scholarship Fund golf tournament will be held on June 23, at St. Anne’s Country Club in Agawam. This year’s tournament will be dedicated to Henry J. Ouimette, who was the last surviving founder as well as a Deadline Gang member, and passed in 2023. The tournament will be a shotgun-start format at noon, with dinner at St. Anne’s immediately following.

The fee is \$125 per person or \$500 per foursome which includes greens fees, cart, contests, refreshments, lunch, dinner, and a great assortment of prizes. Dinner-only tickets are also available for \$30.

Sponsorships are available as follows: Gold sponsorships are \$750 and include a foursome and a tee sign; Silver for \$500 including a twosome and a tee sign; cart sponsor for \$250; and memorial tee signs are \$100 each. Raffle and cash donations are also welcome. All sponsors and donors will be recognized at the dinner.

For sponsorship info, call Mark Navone at 413-433-2777, Dave Tuohey at 413-426-8859 or Nancy Piccin at 413-348-6032.

Students Encouraged to Apply for 2024-25 Scholarships:

Students who live in the West Springfield neighborhood surrounding the Big E, or who have immediate family members or ancestors who lived in the neighbor-

hood, are eligible. The area is defined as the neighborhood bordered by Memorial Avenue to the south, River Street to the west, and the railroad tracks crossing Memorial Avenue to the north, a map is included in the application.

Applications are available at the fund’s web site, exposcholarship.org, and from the guidance departments of many local high schools. Students who meet the geographic criteria and are in good academic standing are eligible. Applications must be accompanied by a transcript.

The fund was established in 1965 by a group of mostly first-generation Americans who grew up in the Memorial Avenue, West Springfield, neighborhood. Their legacy is more than \$500,000 in scholarships to hundreds of students with family ties to the neighborhood. The fund is sustained primarily by the annual golf tournament and memorial contributions.

Scholarship applications now available

AGAWAM – The Agawam Rotary Club is now accepting applications for 4 scholarships the club offers annually. The awards cover a diverse range of interests and include vocational/technical training, cultural arts, the legal profession, and assistance with attending college.

Except for the Ray and Reita McCarroll Memorial scholarship which is awarded to graduating seniors from both Agawam and West Springfield, the awards are limited to residents of Agawam.

A full description and application for each of these scholarships can be found at the Agawam Rotary Club webpage at agawamrotary.org. Click on “Scholarships” at the top of the home page. Please note that applications must be received by April 1.

Feline Friends Inc. announces upcoming spring fundraisers

FEEDING HILLS – Feline Friends Inc. Cat Sanctuary will be holding food/supply drives at Smithland Pet & Garden Center on Saturday, March 2 and April 6 from 10 a.m. to 1 p.m. Volunteers will be accepting food, litter and monetary donations for the kitties. Opened bags/boxes will also be accepted. Gift cards from various pet stores or Costco would be appreciated.

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. The donation bin is located near the cash registers.

Other needed items are; disinfecting wipes, paper towels, puppy pee pads, dry cat or dog food for strays and colonies.

Special thanks to our monthly donors and everyone who bought tickets for our February Valentine Raffle. Congratulations to the winners.

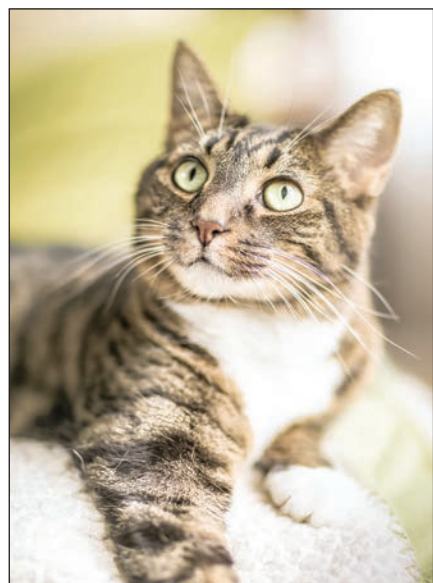
Feline Friends are thankful to all of our community members who donated at our January and/or February events. Feline Friends are so grateful to Joanne L, Joan, Mary, Cheryl & Carl K, Crystal M, Sue S, Joe, Katie H, Ann, Debbie, Ken, Laurie, Teresa, Abby F, Elizabeth S, Joan E, Linda K, Dennis K, Maureen M, Suzanne and Dr. Maureen at the Cat Hospital.

Just a reminder that there are collection bins at the Agawam Public Library

as well as at Smithland in Agawam. Donors should add contact information if they would like an acknowledgment.

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@felinefriend-sinc.org or by phone at 413-786-5019.



Veterans trip to Battleship cove

AGAWAM – On Sunday, April 7, The Agawam Veteran’s Council will be hosting a trip to Battleship Cove. The price is \$50 per person which includes round trip motor coach transportation and museum admission.

Take an incredible journey to historic landmarks and honor those who served

aboard them. Step aboard six wartime vessels, including the Battleship USS Massachusetts and Destroyer Joseph P. Kennedy Jr. Enjoy a unique dining experience onboard the Morse Code Galley.

To make reservations or to find more information call 413-593-3939 or email amy@king-gray.com.

St. Joseph’s holds Italian dinner

WESTFIELD – St. Joseph’s National Catholic Church, 73 Main St., is hosting a community Italian dinner on March 10 at 12 noon. This community dinner will feature traditional baked cheese lasagna, meatballs with marinara sauce, salad, fresh Italian bread and an Italian dessert along with hot coffee and cold beverages.

Dine-In or Take-Out tickets are \$18 for

adults and \$8 for children under 12. For tickets, contact (413) 562-3067 and leave a message with number of tickets requested (Dine-In or Take-Out) along with your name and telephone number.

The deadline for purchasing tickets is March 7. Take-out dinners will be available for pick-up at 12:30 p.m. Everybody is welcome.

Garden Club scholarships now available

AGAWAM – Applications are now available for the Agawam Garden Club 2024 scholarship. To qualify for the scholarship students must be a graduating senior of Agawam High School or a college student who graduated from AHS and is planning to attend an institution of higher learning.

Applicants must be majoring in or planning on majoring in one of the following: botany, environmental engineering, environmental science, earths systems, forest management, natural resources, plant soil and insect science, sustainable agriculture,

sustainable horticulture or food and farming, turf grass science and management, landscape design and management technology, clean energy, technology studies: waste water or other environmental related studies. The recipient will be awarded a \$1,000 scholarship at the clubs annual June meeting. Completed applications along with transcripts and references must be submitted to Denise Carmody, 40 Primrose Lane, Agawam MA 01001 by April 1 Applications are available through AHS or can be found on our website at agawamgardenclub.com.

Dakin brings back 'Run for Cookies' event

SPRINGFIELD – Dakin Humane Society will hold its third annual Will Run for Cookies 5k Run/2k Walk to benefit the organization's services and programs on Saturday, May 18 in Westfield's Stanley Park. Registrants will be invited to bring their dogs (on non-retractable leashes) to take part in the event.

Event day registration/check-in will take place at 9 a.m., and the race begins at 10:30 a.m. Online pre-registrations are being accepted now through May 16 at <https://racewire.com/register.php?id=13823>. The event will be held rain or shine. Refunds are not available.

Free race t-shirts, and one cookie per person and dog participant will be given to those who pre-register during the Early Bird Registration period, which will end on April 1. The Early Bird Registration fees are as follows; \$20 for 12 years and younger and \$30 for adult registration.

The adult registration fee will increase to \$35 April 2 through May 16, and to \$40 on the day of the event. The 12 years and younger fee will remain the same. General pre-registration and race day registration includes a cookie for human and dog participants, but a race shirt is not guaranteed.



Participants in last year's Will Run for Cookies 5K.

SUBMITTED PHOTO

Dakin's Director of Development and Marketing Stacey Price stated, "This is our third year celebrating the person/pet bond at our Cookie Run event. We're very happy to return to Westfield's Stan-

ley Park, which is especially beautiful in May, and provides an ideal setting for everyone to enjoy a day outdoors with their friends and dogs. Dakin's services exist to strengthen the bond between people and

pets, and everyone who participates in our event is lending a hand to animals in need, and the people who love them, right here in the Pioneer Valley."

Participants are encouraged to fundraise to help give animals the food, shelter, and medical treatment they need. Every dollar raised goes towards creating happier and healthier lives for animals both at Dakin, and those in homes that need the organization's services.

As a fundraiser incentive, every individual who raises \$100 will receive a blue beanie hat. The beanie hat was chosen by Dakin to honor a kitten named Beanie who had been rescued in frigid weather in 2020. She was part of a litter living outdoors that was humanely trapped and brought to Dakin for care by Dakin's Kitten Street Team. The KST is an all-volunteer group that responds to calls reporting sightings of cats, especially kittens, living outdoors. Beanie is one of the more than 1,500 felines helped by the Kitten Street Team since it was launched four years ago.

Participants are also encouraged to form teams to support each other, fundraiser together, and come up with creative team names. For more information, visit www.dakinhumane.org.

St. Patrick's parade to be March 17

HOLYOKE – The St. Patrick's Committee of Holyoke is excited to announce the 71st annual Holyoke St. Patrick's Parade will be held on Sunday, March 17. The Parade will air live at noon on WWLP-22News and be live-streamed on WWLP.com.

"The St. Patrick's Committee is thrilled to host the 71st Holyoke St. Patrick's Parade on St. Patrick's Day this year" said 2024 Parade President, Hayley Dunn.

"The Committee has been working hard all year to secure phenomenal talent and entertainment for all to enjoy on Parade Day. We can't wait to see you along the Parade Route!"

In order to arrive at Holyoke High School in time for the noon broadcast, the Parade will step-off at approximately 11:10 a.m. from the former Kmart Plaza. The parade's website, www.holyokestpatricksparade.com, will provide all of the

details regarding the parade route and parking information for spectators.

22News Anchors Rich Tetterer and Taylor Knight, along with Sheila Moreau from the Parade Committee, will serve as Parade hosts. Throughout the event, the 22News team will provide interviews from the Parade route with participants and bystanders throughout the coverage.

St. Patrick's Road Race will be held on Saturday, March 16.

St. Jerome's hosting 'Irish Night' fundraiser

HOLYOKE – Our Lady of Guadalupe Community Center will host "Irish Night" fundraiser for St. Jerome parish on Saturday, March 9. The event will go from 7 to 9 p.m. with doors opening at 6 p.m. and will feature refreshments, a cash bar, and other beverages. Tickets can be purchased at the end of all weekend masses beginning Feb. 10 and 11. Tables of 8 may be reserved in advanced by contacting Jennie McGiverin at 413-250-2093 or John Kelley at 413-650-0493. Black Rose Academy of Irish Dance will perform at 6:30 p.m. Deirdre Reilly will be the headline performer following that.

Shuttle schedule for St. Patrick's Day

HOLYOKE – The City of Holyoke and the Tourism Advisory Committee are pleased to announce the details of the Road Race and St. Patrick's Day Shuttle bus services. Thanks to funding from the Mass Gaming Mitigation Grant, the OPED team and Tourism Advisory Committee is pleased to announce shuttle services for the Road Race and St. Patrick's Day Parade. The Shuttle will run hourly from the MGM Casino to City Hall in Holyoke. The MGM Casino offers free parking so just park your car and enjoy a safe ride to the festivities in Holyoke. Pick up will be at MGM Springfield at MGM Way in front of South End Market. and drop off

will be at the Holyoke City Hall parking deck on Dwight Street. Shuttle Services will be provided by Michaels Limo. The shuttle will be a 14 passenger ADA minibus. Shuttle Bus details are available via <https://www.exploreholyokey.com/event/free-shuttle-service-from-mgm-casino-to-holyoke-city-hall-during-2024-st-patricks-celebrations-in-holyoke/>.

Parade Day, March 16 and 17, The bus will run on loop at the following times:

10 a.m. leave MGM to Holyoke City Hall
10:30 a.m. leave Holyoke City Hall to MGM

11 a.m. MGM to City Hall
11:30 a.m. leave City Hall to MGM
Noon MGM to City Hall
12:30 p.m. leave City Hall to MGM
1 p.m. MGM to City Hall
1:30 p.m. leave City Hall to MGM
2 p.m. MGM to City Hall
2:30 p.m. leave City Hall to MGM
3 p.m. MGM to City Hall
3:30 p.m. leave City Hall to MGM - last shuttle

For more information, please contact the Office of Planning and Economic Development at (413) 322-5655 or email vegaa@holyokey.org or visit brazeaum@holyokey.org.



Tickets available for annual March 10 Hibernian breakfast

AGWAM – In concert with the festivities surrounding the 2024 Holyoke St. Patrick's Parade the Ancient Order of Hibernians, James A. Curran, Division One of Hampden Hampshire Counties invites the public to attend the annual Communion Breakfast on Sunday March 10, at 8:00 a.m. A Memorial Mass at St. Jerome Church, followed by a Breakfast at 9:00 a.m. at the Wyckoff Country Club, 233 Easthampton Road, Holyoke.

The Hibernians will honor James P. Kelly, CEO of the Polish National Credit Union with the 2024 Hibernian Christian Charity Award.

The Guest speaker will be Erin Duffy Lacy, Irish National Dance Champion and Research Fellow at Harvard Medical School.

For reservations by March 8, call Atty. John J. Driscoll at 413-537-1573. Tickets are \$25.00 per person (Tables of 10).

Spring tag sale March 22 and 23

AGAWAM – Spring Tag Sale will be held on Friday and Saturday March 22 and 23 at Agawam Congregational Church, 745 Main Street, from 9 a.m. to 2 p.m., each day, the church hall will be filled with interesting, affordable, and diverse items. There will be something for everyone of all ages. A limited

number of vendor tables will be available at \$25. A table and chair will be included. For an application, contact the church via e-mail: office@agawamcongreg.com or call 413-786-7111.

The church is handicapped accessible with a large parking lot.

Food donation challenge for Lent to benefit Parish Cupboard

AGAWAM – Not sure how to give back in this season of Lent? At Feeding Hills Congregational Church we challenge individuals and families to donate 40 non-perishable food items in 40 days. Items can be

dropped off at the church weekly or following Easter. All donations are to benefit the West Springfield Parish Cupboard which services families in need throughout West Springfield, Agawam, and Feeding Hills.

Kids' clothing and books needed

AGAWAM – Agawam High School's SAVE Club and National Honor Society, along with Agawam's Zero Waste Club, are hosting their 6th Annual Kids' Used Clothing and Book Exchange. This event was created to normalize the reuse of clothing and books that remain in good condition.

Clean, gently used, kids' clothing and books will be collected at the Agawam Public Library on Friday March 8, from 1 to 5 p.m. All types of clothing and books from infant through teen styles, are desired. No

footwear, including shoes, boots or sneakers will be accepted. All donations will be screened before donors leave.

Free shopping of this clothing will take place on Saturday, March 9 at the Agawam Public Library from 10 a.m. to 2 p.m.

Shoppers are asked to bring reusable shopping bags, as this is a zero-waste event. Any clothing or books that remain will be donated to local charities. For more information, email Nancy Bobskill at Aga-wamZeroWaste@gmail.com.

Opinion

Guest Column



About Medicare's dreaded 'IRMAA' provision

Dear Rusty

My wife is on Medicare and receiving Social Security benefits each month. We built a house and used money from our investments to pay for it. We knew we would pay taxes on that withdrawal, but my wife got a letter from Social Security saying that because the money we withdrew was listed as income, her 2024 Medicare premium went up over \$500. And since Medicare is taken out of her Social Security, that results in a \$6,000 loss to our budget.

Is there anything that can be done about this situation? We sent a letter to Social Security, but they responded that unless her situation was one of only a few categories (loss of house, divorce, etc.) nothing could be done for the year.

The money was used strictly on another investment, our new house. It wasn't like we took it out and spent it wildly. Can you please advise?

Signed: Frustrated Homeowner

Dear Frustrated

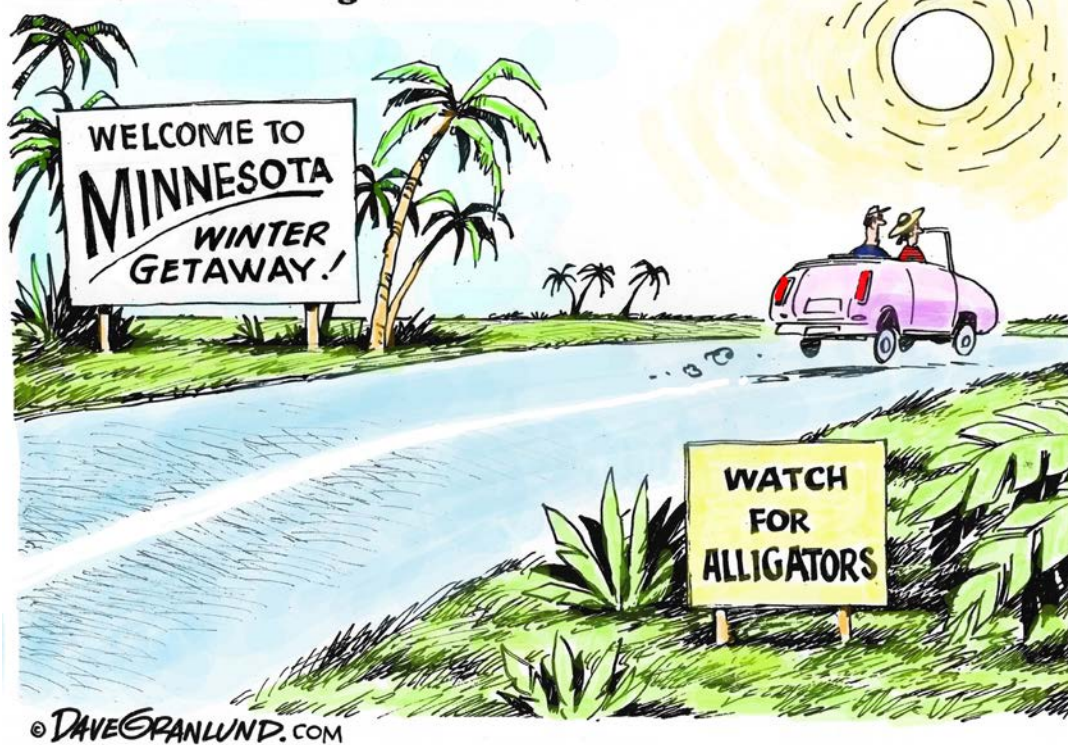
Unfortunately, it sounds like your wife is a victim of the Medicare provision known as "Income Related Monthly Adjustment Amount." Each person's Medicare Part B premium, coverage for outpatient healthcare, is determined yearly from their income from all sources as reported to the IRS two years prior. IRMAA sets income thresholds, depending on your IRS filing status and if those thresholds are exceeded you must pay a higher Medicare Part B premium and also a higher Part D premium if you have prescription drug coverage.

Assuming you file your taxes as "married/jointly," if your combined 2022 income as a couple was between \$206,000 and \$258,000 your wife's 2024 Part B premium is \$244.60, instead of the standard \$174.70; if your combined 2022 income was between \$258,000 and \$322,000 then your wife's Part B premium for 2024 is \$349.40; if your combined in 2022 was between \$322,000 and \$386,000, her Part B premium is \$454.20; if your combined 2022 income as a married couple was between \$386,000 to \$750,000 then your wife's 2024 Part B premium is \$559 and if your 2022 income as a married couple was over \$750,000 your wife's Part B premium is \$594. If your wife also has private Part D prescription drug coverage, IRMAA also increases those premiums. Note that the IRMAA thresholds are different for other income tax filing statuses.

As the Social Security office has already explained, you could appeal your wife's IRMAA premium increase if she had a "life changing event," but the list of acceptable life changing events is quite small (see form SSA-44). The only good news is that your wife's Medicare premium will be calculated anew for next year, so her Medicare premium for 2025 will, if your 2023 joint income is less than the first IRMAA threshold, revert to the standard 2025 premium.

For Your Information, it doesn't matter what you used the money for. Your withdrawal was reported to the IRS as taxable income, which is what caused IRMAA to apply to your wife's Medicare premium for 2024. Many people don't realize that Medicare premiums are higher for those with a higher income,

Record warming trend continues...



Letters to the Editor

Foreign policy rises in public attention



Americans seem to be more interested in foreign policy than usual. Four in 10 U.S. adults named it as an important issue to address in 2024, according to a recent poll from The Associated Press-NORC Center for Public Affairs. That's twice as many as a year earlier.

That sounds right to me. From what I can tell, Americans are paying closer attention to foreign policy than they have for some time.

Part of it, no doubt, is driven by media coverage of the wars in the Middle East and Ukraine. When the media pay attention to a topic, the public pays attention; and when the public pays attention, the media pay attention.

It works both ways.

Of course, what really captures the public eye is the prospect of U.S. casualties, as we saw in the Iraq and Afghanistan wars, which killed thousands of Americans. There's been nothing like that yet in the current conflicts, although about 30 U.S. citi-

zens were killed in Hamas' Oct. 7 attack on Israel and an estimated 300 Americans were stranded in Gaza by the fighting.

In the AP-NORC poll, 20% of respondents said they were concerned about U.S. involvement overseas, up from 5% a year earlier. That's a significant increase, and it's reflected by debates in Congress over helping fund the wars.

But whether foreign policy has much of an impact on the 2024 elections is an open question.

Even if Americans follow foreign policy, I don't have the sense that they vote on those issues. Problems at home are more meaningful to most voters, by far.

They're worried about inflation, affordable health care, gas prices and the cost of housing and food. They are concerned about crime and public safety. They pay attention to interest rates, jobs and other economic indicators.

Many Americans are deeply concerned about immigration, especially at the southern border. Immigration is a domestic matter, but it's entwined with foreign policy.

Immigrants and refugees often are fleeing dire conditions in their home countries. We need to work with those regions to address the issue.

I learned early in my time in Congress that foreign policy wasn't something most constituents

CONGRESS | page 5

Get a head start the old-fashioned way



Just about a week ago I was presenting a Seed Starting Workshop for members at Old Sturbridge Village, and someone asked a question about how seedlings would have been pre-started in the mid-1800s.

It was a logical question considering we have heat cables, supplemental light and greenhouses at our disposal these days. We can grow any number of plants pretty much any time of the year.

How then, did innovative gardeners of old get a head start? Cold frames and hot beds, of course! These season extenders continue to be useful today.

Read on to learn how these are constructed and used successfully.

The easiest way to describe a cold frame is this: a rectangular box fitted with a window sash. It can be as simple as an old storm window on top of hay bales.

Better yet would be to construct your cold

frame to capture as much passive solar energy as possible. We achieve this by angling the window sash 35 to 45 degrees to catch the sun.

The window sash you obtain will determine the size of the frame. Keep in mind that you have to be able to reach inside to work; therefore, it is recommended that you make the box no deeper than three feet.

Construct the frame using rot resistant woods like cedar or redwood. Pine is an inexpensive and readily available option, but should be painted with exterior paint prior to assembly to ensure years of use.

White paint will not only make an attractive cold frame, but one that will reflect light to the plants growing in it. The walls should be at least an inch thick, preferably two inches, to further insulate the plants growing inside.

Locate your cold frame in full sun, facing south or southeast. The soil under the cold frame is a "mini plot" that should be enriched as I would any other part of the garden by incorporating an inch or two of compost and a sprinkling of lime and balanced organic fertilizer into the soil prior to use.

The window sash will likely stay shut on overcast days. On sunny days, however, be sure to prop open the window to ventilate the space - it can get quite hot inside and young seedlings could easily be harmed.

The sash can be opened completely (or removed



PHONE

413.283.8393
Fax: 413.283.7107
Subscriptions: 413.283.8393

EMAIL

Advertising Sales
Wendy Delcamp
wdelcamp@turley.com

Editor

Gregory Scibelli
aan@turley.com

Subscriptions

cgriswold@turley.com

\$35 per year pre-paid
(\$40 out of state)
Newsstand \$1.00

WEB

www.agawamadvertisernews.turley.com

@AgawamAdvertiserNews

The Agawam Advertiser News is published by Turley Publications, Inc. • www.turley.com

LETTERS TO THE EDITOR

must include a name, address, and daytime telephone number for author verification purposes. We do not publish anonymous letters. All letters are subject to editing for content and length. The deadline is Monday at noon. Please send letters to Agawam Advertiser News, care of Turley Publications Inc., 24 Water St., Palmer, MA 01069, or e-mail aan@turley.com.

AGAWAM ADVERTISER NEWS TEAM



EDITOR/SPORTS
Greg Scibelli
aan@turley.com
sports@turley.com



ADVERTISING SALES
Wendy Delcamp
wdelcamp@turley.com

The Agawam Advertiser News (USPS 001-170) is published every Thursday by Turley Publications, Inc., 24 Water St., Palmer, Mass. 01069. Telephone (413) 283-8393, Fax (413) 289-1977. POSTMASTER: Send address changes to Turley Publications, Inc., 24 Water St., Palmer, Mass. 01069.



@AgawamAdvertiserNews

WEB

www.agawamadvertisernews.turley.com

PATRICK H. TURLEY
CEO

KEITH TURLEY
President

DEANNA SLOAT
Graphics Manager

Turley Publications, Inc.

www.turley.com

Turley Publications, Inc. cannot assume liability for the loss of photographs or other materials submitted for publication. Materials will not be returned except upon specific request when submitted.

Schools & Youth

AIC names students to Athletic Director's Club

SPRINGFIELD – American International College congratulates its student-athletes who have been inducted into the Athletic Director's 3.0 Club for the fall 2023 semester.

AIC Athletics Director Jessica Chapin recognized more than three hundred student-athletes who have achieved a cumulative GPA of 3.0 or better after one or more years enrolled at AIC. The following students are from Agawam.

Brooke Szafran is majoring in Marketing and Mia Wood is majoring in Exercise Science.

USJ announces fall 2023 Dean's List

WEST HARTFORD, CT — Kelly Kenney, of Agawam, has been named to the University of Saint Joseph fall 2023 Dean's List.

Bryant University fall 2023 Dean's List

SMITHFIELD, RI – Bryant University recognizes the students named to the fall 2023 Dean's List. The following students are from Agawam and Feeding Hills.

Emily DeGeorge and Prem Patel.

Assumption's fall 2023 Dean's List

WORCESTER – Assumption University has announced that Emily Bonfiglio, of Agawam, Class of 2024, has been named to the University's Dean's List for the fall 2023 semester.

RIT's Dean's List

ROCHESTER, NY – Justin Swistak of Feeding Hills was named to the Dean's List at Rochester Institute of Technology for the fall semester of the 2023-2024 academic year. Swistak is in the software engineering program.

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 cur-

rent 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.

Opinion

GARDEN ■ from page 4

altogether) on very warm days. Don't forget to provide water within the frame – if it is covered it is exempt from the rain.

The cold frame is a great place to start spring greens. There are other uses as well.

Some plants prefer to germinate at cool temperatures and simply won't grow well inside the house, even off the heat cables. Try growing flats of cole crops like kale, broccoli, cabbage and cauliflower right in the cold frame – they'll be the sturdiest plants you ever grew!

Likewise, start small pots of sweet peas, pansies, forget-me-nots and bachelor's buttons inside of it; they germinate better in cool soil. Many native perennials need to chill for a month before they are able to germinate – "stratify" these seeds in the cold frame and then move them to the border once they are off and growing.

You can also harden off plants that were started indoors inside the cold frame.

What about getting a head start with

heat-loving vegetables, such as tomatoes or peppers? Or even herbs like basil or flowers such as celosia, marigold or amaranths? Here is where the hot bed comes in.

If you have access to free, fresh manure, you are all set. The general idea is to build a mound about two feet tall of manure and bedding materials not older than six weeks and top it with soil you will be growing your seedling in, then top that with one of the frame set-ups described above.

The heat generated from the manure will warm the soil and the surrounding air. Seeds should germinate easily and readily.

It's important not to set up your hot bed too early – mid April to early May is perfect because you will still need to be past the frost free date before planting the seedlings you've grown into the garden. Hot beds take a little trial and error, but are worth the experiment.

When we used them at OSV, the seedlings grown within were always greener and sturdier than those I provided from our fancy greenhouse!

SECURITY ■ from page 4

but since your withdrawal was a one-time event, your wife's Medicare Part B premium next year should be much less and her Social Security benefit correspondingly higher.

The Association Mature Citizens Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental enti-

ty. 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 ssadvisior@amacfoundation.org. Russell Gloor is a Social Security advisor for AMAC.

CONGRESS ■ from page 4

were eager to discuss. I rarely spoke about foreign policy on visits to the district, where people were more likely to want to know about a local dam project or government actions that directly affected them.

Interestingly, I was most likely to get questions about foreign policy when I spoke at high schools. High school students were well prepared for my visits, and they would zero in on foreign policy issues.

With current issues, most Americans were outraged by Russia's invasion of Ukraine in February 2022 and inspired by Ukraine's brave resistance. But, as the war dragged on, it receded from the headlines, and interest in the U.S. has flagged.

Recently, center stage has gone to Hamas' attack on Israel, which killed 1,200 people, and Israel's response, which has reportedly killed 25,000 people in Gaza. The Middle East is almost in a category by itself for public attention.

Many Americans feel strongly about Israel's importance in U.S. foreign policy.

Conflicts in the Middle East, and relations between Israel and its neighbors, get more coverage in U.S. news media than news from Asia, Africa or even from Europe.

Wars and conflicts draw news coverage, but other foreign policy issues also matter a lot. Our relationship with China is the most important bilateral relationship in the world, and problems there can have a global impact.

Climate change is an existential issue that transcends national borders. Trade, terrorism, cybersecurity and global migration require multinational cooperation.

Foreign policy issues may not rise to the top of the public's concerns, but voters – and politicians – should pay attention to them in this election year.

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 34 years.

It was fun to think about getting a head start. Soon enough, soon enough!

Over the last decade, tremendous gains have been made in rose breeding, resulting in rose bushes that blend well into landscape plantings and require less maintenance for the homeowner. I still enjoy my heirlooms, and grow the Rugosa to remind me of the beach.

Still others prefer climbers or hybrid teas. Whatever your sweetheart may fancy,

indulge this Valentine's Day in a gift that will keep on giving!

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.

1	2	3	4		5	6	7		8	9	10	11		
12				13		14				15				
16					17		18			19				
20							21				22			
				23		24				25				
26	27	28	29					30						
31								32						
33									34	35	36	37	38	
				39	40	41		42	43					
				44	45			46						
				47										
								48						
49						50			51		52	53	54	55
56							57			58				
59								60			61			
62												64		

CLUES ACROSS

- 1. Home of Iowa State University
- 5. ___-fi (slang)
- 8. Mottled green and yellow fruit
- 12. Capable of thinking and expressing oneself clearly
- 14. Sports broadcaster Eagle
- 15. Midday
- 16. Kinsmen
- 18. Cable network
- 19. Simpleton
- 20. Brunch beverage
- 21. Fed
- 22. European capital
- 23. Native inhabitants
- 26. Mechanical device
- 30. Rare geese native to Hawaii
- 31. Bedroom furnishing
- 32. The products of human creativity

CLUES DOWN

- 33. Mass transit option
- 34. Made a mistake
- 39. Sacred sound symbol
- 42. Large N. American reindeer
- 44. Dull and flat
- 46. Partner to huffing
- 47. Written works
- 49. Monetary unit of Serbia
- 50. Midway between east and southeast
- 51. Peninsula of southwestern Asia
- 56. Widely used multiuser OS
- 57. Aggressive dog
- 58. Varnished
- 59. Hindu queen
- 60. Time units, abbr.
- 61. Farm animals
- 62. Capital of Latvia
- 63. Where golfers begin
- 64. Takes to civil court

CLUES DOWN

- 1. One who graduated
- 2. An inspired holy person
- 3. Electronic countermeasures
- 4. A place to store things
- 5. Indian instrument
- 6. Spanish saloon
- 7. Whole number
- 8. Not fastened
- 9. Gives a boost
- 10. Lounges about
- 11. Interested in
- 13. Remove salt
- 17. Type of sword
- 24. Naturally occurring solid material
- 25. Gets involved without being invited
- 26. Feline
- 27. Bobby ___, NHL champ
- 28. "Kill Bill" actress Thurman
- 29. Hawaiian dish
- 35. Moroccan coastal region
- 36. Baseball statistic
- 37. Long period of time
- 38. Moved earth
- 40. Central Netherlands city
- 41. Take stock of
- 42. Central processing unit
- 43. Distinctive qualities one generates
- 44. Getting stuck
- 45. Loss of bodily movements
- 47. Veranda
- 48. Abrupt
- 49. What cats do
- 52. Expresses pleasure
- 53. Type of cheese
- 54. Professional STEM organization
- 55. Automatic data processing systems

HCC scholarship deadline March 3

HOLYOKE – The deadline to apply for scholarships from the Holyoke Community College Foundation for the 2024-2025 academic year is Sunday, March 3.

Each year, the HCC Foundation awards hundreds of scholarships worth more than \$300,000 to incoming, current, and transferring HCC students. Many students receive multiple scholarship awards.

Students must be currently enrolled at HCC or have been accepted for the upcoming academic year to be eligible for scholarships, which are awarded through the HCC Foundation, HCC's nonprofit fundraising corporation.

Applicants only need to fill out a single online form to be automatically matched with the scholarships they are most qualified to receive. There are scholarships for new students, current students and students transferring to other institutions, scholarships based on financial need, scholarships for students in specific majors, scholarships for residents of certain com-

munities, and scholarships that recognize academic achievement.

To make the process of applying easier, HCC opened a Scholarship Resource Center in January on the first floor of the Donahue Building (Room 158). The center is open Mondays through Fridays from 9 a.m. to 5 p.m. Those in need of assistance can drop in any time during office hours to ask questions or to use one of the center's three computer workstations. They can also schedule appointments to meet with center staffers.

"We're so excited that we have this beautiful space to help students through the scholarship process," said Laura Freeman, manager of stewardship and donor relations and Scholarship Resource Center coordinator.

To view scholarship opportunities and begin the application process, please go to: www.hcc.edu/scholarships.

Questions should be directed to Laura Freeman at 413-552-2613 or lfreeman@hcc.edu.

25th anniversary Jazz Festival set for weekend

HOLYOKE – Hot off a win for Best Latin Jazz Album at the 66th annual Grammy awards, pianist, composer, and band leader Luis Perdomo will be the featured guest artist at the 25th anniversary Holyoke Community College Jazz Festival, March 1 and March 2.



Leslie Phillips

The two-day festival opens on Friday, March 1, with an 8 p.m. concert with Perdomo performing with the Amherst Jazz Orchestra under the direction of David Sporny on the stage of the Leslie Phillips Theater in the HCC Fine & Performing Arts building.

The Friday night concert is free for HCC students, faculty and staff, and \$10 for the general public.

"Luis is a great musician, a great teacher, and a great guy," said festival organizer and HCC music professor Bob Ferrier. "I know him from the Jazz in July program at UMAss, where we teach together. He just won a Grammy for the number one Latin Jazz Album, so that's special. We're very happy to have him here at HCC for our 25th anniversary festival."

The festival will continue on Sat., March 2, in the Leslie Phillips Theater with jazz combo performances. Jazz clinics, workshops and jam sessions will be held throughout the day in the HCC Recital Hall.

Perdomo will conduct two music clinics, one at 11 a.m. and another at 1 p.m.

A concluding concert will be held in the theater Saturday afternoon featuring Perdomo with HCC students and festival faculty.

In addition to his work as a performer, Perdomo is a composer, bandleader, and teacher. He began performing in his native Venezuela as a teenager and now makes his home in New York City. He is also an associate professor of music at Berklee in Boston.

A prolific sideman, he has appeared on more than 200 records, playing with the likes of artists such as David Sanchez and David Gilmore as well as recording seven albums as a bandleader. He was a member of Ravi Coltrane's Quartet for 10 years and is a founding member of the Miguel Zenon Quartet.

The Amherst Jazz Orchestra, led by trombonist David Sporny, has been a mainstay of the HCC Jazz Festival since the first one in 1998. The HCC Jazz Festival has been held every except for 2020 and 2021 when it was canceled due to the COVID-19 pandemic.

Holyoke Community College welcomes new veterans benefits counselor

HOLYOKE – Holyoke Community College recently welcomed Derick Santos, of Manchester, Conn., as its veterans benefits and financial aid counselor.

Originally from Lajas, Puerto Rico, Santos holds a bachelor's degree in computational mathematics from Embry-Riddle Aeronautical University in Daytona Beach, Florida, where he also worked in the military and veterans services department for the university's online campus. His father is an active-duty serviceman with the Puerto Rican National Guard.



Derick Santos

Santos is the school-certifying official and will process all benefits for U.S. veterans and military-affiliated students. He will also counsel prospective and returning students through the financial aid process and serve as part of the counselor on-call rotation.

As such, he splits his office hours between The Bunker veterans resource center and study lounge in Donahue 105 (Monday, Tuesday, Wednesday a.m.) and the Financial Aid office on the second floor of the Frost Building (Wednesday p.m., Thursday, Friday). The Bunker is open Monday through

Preschool Enrollment

Agawam Early Childhood Center

Are you an Agawam resident looking for a comprehensive, competitively priced preschool experience for your 3 or 4 year old child?

The Agawam Early Childhood Center (ECC) will begin accepting applications for both morning and afternoon sessions for the 2024-2025 school year beginning March 11, 2024.



- The ECC provides all students with a standards-based education that builds the foundation for all future learning with the Agawam Public Schools.
- We meet the needs of children with and without disabilities and follow a developmentally appropriate curriculum where all children learn through play hands-on activities.
- We offer half-day sessions at both the Agawam Early Childhood Center (ECC) at 108 Perry Lane and at Sapelli School 65 Begley St.
- Applications are currently available at the Family Resource Center or you can download the application via the Agawam Public Schools website (agawamed.org). Select "Schools" - Early Childhood Center, select "Menu" - select "ECC Enrollment Information."

Contact Us
(413) 821-0597

LOWER PRICES TO BOOST YOUR BUDGET!

USDA INSP. FRESH BONE-IN PORK LOIN LOIN END or RIB EYE ROAST **\$2.09** lb

USDA INSP. FRESH PORK RIBS COUNTRY STYLE..... **\$2.22** lb

USDA INSP. FRESH PORK SIRLOIN CUTLETS..... **\$2.19** lb

SLICED IN OUR DELI TURKEY BREAST..... **\$3.99** lb

USDA INSP. FROZEN BEEF OXTAILS..... **\$9.99** lb

USDA INSP. FROZEN CHICKEN FEET..... **\$3.49** lb

USDA INSP. FROZEN GOAT MEAT..... **\$6.99** lb

INFLATION PRICE BUSTERS

USDA INSP. FRESH BONELESS BEEF TENDERLOIN **\$9.89** lb CUT FREE

USDA INSP. FRESH BONELESS BEEF SHOULDER ROAST or LONDON BROIL **\$4.44** lb

USDA INSP. GROUND FRESH DAILY 80% LEAN GROUND BEEF **\$3.66** 7-LB BAG

PRICES IN RED ARE AT OR BELOW LAST YEAR'S PRICES!

USDA INSP. FRESH BONELESS BEEF EYE ROUND **\$4.66** lb

USDA INSP. FROZEN WHOLE CHICKEN **99¢** lb

USDA INSP. FROZEN AT SEA TILAPIA FILLET **\$4.99** lb

USDA INSP. FROZEN 31/40 CT RAW SHRIMP 2 LB BAG **\$9.99** lb

USDA INSP. BREADED FISH WEDGE..... **\$2.99** lb

90 Meat Outlet

90 Avocado St. Springfield 413-737-1288 www.90meat.com

HOURS: Mon. - Wed. 8-4 Thurs. 8-6 • Fri. 8-6 • Sat. 8-3

SALE DATES: 2/29/24-3/6/24 BUY DIRECT FOR SAVINGS • SELECTION • SERVICE

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.

Support the local businesses that support your local newspaper.

Let them know you saw their ad in the

Agawam Advertiser

CENTER STREET AUTO PARTS OF CHICOPEE, INC.

We will pay you top dollar for your car AND we will pick it up! Call us for a price!

- Top-Of-The-Line Auto Salvaging Services
- First-Rate Used Auto Parts
- Top-Grade Auto Body Parts
- Sell Your Old or Used Car to Us

"Serving all of Western Mass."

centerstreetautoparts.com

651 Center St., Chicopee **413-733-2778**

SPORTS

Brownies survive late surge

SPRINGFIELD – Agawam High School boys were in command at halftime, but Putnam Vocational kept pecking away late in the game.

Fortunately for the Brownies, they were able to hold on for a 59-57 win last Monday night in the quarterfinals of the Western Mass. Class

A Tournament. Agawam would fall in the semifinals later in the week, but are set to participate in the Division 2 State Tournament, which started earlier this week.

The Brownies got 28 points from Elijah Maldonado in the win over Putnam and Colin Smith scored 16 points points.



Gavin Cruz tries to keep play moving around the perimeter.



Elijah Maldonado goes for the layup.

TURLEY PHOTOS BY GREGORY A. SCIBELLI



Melih Tomak tries to avoid the pressure under the hoop



Andrew Regnier goes for a three-pointer.



Colin Smith looks to get around a defender.



Cole Buffum heads near the boards.



David Newsome makes his way up the ice.



Evan Connery gets set to clear the puck.

Agawam suffers finale shutout

WEST SPRINGFIELD – The Agawam High School ice hockey team participated in nonplayoff action last week as it got ready for the state tournament. Agawam lost to Amherst 5-0 last Wednesday afternoon at Orr Rink. Goalie Frankie DiSanti made 19 saves in the matchup. Agawam finished the regular season with an 11-8 record.

Girls basketball falls in quarterfinals

AGAWAM – Last Monday night, Agawam High School girls basketball took their 12-6 record to Northampton for the quarterfinals of the Class A Western Mass. Tournament. Agawam would lose on the 66-28, ending their sectional play-off run. Agawam would return to action last Wednesday with a nonplayoff matchup against Westfield. The Brownies would win that game to close its season with a 13-7 record overall. The Brownies were then scheduled to enter the Division 2 State Tournament with a road game at Silver Lake Regional on Tuesday evening.



Drew Scherban sends a wrist shot at the goal.



Trevor DePalma tries to get around pressure.

TURLEY PHOTOS BY DAVID HENRY

Sports

Registration now open for Quabbin Valley baseball

The Quabbin Valley Over-28 Baseball League is looking to infuse new talent into its league for the 2024 season.

Registration for the 2024 season is now open and any interested players can go to www.quabbinvalleybaseball.org to get registered, or to seek more information or make inquiries about the league. The league website will also be updated over the next month with information about the

upcoming season.

There are many open roster spots available in the league for the 2024 season, which is tentatively scheduled to begin on Sunday, April 21. The league plays most Sunday from late April through late August with playoffs following that. The league plays a 15-game schedule and typically fields six teams each year. Games are usually played at 10 a.m. with fields in Easthampton and

South Hadley normally used.

The Quabbin Valley league is an all-abilities league and all are welcome to join. Eligibility is players who are age 28 and over. You must be 30 to be eligible to pitch in the league. Your age for eligibility is whatever age you will turn in 2024. The league is also able to entertaining taking in an entire group as a team to add to the league. Please email the league board for to inquire about

entering a team.

The league is currently in the process of preparing for the 2024 season and held a meeting on Feb. 18 to discussion plans for the upcoming season. The next meeting is scheduled for Sunday March 24 at 11:40 a.m. at the Hangar Pub & Grill in South Hadley. All are welcome to attend the meeting, ask questions and express interest in joining.

Springfield Thunderbirds suffer loss to Bridgeport Islanders

BRIDGEPORT, Conn. – The Springfield Thunderbirds (24-22-3-2) fell to the Bridgeport Islanders (16-28-6-1) on Sunday afternoon at Total Mortgage Arena by a final score of 5-3.

Things appeared to be starting well for the T-Birds on this day, as Sam Bitten cashed in for his first career AHL goal at the 8:19 mark of the first period when he arrived at the top of the crease and jammed a Drew Callin centering pass through Henrik Tikkanen's legs to make it 1-0 for the visitors.

Springfield increased the lead to 2-0 at 12:54 when Ryan Suzuki sent an alley-oop through the neutral zone that landed inside the Islander blue line. Jakub Vrana accelerated to beat the Bridgeport defender to the puck and then slid a backhand shot through Tikkanen to extend the lead on his ninth goal of the season.

55 seconds after the Vrana tally, though, the Islanders made their way to the scoresheet as Tyce Thompson got a step behind the defense and lifted a perfect backhand shot over Colten Ellis to cut the lead to 2-1 heading into the first intermission.

The second period began uneventfully, but Suzuki changed matters when he powered down the right wing, protecting the puck before elevating a forehand chip shot over Tikkanen to make it a 3-1 game at 6:34 of the period.

Ellis remained busy but strong as the

period entered its final three minutes en route to a career-high 49 saves. Unfortunately for the T-Birds, Bridgeport All-Star Ruslan Iskhakov snapped a goal drought dating back to Jan. 15 to singlehandedly pull the Isles even. First, the crafty centerman made his way to the edge of the crease near the right circle, beating Ellis on a second chance after the T-Bird goalie made a strong reactionary save on the first attempt. That tally cut the score to 3-2 at 17:08.

Not even two minutes later, now with under a minute to go in the period, Iskhakov delivered the equalizer with a one-time rocket off a circle-to-circle pass from Matt Maggio, and Bridgeport headed into the dressing room with new life in the 3-3 game.

The Islanders were relentless in the final 20 minutes, managing 22 shots on the T-Birds net. Ellis and the Springfield defense held the fort as long as they could before a Sam Bolduc point wrister glanced off traffic and skipped past Ellis to give Bridgeport the lead for good at 11:34 of the third. Hudson Fasching rounded out the scoring with a power-play marker into an empty net in the closing seconds.

The T-Birds' busy stretch continues next Friday in Providence as they tangle with the Bruins at Amica Mutual Pavilion. Springfield returns home on Saturday when they host the Laval Rocket at 7:05 p.m. at the MassMutual Center.

Worcester Railers wraps up road trip with loss to Florida

ESTERO, FL – The Worcester Railers HC (22-22-4-2, 50pts) lost to the Florida Everblades (27-15-7-2, 63pts) on Saturday night by the final score of 5-3 in front of a crowd of 7,650 at Hertz Arena. The Railers have wrapped up their six-game southern road trip and return to the DCU Center against the Trois-Rivieres Lions on Saturday, March 2nd at 7:05pm.

The Everblades opened the scoring with goals from Sean Josling (1-2-3) and Joe Pendenza (1-1-2) just 2:43 apart to grab a 2-0 lead. Worcester responded 27 seconds later as Jack Quinlivan (1-0-1) wrapped a backhander behind the net past Johnson to make it 2-1 going into the second. Worcester kept the pressure on the Everblades in the second as they added on two more from Zsombor Garat (1-1-2) and Andrei Bakanov (1-0-1) to take their first lead of the night going into the third at 3-2. Florida took the lead in the third thanks to goals from Will Reilly (1-0-1), Mark Senden (1-0-1) and an empty netter from Brett Davis (1-0-1) to take the game 5-3.

Florida controlled the pace of play across the first fourteen minutes in the first, culminating in the game's first goal. Sean Josling (14th) received a backdoor pass from Oliver Chau who received the puck from Pendenza below the goal line to bury it past Cole Ceci in net for Worcester to put the Everblades ahead 1-0. With

Florida on the power play 2:43 later in the period, Joe Pendenza turned on a one-timer and sent it past Ceci as Florida led 2-0 late in the period. Jack Quinlivan (4th) responded for Worcester just 27 seconds later. He took the puck off the stick of Zsombor Garat and wrapped it with his backhand inside the near post from beneath the net to get Worcester to within one heading into the second.

Worcester picked up the only goals in the second. Zsombor Garat (1st) hammered a heavy one-timer on the power-play from Trevor Cosgrove for his first professional North American goal. His marker tied the game at the 7:29 mark of the second. Later in the period with 4:51 left in the second, Andrei Bakanov (7th) ripped a wrister past the blocker of Cam Johnson following a perfect drop pass from Anthony Callin to give Worcester the 3-2 lead entering the third.

The Everblades would be the only team to score in the third period. First it was Will Reilly (6th) on a wrister from the point that beat Ceci blocker side to tie the game 3-3 just 7:49 into the frame. From there, Mark Senden (9th) found the puck barreling down the left wing and buried it through the legs of Ceci to make it 4-3 Florida. Brett Davis (3rd) sealed the deal for Florida with an empty netter with just 1:31 remaining in the game to give Florida the win and the final score of 5-3.

Public Notices

AGAWAM ZONING BOARD OF APPEALS LEGAL NOTICE

Notice is hereby given that the Agawam Zoning Board of Appeals will hold a public hearing at the Agawam Senior Center, 954 Main St., Agawam, MA on **Monday, March 11, 2024 at 6:30PM** for all parties interested in the request of Recai Bayram,

who is seeking a Special Permit in accordance with the Town of Agawam's Zoning Ordinances Ch. 180, Sections 17 and 8.1 to allow for the keeping of hens at the premises identified as 31 Reed Street.

Doreen A. Prouty
Chairperson
Zoning Board of Appeals
02/29/24

Community Newspaper
ADVERTISING
Works!

Help world hunger one step at a time

AGAWAM – Looking to make a difference in our local community and in communities worldwide, the Agawam/West Springfield CROP Hunger Walk has set a goal of 100 Walkers and hopes to raise \$10,000 to help end hunger and poverty through long-term sustainable approaches.

A portion (25%) of the funds raised here in Agawam, Feeding Hills, and West Springfield will go to the Parish Cupboard in West Springfield. Last year, 55 Walkers raised more than \$9,700.00 through the CROP Hunger Walk.

This year's event will take place at Feeding Hills United Church of Christ, 21 North Westfield St., on Sunday April 28. Together, our local communities and some 1,000 others nationwide are joining together in interfaith CROP Hunger Walks around the theme "Ending hunger one step at a time."



Many of the Walkers will be proclaiming their solidarity with the millions of neighbors around the world who have to walk to live, as well as with the millions served by local food pantries, food banks and meal sites here in the U.S. from combating droughts to providing agricultural

training to stocking shelves in hundreds of food pantries across the United States, CROP Hunger Walks are fighting hunger.

Churches, school teams, civic groups and groups of friends are urged to take part this spring.

There will be a CROP Team Captain's Rally on Saturday, March 2 at Feeding Hills UCC at 9 a.m. CROP promotion material packets will be available, as well as refreshments. For more information, please contact CROP Coordinator Diana Forfa at drforfa@hotmail.com or by calling 413-739-6608. Learn more about CROP at www.crophungerwalk.org.

Agawam Advertiser News OBITUARY POLICY

Turley Publications offers two types of obituaries.

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

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

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

PUBLIC NOTICES ARE NOW ONLINE

- 1 Email all notices to notices@turley.com
- 2 Access archives and digital tear sheets by newspaper title.
- 3 Find a quick link to the state of Massachusetts' public notice web site to search all notices in Massachusetts newspapers.

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

visit www.publicnotices.turley.com

A	M	E	S		S	C	I		U	G	L	I			
L	U	C	I	D		I	A	N		N	O	O	N		
U	N	C	L	E	S		T	N	T		D	O	L	T	
M	I	M	O	S	A		A	T	E		O	S	L	O	
					A	B	O	R	I	G	I	N	E	S	
C	O	U	P	L	E	R		N	E	N	E	S			
A	R	M	O	I	R	E		A	R	T					
T	R	A	I	N					E	R	R	E	D		
				A	U	M		C	A	R	I	B	O	U	
			M	A	T	T	E		P	U	F	F	I	N	G
	L	I	T	E	R	A	T	U	R	E					
P	A	R	A		E	S	E		A	R	A	B	I	A	
U	N	I	X		C	U	R		S	E	A	L	E	D	
R	A	N	I		H	R	S			S	H	E	E	P	
R	I	G	A		T	E	E			S	U	E	S		



Summer Camp

Register Now & Save!

DON'T MISS OUT! REGISTER EARLY! MORE INFO AT BEMENT.ORG/SUMMER

Adventure Awaits You!

Summer camp at The Bement School

Bement camps are a unique day experience for children entering grades k-8.

Arts and crafts, swimming, nature programs, hiking and more. **Lunch is included. Before and after care is available.**



ENROLL IN ALL WEEKS AND GET 7TH WEEK FREE!

SESSION 1: JUNE 17-21
SESSION 2: JUNE 24-28
SESSION 3: JULY 8-12
SESSION 4: JULY 15-19
SESSION 5: JULY 22-26
SESSION 6: JULY 29-AUG 2
SESSION 7: AUG 5-9

Visit Bement.org/summer for more information and to register. Register early!

Enrichment Camps!

Led by faculty and staff from Bement as well as local area experts, enrichment camps are open to campers in a variety of grades. Check the website for specific offerings each week.

Digital Storytelling • Studio Arts & Crafts • Flag Football
 Book Blasters & Word Wizards • Bement Does Broadway & more!

Please contact eoneal@bement.org with questions.



Stoneleigh-Burnham School

Summer Camps

in Performing Arts, Debate & Public Speaking

day & residential options available
sbschool.org/summer



Greene Acres Equestrian Center L.L.C.

April Vacation Riding Camp - April 16-18

2024 Summer Riding Sessions

June 25-28 • July 22-25 • July 29-Aug 2
 Aug 5-9 • Aug 12-16 • Aug 19-22

9AM - 3PM LUNCH NOT PROVIDED

Basic Horse Care, Daily Riding, English & Western, Ages 5 & up

Call to Register (413) 813-9291
 53 Ware Road, Belchertown
 Email: Amanda.greeneacres@gmail.com



Belchertown Kidz Club

TODDLER • PRESCHOOL • SCHOOL AGE

Offering Flexible Care Programs For Kids Ages 18 mo. - 12 yrs.

Open 7:00 a.m.-5:30 p.m. / MONDAY - FRIDAY
 Both Full Time & Sibling Discounts

Providing Childcare for 30 years!

NOW ENROLLING FOR SPRING/SUMMER/FALL PROGRAMS

KIDZ SUMMER PROGRAM
 Ages 5 - 12 yrs. • JUNE 17TH*-AUG. 23RD
 10 Themed Weeks • Full & Part Time Options/Single Weeks or All Summer!
 Swimming • Field Trips • Close walk to Playgrounds & CHCS Pool
 Daily Creative & Educational Indoor/Outdoor Activities!
 *Start of camp based on Belchertown School Schedule

BEFORE & AFTER SCHOOL CARE
 K-6th Grade • Full & Part-Time • Homework Support
 School Bus Pick Up & Drop Off • Indoor & Outdoor Activities

PRESCHOOL Year round program for Ages 3-5 yrs.
 Full & Part Time • Choose from Full Day or 3/4 Day Options
 Creative Educational Kindergarten Readiness Curriculum

TODDLER Year round program for Ages 2-3 yrs.
 Choice of Full Day 7:00-5:00 or 3/4 day option 8:30-2:30
 Come Grow, Learn, and Play!

4 Stadler Street • (413) 323-5439
belchertownkidzclub@gmail.com

Follow Us  EEC LICENSED PROGRAM #177446




Co-ed • Grades 1-8
July 1 - August 16

Race into summer at Camp MacDuffie!

Be part of this year's camps and discover the true meaning of summer...having fun and making friends!

Space is limited so don't wait!

Camp MacDuffie offers seven weeks of exciting camp experiences:

Week 1: July 1 - 5	Week 3: July 15 - 19	Week 6: August 5 - 9
Week 2: July 8 - 12	Week 4: July 22 - 26	Week 7: August 12 - 16
	Week 5: July 29 - Aug. 2	

Camp programs include:
 Arts • Athletics • Coding • Science • Dance • Lego's • And More!

Monday-Friday 9am-3pm • Area fields trips and lunch included
 Extended care available if needed 7:30am-5pm

Register now for summertime fun at MacDuffie.org/summer-camp

The MacDuffie School • 66 School Street • Granby, MA 01033 • 413.255.0000 Ext.110




A STATE OF THE ART SUMMER PROGRAM IN WESTERN MA SERVING THE COMMUNITY WITH THE LOVE OF CHRIST

WORKSHOPS INCLUDE: WEEKLY FIELD TRIPS AND LUNCH ARE INCLUDED FOR OUR FULL DAY PROGRAM FOR GRADES K-8

SPORTS CLINICS
 COOKING & NUTRITION
 ENTREPRENEURSHIP
 CODING AND ROBOTICS
 WORSHIP SONGWRITING
 CARTOONING/COMICS
 STOP MOTION ANIMATION
 DANCE & MUSIC
 CRAFTS
 AND MORE!

INTRODUCING OUR PRESCHOOL 1/2 DAY PROGRAM!

SPACES ARE LIMITED! LEARN MORE AND REGISTER TODAY AT:
 413-782-8031
PVCAMA.ORG/STREAMS




THOMPSONS QUALITY INSTRUCTION SINCE 1981

SUMMER GYMNASTICS

WWW.THOMPSONSGYM.COM





Fun Summer Programs

FOR 3 YEAR OLDS AND UP

p:413-532-0374 e:tgymnastic@aol.com

200 OLD LYMAN RD., SOUTH HADLEY

Classifieds

12 WEEKLY NEWSPAPERS | SERVING 50 LOCAL COMMUNITIES

A TURLEY PUBLICATION | www.turley.com

COMMUNITY MARKETPLACE

Call us at 413.283.8393

FOR SALE

MAXIMUM EFFICIENCY. EXTRAORDINARY performance. Central Boiler certified Classic Edge Titanium HDX OUTDOOR WOOD FURNACE. Call today **413-296-4320**.

Classified Advertising DEADLINE MONDAY AT NOON

FOR SALE

FIREWOOD
Fresh cut & split \$200.00
Seasoned cut & split \$300.00
All hardwood.
Tree length available
*Also have seasoned softwood for outdoor boilers (Cheap). Quality & volumes **guaranteed!!** New England Forest Products **(413)477-0083**

FOR SALE

MORE HEAT LESS WOOD. Central Boiler Classic Edge HDX Outdoor Wood Furnace. EPA Certified. Titanium Stainless Steel. 26% Tax Credit. Call **(508)882-0178**

WANTED

MILITARY ITEMS
USA. German. Japanese Collections & Small Items
(413) 207-3054

JUNK REMOVAL

A Call We Haul FAST REMOVAL
Junk, Appliance, Cleanouts.
We load it & take it.
413-531-1936
CREDIT CARDS ACCEPTED

Read your local newspaper online at www.newspapers.turley.com

JUNK REMOVAL

ARA JUNK FURNITURE REMOVAL
Full house cleanouts, attics, basements, garages, pools, hot tubs, sheds, decks. Same day service. 8am-9pm. Credit cards accepted. Free estimates on phone.
Call Pete 413-433-0356.

SERVICES

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

HOME REPAIR & REMODELING for all your interior & exterior needs. Carpentry, woodworking, porches, patios, windows, doors, painting, drywall, siding, landscaping, clean-outs. Competitive pricing, References. Please call Brendan **(413) 687-5552**

2024 TAX TIME

CHANTEL BLEAU ACCOUNTING SERVICES
For Full Accounting & Tax Service
Registered Tax Return Preparer
228 West St., Ware, MA 01082
413-967-8364
Call For An Appointment
The IRS does not endorse any particular individual tax return preparer. For more information on tax preparers go to irs.gov.

AJE FINANCIAL SERVICES
588 Center Street
Ludlow, MA 01056
www.ajefinancial.com
(413)589-1671
Personal, Business, Corporate and Partnership Tax Filing
Bookkeeping and Accounting Services
Trusted Experts Since 1995

Personal & Small Business Federal & All States
FAST TAX USA TAX PREPARATION SERVICE
413-348-2279
IRS Certified Tax Preparers
Independently owned and operated. Over 25 years experience.
1622 B North Main Street, Palmer, MA 01069
www.FastTax-MA.com
Free E-File & Direct Deposit

TAX-TIME SURVIVAL GUIDE
Call your local Turley Publications sales representative for information and rates on advertising your tax service here!
413-283-8393

SERVICES

A B Hauling and Removal Service
2***A & B HOUSEHOLD REMOVAL SERVICE*******
Cellars, attics, garages cleaned, yard debris. Barns & sheds demolished. Swimming pools removed. Cheaper than dumpster fees and we do all the work. Lowest rates. Fully insured. **(413)283-6512, cell (413)222-8868.**

CHAIR SEAT WEAVING & refinishing - cane, fiber rush & splint - Classroom instructor, 20+ years experience. Call Walt at **(413)289-6670** for estimate.

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

HOME REPAIRS AND REMODELING. Quality work. Carpentry, sheetrock, flooring, tile, etc. Fully licensed and insured. Call Chris **413-426-5160** for free estimates.

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**

HOUSE CLEANING

HOUSE CLEANING
Also cleaning/organizing of basement, garage, shed and finished attics. Charge according to job. Free estimates. Call **413-536-3697**, David.

LANDSCAPING

A+ ROZELL'S LANDSCAPING & BOBCAT SERVICE
Excavator Services
Overgrown property? Extreme Brush Cutting!
Shrub, Stump, Tree Removal
Lawn/Arboretum Installed
Loam, Stone, Mulch, Sand
Storm Clean-up
Small Demolition/ Junk Removal Insured
Josh Rozell 413-636-5957

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**

WE DO LLC. Painting interior, exterior and drywall repair. Popcorn ceiling removal. We treat your home like our own homes. Fully licensed and insured. Call WE DO today for a free estimate ask for Mac **(413)344-6883**

PLUMBING

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

RUBBISH REMOVAL

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

TREE WORK

AAA - TROM'S TREE SERVICE Let me save you money. Tree removal, hazard tree removal, cordwood, stump grinding. We're fully insured and **workmen's comp.** for your protection. Free estimates. Mon-Sun Call Jason **(413)283-6374**

Call Your Local Turley Publications Sales Representative For Information And Rates On Advertising Your Tax Service Here
CALL 413-283-8393 TO PLACE YOUR AD TODAY!

FILL OUT AND MAIL THIS MONEY MAKER

MAIL TO: Classifieds, 24 Water St., Palmer, MA 01069 DEADLINES: **MONDAY AT NOON**
or call: 413-283-8393

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

Quabbin Village Hills
Circulation: 50,500

Hilltowns
Circulation: 9,800

Suburban Residential
Circulation: 59,000

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

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: _____

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

OUR CLASSIFIEDS REACH 50 COMMUNITIES EVERY WEEK!

Baystate caregivers weigh in on what's good for your health and soul

SPRINGFIELD – Did you include better health in your New Year's resolutions?

Health experts at Baystate Health suggest setting realistic goals and prioritizing what is most important to you, taking small steps, and remembering not to beat yourself up if you encounter a setback in your health goals for 2024.

Some goals for your health and soul to consider as you continue on your journey include:

Improving your blood sugars

There are three important approaches to improve your blood sugar numbers as we start the new year. First, moderate your carbohydrate intake. No dramatic approach needed. If before you would take two scoops of potatoes, now consistently take one and fill the empty space with non-starchy vegetables. Second, increase your physical activity. Using our muscles will push sugar into our cells and out of our bloodstream. The more we move and be physically active, the better our numbers will look. Third, modest weight loss. Losing between 5-10% of our body weight will have a dramatic impact on how we metabolize sugar. Speak with your healthcare provider to personalize this approach for you. We have specialists for lifestyle approaches to improved metabolic health at Baystate called diabetes educators who can provide you with additional personalized information.

-Dr. Cecilia A. Lozier, chief, Division of Endocrinology and Diabetes, Baystate Health

-PHOTO: Lozier (Davis), Cecilia

Don't allow sleep problems to affect your health

Stress levels are higher today in the world we live in. While stress can make sleeping well more challenging, it is important to prioritize sleep, which is necessary for health and well-being. Most adults function best with seven to eight hours of sleep and teenagers need around nine hours. Good quality sleep is important for preventing infections and keeping your immune system working well. Studies have shown that sleep-deprived people don't mount the

same immune response after vaccinations as good sleepers, so it is important to make sure you get a good night's sleep prior to getting a flu or COVID vaccine, for example. Keeping a regular sleep schedule will allow your body's internal clock to help you get the best night's sleep. If you are having difficulty sleeping or signs of poor-quality sleep with loud snoring, difficulty staying asleep, urinating frequently at night or daytime sleepiness or tiredness, you may benefit from a sleep medicine evaluation at Baystate. Sleep studies are available by referral from your doctor, or for more information call 413-794-5600.

-Dr. Karin Johnson, medical director, Baystate Health Regional Sleep Program and Baystate Medical Center Sleep Laboratory, Baystate Health

Staying safe from COVID-19 and seasonal respiratory infections

Staying up to date with vaccinations against COVID-19, flu, and RSV is important if you want to remain healthy in 2024. It is not too late to get these shots, particularly if you are 60 years old or older, have a weak immune system or have medical conditions that put you at risk of having severe respiratory infection. Talk with your healthcare provider if you have questions. It is prudent to wear your mask if you are in an indoor public setting or in any crowded area with poor ventilation.

-Dr. Armando Paez, chief, Infectious Disease Division, Baystate Health

Keeping kids healthy

As we settle into the "new normal" of a post-pandemic world, our children have navigated many challenges that have impacted their well-being. Mental health struggles, including increased rates of depression, anxiety, and self-harm, highlight the importance of making sure that children have strong relationships with caring adults and peers. Let's focus on guiding our children towards continued healing and growth. In addition to daily expressions of love and assurance, encourage your children to explore creative outlets that bring joy and foster resilience. Real-world

connections and mindful screen time are key to balancing the digital landscape. As families, we can prioritize age-appropriate approaches to wellness, whether through regular movement or fostering healthy eating habits. Adapting our approach ensures children are not just equipped to handle challenges they encounter but are empowered to thrive in an ever-evolving world.

-Dr. Amy J. Starmer, MPH, chief, Division of General Pediatrics and Family Health

Addressing your mental health

As we come off the season of giving, the past months have been a time when it is customary for people to make an effort to be generous and compassionate to others. My tip for the new year is for people to save a measure of generosity and compassion for themselves. An example of being self-compassionate includes being patient and gentle with yourself when you make a mistake or when you're unable to achieve a goal. If you notice being angry, even hateful, towards yourself, or feeling ashamed about a shortcoming, ask yourself if you would have that same attitude towards a dear friend, or even a beloved child when they fail to live up to some ideal. If not, consider whether you deserve to treat yourself just as well. Compassion defies the laws of physics: when you save compassion for yourself, it doesn't reduce the amount of compassion left for other people-it actually increases it.

-Dr. Barry Sarvet, Harold Grinspoon Endowed Chair of Psychiatry, Baystate Health

Women's Health

Women's health is about more than Pap smears and mammograms. It is good to see your women's health provider on a regular (every one to two years) basis to talk about family planning, cancer screening, sexual wellness, and your menstrual cycle. It is normal for your menstrual cycle to change a little bit over time, and it is important to understand the difference between an expected, physiologic change and an atypical change. Your provider can help with menstrual suppression, heavy periods and pre-menstrual symptoms. The transition to menopause may be barely noticeable or may impact your sleeping and moods, but fortunately there are treatments available to help with these symptoms. Any bleeding after a year of no periods in menopause should be brought to the attention of your provider right away. If you are planning a pregnancy, it can be helpful to discuss screening tests and healthy lifestyle changes in advance, such as a reduction in nicotine and alcohol intake, exercise, and healthy eating habits. Taking folic acid every day while trying to conceive may prevent certain kinds of birth defects. If you do not want to get pregnant and want contraception there are many options, with new methods becoming available every year. See your women's health provider if you notice any changes that concern you, such as abnormal vaginal bleeding, pain with intercourse or vaginal discharge. Your body may be telling you that something is wrong and your provider can help.

-Dr. Heather Z. Sankey, Burkman Endowed Chair of Obstetrics & Gynecology, Baystate Health

Controlling Your Weight

Is your New Year's resolution to eat healthier, exercise more, or achieve another health-related goal? The new year brings with it the opportunity to start on a path toward wellness or if you've already done so, to maintain healthy habits. However, it can be difficult to make these goals stick with all the challenges the year throws our way. What is the best way to be successful in achieving your health resolutions? Consider the following.

Be specific with your goals. Instead of "I will eat healthier," consider something like "I will replace 4 sodas per week with water." Setting a more specific goal can help you actually "check off" whether you have completed the goal each day and thus, be successful long term.

Make sure your goals are measurable. If your goal is weight loss, for example, set a measurable amount with a time frame to reach your goal by. For example, "I want to lose 10 pounds by April 2024" and "exercise for 30 minutes, three times per week" are more measurable goals than "lose weight

this year."

Make your goals realistic for you. For example, if you travel daily for work, "no longer eat on the go" as a resolution may be unrealistic for your lifestyle. You may find yourself giving up by February if you have purchased any meals out. This hinders any progress you could have made in a longer period. Instead, try a more realistic and flexible goal such as "pack a healthy lunch to keep in a cooler four times per week."

Set yourself up for success this year by making resolutions that will work for you, that are specific and measurable. Otherwise, you may find yourself quickly frustrated by your inability to stick to and achieve your goals.

-Eliana Terry, MS RD CSG LDN, Registered Dietitian, Baystate Noble Hospital

Be healthy in so many ways

RSV and flu are rampant in our community-sometimes co-infecting families at the same time. Be vigilant. Wash your hands, cover your coughs, consider wearing a mask, especially if traveling in crowded spaces or visiting a doctor's office. Prevention is key and it is still not too late to get vaccinated. Think of it as getting the next update on your favorite smart device. We need to keep our immune systems as strong and up-to-date as possible. Everyone 6 months and older should get an updated 2023-2024 COVID-19 vaccine and a 2023-2024 influenza vaccine. Those pregnant are included and should consider getting the RSV vaccine as well as for those over 60. There's also a new pneumonia vaccine, so for anyone who has received a pneumonia shot greater than 5 years ago, consider getting an update. If you do get sick, remember to get plenty of rest, fluff those pillows to prevent post-nasal drip, and stay hydrated. If it's a virus, antibiotics do not help and will only disrupt your GI system and cause resistance to serious infections in our community. For coughs and sore throats, honey is the #1 recommended treatment - just remember that you cannot give honey to children less than 1 year old and to always review over-the-counter medicines with your primary care provider. Most importantly, remember to be kind to yourself. If you need help, reach out. I always recommend families use 13cares.org.

-Dr. Nathan Macedo, Family Practice Physician, Baystate Family Medicine, Greenfield

Where to seek care

If you are not feeling well and can't wait for a regular primary care appointment with your Baystate Primary Care Provider, Convenient Care offers same-day, walk-in care with extended hours to fit your schedule. Baystate Convenient Care provides high-quality, convenient, and affordable care for non-life-threatening injuries and illnesses that require timely medical attention. In contrast, Emergency Departments (ED) offer 24/7 care for acute conditions or severe medical emergencies with expert care. Convenient Care complements our primary care and multi-specialty services at our Baystate Health & Wellness Centers. As part of Baystate Health, our Convenient Care locations use the same electronic records database, coordinating care with your Baystate Health primary care provider. When deciding whether or not to head to Convenient Care, consider whether the illness or injury is life-threatening and requires comprehensive medical treatment. If so, the ED should be your first destination. However, some common symptoms and conditions do not require a trip to the Emergency Department. Convenient Care offers same-day, walk-in treatment for current patients, new patients, and community members seeking care for common medical conditions including:

- Sports injuries, sprains, and strains
- Minor cuts or burns
- Cold, cough, flu, fever, and sore throat
- Earaches
- Rash, skin, and eye infections
- Stomach pain, nausea, diarrhea, and vomiting
- Urinary tract infections and much more.

-Dr. Agnieszka Nicora, medical director, Baystate Convenient Care

For more information on Baystate Health, visit baystatehealth.org.

Classifieds

12 WEEKLY NEWSPAPERS | SERVING 50 LOCAL COMMUNITIES

A TURLEY PUBLICATION | www.turley.com

Call us at 413.283.8393

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

DRAGONWORKS SERVICES. Chain saw work, climb, trim or cut. Rooted in excellence. Fully insured. Call Jacob LaDue for free estimate, 413-544-2898.

H & H TREE SERVICE All phases of tree care. Call Dave 413-668-6560 day/night.

STUMP GRINDING

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

AUTO

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

HELP WANTED

CLASS A DRIVER. Triaxle dump trailer work. Local deliveries, minimum 40 hours, rate based on experience. **RB Enterprises, Ludlow, MA. 413-583-8393.**

HEAVY EQUIPMENT MECHANIC. Construction equipment and trucks. Experience required, full time. **RB Enterprises, Ludlow, MA. 413-583-8393.**

PART-TIME LEAD CUSTODIAN
United Congregational Church of Holyoke. Custodian wanted to ensure the upkeep and cleanliness of our building. Application and complete job description available at www.uccholyoke.org/contact/employment-opportunities or submit a cover letter and resume to office.uccholyoke@gmail.com or call 413-532-1483.

SQUIER & CO. is looking to hire an oil truck driver. \$40,000-\$60,000 full time. Squire will provide CDL school for the right candidate! **Email: squeroil@verizon.net. Call 413-267-3184** or visit us at 5 Squier Ave., Monson, MA. Monday-Friday.

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.

\$12.50 Each

Digital Photos
TURLEY PUBLICATIONS, INC.
Purchase a photo that recently ran in one of our publications. Go to newspapers.turley.com/photo-request

Post your job openings in our classifieds.
We get results!
Call 413-283-8393

Free dental services at STCC until end of March

SPRINGFIELD— Springfield Technical Community College's Dental Hygiene Clinic is accepting appointments for free preventative treatment for children and adults through March 29.

The clinic, located on the STCC campus, under the supervision of licensed dentists and hygienists, educates and trains students to provide quality comprehensive oral health care.

Students are enrolled in the Dental Hygiene and Dental Assistant programs at STCC. Upon graduation, the students are hired at dental offices throughout the state.

STCC usually charges a nominal fee. However, at times during the past few years

as a service to the community, the School of Health and Patient Simulation has decided to waive fees on certain treatments.

"We are excited to offer free treatment to the community," said Christopher Scott, dean of the School of Health and Patient Simulation at STCC. "This helps our students get the hands-on training they need. It also gives people who might not be receiving any dental care access to important dental hygiene diagnosis and treatment."

The clinic is in the Health Science Building (Building 20, Room 238) on the STCC campus. It is open Mondays, Tuesdays, Thursdays and Fridays, 8:30 to 11:30 a.m. and 1 to 4 p.m. The clinic is closed on Wednesdays.

"The \$35 fee is waived for prophylaxis (teeth cleaning), exams and bitewing x-rays," said Meg Loadholt, the Dental Hygiene program coordinator. "We also offer other treatments, including sealants, whitening trays, nightguards, and full mouth x-rays at very nominal fees."

Loadholt said the clinic serves a dual purpose: to educate and to provide treatment to community members who need more affordable options.

Seniors in the dental programs need to treat a certain number of patients to graduate. In addition to receiving supervision, they use state-of-the-art equipment.

Loadholt said the free clinic could especially be helpful for patients who have

been denied by their insurance for a deep cleaning.

"It's a very costly procedure but they can come here and have that procedure done for free," said Loadholt.

Free dental care for certain services ends March 29, but the public will have another opportunity on the sixth annual Community Dental Day. STCC, in partnership with the Valley District Dental Society, will provide complimentary dental care on Saturday, April 27, between 8 a.m. and 4 p.m.

To schedule an appointment, call (413) 755-4900. For more information, including a full list of services offered at the clinic, visit stcc.edu/dental.



While collecting dresses, AHS Future Teachers of America also had some baked goods for sale. TURLEY PHOTOS BY QUINN SUOMALA

PROM | from page 1

come to," Oliveiera said.

Before the library event they had already collected a variety of items thanks to a drop box at Mama Mia's Pizzeria. They had received over 30 dresses in a wide variety of sizes as well as a collection of shoes,

jewelry and purses.

Following the library event they will still have a drop box available at the high school for anyone who wants to still contribute items.

In the future, they hope to host another collection date for the homecoming dance, given the success of this collection so far.

CLOSURE | from page 1

they could because there was no reason to bring it in earlier because with the weather situation the way it is, they'd hate to put it all in, get a significant rain or snow storm and then have half of it be washed away," Johnson said.

Once it is delivered, the team working on the site will begin the compacting process, with the plan that once the asphalt plants are open they will be able to quickly pave the road.

Initially the plan was for this material to arrive and for North Street to be filled in with gravel or another material, but that plan has been overruled by Johnson's decision.

The North Street Culvert project was focused on replacing the culvert, constructing an additional culvert, install-

ing stormwater structures and improving the road and surface conditions of the area.

This project was initially started as the culvert was in danger of collapsing and the DPW wanted to address the issue before it worsened.

This delay has also affected the May Hollow project. This project will be on hold and will not begin until North Street opens.

"As soon as North Street opens, the contractor will begin work on North Westfield Street," Johnson said.

The hope will be for any detours due to the May Hollow project to be as brief as possible, as it will start in the longest period of construction season.

Johnson and Mazza are grateful for residents' patience and understanding during this process.



BREAKFAST | from page 1

Legislative Agenda.

She stressed the importance of funding the State Aid to libraries, the MBLC Staffing and the Center for the Book line items.

State Aide is used at the discretion of the library to cover costs not budgeted, the high cost of e-books and unanticipated non-emergency expenditures. The MBLC staff is available to support all libraries and assist in anyway. The Center for the Book provides a multitude of reading awards, opportunities and supports family literacy.

The Massachusetts Library System, represented by Staff Consultant Anna Popp, is supported by the State Aid to Libraries and the Technology and Resource Sharing lines. She said that 92% of the state's libraries do not charge overdue fines any longer and a new online catalogue is soon to be rolled out. In 2023 she said that there were 2.23 million check-outs of materials from libraries through resource sharing. She also asked legislators to support the equi-

table costs bill for electronic materials and prioritize protection for library staff due to stress generated by frequent First Amendment Audits and harassment that accompanies book challenges.

Dr. Courtney Andree spoke about the Massachusetts Center for the Book and their sponsored events.

Mike Moran from the Massachusetts Library Association asked legislators also for support of the bill for electronic materials and noted the Freedom to Read bills sponsored by Sen. Jacob Olivera and Rep. Aaron Saunders. There are 14 library legislative breakfasts across the Commonwealth and encouraged attendance at the breakfasts.

Western Mass Library Advocates President and Blandford Library Director Nicole Daviau summed up the morning. "Building a Stronger Commonwealth: One Person at a Time," the theme of the MBLC legislative agenda, Daviau said, "Massachusetts libraries embody this message, working together..." in every community.

Encouraging legislative support for State Aid to Libraries funding, Daviau said that every library has a "saved by state aid" story. Her library is no different. Citing the need for more space to hold programs, specifically the Summer Reading events, State Aid was used to bridge the gap for funding a new grant funded outdoor patio, construction cost estimate exceeded the grant and with State Aid, the project is able to move forward. Her one-room library has a very limited occupancy.

The State Aid will also fund the installation of an after-hour book pickup locker to allow patrons who cannot make it to the library to still get their items. "State Aid funding is making it possible for us to remove these barriers to access library services," she said.

"This line item truly reaches every librarian and library patron in the state," she said. "This funding is not just for the nice to have elements, it is essential to maintaining basic library services..."

Daviau will again speak on behalf of

WMLA at the Springfield Library Legislative Breakfast Friday, Feb. 23 at the Springfield Library. Dr. Andree has also invited Daviau to speak at a State House briefing on the importance of State Aid to Libraries on Wednesday, March 6.

Sen. John Velis, whose district includes Russell, Montgomery, Easthampton and Southampton along with several other communities, told the gathering, "These meetings really matter." He spoke of the personal importance of libraries for himself and his family and impact libraries have.

Rep. Dan Carey said, "There's no end to what our libraries do," and said that the written word is something you can study forever.

Rep. Nicholas Boldyga voiced his support for library funding and said, "I'm always going to say yes..."

Both representatives referenced their personal experiences involving libraries. Rep. Michael Finn was not able to attend, but did send a representative.

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

Simply log on to our web site, choose the paper you want the announcement to appear in, then use our SUBMISSION link to email your information.



www.turley.com