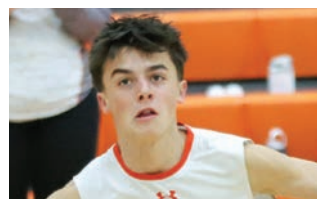




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# AGAWAM

## ADVERTISER NEWS

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# Agawam Senior Center hosts first-ever 'Senior Prom'

By Christina Gioscia  
Correspondent

AGAWAM – Agawam Senior Center hosted its first ever senior prom on Friday, April 10. About 100 seniors were in attendance. Registration was required; tickets were ten dollars per person, or fifteen per couple. Agawam High's Acceptance Community Trust, A.C.T. club volunteered at the event. Handing out roses at the door was Mayor Johnson, Senior Center Director Cindy Sullivan, and City Council member Anthony Russo. The theme of the prom was Hollywood. Leading into the building was a red carpet that went through the entrance, leading to the dining room. Gold curtains covered the windows, and film clappers were set up as center pieces, tying the theme together throughout the whole

room. Sullivan about how this event came to fruition. "The idea originated from a few Seniors who were talking about how they never attended their Senior Prom in High School or with their current spouse," Sullivan said. "We had help from a student named Isabella Iannarella who was looking for some volunteer hours to become a candidate to the National Honor Society at Agawam High School. She was speaking to her friend, John Atkins, who was part of A.C.T. at Agawam High School another volunteer group and he reached out to me. He asked if his group of peers could help with prom the night of the event, and I said sure. Isabella and John became the students in charge of organizing the vol-

PROM | page 10



Cathy Roy, Rachel Thomas, Laurie Giordano, and Robert Gillis at Agawam Senior Center's first ever prom on Apr. 10.

TURLEY PHOTOS BY CHRISTINA GIOSCIA

# Republican candidate for governor makes local appearance

By Gregory A. Scibelli  
gscibelli@turley.com

AGAWAM – After one of the three Republicans looking to unseat incumbent Gov. Maura Healey touched down in Ludlow, another one made an appearance here in Agawam. A few weeks ago, Brian Shortsleeve appeared at an event hosted by Partners Restaurant. Shortsleeve spoke to a gathering of approximately 50 guests at the event about why he should have the op-

portunity to run for the top seat in the state against Healey. Shortsleeve was joined by his proposed running mate, Shawn Oliver. Michael Minogue and Mike Kennealy are also running in the primary. Shortsleeve is the MBTA's chief administrator. He told the crowd the state is "desperate need" of new leadership and believes he is the right person to lead the state. He talked about the current bloat in the state budget and believes it has ballooned out of control, having grown

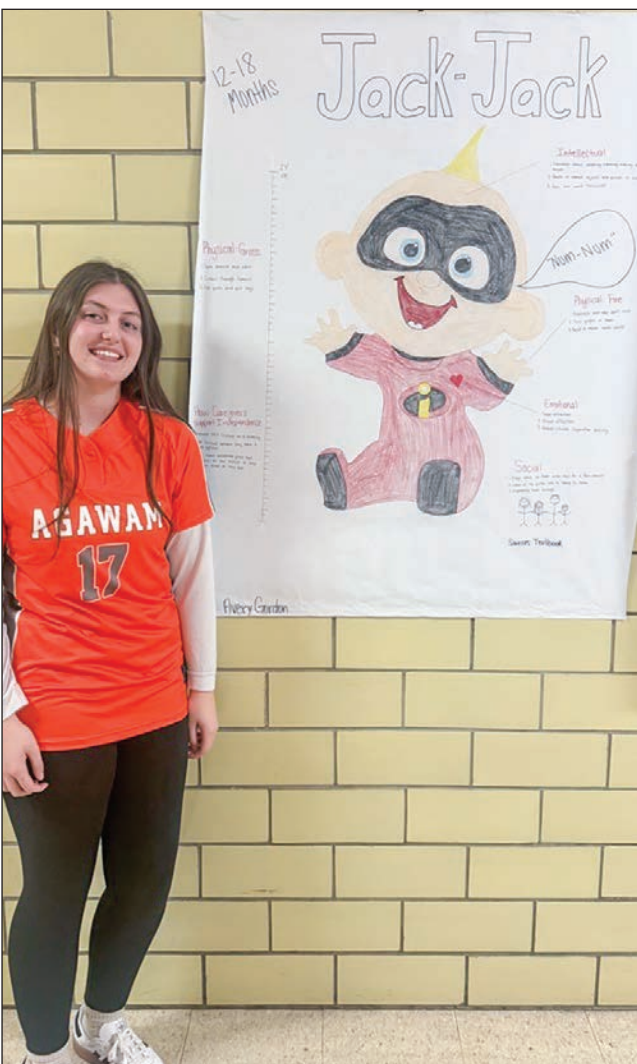
by \$17 billion in the past four years under Healey. Healey succeeded Charlie Baker, a Republican, after Baker chose not to run for a third term. Baker had guided the state through the COVID-19 pandemic, then Healey, the former Attorney General, was elected. Shortsleeve pledged to cut all the wasteful spending in the state government's budget. He also said he would work to cut fees that were making electric bills rise, and even pledged to remove mandated fees from all util-

ity bills on day one of being elected. Shortsleeve and Oliver spoke to the group on a variety of topics, including potholes, education, and statewide housing. He went as far as to propose eliminating the stretch energy code to help encourage more contractors to build. He also proposed suspending the Environmental Policy Act. In terms of education, while the state has eliminated MCAS testing as a graduation requirement, it has failed

to come up with a replacement to measure a student's fitness to graduate from high school. Shortsleeve said he was in favor of finding another method to measure a student's achievement. Visits to Western Massachusetts have often been a source of contention when electing a governor. Massachusetts has often been a tail of two halves, with the Western and sometimes Central part of the state forgotten by state legislators and the executive branch. Elected governors and the

major of legislators have come from the eastern part of Massachusetts, which has the most densely populated areas while Western Mass. is diverse in area and also has less of the population living there. Residents on this side of the state look for candidates who pledged to include Western Mass. in their plans to govern. Healey is running for re-election and does not, at this time, have a primary challenger. The three Republican candidates will run in a primary election on Sept. 1.

## Child Development students share milestones



Students in the Child Development classes at AHS crated projects about toddler milestones. Students studies young characters from pop culture and evaluated the physical, intellectual, emotional, and social milestones for each. They also understood how caregivers can support toddlers gaining independence.

## APL Walking Group's mission of wellness and connection

By Christina Gioscia  
Correspondent

AGAWAM - On Saturday, April 11 at 9 a.m. the Agawam Public Library Walking group met at Robinson State Park. The group is lead by Agawam Public Library Adult Services Library Associate, Kristen Frost. Walking groups are a fantastic resource for adults and senior centers. They allow attendees to exercise whilst enjoying nature and forming connections and friendships with the others in the group. It's a great way to make new friends, meet people in the community, and stay healthy. Frost explained the origins of the walking group. "One of my roles at the library is to offer programming for adults. I am always looking for ways to help adults in our community connect with one another and with the library. Also, personally I am a big proponent of health and wellness activities, so you will see many programs at the library that incorporate that angle. The walking group was born out of another program that I offered last spring, which was

a Couch to 5K program. Lots of folks signed up to be part of the Couch to 5K group, but after we got a few weeks in, many of them preferred walking to running. One of our patrons actually suggested having a walking group, so I started one in September of 2025. We meet once a month on a Saturday morning at various parks throughout Agawam and Feeding Hills. I try to vary the location each month. We meet throughout the fall and then we generally skip January and February, although this year I had a "resolution walk" in January, then we pick back up in March and continue through May-June. Registration is required, but only so that I know how many people to expect. If someone shows up without registering, they of course are welcome to join in." Frost then shared the importance of creating a space for people to connect with each other, themselves, and nature. "The Agawam Public Library Walking Group defi-

WALKING | page 8



## Cooper's accepting men and women's professional attire donations

AGAWAM – For a limited time, Cooper's Gifts, Apparel, Home of Agawam, Mass., is accepting professional attire donations for Dress for Success of Western Massachusetts and Suit Up Springfield.

Both causes request interview-appropriate women's and men's clothing, shoes and accessories. Items will be collected at Cooper's now through April 30. "We invite everyone to spring clean their closets and change a life," said Kate Gourde, owner of Cooper's Gifts, Apparel, Home.

Donations must be like new, clean and on hangers. All professional attire is welcome, but casual clothing will not be accepted. "Just ask yourself 'Would I wear this to an interview?' If the answer is 'yes,' Dress for Success and Suit Up Springfield can put it to good use," Gourde said.

The mission of Dress for Success (DFS) is to empower women to achieve economic independence by providing a network of support, professional attire and

development tools to help them thrive in work and in life. They provide each client with professional attire to secure employment, but they are about much more than simply a new outfit. Besides physically equipping the client with apparel and accessories, their programs furnish her with a confidence that she carries forever and the knowledge that she can actively define her life, the direction she takes and what success means to her.

Suit Up Springfield (SUS) is a community organization focused on providing the men of Springfield with professional attire. Their goal is to help everyone find a suit that will give them the confidence, knowledge and tools to help them become a successful member of our community. Both organizations have boutiques in downtown Springfield.

"We have held clothing drives for years; our customers consider it a convenience. Especially for people west of the river, it's easier to bring donations here, and

we are open 7 days a week," Gourde said. Items may be brought to the shop anytime during the month of April. Cooper's is located at 161 Main St., Agawam, Mass., and is open daily 10am-5pm, Saturdays 10am-4pm and Sundays 12-4pm.

"This drive coincides with Dress for Success as our April Round-Up charity; so, it's the perfect time to spread the word about their mission and really help them out," Gourde said. Each month Gourde chooses a local charity to receive the profits of the store's Round-Up Program through which customers are invited to round up their purchase total to the nearest dollar amount. Gourde will then match 50% of the total collected. The program has donated more than \$67,000 to local organizations since its inception in 2014. More information on the Round Up program and how to nominate a charity may be found on Cooper's website [www.coopersgifts.com/round-up/](http://www.coopersgifts.com/round-up/).

## Catholic Women's Club Banquet May 20

AGAWAM – The annual May Banquet for the Catholic Women's Club of Agawam will be held on Wednesday, May 20 at Storrowtown Tavern in West Springfield, MA. It will begin with a social time at 6 p.m. and the buffet will be served at 6:30 p.m. The menu will consist

of fruit and cheese platter/veggie and dip platter, salad, bread and butter, potatoes, seasonal vegetables, Chicken Francaise, Yankee pot roast, broiled scrod, tea, coffee and dessert ice cream puff. The price is \$38 per person and checks payable to CWC can be placed in the

St. John the Evangelist's collection baskets at Mass or mailed to Paula Raiche, 181 Leonard St., Agawam, MA 01001, no later than May 10. There will be no refunds. The club's monthly business meeting and annual meeting will follow the dinner.

## 'Nacho Average Wellness' event at Heritage Woods

AGAWAM – A group of local eldercare agencies and facilities is sponsoring "Nacho Average Wellness," Thursday, May 7 from 4:30 to 6:30 p.m. at Heritage Woods, 464 Main St., Agawam.

The event is designed to offer caregivers and professionals time to step away from their busy lives, reconnect with themselves, and connect with others, ac-

ording to Chantal Bernard, founder of Chanda Care, one of the sponsors.

The featured topic of the evening is "Don't be a Burnt Taco: How to Come Back to Yourself," with a focus on conversation around simple, practical ways for caregivers to reduce stress and prevent burnout.

Margaritas, including a non-alcoholic option, will

be available along with a taco bar and other light bites. In addition, guests will be able to enter a raffle for a wellness basket valued at \$100.

The event is sponsored by Chanda Care, Chanda's House, Brookhaven Hospice, and Heritage Woods. There is no charge to attend. R.S.V.P. to [tiffany.lagacy.genesis@cc.com](mailto:tiffany.lagacy.genesis@cc.com).

## Clutter seminar at Agawam Senior Center

AGAWAM – Turn your home's clutter into cash. Guest Speaker, Raymond Rose, will teach you simple ways to declutter your home including:

- the smart process to eliminate clutter
- how to use Facebook & eBay to sell your items

- get rid of unused items using a "curb alert"

- got collectables you want to sell?

- understanding estate sales

- the best places to donate your goods.

Bring a friend - it will be fun.

The event will be held Tuesday, Apr. 21 at 1 p.m. at Agawam Senior Center, 954 Main Street. Walk-ins are welcome - or save your seat by calling Kristina Lynch at Senior Center at 413.821.0604.

## ACC to hold Mother's Day Plant Sale

AGAWAM – The Agawam Congregational Church is having a Mother's Day Plant Sale to be held on May 9 from 9 a.m. to 12 noon. Come bright and early for the best blooms. We will

have over 50 hanging plants, hypertufa planters with sedums, annuals, perennials, bulbs, hostas, hypertufa lady bugs, pine cone flowers that last forever.

If you have a garage or

basement full of old pots (any size) and you want to get rid of them this is the time. Drop them off outside the back door of the church, 745 Main St. Agawam.

## Senior Center announces some upcoming activities

AGAWAM – Here are some upcoming activities happening at the Agawam Senior Center. Some require registration or confirmation. Information in the details below:

**April Vacation is here**  
Bring your Grandchildren to the Senior Center to enjoy some fun activities:

Tuesday: Apr. 21 Ice Cream Social in the Dining Room at 12:15 p.m. with Chair Volleyball at 1:30 p.m.

Thursday, Apr. 23 at 1 p.m. Join us for Magician ED THE WIZARD. Call Kristina to sign up 413-726-2836

**Your Care Your Choice: A Guide to Advanced Care Planning**

Wednesday, Apr. 22 at 1 p.m. in the Dining Room

Greater Springfield Senior Services will offer a free, one-hour presenta-

tion called Your Care, Your Choice: A Guide to Advanced Care Planning on Wed. April 22, 2026 @ 1pm – 2pm. The goals are to inform people 18 years and older about the importance of planning for their healthcare now and in the future if they are ever unable to speak for themselves. Discussing the essential documents and how to complete them. Exploring how to start this important conversation with your loved ones and your medical team. These Advanced Care Planning goals are important for your health and your peace of mind. Light refreshments will be served, and all participants will receive a free copy of the Honoring Choices toolkit, which includes all the relevant Massachusetts forms. Space is limited to 12 participants, and registration is required. Please see staff to sign up; however, if you have

any questions related to the course, please contact Lenora Johnson at 413-781-8800 ext. 1385.

**Stroke Support Group**  
Thursday, Apr. 23 at 10 a.m.

"Hello everyone my name is Carol Swenor and I had a stroke 42 years ago, I am here today I believe in the power of credit and sheer experience. Living with the effects of a stroke can be challenging, but none of us have to face it alone. This group is a place to support one another, learn from each other and remind ourselves that we are more than our stroke. I have volunteered at Mercy Hospital for over 15 years, while I ran a support group for stroke victims it was very successful. I hope you will join me on Thursday, Apr. 23 at 10 a.m. Please call 413-726-2836 to register.

## Feline Friends holding next fundraiser this weekend

AGAWAM – Feline Friends Inc. Cat Sanctuary Donation Drive is happy to announce that we will be holding a donation drive on Saturday, Apr. 18 at 47 North Westfield Street in Feeding Hills. The Community Grange #382 at that address is conducting a vendor craft supply sale on that date from 10 a.m. to 2 p.m.

We are incredibly grateful for the response to our appeal for help with supplies. We have received packages at the professional office at 532 Springfield St. (at the corner of Cleveland St.) in Feeding Hills and at the Agawam Public Library. Financial donations have arrived by check at P.O. Box 174,

Feeding Hills 01030 as well as PayPal: @FelineFriendsRaffle. Venmo: @Feline-Friends. Please include name/contact information with donation if you would like an acknowledgement. Venmo donations do not provide addresses or email information.

We appreciate every single donation. Local pick up is available by calling 786-5019.

Thank you to our generous recent donors: Barbara Ledger in memory of her sister Fran Baird, Gricelle Cruz in memory of her dear cats, Joanne D'Aurizio, Ida and Robert Shultz, Judy Clini, Judy and Steve Yaryrnowicz in memory of their 5 cats, Linda Fletcher and Poppy, Wendi Burton, Eva Recchia,

Cheryl and Carl Kaufman, Denise Broderick, Kevin Widmer, Karen Davis, Katie Heald, Valerie Schumacher, Joanne Lamson as well as a grant from Fidelity Charitable Foundation.

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](http://felinefriendsinc.org) or our Facebook page at Feline Friends Cat Sanctuary. Contact us with questions at [info@felinefriendsinc.org](mailto:info@felinefriendsinc.org) or by phone at 413-786-5019.

## Agawam Community Artists and Artisans 'Call for Art'

AGAWAM – Agawam Community Artists and Artisans (ACAA) is inviting artists and artisans to participate in its Sixth Annual Pioneer Valley Art Festival.

The Art Festival will be held on Friday, Aug. 21, and Saturday, Aug. 22 at the Polish American Club in Feeding Hills. Show hours are from 2 to 8 p.m. on Friday, and from 10 a.m. to 4 p.m. on Saturday.

The ACAA is encouraging artists, artisans, and writers to submit their work for review. Among the artistic mediums included are watercolor, acrylic, oil, mixed me-

dia, sculpture, photography, ceramic, stained glass, wood, fashion, textile, and jewelry.

All work must be original and handmade by the artist or artisan, of professional quality. Prints and giclees will be accepted.

No kits, food, soap, candles, or AI-generated work will be accepted.

Tent space is available on the paved parking lot for \$50.

Students from any area high school are accepted free of charge, and must have a tent set up.

The Pioneer Valley Art Festival is highly promoted

through local TV stations; Agawam Media Channel 15 and 1074HD; Agawam Cultural Council website; newspapers; town forums; Mailchimp; the ACAA website, [www.agawamarts.com](http://www.agawamarts.com); and the ACAA Facebook page, that has over 850 followers.

The week before the festival, there will be over 20 street signs placed around Agawam.

Further information, including registration forms, can be obtained by contacting Ceil Rossi at email: [tocarefree2@hotmail.com](mailto:tocarefree2@hotmail.com).

## Agawam Garden Club plans annual plant sale

AGAWAM – Agawam Garden Club is planning its annual plant sale for Saturday, May 30. This year's event will be held at the Historical Thomas Smith House, 251 North West Street, Feeding Hills and will run from 9 a.m.

to 12 noon. The sale will include many perennials and shrubs all from members gardens and all a bargain. Because the plants are all grown locally in members gardens they are well acclimated to the area. Proceeds from the

sale go towards funding the club's scholarship and providing educational programs for the year.

Please check the club's website for further information. [agawamgardenclub.com](http://agawamgardenclub.com)

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USDA INSP. FRESH BONE-IN PORK LOIN LOIN END or RIB END ROAST ..... <b>\$1.99</b> lb	USDA INSP. FRESH BONELESS BEEF CHUCK ROAST or STEAK <b>\$6.59</b> lb	USDA INSP. PEPPERIDGE FARMS CHOCOLATE FUDGE LAYER CAKE 19.6 OZ..... <b>\$3.99</b> ea
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# HCC presents annual Student Art Show April 13-May 1

Opening reception and awards ceremony April 16

HOLYOKE — The Taber Art Gallery at Holyoke Community College and the HCC Visual Art Department are presenting the annual Student Art Exhibition Monday, April 13, through Friday, May 1, with a reception and awards ceremony April 16 from 5:30 to 7:30 p.m. in the gallery.

The exhibition features artwork created by HCC students from more than 50 visual art classes during the 2025-2026 academic year, including painting, two-dimensional and three-dimensional design, basic drawing, still photography, ceramics, digital imaging and design, figure drawing, animation, digital photography, illustration, motion graphics, printmaking,

and typography.

The exhibition reflects all the artwork done in studio classes during the academic year. Faculty members select the pieces and install them, giving art students the opportunity to see their work displayed in a professional gallery.

The April 16 reception also includes the Excellence in Visual Art Awards presentation, which recognizes the best student artwork of the year in various categories, as selected by the visual art faculty. Attendees are encouraged to dress creatively, as an award will also be presented for best costume.

"I'm thrilled to welcome the Holyoke community to join us for the 2026 HCC

Student Art Exhibition," said Taber Director Rachel Rushing. "In particular, the opening reception is always a highlight of the year as we celebrate the hard work of the visual art classes and announce the student award winners."

Student artwork will be displayed in the Taber Art Gallery, as well as in the display cases outside the HCC Library, along the third-floor corridor of the Fine and Performing Arts Building, and in the Media Arts Center on the third floor of the Campus Center.

The Taber Art Gallery, located off the lobby of the HCC Library on the second floor of the HCC Donahue Building, is free and open to the public Monday through Thursday, 9 a.m. to 5 p.m. during regular school sessions.



HCC Student Art Exhibition in 2025.

## 'The Victorian Lady' presents Fan Language

HOLYOKE — Wistariahurst Museum is excited to welcome historic performer Kandie Carle - The Victorian Lady - for a presentation on fan language in the Victorian era. This performance is scheduled during the opening reception of the exhibit Fans, Fashion, and Feminism. This exhibit showcases Wistariahurst's collection of hand fans and garments from the Victorian era to the early 20th century. Carle's performance will add to the narrative of this exhibit, showing visitors the secret language of the Victorian hand fan.

Kandie Carle has been working in the theatre for over 35 years as an actress, dancer, singer, and director, throughout the US and abroad. She has experience both on stage and researching social history and fashion. Ms. Carle is based

in East Haddam, CT, and serves as the Producing Artistic Director of the East Haddam Stage Company. She also tours throughout the country as The Victorian Lady.

Carle created The Victorian Lady to share her passion for history, culture, and social reflection. She has performed at venues including historical societies throughout New England and beyond, as well as numerous house museums, universities, libraries, churches, and many other public and private organizations.

Her presentation is not a fashion show; rather, Carle dresses from corset to gloves, in authentic as well as reproduction garments she has made herself, taking her audience on a journey of discovery by using clothing and accessories as a tool to reflect the era. During her presentation

at Wistariahurst, she will be dressed in 1890s Gilded Age fashion.

Throughout the presentation, she will share insights into the fashion, lifestyle, manners, and etiquette of men, women, and children. The performance is full of audience interaction and is geared toward audience members of all ages.

Join The Victorian Lady at Wistariahurst Museum on Tuesday, Apr. 21 at 5:30 p.m. This one-hour long performance will occur during the opening reception of Fans, Fashion, and Feminism. Visit Wistariahurst before the performance as early as 4:30 p.m. to explore the exhibit. This program is funded in part by a grant from the Holyoke Local Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

## Holyoke Community College hosting 'Fresh Check Day'

HOLYOKE — Holyoke Community College is hosting a day dedicated to promoting mental health and wellness on Wednesday, April 29.

"Fresh Check Day" will run from 11 a.m. to 2 p.m. in the HCC Courtyard.

This innovative program, developed by the Connecticut-based Jordan Porco Foundation, is designed to bring together the campus community to "check in" on the mental health and wellness of college students. The event is free and open to all.

Organized by the Office of the Dean of Student Experience and HCC Student Engagement, with support from other campus partners and student clubs, Fresh Check Day will transform the HCC Courtyard into a vibrant expo-like setting with interactive exhibits, food prizes, giveaways — and friendly puppies.

"Student well-being is an

essential part of the overall student experience at Holyoke Community College," said Julissa Colón, HCC dean of student experience. "By increasing awareness of mental health resources and creating opportunities for connection, we remind students that they are supported not only academically but as whole people throughout their time here."

Highlights include interactive exhibits and activities designed to educate and engage students on mental health topics, such as stress management, anxiety, depression, and suicide prevention; community engagement opportunities where students can connect with their peers and to campus resources in a positive, community-focused environment; and prizes and giveaways.

The Jordan Porco Foundation is a 501(c)(3) non-profit based in Wethers-

field, Conn. It was founded in 2011 by Ernie and Marisa Porco after they lost their son Jordan to suicide when he was a freshman in college.

The goal of Fresh Check Day is to create an approachable and hopeful environment for discussing mental health and supporting student wellness.

"Many of our students are navigating competing responsibilities and an increasingly complex world," said Colón. "Events like Fresh Check Day help strengthen a campus culture where students feel seen, valued, and encouraged to reach out."

In the event of rain, the event will be held inside, on the second floor of the HCC Campus Center.

For more details about Fresh Check Day at HCC, please contact Julissa Colón at 413-552-2508 or jcolon@hcc.edu

## Stanley Park announces Whimsical Fairy Walk Opening Weekend

WESTFIELD — Join us for a magical opening weekend at Stanley Park's Whimsical Fairy Walk, where creativity and the beauty of nature come together in an enchanting outdoor experience. This family-friendly event invites visitors of all ages to stroll through the Woodland Wildflower Garden, where charming fairy houses line the path and lead to the Enchanted Oak Tree.

Handcrafted by dedicated volunteer builders, these whimsical fairy and gnome homes are made from natural materials, encouraging a deeper appreciation for nature while sparking imagination and wonder.

Guests can enjoy delicious

offerings from The Pit Stop BBQ and What's Your Brew food trucks, which will be on site both days serving a variety of food and beverages.

Peacock's Nest Studio will also be in attendance throughout the weekend, offering face painting with a variety of design options available for purchase. In addition, Stanley Park will offer Fairy Hair Extensions for a \$5 donation, which includes two extensions available in a variety of color,

perfect for adding a touch of magic to your visit.

Arts and crafts activities will be available in the Beverage Pavilion both days, providing an opportunity for attendees to create their own magical keepsakes.

There is still time to be part of the magic. Those interested in sponsoring the event or building a fairy or gnome house are encouraged to register by emailing development@stanleypark.org.

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# Opinion

## Guest Column



### When a spouse died will the other get a Social Security Survivor Benefit?

Dear Rusty:

I am 79. My husband is also 79 and we both receive Social Security benefits. We were both married before and we married each other at the age of 58. Am I to understand correctly that when either of us dies, the surviving spouse is not eligible to collect the deceased spouse's Social Security benefits? Please correct me if I am wrong.

Signed: Curious Spouse

Dear Curious Spouse:

A surviving spouse only gets one benefit - either their own SS retirement amount, or their deceased spouse's amount, whichever is more. So, the Social Security benefit that the deceased was receiving at death will be paid to the surviving spouse, replacing any smaller SS payment the survivor was already collecting. To be sure you are aware, the surviving spouse will also be eligible for a one-time lump sum death benefit of \$255 (I know it isn't much, but it should be claimed anyway).

Also, unless the surviving spouse was already receiving a spousal benefit while both partners were living, the surviving spouse will need to contact Social Security at 1-800-772-1213 or at the local SS field office to make an appointment to apply for their survivor benefit.

One other thing to be aware of since you were both married before: if either of you die, and your first marriage lasted at least 10 years and your ex-spouse has also died, the surviving spouse will have a choice to collect a survivor benefit

from either the ex-spouse or the most recently deceased spouse, whichever amount is more. But, again, you can only collect one benefit payment as a surviving spouse either from your ex-spouse or from your recently deceased spouse, whichever benefit is higher.

FYI, survivor benefits are a confusing area of Social Security, so you might also find informative this article I recently published, as it goes more deeply into surviving spouse benefits including benefits for surviving minor children and surviving adult disabled children. Read the article titled "Demystifying Social Security Survivor Benefits" at [www.amacfoundation.org/demystifying-social-security-survivor-benefits/](http://www.amacfoundation.org/demystifying-social-security-survivor-benefits/). Of course, if you have any further questions, please contact us at 1-888-750-2622 or email us at [ssadvisor@amacfoundation.org](mailto:ssadvisor@amacfoundation.org). There is never a fee for our services.

*The Association Mature Citizens Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. This article is intended for information purposes and does not represent legal or financial guidance. It presents the opinions and interpretations of the Association Mature Citizens Foundation's staff, trained and accredited by the National Social Security Association. To submit a question, visit [amacfoundation.org/programs/social-security-advisory](http://amacfoundation.org/programs/social-security-advisory) or email us at [ssadvisor@amacfoundation.org](mailto:ssadvisor@amacfoundation.org). Russell Gloor is a Social Security advisor for AMAC.*



## What I did last weekend

I was so looking forward to last Saturday, a day in which I did not have to drive anywhere. I could simply stay put and work on getting the yard in shape.

Boy, was it a long winter, and there was proof of that no matter where I turned.

Read on to learn which outdoor and indoor gardening activities kept me busy.

First I decided to tackle the perennial and shrub borders that I walk by the most often. Half of the reason we garden is because we like to stand back in admiration, so I figured if I cleaned those up I'd have something to feel good about on my way to the car or the chicken coop.

I leave many perennials standing through the winter, especially those with seed heads the birds might like to dine on.

So, before I got out the rake, I went plant by plant with my hedge clippers, cutting the dead and brown stalks to about "fist" height from the ground. Hedge clippers make fast work of this task. After that came the rake, with which I carefully cleaned the bed of matted leaves and the plant parts I just cut back. As I was working, I weeded out clover, and some perennial grasses that appeared within the bed, and although I am nowhere near ready to apply bark mulch, I got out the spade and did my best to put a crisp

edge on the border with the lawn. Looking good.

While I was putting tools away I found (gasp) some hyacinth and daffodil bulbs that never got planted in the fall. I cannot even believe that there were green tips on these bulbs that sat in a empty pot in my unheated sub-arctic garden shed over the winter months.

I figured that after that torture they deserved to be planted. I sunk them twice their height deep and watered them in. Say a prayer.

My "Redbud garden" shares a stone wall with some thornless blackberry bushes. It may not have been smart on my account to have an ornamental garden opposite plants that like to sucker like crazy but such is life when you want to squeeze in as many plants as you can into the space you've got... Anyway, ten foot long canes jumped the wall into the bed where I have a few bulbs and biennials at the base of the Redbud.

I was able to give the canes a strong yank and lo and behold I have three new blackberry bushes free for the taking. I separated them from

the mother plant, potted them up and will delight a friend with them, just as my friend Kelly's husband had done for me some years back.

These berries are so wonderful. Even with a small patch I am always able to freeze a couple of quarts for use in the offseason. Yum!

With stems cut back, leaves raked, weeds and suckers removed and the beds given a crisp edge, I felt good enough about leaving outlying gardens for another day. It was time to turn my attention to tomato seedlings that had long since outgrown the seed packs the seeds were sown in the third week of March.

Typically we transplant when the first true leaves form. I am maybe a week late.

Carefully I lifted out the clumps of seedlings and gently pried the roots apart. Tomato seedlings can be sunk deeply, almost up to their leaves; new roots will form on the stems.

After a gentle watering they will go back under the grow lights until they are big enough to be moved from the six packs to a four inch pot. Probably by May 1.

What is next on the agenda? Next weekend I have to assess my potato patch. I'll probably pull up old red raspberry canes nearby to expand the bed.

Blueberry bushes need

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## AGAWAM ADVERTISER NEWS

We Want to Hear From You

EDITOR/SPORTS

Greg Scibelli  
[aan@turley.com](mailto:aan@turley.com)  
[sports@turley.com](mailto:sports@turley.com)

ADVERTISING SALES

Wendy Delcamp  
[wdelcamp@turley.com](mailto:wdelcamp@turley.com)

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PHONE  
(413) 283-8393



ADDRESS  
24 Water Street  
Palmer, MA 01069

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Publications, Inc.

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### 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](mailto:aan@turley.com).

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## Give yourself the gift of self-compassion

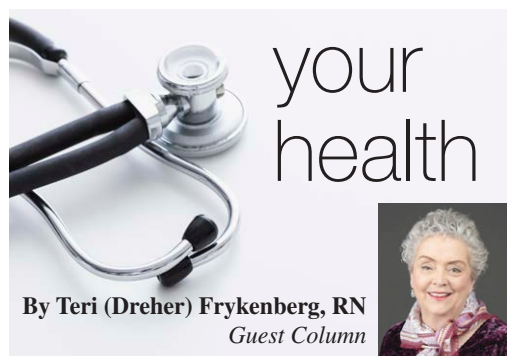
Remember "tough love"? It was all the rage in the '80s and legitimized unkind or even cruel behaviors in pursuit of persuading a loved one to change their behavior. "Positive narratives of tough love not only coursed through communities but also became a staple for television shows for decades," wrote Peg Streep in Psychology Today, "despite the fact that there is no evidence -and never has been - that what is called tough love works in any context, includ-

ing addiction."

So there.

Tough love doesn't work on ourselves either. It's been shown that negative self-talk, beating ourselves up when we don't meet our own expectations, and ruminating over our perceived failures don't do anything to improve our state of mind. In fact, it's damaging - and if you've ever been assessed for depression, those are some of the behaviors that might be identified.

There's a better way. This holiday season, give yourself



the gift of self-compassion.

It's not just an idea. It's a way of living.

There's even an institute for its study and implementation, founded by Kristin Neff, an associate professor of educational psychology at

the University of Texas at Austin. A pioneer in the field of self-compassion research, she conducted the first empirical studies on self-compassion more than

20 years ago and now runs the Self-Compassion Institute ([self-compassion.org](http://self-compassion.org)).

What is self-compassion?

Neff explains that

self-compassion is showing yourself the same care and consideration you would show to a friend who is struggling or feeling bad about themselves.

"It means being supportive when you're facing a life challenge, feel inadequate or make a mistake," she writes. "Instead of just ignoring your pain with a 'stiff upper lip' mentality or getting carried away by your negative thoughts and emotions, you stop to tell yourself: 'This is really difficult right now, how can I comfort and care for myself in this moment?'"

She points out that when we berate ourselves for mis-

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## Agawam Advertiser News welcomes letters to the editor

The Agawam Advertiser News welcomes readers to participate in this year's election campaigns by writing letters to the editor for publication on these pages. Letters of up to 250 words from local residents endorsing candidates on the ballot or discussing campaign issues should be sent to the Agawam Advertiser News, care of Turley Publications, 24 Water St., Palmer, MA 01069, faxed to 413-289-1977 or emailed to [aan@turley.com](mailto:aan@turley.com). Please include a daytime telephone number for verification purposes (it will not be printed). Letters must be received by noon Monday to be considered for that Thursday's newspaper. No

attack letters will be printed. No letters written by candidates supporting their own candidacy will be printed. If the volume of letters received is larger than the space available in the newspaper, or if the letters become repetitive, the newspaper reserves the right to print a representative sample. No endorsement letters will be printed in the last edition before the election. For more information, call 413-283-8393.

### Campaign news

As part of its election coverage, the newspaper plans to print stories about contested races

for Congress, state Senate, state House, district attorney and Governor's Council during the weeks leading up to the election, as well as a question-and-answer voters guide.

In order to ensure fairness to all candidates, no political press releases will be printed, nor will reporters cover political rallies or fundraisers.

Candidates who wish to further publicize their candidacy, beliefs and events may contact advertising, 413-283-8393 about paid advertising in the Agawam Advertiser News.

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 \$275, which allows families to publish extended death notice information of their own choice (with a word limit of up to 500 words) and may include a photograph.

**Death Notices & Paid Obituaries** should be submitted through a funeral home to: [obits@turley.com](mailto:obits@turley.com).

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

# Schools & Youth

## Gloria McLellan Scholarship available

AGAWAM – The Agawam Community Artists and Artisans (ACAA) have kicked off their annual scholarship fundraising program, designed to be awarded to high school and college students from Western Massachusetts who are pursuing further education in Visual Arts.

Deadline to apply for the Gloria McLellan Memorial Scholarship is May 1. Students can apply at [www.agawamarts.com](http://www.agawamarts.com).

Anthony Nguyen of Springfield, Sarah McDonald of Longmeadow, and Charles Santiago of Chicopee were each awarded \$1200 scholarships last year.

The scholarship is named after Gloria McLellan, a local artist and one of the founding members of ACAA.

Funds for the scholarship are raised through the ACAA's New England Mosaic Project,

which has just launched in local Western Mass libraries. Through the libraries, anyone can pick up a blank canvas, apply art to it, and return it by May 15. The canvases become part of a 24-foot Mosaic display. The canvases are sold at two events in August with net proceeds going directly to the scholarship.

Scholarships will be awarded in June for the 2026 fall semester.

## CWC Scholarship applications available

AGAWAM – Application forms for the Catholic Women's Club of Agawam's scholarship are available. Applicants must be a child or grandchild of a club member and a graduating high

school senior. The forms will be available at the club's monthly meetings in March and April or at the St. John the Evangelist Parish Center office at 833 Main St., Agawam MA, Monday -Thursday,

9 a.m. to 3 p.m. Completed forms and all requested information must be returned by Apr. 30 to the email or mailing address on the application. No late applications will be accepted.

### HEALTH ■ from page 4

takes or setbacks, we lose confidence and often give up. "By contrast, self-compassion provides the emotional safety we need to keep trying, even when things don't go as planned," she explains. "Most importantly, it allows us to learn and grow from our mistakes rather than getting derailed by shame and anxiety."

Neff has created a little industry featuring books, workshops, coaching and videos that you can pay for, but there are also many free resources like guided practices and self-compassion exercises. A good place to start might be the self-evaluation, which asks how often...

- I'm disapproving and judgmental about my own flaws and inadequacies.

- I try to be loving towards myself when I'm feeling emotional pain.

- I'm intolerant and impatient towards those aspects of my personality I don't like.

### Learning to practice self-compassion

Can we teach ourselves to become self-compassionate? Yes, but it takes work, and we may be trying to undo decades of behavior that stems from how we were raised, the people we've been exposed to, and the way we're used to talking to ourselves.

Here are a few things you can try:

**Turn it around:** Let's say you make a mistake at work or mess up a project. Rather than beating yourself up ("I'm such an idiot!"), imagine a friend in the same situation. Would you tell them they're an idiot? Probably not. You'd listen to them, offer a shoulder and discuss what to do differently the next time.

**Put it in perspective:** Remind yourself that struggle is a part of the human experience. You can say: "I'm not alone in feeling this way," or "We all struggle sometimes."

**Soothe yourself:** Find a mantra that works for you: "I

will accept myself as I am," for example. You can also place your hand over your heart or give yourself a hug.

**Challenge negative thoughts:** Write down what you're thinking or feeling, read it over and then replace those negative thoughts with kindness and compassion.

I wish all of you a peaceful – and self-compassionate – holiday season!

*Teri (Dreher) Frykenberg, R.N., a registered nurse and board-certified patient advocate, is the founder of [www.NurseAdvocateEntrepreneur.com](http://www.NurseAdvocateEntrepreneur.com), which trains medical professionals to become successful private patient advocates. A Monson, MA resident, she is the author of "How to Be a Healthcare Advocate for Yourself & Your Loved Ones" and her new book, "Advocating Well: Strategies for Finding Strength and Understanding in Health Care," available at [Amazon.com](http://Amazon.com). Contact her at [Teri@NurseAdvocateEntrepreneur.com](mailto:Teri@NurseAdvocateEntrepreneur.com) to set up a free phone consultation.*

### GARDEN ■ from page 4

some fertilizer. Asparagus could use lime and compost, probably some weeding as well.

There is never a dull moment this time of year, and

I am not sure I'd want it any other way.

*Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For the last 34 years, she has held the position of staff hor-*

*ticulturist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to [pouimette@turley.com](mailto:pouimette@turley.com) with "Gardening Question" in the subject line.*

## Junior Women's Club sponsoring library program

AGAWAM – Paul Revere and His Talking Dog (Driscoll Productions) will be presented to the public, free of charge, at the Agawam Public Library on Apr. 21 starting at 6 p.m.

This program is being sponsored by the GFWC Agawam Junior Women's Club with support from the Agawam Cultural Council.

Please sign up your children through the library's

event link: <https://bit.ly/4rbxk6H>.

In honor of our country's 250 anniversary we will pass out goodie bags and patriotic books to all children attendees while supplies last.

## Spring Clean Up is for the birds

SPRINGFIELD – This Earth Day, the Allen Bird Club of Springfield, MA offers tips to make your spring yard cleanup beneficial for birds.

- Clean out any bird houses on your property. A mouse may have moved in over the winter. If the house was used last year, remove old nesting material. It could harbor parasites detrimental to new nestlings.

- Western Mass's Ruby-throated Hummingbirds typically return in late April or early May. Be ready for these fairy-like wonders by cleaning your hummingbird feeders with hot water (no soap). Fill with a cooled solution of ¼ cup refined white sugar fully dissolved in 1 cup boiling water. Clean twice weekly thereafter.

- In warm weather, feed birds not bears. In place of bird feeders, plant native plants, trees, and shrubs that produce nectar, seeds, or fruit. These natural food sources will attract birds to your yard year round.

- In addition to planting native plants, learn to tolerate caterpillars. Birds rely heavily on caterpillars to rear their young. Many caterpillars require specific, native plants to survive. A yard without native plants means fewer caterpillars and fewer birds.

- Get lazy about your lawn. Perfect lawns are the "empty calories" of the ecosystem. By letting go of a green-carpet ideal, you'll add color to your landscape by allowing dandelions, violets, and white clover to decorate your grass. More

important, these "weeds" feed pollinators which, in turn, feed birds.

- Offer a water source. Maintaining a clean, fresh water source in your yard will make birds frequent visitors, especially on dry summer days.

- Keep chemicals on the shelf. Rather than being upset at signs of insects eating your plants, just remind yourself that the plants are doing their job—taking energy from the sun and channeling it to the next layer of the food web. Remember, birds are part of that food web - and so are we!

The Allen Bird Club is a nonprofit organization dedicated to bringing Greater Springfield area birders together since 1912. For more information, please visit [www.AllenBirdClub.org](http://www.AllenBirdClub.org).

## Harmony House hosts All-You-Can-Eat Pizza fundraiser

CHICOPEE – Local nonprofit Harmony House of Western Massachusetts invites the community to its upcoming Pizza for a Purpose fundraiser on Thursday, April 23 from 5 to 8 p.m. at View Street Tavern, 92 View Street in Chicopee.

This family-friendly event will directly support Harmony House's mission of providing a home with compassionate end-of-life

care and companionship to hospice patients in need. Guests can enjoy all-you-can-eat pizza, along with raffles, a cash bar with local celebrity bartenders, and a 50/50 drawing.

Tickets are \$20 for adults, \$10 for children ages 3-17, and free for children 2 and under. Tickets can be purchased at the door or online in advance. View Street Tavern is gen-

erously donating the pizza and space for this event, ensuring that funds raised directly support Harmony House and its residents. Harmony House is seeking additional sponsors to help meet its fundraising goal. Visit [HarmonyHouseWMA.org/PizzaNight](http://HarmonyHouseWMA.org/PizzaNight) to purchase tickets, become a sponsor, or learn more about the event and the nonprofit.

## Volunteers needed to flag graves

AGAWAM – The Agawam Veterans Council is seeking volunteers for flagging veteran graves at local cemeteries in preparation of Memorial Day on Saturday, May 2. (Rain date May 3) Anyone interested in participating, please meet at 8 a.m. in the Springfield Street Cemetery (across from Sacred Heart Church) in Feeding Hills.

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67						68							69		

**CLUES ACROSS**

- Greek goddess of marriage
- Tropical American blue jay-like bird
- Abba \_\_, Israeli politician
- Dark olive black
- Light, crinkled fabric
- Notre Dame has a golden one
- Leaked blood
- Confronted
- Negligible amount
- Facilitated
- Hill or rocky peak
- Minneapolis suburb
- Songs to one's beloved
- Brake horsepower
- Angry
- Children's game
- Spelling is a type of one
- Obtained in return for labor
- Indicates center
- Chinese dynasty
- Old World buffaloes
- Slang for time off
- Ancient kingdom near Dead Sea
- Defunct regional economic organization
- Philly footballers
- Female sibling
- Peter Griffin's daughter
- Digital audiotape
- Insecticide
- Scientific instrument
- Pages may be dog-\_\_
- Israeli city \_\_ Aviv
- Type of sword
- Middle Eastern military title
- Wise individuals
- French Polynesian island
- Bora \_\_
- Popular shoe type
- One of 50
- Divulge a secret
- Dish of cooked meat mixed with potatoes
- Actress Zellweger
- Romanian city

**CLUES DOWN**

- Greek cupbearer of the Gods
- Ancient Syrian city
- Small Eurasian deer (pl.)
- Range of mountains
- One thousand cubic feet (abbr.)
- Spoke
- City in Georgia
- Theatrical
- CNN's founder
- Icelandic poems
- Bjorn \_\_, tennis player
- Bowfin genus
- One point north of northeast
- Political divisions in ancient Greece
- Electroencephalograph
- Cool!
- Male parent
- Where some gymnasts work
- Capital of Vietnam
- Sailboats
- Shelter (Scottish)
- Completed
- Discharge
- Arrest
- Partner to cheese
- Coffee receptacle
- Stagnate
- Satisfies
- Snake-like fish
- Consume food
- Type of school
- Erase
- Inform
- Girl's given name
- Spiritual leader of a Jewish congregation
- Every one of two or more things
- Northern India city
- Seventeenth stars in a constellation
- Weapon
- Amounts of time
- Isidor \_\_, American Nobel physicist
- Soviet Socialist Republic
- Witness

# SPORTS

## Brownies grab sweep of Central

AGAWAM – Last Monday night, Agawam High School took control and defeated Central in three straight sets

3-0. In the win, Chase Gerani led the Brownies with six kills while Elijah Ramos had 25 assists. Agawam did

fall to Westfield 3-2 also last week and are now 4-2 on the season. Agawam next faces Haverhill High School

in independent action on Wednesday, Apr. 22 at 2:15 p.m.



Clockwise from above: David Zhmiadziak gets play started; Mike Lukomski goes for a spike; Jacob Nesen reaches out to keep the ball in play; Tim Karcha fires a spike over the net.

TURLEY PHOTOS BY GREGORY A. SCIBELLI



## Worcester Railers ground Gargoyles in win

GREENSBORO, NC — The Worcester Railers HC (31-30-5-2, 69 pts) bested the Greensboro Gargoyles for a second straight time (18-43-6-1, 43 pts) on Saturday, April 11, with a final score of 3-1 in front of a crowd of 6,035 at the First Horizon Coliseum. The Railers will close out their weekend in Greensboro against the Gargoyles with a 3:00 p.m. EDT puck drop on Sunday, April 12th.

Max Dorrington (1-0-1) broke the goal drought at 10:55 in the second and picked up the lone goal of the period for a 1-0 Railers lead. Greg Smith responded for Greensboro with a finishing feed off defense-

an Caleb Price's wrap around play early in the third (1-1). Worcester reclaimed their lead with a top-shelf tally from Drew Callin (1-0-1) at 15:41 (2-1). Anthony Repaci's (1-0-1) empty net goal at 19:11 cemented the Railers' 3-1 victory at the evening's close.

It was a scoreless start to the night as Thomas Gale for the Railers and Ruslan Khazheyev for Greensboro kept their opponents shut out through the initial frame. No penalties were assessed in the period, as Worcester closed the first leading in shots with 15 to Greensboro's 9.

Worcester gained an edge

over the Gargoyles as the second period turned to its latter half. Max Dorrington (5th) broke the goal drought with a forceful drive from atop the far face-off circle, the play set up by a cross-ice pass from Gleb Veremyev at 10:55. The Railers held on to their narrow 1-0 lead heading into the third as Dorrington's goal remained the sole tally scored in the period when the horn sounded. Worcester and Greensboro were nodded up with penalties at one a piece, Blake Swetlikoff for delay of game and Anthony Callin for hooking, while Worcester led once more in shots 16-9.

Greensboro came out with

a quick reply to Worcester's second-period play as Greg Smith tied the game at 3:10 in the third with a chip off of a failed wrap-around bid from Caleb Price. The evening heated up as Gleb Veremyev squared off against Blake Dangos, with the Railers forward quickly shutting down the Gargoyle defenseman before heading into the box at the start of the final five minutes of play. Adam Samuelsson and Drew Kuzma followed shortly with their own brief exchange, but the pair were ushered to their respective benches with no penalties. Soon after, the possibility of overtime was wiped away by

Drew Callin (23rd), unassisted at 15:41. Callin walked in on Khazheyev after a turnover in the offensive zone and lit the lamp on the top shelf for a 2-1 Railers lead. The Greensboro netminder was soon pulled for an extra attacker, but the decision proved costly for the Gargoyles as Anthony Repaci (22nd) sent the puck the full 200 feet into the awaiting empty net at 19:11 for the 3-1 regulation final in favor of the Railers. Veremyev and Dangos were the only penalties called in the third, while shots for the period favored the Gargoyles 11-9. Final shots totalled 40 for Worcester and 29 for Greensboro.

### Follow Turley Sports on Instagram

Turley Publications sports department has recently joined Instagram. You can find our account by searching "turleysports."

We will regularly feature samples of photos that you will see in our publications on a weekly basis.

Please follow and share with your friends and loved ones. We will be featuring photos from all 11 of our sports sections, but as always, you can see all the photos that appear by subscribing to your local paper or picking up a copy in your community.

# Sports

## Agawam baseball suffers tough blowout defeat



Connor Glynn fouls off a pitch.

By Tim Peterson  
Sports Correspondent

AGAWAM— One of the aspects that makes baseball truly unique is the opportunity to experience something different every time you watch a game. No two games are ever exactly alike, and each contest presents its own set of surprises and special moments. Whether it's an unexpected play, or a remarkable individual performance, baseball consistently delivers new experiences for players and fans alike.

When the Minnechaug varsity squad visited Agawam's Gerald "Gerry" Smith Field last Wednesday afternoon, the Falcons defeated the Brownies for the fourth consecutive time by the final score of 25-0.

The non-league contest ended after five innings due to the 10-run mercy rule.

"What I love the most about baseball is that you can see something new in every game," said Minnechaug head coach Mike Netkovich. "I never imagined that we would score 25 runs in today's game. Agawam is a very strong offensive team. They did hit a couple of balls hard, but we played well defensively. My guys were ready to play today."

The previous most runs scored by the Falcons (2-3) was when they defeated East Longmeadow, 20-5, on April 24, 2015.

The Brownies (1-2) were looking to beat the Falcons on the baseball diamond for the first time since the 2019 regular season when they celebrated a 5-3 home win.

It turned out to be a very memorable afternoon for Minnechaug senior Evan



Cole Agostino brings in a throw home.

Liverseidge who nearly hurled his first career scoring runs," said Liverseidge. He also led the way offensively with two base hits and nine RBIs.

"We came out with a chip on our shoulder and started scoring runs," said Liverseidge, who's a three-year varsity player. "The team was definitely in it today, and I hope it carries over into our next few games."

It was the first time that Liverseidge, who's planning to play college baseball at Franklin Pierce University next year, made a start at Smith Field. He didn't allow any runs on just one base hit with four strikeouts and one walk.

"Evan has been pitching

for the varsity team since he was a sophomore," Netkovich said. "He ended last season really strong. Everything came together for him in today's game both on the mound and at the plate."

Agawam junior righthander Matt Machos didn't experience the same amount of success on the mound as Liverseidge did.

With one-out in the top of the first inning, Liverseidge and senior centerfielder Ian Angelica were both hit by pitches. Then an infield hit by junior third baseman Sam Przybyl (2-for-3) loaded the bases. Following a strikeout, Liverseidge scored the first run of the game on a wild pitch. Two more runs crossed the plate

TURLEY PHOTOS BY GREGORY A. SCIBELLI

when junior second baseman Peter Langone singled to right.

The Falcons exploded for ten runs in the following inning.

Liverseidge brought home the first run of the inning with a bases loaded walk. The bases were also loaded when he came up later in the same inning. This time, Liverseidge blasted a three-run double to the gap in left center.

Sophomore shortstop Nick Nordstrom also had an RBI and the Falcons other runs in that frame scored on either walks or fielding errors.

Machos was replaced on the mound by senior righty Dominic Chriscola during



Matt Machos delivers a pitch in the second inning.



Aiden Lavelle fields a base hit to right.

the second inning.

Agawam junior first baseman Gavin Cruz drew a walk with one out in the bottom of the second. Senior designated hitter Joe Wilkinson was also hit-by-a-pitch before Liverseidge retired the next two batters on a flyball and a strikeout.

Liverseidge had another three-run double to left in the third, which was a part of a five-run inning.

The Falcons, who only had eight hits in the game, scored five more runs in the fourth, which gave them a comfortable 23-0 advantage.

Liverseidge capped off his offensive performance

with another bases loaded walk in the fifth. Senior catcher Alex Savlick also drew a bases loaded walk during that same frame.

Liverseidge's no-hit bid came to an end following an infield hit by Wilkinson leading off the fifth inning.

Senior pinch hitter Noah Bushnik also reached base on a fielding error. After Liverseidge struck out the next two batters, senior left fielder Parker Bean was hit-by-a-pitch, which loaded the bases. The next batter lined out to Langone, which ended the only meeting of the regular season between the two teams a couple of innings early.

## T-Birds suffer tough loss against rival Wolf Pack

SPRINGFIELD – The Springfield Thunderbirds (30-30-6-2) unleashed 37 attempts at the net of the Hartford Wolf Pack (25-35-5-3) but were kept in check in a 3-1 defeat at the hands of their Braman I-91 Rivalry Series opponents in front of a sellout crowd of 6,793 inside the MassMutual Center on Saturday night.

The T-Birds were sluggish out of the gates, and despite a seven-game losing streak coming into the game, the Wolf Pack took advantage of early mistakes, beginning with an Anton Blidh goal off a cross-crease setup by Bryce McConnell-Barker at 7:58 of the first.

A Springfield penalty set the stage for Hartford's first and only power play of the game, and just 1:03 after Blidh's goal, Brendan Brisson made a highlight-reel play, putting the puck between his legs and chipping a forehander past Vadim Zherenko at 9:01 to make it a 2-0 score.

Thunderbirds head coach Steve Ott called a timeout to try to quell Hartford's momentum, but even that proved futile as Scott Morrow blasted a slapper that squeezed through Zherenko 39 seconds later to make it a 3-0 score.

The T-Birds finally got one back at 13:28 when

Zach Dean sauced a perfect 2-on-1 pass to Hugh McGing, who elevated a shot through Callum Tung to cut the lead to 3-1.

From that point, Zherenko's night was relatively quiet, with Hartford only registering 13 shots for the remainder of the game after their three-goal blitz in the opening period. The Springfield power play had a half-dozen chances to try to cut into the deficit, but the Hartford penalty killing in front of Tung held the fort, and the rookie backstop finished his night with 36 stops for his sixth win of the season and second in three starts against Springfield.

## Roster spots remain open in the QVBL

SOUTH HADLEY – While the new player draft has come and gone in the Quabbin Valley Baseball League, there are still several open roster spots for players age 28-and-up. The regular season is set to get underway in a little more than a week and the six teams in the are still looking to add more players.

Players can go to the league website and fill out the registration form so they can get placed on a team immediate in front of the season opener.

For the 2026 season, the cost will be \$215 and will include a 16th game added to the regular season schedule.

During the 2025 season,

the league experimented with playing on Mother's Day Saturday as well as a weeknight game to allow players an opportunity to play under the lights. While the night games were very successful, the Mother's Day Saturday games were rained out.

Those elements will return along with a 16th game with an opponent to be determined as the league's board explores possibilities for interleague matchups with another league in the region.

The season is currently slated to start on Sunday, April 19 and following the success of the six-team fall league last year, the league will also have a fall league in

September and October this season.

The registration is live at [www.quabbinvalleybaseball.org](http://www.quabbinvalleybaseball.org). Players must register and then pay the league dues via Venmo or contact the league leadership if an alternate form of payment is needed.

Aside from the weeknight and Mother's Day games, other games take place Sundays at 10 a.m. outside of Mother's Day, Memorial Day and July 4 weekends. Playoffs will be in August.

This is the 30th season for the league and league officials are looking to celebrate the anniversary with a couple of events.

# Public Notices

**Agawam Conservation Commission LEGAL AD**  
 The Agawam Conservation Commission will meet on **Thursday, April 23, 2026 at 6:00PM** at the Agawam Senior Center, 954 Main St, Agawam, MA. The purpose of this meeting will be to hear the Request for Determination of Applicability of Ruhland for property located on 27 Mark Drive.  
 By Order of Henry A. Kozloski, Chairman  
 Agawam Conservation Commission  
 04/16/2026

**PUBLIC HEARING AGAWAM CITY COUNCIL**  
 The Agawam City Council will conduct a public hearing on **Monday, May 4, 2026, at 7:00 p.m.**, at a Regular Meeting of the Agawam City Council to be held at the Agawam Senior Center, 954 Main Street, Agawam, MA, on TR-2026-20 which is the Capital Improvement Program for Fiscal Year 2026 to Fiscal

Year 2030 as submitted by Mayor Christopher Johnson on April 6, 2026.  
 The Capital Improvement Program is a prioritized plan of proposed capital improvements over the next five fiscal years. A capital improvement is a project or undertaking which provides for the planning, design, construction, reconstruction, renovation or replacement of a public building or facility; an addition to a public building or facility; the purchase of land, buildings or facilities for a public purpose; or a long range development study. TR-2026-20 is available for public inspection on the Town of Agawam website (www.agawam.ma.us) or by emailing the office of the City Clerk for an electronic copy at vgioscia@agawam.ma.us.  
**BY ORDER OF:**  
 Anthony J. Russo, President  
 Agawam City Council  
 04/16, 04/23/2026

**LEGAL NOTICE TOWN OF AGAWAM FY'27 SCHOOL DEPARTMENT BUDGET**  
 Agawam – In accordance with the provisions of Massachusetts General Laws, Chapter 71, Section 38N, the Agawam School Committee will hold a public hearing on the proposed school department budget for Fiscal Year 2027.  
 The hearing will take place on **Tuesday, April 28, 2026, at 7:00 p.m.** in the Agawam Junior High School Auditorium, located at 1305 Springfield Street, Feeding Hills, MA. All interested persons shall be given an opportunity to be heard in regard to the proposed budget.  
 Copies of the proposed budget will be available to the public at least 48 hours prior to the hearing at the following locations:  
 Superintendent's Office: Agawam Junior High School, 1305 Springfield Street  
 Town Clerk's Office: Agawam Town Hall, 36 Main Street  
 Agawam Public Library: 750

Cooper Street  
 Agawam School Committee  
**04/09, 04/16/26**  
**Commonwealth of Massachusetts The Trial Court Probate and Family Court Hampden Probate and Family Court 50 State Street Springfield, MA 01103 (413)748-7758 Docket No. HD26P0757EA Estate of: Stephen A Wichrowski, Jr. Also known as: Stephen A Wichrowski Date of Death: 02/20/2026 CITATION ON PETITION FOR FORMAL ADJUDICATION**  
 To all interested persons:  
 A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Andrew Hryniewicz of Agawam, MA** requesting that the Court enter a formal Decree and Order and for

such other relief as requested in the Petition.  
 The Petitioner requests that **Andrew Hryniewicz of Agawam, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.  
**IMPORTANT NOTICE**  
 You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 05/08/2026**. This is **NOT** a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.  
**UNSUPERVISED**

**ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)**  
 A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.  
 WITNESS, Hon. Claudine T. Stoudemire, First Justice of this Court.  
 Date: April 08, 2026  
**Rosemary A Saccomani,**  
 Register of Probate  
 04/16/2026

**WALKING** ■ from page 1  
 nitely helps people make connections. Some folks who have participated in prior walks have exchanged contact information and regularly meet outside of our schedule to walk on their own. I absolutely love this because I think it is sometimes hard to meet new people who enjoy the same activities that you do, but this group helps to fill that gap for anyone who is looking for a walking buddy. Getting in some physical fitness is so important for everyone, and I'd love to encourage more people to come out for our group walks. You'll get fresh air, movement, and a chance to enjoy nature and forget about the stresses of everyday life for an hour. It is non-competitive and beginner friendly.  
 Frost explained why she

enjoys taking the lead on the walking group at APL.  
 "What I love about the walking group is getting to enjoy a bit of a workout with wonderful people while experiencing the various beautiful outdoor recreational areas Agawam has to offer. The walks are always pleasant, and I leave feeling like I've done something beneficial at the start of the day. I hope that others share this same feeling when they participate. I hope that readers who are interested in getting out to walk will give our group a try. It is a fun way to start a healthy habit."  
 Frost cares a lot about this group that she has created over the months. Schedules can be hectic, and life can be busy, but this walking group provides a once-a-month opportunity for attendees to get some fresh air and chat



Agawam Public Library's Walking group enjoying a walk on a trail through the woods on Saturday, April 11.

with new people. To register visit, Agawam Public Library - Agawam, (MA) Massachusetts.



Jeanne Butrick, Jan Mitchell, Debbie Boucher, Robin Erhart and Mikala Wollmershauser enjoying a morning walk on Saturday, April 11.

# Job Connection

## HELPING YOU FIND HELP

### Highway Dept. Skilled Laborer / Truck Driver

The Town of New Braintree Highway Dept. is seeking qualified applicants for the immediate full-time position of Skilled Laborer / Truck Driver. Applicants must have a valid Massachusetts Driver's License, Class B (CDL) with DOT Medical Examination Certification and a Hoisting Engineer License Class 2B with DOT Medical Examination Certification. Interested applicants should submit a letter of interest and an employment application to: Highway Department, 110 West Brookfield Road, New Braintree MA 01531.

### Highway Dept. Seasonal Laborer

The Town of New Braintree is seeking a qualified candidate to perform seasonal work in the maintenance of town commons, roadways, grounds and cemeteries. Applicants must have a valid Massachusetts Driver's License (Class D). This is a seasonal position for 20 hours per week with a flexible schedule, May through October. Interested applicants should submit a letter of interest and employment application to: Highway Department, 110 West Brookfield Road, New Braintree MA 01531.

For further information, please contact **Richard Ayer, Highway Superintendent, at 508-867-2451, or via email at Highway@newbraintree.gov.**

A.A./E.O.E.

# More players wanted for new team in Pioneer Valley League

**SOUTH HADLEY** – The Pioneer Valley Baseball League, an adult baseball league for players who are age 18 and over, is now fully open for registration for the 2026 season.

New players are especially wanted for the new sixth team. There are several spots open for that sixth team, so players interested in joining the league should get signed up as soon as possible to claim a spot.

The adult league will be administered by the Quabbin Valley Baseball League, and a registration link is on the home page of the league's website [www.quabbinvalley-baseball.org](http://www.quabbinvalley-baseball.org). Thought it will be under the Quabbin umbrella, there will be no major changes in how the league is operated.

This year, the PVBL will

have a 22-game regular season schedule followed by a double-elimination playoffs. The league, which had five teams last year and had to utilize multiple byes throughout the season, will be fielding a sixth team this season.

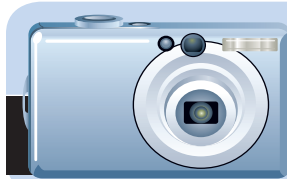
The league is a wood-bat only league utilizing playing under regular baseball rules though all players do bat. The league operates on a Saturday-Tuesday schedule. Games are played on Saturday mornings with 10 a.m. starts typical and on Tuesday evenings with start times in the 5:30 to 6 p.m. range. The league will start play in late April and run through the end of August. There are slots open for both full-time players and part-time players. The fee for full-time players will be \$260 with part-time play-

ers getting up to 11 games for \$130. Fees paid go toward the operation of the league, paying for insurance, umpires, fields, and baseballs. No one profits in any way.

In addition to the new sixth team, there are limited open roster spots on the other teams in the league, so get your registration in as soon as possible to participate in this season.

Games are played at ballfields throughout the region from as far south as Southwick's Whalley Field, through South Hadley's Beachgrounds and up north at Frontier Regional High School in South Deerfield.

For any questions, please go to the league website for more information. The league hopes interested players will come out and join the fun this spring and summer.



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 or email directly to: [gscibelli@turley.com](mailto:gscibelli@turley.com)



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**Requirements:** Applicants must be 21 or older and eligible to work in the United States. Background checks are required under state cannabis regulations.

Interested candidates should email [holyokewilds9@gmail.com](mailto:holyokewilds9@gmail.com) with their contact information and brief work history.

Holyoke Wilds is an equal opportunity employer. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender identity, national origin, disability, or veteran status.

## HELP WANTED

**SEASONAL FACILITIES CREW** wanted at Norcross Wildlife Foundation. For a full job description, please visit [www.norcrosswildlife.org](http://www.norcrosswildlife.org) or email [info@norcrosswildlife.org](mailto:info@norcrosswildlife.org)

The Town of North Brookfield is looking for a **part-time Program Assistant** for the Council on Aging. Please submit a resume with a letter of interest to the **Selectmen's Office, 215 Main St., North Brookfield, MA 01535**; or by email to [selectmen@northbrookfield.net](mailto:selectmen@northbrookfield.net).

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Joe and Carrie Calitori in line to get their photo taken at Agawam Senior Center's first ever prom on Apr. 10.



Senior Center Director Cindy Sullivan, Mayor Christopher Johnson, and City Council Member Anthony Russo handing out roses outside at Agawam Senior Center's first ever Prom.

TURLEY PHOTOS BY CHRISTINA GIOSCIA



Linda Christofori and Ron Plasse at Agawam Senior Center's first ever prom.



Diana and Earl Roy at Agawam Senior Center's first ever prom on April 10.

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unteers with help from their advisors and they helped make the night a huge success as well."

Sullivan, the Agawam High students involved, Senior Center Deputy Director Kristina Lynch, and everyone else who worked hard to bring this event to life were successful in their mission to create a welcoming place

for seniors to come and have fun.

Sullivan gave details on what Agawam Senior Center always keeps in mind with every event they put together.

"Like with any event or anything we do at the Senior Center we hope the participants are meeting new people socializing, staying mobile, using their resources in the community," she said.

"We have been seeing a trend of younger seniors coming to the senior center and to our events, which is great. Senior Centers offer opportunities for older adults far beyond the parties. Walking in the door of a Senior Center can be hard, but if you know there is friendly face to greet you or if there is a friend in the dining room maybe coming in when a loved one has died because you're lonely or

if you need help because you have no fuel or need help with insurance it will be easier. That's why we do what we do to get people to come to our events and have a good time. We are trying to fight the stigma of getting old and the stigma of what a Senior Center is and what we are all about. We accomplished that a little on Friday.

"Those Seniors danced for hours, and the teenagers

couldn't keep up with them with some of their moves. It was fun. People were laughing, singing, dancing, taking pictures, and everyone took home a keepsake of a picture, a frame, a rose from the mayor, and lots of memories. We hope to make this or something like it an annual event."

The event included live music, dinner, a photographer, and the opportunity

for attendees to have a night of excitement. Agawam Senior Center has hosted some amazing events in the past, and they continue to raise their own standards, outdoing themselves every time. Prom will make a great addition to their annual events. For more information about Agawam Senior Center, visit [www.agawam.ma.us](http://www.agawam.ma.us) and check out the senior center page.

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