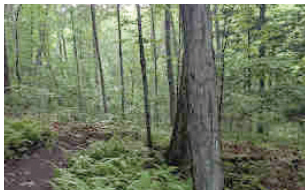




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AGAWAM

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Public surveillance cameras causing some concern

By Gregory A. Scibelli
gscibelli@turley.com

AGAWAM – Last year, the Agawam Police Department utilized a grant in order to purchase surveillance cameras, which were placed at certain public locations in the community.

Known as “Flock cameras,” the name implies they meant to look after the community at-large, but also stand for the company that installs and monitors them, Flock Safety.

The primary purpose of the cameras is to record license plate and vehicle information in the event police in Agawam or even surrounding communities need assistance in solving some type of crime.

However, some residents and even some city councilors are raising concerns and have spoken publicly about fears that the recordings are an invasion of privacy or that the information obtained by the cameras could be used or distributed for purposes other than helping with public

safety.

City Council President Anthony Russo stated publicly he has invited a representative from Flock, as well as the Agawam Police Department to the next council meeting, which is currently set for Monday, June 15. However, as of press time, the official agenda for the council meeting has not been released, so the agenda item is not completely official.

Due to the nature of ongoing investigations, specific circumstances cannot be

discussed publicly. But in the short time that the cameras have been installed in Agawam, information obtained through the cameras have been used to assist the police department in investigations.

Agawam is not the only community in the region that has Flock cameras. There are many others also utilizing the cameras now.

While there are concerns over the possibility of privacy being invaded through the use of the cameras, proponents of the technology be-

lieve the cameras are helping keep people safe, and Flock pledges that collected data is encrypted and then discarded after 30 days. It is also not sold to third parties, and Flock does not assist or cooperate with ICE.

There are six cameras installed in town and Agawam has a three-year lease agreement with Flock.

Russo, who has said he is open-minded about the use of the cameras has said the city council was made aware of the camera installation.

However, he recognizes the concerns of the residents, prompting the invite to the council meeting.

If the agenda appointment does take place, it will not be a public hearing or council workshop. This means the public invited to attend like any public meeting, but they will not be permitted to participate in any of the discussions taking place. Only the city council members will be allowed to ask questions of flock or the police department.

Senior Center hosts diabetes support group

By Christina Gioscia
Correspondent

AGAWAM - On Wednesday, June 3, the Agawam Senior Center hosted their second ever Diabetic Support Group led by resident Gina Smus. For the second meeting Gina brought in a professional to educate the group members on the connection of renal failure and diabetes, Dr. Johnathan Slater. The group is free to attend and takes place in the Senior Center garden room.

Smus explains what the process of getting this group started was like.

“As soon as I pitched it, she was all in for it. So, I went to Cindy first in December and pitched the idea to her. She said, ‘absolutely.’ Kristina and I came up with the

first diabetic education class, which was here. And that was in January. Then I met everybody individually and it took me three months to get through everybody. Then at that point, we started our support group, which started last month, where we came, and I really liked it. And I thought it was good because what we did was we were able to talk in an open environment about different things. It’s different things like that, they could come to the table and say this is what they’ve been doing and it works for them so that everybody can hear it and say, ‘well, maybe that’ll work for me.’ I find that Cindy and Kristina are just very easy to sit and talk with. And anything, they are so open if it’s going to help promote the senior’s health

and well-being. They’re right behind me in that.”

Smus, who is a member of the Council-on-Aging, wants to make sure they are serving senior in the community.

“Because there’s criteria that we want to, on the council, meet,” she said. “Part for us as well is doing right by our seniors, you know, getting to promote their health, their longevity.”

Smus says the main goals of the group are education and for members to feel supported and heard, “Education, that’s it in a nutshell. You need to educate the people. They need to understand better. So, they’re not afraid. So, they’re making educated decisions on their medical care, not us telling them, and you could hear that in him. He wants them to now go

research it, look it up. Today was a little different because they were educated by somebody, a professional who’s able to explain to them, first of all, how renal failure and diabetes is very connected. Also, it’s very important, like at our first meeting, where we just talked. Everybody, you know, didn’t talk over anybody else. They had; I made sure each one had their time to talk. And then people could ask a person a question.”

Senior Center Director Cindy Sullivan said collaborating with Smus and Deputy Director Kristina Lynch was a positive experience.

“People are always looking for new resources here,” Sullivan said. “So, it’s always



Gina Smus and Dr. Johnathan Slater at the 2nd Diabetic Support Group on June 3.
TURLEY PHOTO BY CHRISTINA GIOSCIA

SENIOR | page 6

Town coming up on one year with new trash/recycle collector

By Gregory A. Scibelli
gscibelli@turley.com

AGAWAM – Almost a year ago, the Town of Agawam entered into a contract with a new collector of trash and recycling. It was the first time since Agawam had gone to a system of single-stream recycling and trash collection that that they were changing vendors.

Agawam made the switch from Republic Services to USA Trash and Recycling, and thus far, reviews have been overall positive on the services that have been provided by USA.

Because of certain limitations near the end of the contract last June, USA even started doing collection a little early.

Agawam residents experienced a seamless transition, as the town owns the trash and recycling containers that are distributed to residents.

Agawam residents have a 65-gallon trash container that is collected once a week, while they also have a 95-gallon recycling container that is collected every other week on a rotating basis.

Other changes included the town having to go to a pay system for picking up of furniture and other bulk pick-up items. The change was made because bids for the service became cumbersome due to the cost to do it at no cost to residents. And only around 10% of residents would utilize the services. So town officials instead went to a pay-per-item system with what was considered reasonable prices for pickup of items such as couches and tables.

With the new fiscal year set to begin on July 1, the DPW, through Environmental Project Coordinator Tracy DeMaio, announced that the new trash and recycling

schedules would begin being mailed out to residents on Monday, June 15. Schedules contain all the holiday weeks for the upcoming weeks, as well as information on when residents can put out things such as yard waste, etc.

The A and B week rotation is also on the schedule. Depending on your street determines whether your recycling is collected on an A or B week schedule.

Here is more information provided by DeMaio:

Residents are encouraged to review the schedule carefully, as collection weeks, holiday schedules, program information, and important collection guidelines are included.

As a reminder, residents can help ensure safe and efficient collection service by following a few important guidelines:

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Art on Display

SUBMITTED PHOTO

The Agawam Public Library’s art exhibit during the month of May showcased the collaborative project between 4th Graders at Clark Elementary School and ‘Illustration and Cartooning’ and ‘Drawing and Painting’ students at the High School. 4th graders were prompted to imagine a creature of their own design, so that the High School students could have inspiration to then re-create the creature in their own style. Students at both grade levels discussed the benefits of this collaboration for each age group. What do the 4th graders bring to the project? - Youthful imagination and the ability to create without overthinking how it will be perceived. What do High School students bring to the project? - Design experience and mastery of materials. The result? - Two versions of the 4th grader’s design, and an experience that has brought new skills and ways of thinking to both age groups. The 4th graders are given the final presentation board at the closing ceremony.



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A data center project is being proposed at 100 Water St.



Chestnut River Power and Infrastructure is the applicant for the project

City target of possible data center project

By **Brendan Rooney**
Correspondent

HOLYOKE — Earlier this week, the Holyoke City Council chamber was red-hot as this past Tuesday night, the discussion in relation to the new proposed Data Center in the city hit the top of the ticket as At-Large City Councilor Mimi Panitch advocated for safeguards regarding the proposal to ensure proper oversight in terms of legislation about the construction and implementation of potential data centers in Holyoke.

In response to the initial discussion, the City Council then voted on a measure on Tuesday night that aimed to provide them with more time to establish comprehensive oversight legislation for such developments.

“We don’t want to get rid of a useful and important industry. We just don’t want to have it harm our people,” Panitch said. She then presented a sense of hope that the city can prevent the project from moving forward until a robust

legal framework is in place.

In addition, this past Wednesday, Panitch took to social media to clear the air and revealed that she had “a good conversation with the mayor.” She then added, “In all fairness, I have to take back my assumption that everything that’s been making me twitch about the data center fight was done with his knowledge and blessing. I’m happy and very relieved to find that any assumptions I might have been making about his dread power and omniscience were wrong,” she wrote. “(No, this does not mean that I now have total confidence in everyone. Of that, I will say no more.)”

And it turns out that the discussion came as a surprise due to multiple city officials taking to social media on Thursday to confirm they only found out about the report 45 minutes prior to the meeting.

Garcia extended an olive branch within his statement which invited the opportunity to have a conversation to ensure all voices are heard,

by citing, “We need to understand, as we navigate growth and development pressures of new industries growing in our city, we need to be thoughtful, responsible, and comprehensive so that we are not negatively harming our community and draining our resources,” he said. He then discussed and provided additional commentary on the subject.

“I hear the concerns people are expressing. Across the country, we’ve seen troubling stories about massive hyperscale data centers (gigawatt-scale facilities) that drive up electricity rates for families, consume vast amounts of water, create constant noise for nearby neighborhoods, and deliver fewer local benefits than promised. Those concerns are valid, and I sympathize with residents who worry about similar impacts here in Holyoke,” he confessed. “This project, however, is fundamentally different. At just 21 MW, this is a small, right-sized facility, comparable to the Massachusetts

Green High Performance Computing Center (MGHP-CC) that has operated responsibly in Holyoke since 2012 without negatively impacting our water or electric supply. It is nothing like the massive gigawatt-scale projects proposed by billionaire developers elsewhere. To put it into perspective, there are 1,000 MW in just one gigawatt. This is a fraction of that scale.”

In addition, many residents also voiced opposition to the proposal, which caught the attention of Holyoke City Councilor At-Large Israel Rivera, providing concerns as he responded to a thread, citing, “This is nothing like textile and paper mill industries; the only similarities will be the pollution taxpayers will be left to clean in the future, as we are currently experiencing today,” he shared. “Textile and paper mills employed hundred if not thousands in Holyoke, Chicopee, Springfield and surrounding communities. Here we are talking about a minimal amount of jobs and not necessarily for



The interior of one of the buildings on the Water St. property. The proposal is raising a lot of concerns among city councilors and residents.

SUBMITTED PHOTOS

residents that live within the immediate vicinity of where it is located.”

Rivera took ire of how the current center is hasn’t produced jobs unlike what Garcia has noted, and if the new facility is built, it will yield a similar result.

“Our current data center is a prime example of what residents will experience with this new addition. This

equates to less than 10 jobs, and I would dare so none are residents of Holyoke,” he said. Before closing his thoughts, by taking a grievance to the location and purpose.

“I’m all the way set especially wanting to house it in the lower wards. I’m super all the way set lol. 20MW on a grid that is said to put out 71 MW (not a real number either) is not small,” Rivera said.

Robinson State Park Day 2026

AGAWAM – Robinson State Park Volunteers are hosting their Annual Robinson State Park Day, a fun-filled day of science and nature activities for the whole family, on Saturday June 20. This event starts at 7 a.m. with a bird walk. Meet on Colemore St, across from the main entrance and bring binoculars. Starting at 9 a.m. there will be various activities including big tree hikes, and an active mini-bioblitz (critter search), visual displays and educational materials. While the event is free, the parking fee is \$8 per car in-state and \$20 for out-of-state vehicles. Robinson State Park is located at 428 North St, Agawam. Follow us on facebook for updates @Robinson State Park Volunteers.

Here is a full look at the schedule of events:

Most events start or take place at the Trestle Pavilion unless otherwise noted.

Please bring your own food, water, sun and insect protection and join us for a day of fun, adventure and education.

7 a.m.: Bird Identification Walk: led by Steve Svec, West Springfield Science Teacher & avid birder. Bring binoculars. Appropriate for both experienced birders and people who would like to learn about the birds that find habitat in the park (and their bird songs.) Meet on Colemore St, across the street from the park entrance.

10 a.m. to 3 p.m.: “Big Tree” Walks, led by Matt “Twig” Largess and Rod Parlee. Matt is a longtime friend of the park, Certified Arborist from Rhode Island, and was named the “Tree Preservationist of the Decade” in 2006 by Yankee Magazine. Rod is an Old Growth Forest Network coordinator in CT and Director of the CT Association of Con-

servation & Inland Wetlands Commissions. These short walks are especially appropriate for children.

12 to 2 p.m.: Mini-Bioblitz led by Veronica Bobskill, David Matevosian, Rod Parlee and Bob Nuzzo. Join Veronica, David, Rod and Bob as they explore the park and identify the diverse array of plants & animals. Appropriate for all ages, esp. kids. Bob is a retired aquatic biologist. Veronica and David both graduated from UMASS with degrees in Natural Resources Conservation and are currently working in entomology.

Members of the Robinson State Park Volunteers will be available at the Trestle Pavilion with photo displays, maps, and a willingness to answer your questions and help you learn more about the park. Activities are free but there is an entrance fee to drive into the park.

HCC offering introductory golf lessons

HOLYOKE — Interested in learning to play golf but don’t know where to start? Holyoke Community College is offering weekly introductory golf lessons at Twin Hills Country Club in Longmeadow led by LPGA teaching pro Marissa Kulig Crow.

For flexibility and convenience, each five-week lesson series runs on either Wednesdays, Thursdays, or Saturdays, with different start dates and times.

Wednesday sessions meet from 10-11 a.m. June 17 through July 15.

Thursday sessions meet from 6-7 p.m. June 18 through July 16.

Saturday sessions meet

from 10-11 a.m. June 20 through July 25 (no class on July 4).

Kulig Crow is an LPGA professional from Westfield and director of instruction at Twin Hills.

These introductory golf classes are designed for beginners. In five, one-hour long sessions, she will teach new golfers everything they need to know to play their first round of golf.

Classes will cover the basics of the golf swing, putting, short game techniques, rules and etiquette. Golf clubs will be provided at the course; and Kulig Crow will make equipment recommendations for play-

ers who want to buy their own.

The cost for each five-week series is \$199, which includes a golf workbook and reference guide.

Please note that in accordance with golf course etiquette, men should wear collared shirts, pants, or golf shorts. Cargo shorts, cutoff shorts, and jeans are not allowed.

Women should wear pants, skirts or golf shorts. Jeans, leggings, racer back or tube tops, short shorts, or short skirts are not allowed.

To register for a five-week introductory golf lesson series, please go to: hcc.edu/golf

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:

Learn to clean out and organize with Heide Blackak and Jerry Grondin

Tuesday, June 16 at 1 p.m. in the Garden Room

Come and learn different tips and tips to downsize, reorganize and clean out. Heide and Jerry will

share tips and tricks they have learned along the way. 1 p.m. in the Garden Room Call Kristina to register 726-2836

Trivia with Cindy and Celebrity Guest MC - Patrick Berry

Tuesday, June 23 at 5:30 p.m.

Join Cindy and Celebrity Guest MC Patrick Barry for a fun filled night

of trivia and snacks. Come alone or bring a team. We share a lot

of laughs and have a blast! Call 726-2836 to register.

Continuing Sessions with Glenn Olsen

Wednesday, June 24 at

1 p.m. in the Conference Room

Olsen was a long term successful Physical Science Special Educator. In January of 2010, he had a severely disabling stroke. For the past 15 years, he has focused on rehabilitation from his injuries with both traditional and nontraditional methods. The sessions will discuss topics essential to living a healthy life style and more. This time there will focus on muscle testing, energy levels and the significance of orbs and color. He looks forward to welcoming you into our discussion group.

Grange hosting Strawberry Shortcake luncheon

AGAWAM – Community Grange #382 of Feeding Hills will hold a Strawberry Shortcake Luncheon “to-go” on Saturday, June 20. The Grange Hall is located at 47 North West Street in Feeding Hills. Pick-up hours will be 11 a.m.

to 1 p.m.

The menu will consist of a freshly made sandwich of your choice served with macaroni salad and baked beans. Dessert will be a strawberry shortcake and a beverage will also be included.

Donation is \$14.00.

Please pre-order your meal(s) by calling (413) 789-2061. The last day for orders is June 18.

Proceeds will benefit 2026 community projects and building fund.

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All the Right Pieces

Holyoke Community College celebrates 79th Commencement

HOLYOKE – Some people say, life is like a bowl of cherries; others, like a box of chocolates. To Yasmari Cardenales, though, student orator at Holyoke Community College's 79th Commencement, it's more like a jigsaw puzzle.

At first, you're drawn to the image on the front of the box. "That picture becomes your vision, the person you hope to become, the life you're working toward," she said.

You start around the edges, building a foundation. Some pieces fit easily together, others seemingly not at all, leaving you frustrated and uncertain.

"Sometimes," she said, "you don't even realize you've been holding onto all the right pieces until they suddenly come together."

"Standing here today," she said from the Commencement stage in the MassMutual Center arena,

"I realize just how powerful that moment truly is. It is an incredible honor to be part of the Class of 2026 and an even greater honor to speak in front of you, a room full of people who have all been building their own puzzles, piece by piece, in their own, unique ways."

The event was both a moment of reflection and celebration for the graduates, their families, and HCC faculty and staff who filled the arena on Saturday, May 30.

This year, the college conferred a total of 849 associate degrees and certificates to 765 graduates, who range in age from 17 to 69 and hail from 71 different Massachusetts cities and towns, as well as California, Connecticut, Florida, Georgia, New York, Vermont, Brazil, Cambodia, Colombia, China, Congo, Cuba, Dominican Republic, Ecuador, El Salvador, France, Haiti, Honduras, Jamaica, Mexico, Spain, Sri

Lanka, Turkey, and Ukraine.

"At HCC, you have learned alongside people whose life experiences may have been very different from your own," said President George Timmons. "You have worked with classmates from different cultures, languages, identities, beliefs, and perspectives. Those experiences matter because they teach us one of the most important lessons any college can offer: that our differences do not weaken us; they strengthen us."

Faculty speaker Patricia Sullivan, HCC professor of English and an HCC alum from the class of 1976, opened her remarks by asking all the graduates to stand, along with all the other people in the arena with a direct connection to the college.

"Graduates," she said. "Look around and see that you are a part of our HCC community. HCC will always



HCC's commencement ceremony took place on Saturday, May 30.

SUBMITTED PHOTOS

be part of your story, and HCC is lucky you chose us as the place to further your education."

As the recipient of the 2026 Elaine Marieb Faculty Chair for Teaching Excellence Award, Sullivan, a life-long Holyoke resident and teacher at the college since 1981, led the procession of graduates into the arena and gave the keynote address.

"Attending HCC was one of the best decisions I have ever made in my life, and years later, I was offered a job to teach here," she said. "It was the thrill of a lifetime. HCC is my second home, and the people here my second family. I could have retired many years ago but have chosen to stay because I love my work here, the institution, and its people. My students have given me so much. You are the real heroes today."

Cardenales talked about how she had left high school 26 years ago without any idea where her life would take her. Over the years she worked multiple jobs, taking opportunities as they came.

"I stayed involved in my

community and kept searching for where my purpose fit," she said. "Over the years, I built a life I was proud of. I met my wife – my greatest supporter. We built a home together and welcomed our daughter Sofia into the world."

Working for the American Red Cross for 20 years taught her compassion, resilience, and the importance of serving others she said. But after COVID, something shifted, the world felt uncertain and so did she.

"I realized there were pieces missing from my puzzle," she said, "pieces I had been searching for without even knowing their shape."

She took the leap and enrolled at HCC. Saturday, she graduated with high honors and her associate degree and will attend the Elms College bachelor's degree program in nursing on a Presidential Scholarship.

"To every adult learner here," she said in closing, "it's never too late to begin again. Never stop searching for your missing pieces. Never stop learning. Never stop growing. And never un-

derestimate the power of a community that supports you, challenges you, and believes in your vision. Even when you're still trying to figure out the picture on the box."

Graduates from Agawam and Feeding Hills include: David Oleg Abramchuk, Avery Ellis, Alissa Celine Fleming, Egzona Grainca, Andrea Lee Hunt, Hannah Marie Jones, Scott Kelly, Nicholas John Liimatainen, Cha Lor, Felicia Magovern, Zachary Alexander Makol, Oksana Pavlovna Maslyanskaya, Lauren Marie Parker, Karisa Lynn Racette, Kenna Marie Rainville, Innessa Eduardovna Schneider, Aiden Jeffery Therrien, Janel E. Thies. Jacob Backlund, Krista Adel Borsari, Autumn Rose Braleski, Joshua Daniel Carrier, Nashaly De Jesus-Melendez, Laurel Louise Gielda, Amanda Hervieux, Sophia Hunt, Shannon Leigh Lyman, Joselyne Katrina Matos, Jessica Yesenia Olmo, Amanda Paige Ouellette, Noah Rivera, Eman A. Sarhan, Sofia Shevchuk, Giuliana Lyn Silva, Brandon Matthew Wilbur.



The graduation took place at the MassMutual Center.

Greater Holyoke Chamber invites businesses to 58th Annual Chamber Cup

HOLYOKE — The Greater Holyoke Chamber is inviting businesses, professionals, local leaders, and community partners from across Western Massachusetts to participate in the 58th Annual Chamber Cup on Friday, Sept. 25, at Westover Golf Course. Registration is now open for the annual event, which brings together the regional business community for a day of golf, networking, visibility, and relationship-building.

The Chamber Cup offers companies and organizations a valuable way to connect outside the traditional meeting setting. Participants can build business relationships, strengthen team connections, and engage with professionals from across the region in a

relaxed and welcoming environment. The event is open to Chamber members and non-members alike, making it a regional opportunity for businesses looking to expand their reach and community presence.

Businesses can participate in several ways, including registering a foursome, becoming an event sponsor, sponsoring a hole or meal, donating raffle prizes, or volunteering during the event. Each option offers a different path to visibility and engagement, whether a company wants to host clients, recognize employees, promote its brand, or support a signature community event.

The day will include golf at Westover Golf Course, breakfast, lunch, raffles,

and opportunities to connect with business owners, executives, public officials, nonprofit leaders, and professionals from throughout Western Massachusetts. For sponsors and raffle donors, the event provides added exposure before and during the tournament, helping businesses stay visible among a broad and engaged audience.

The Greater Holyoke Chamber encourages businesses to register early, secure sponsorship opportunities, and plan now for participation in the 2026 Chamber Cup. Companies interested in playing, sponsoring, donating raffle prizes, or volunteering can visit holyokeychamber.com or contact the Chamber for more information.



The 58th Annual Chamber Cup will be held in September.

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Opinion

Guest Column



Why can't I get a lump sum death benefit from my wife?

Dear Rusty:
My wife passed away in September 2025 at age 64. We had been married for 43 years and started collecting benefits when I turned 62 and she was 63. She did not have enough work credits to claim her own SS and thus collected on my record. SSA told me that I was not entitled to receive the lousy \$255 death benefit because my wife was collecting on my work record. Is this correct?
Signed: Grieving Widower

Dear Grieving:
We extend our sincere condolences on your wife's passing.
But I must tell you that what the Social Security Administration told you is correct.
Although we often see assertions that the so-called "one-time lump sum death benefit" is always paid, there are specific rules for when that admittedly small SS benefit is available. And there are also specific rules regarding who is eligible to receive it.
Essentially, the lump sum death benefit is paid when the deceased person was collecting Social Security retirement benefits or at least entitled to SS retirement benefits. And that one-time lump sum death benefit usually goes to the deceased person's surviving spouse, more on that later.
But for the death benefit to be paid, the deceased person must have been collecting Social Security retire-

ment benefits or was at least entitled to SS retirement benefits.
In your specific case, because your wife was not eligible for her own SS retirement benefit and was, instead, just collecting a spousal benefit from your SS record, you unfortunately are not able to collect the lump-sum death benefit as your wife's surviving spouse. So, what you were told by Social Security about this special survivor benefit is, indeed, correct.
For information, here is a bit more on who can collect the SS death benefit: the one-time lump sum death benefit is normally paid to the eligible surviving spouse of a deceased person, who was collecting Social Security.
But if there is no surviving spouse to receive the onetime payment, the death benefit may be paid to someone else who was also a dependent of the deceased. That might be a minor surviving child or a surviving adult disabled child, who was collecting dependent benefits from the deceased person's SS record. In rare cases, a dependent parent may be paid if no other surviving dependents are eligible. FYI, ex-spouses are not eligible for a death benefit from a former spouse.
The lump-sum death benefit must be applied for by contacting Social Security and the benefit must be claimed within two years of the person's death. You will

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Foxgloves take the state in June

I came around the corner of the house and to my surprise, the purple foxglove was in flower! Yip-pee!
This is just the start of a wonderful sequence of blooms lasting the rest of the month and then some. Read on, straight from the archives to learn more about these unique plants.
Those of us who favor romantic, old-fashioned flowers have likely devoted some space in our gardens to the common purple foxglove (*Digitalis purpurea*) or one of its cultivars. This is for good reason, as there are few plants more breathtaking than a foxglove in full bloom. Imagine three to five-foot tall spikes of uniquely marked bell-shaped flowers in shades of white, pink, and rose.
One well-grown plant may yield five or more stalks! Group several plants together for a show stopping display come the end of June.

a curved frame.
In 1785 William Withering, an English physician, published a decade's worth of studies devoted to the use of foxglove as a heart medicine. Although far too dangerous to be used by amateur herbalists, the drug digitalis was studied at length in the early years of the 20th century and is still prescribed by doctors today for those suffering with certain types of heart disease.
Foxglove are easy to grow in full sun or part shade as long as they are provided with fertile, well-drained soil rich in organic matter. Most species tend to be biennials or short-lived perennials.
In my garden all types self-sow; leave a few seed heads to ripen if you appreciate volunteers as much as I do. When purchasing foxgloves from garden centers start with a first year plant, nourish it well and enjoy blooms the follow-

GARDEN | page 5

What is "lifestyle medicine"?

We've known for decades that the foods we choose to eat and the habits (good and bad) we develop have a profound impact on our quality of life and health. At your regular appointments with your primary care provider, you are probably quizzed about your diet, alcohol consumption, drug use and level of activity.
Typically, doctors don't have the time during the 7½ minutes they spend with you to connect the dots and help you make meaningful changes in those aspects of your life. It's not their fault; most of them are at the mercy of insurers and corporate overlords.
So, it's usually up to us to change our lifestyle.
A branch of medicine emerged about 30 years ago – lifestyle medicine – in which an integrated group of practitioners, from internists to gastroenterologists to psy-

chologists to nutritionists to pharmacists, supports people on this journey.
Lifestyle medicine gained momentum in the 2010s because of the explosion of chronic diseases, rising health-care costs, stronger long-term data linking lifestyle to health, and dissatisfaction with medication-only approaches.
By the 2020s, many major health systems began integrating lifestyle medicine clinics.
There are several lifestyle medicine practices in Massachusetts, including at Massachusetts General.
In 2004, the American College of Lifestyle Medicine (ACLM) was founded, and earlier this year it launched a certification program for health-care professionals who want to bring the practice to their patients.
Lifestyle medicine focuses on what it calls six "pillars" to

address the root causes, not just the symptoms, of chronic illness. Those pillars are

- **Optimal nutrition:** A whole-food, plant-predominant eating pattern.
- **Physical activity:** Regular, consistent movement.
- **Restorative sleep:** Prioritizing quality sleep for recovery.
- **Stress management:** Techniques to manage and reduce stress levels.
- **Avoidance of risky substances:** Quitting tobacco, limiting alcohol, and avoiding harmful substances.
- **Connectedness:** Maintaining positive, supportive social relationships.

Their goal is to treat, reverse and even prevent chronic diseases such as diabetes, obesity and cardiovascular disease using evidence-based methods that may be used in conjunction with medication.



your health

By Teri (Dreher) Frykenberg, RN
Guest Column



As long as you have a diagnosis of a chronic disease and are treated by a licensed health-care professional, it's likely your insurance company will cover care from a lifestyle medicine practice. Services like "wellness coaches" or "lifestyle programs" may not be covered.
Now, if all of this sounds a bit like Make America Healthy Again (MAHA), the signature program of our current health and human services secretary, Robert F. Kennedy Jr., you're

not wrong. Kennedy is a proponent of people exercising and eating healthier in order to take control of their own health.
So, there are areas where MAHA and lifestyle medicine overlap, but the ACLM emphasizes that it's a health-care approach, not a political movement.
Lifestyle medicine supports vaccines, research-based conventional treatments and

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LETTER TO THE EDITOR

Agawam/West Side CROP Walk big success this year

Dear Editor:
The annual Agawam/West Springfield CROP Hunger Walk took place on a beautiful Sunday in April. It was a great success, raising \$13,000 to fight food insecurity both locally and globally! CROP Hunger Walks are a community's way of bringing about justice for all by raising funds to address the root causes of hunger and poverty for neighbors locally and throughout the world. The walks are a ministry of Church World Service (CWS) and each Walk

designates a local hunger fighting agency to support. CWS receives 75% of funds raised and the Parish Cupboard in West Springfield, which serves Agawam, Feeding Hills and West Springfield residents, receives 25%.
The CROP Hunger Walk planners would like to thank Agawam Congregational Church and the Agawam Lions Club for hosting the event this year. The Back Row Band from Grace Lutheran Church offered their musical talents while walkers ate lunch, par-

ticipated in raffles and visited with one another. The planners are also grateful to the following businesses for their support: Cafe Tamra in West Springfield, Java Stop in Agawam, JJ's Soft Serve and More in Feeding Hills, the Springfield Thunderbirds, and Ye Olde Butcher Shoppe in West Springfield.
Our local event could not take place without the support of faith communities! Agawam Congregational, Agawam Methodist, Feeding Hills Congregational,

First Congregational in West Springfield, Grace Lutheran and Good Shepherd in West Springfield, the Islamic Society of Western MA, St. David's Episcopal in Feeding Hills, and West Springfield United Methodist all put together teams of walkers and raised money from many supporters.
The planners wish to highlight with heartfelt gratitude the participation of Lazzeri Alexander of West Springfield United Methodist Church. Ms. Alexander, now in her

AGAWAM ADVERTISER NEWS

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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.

WRWA holding river cruise June 13

WESTFIELD – On Saturday, June 13, the Westfield River Watershed Association (WRWA) will sponsor a scenic six-mile paddle from the Great River Bridge in Westfield to Robinson State Park in Agawam. For those used to seeing the river only in glimpses from the road, the family-friendly canoe and kayak cruise offers a new, close-up view of the waterway.

“We’re excited to be on the river this year for our annual Cruise. This is a fun section of river to paddle for anyone who enjoys being on the water and it is ideal for beginners looking to develop their skills,” says Mark Damon, WRWA Board president. The Cruise begins just below the Great Bridges in Westfield and continues down to Robinson Park in Agawam.

“Nature enthusiasts will enjoy the early summer vegetation and birdlife. Perhaps you’ll spot some of the more charismatic animals such as bald eagles, beavers, or snapping turtles,” adds Damon. “We hope you can come out

and join us!” In the past, participants paused paddling to watch a pair of nesting eagles as they soared and landed in a tall tree along the river.

“Wow! Those eagles were amazing—and so close up! It was my first time down the Westfield, and I loved it,” recalled a previous Cruise participant. “It was easier and a lot more fun than I expected. I’m a novice kayaker, so I really appreciated the help we got in the trickier spots, although no one who is experienced would call that water fast!”

“People are amazed that the pollution is now gone and the river is really clean. You don’t see any of the commercial businesses near the river while paddling, just birds, wildflowers, even beaver dams and animals native to our area,” states Phil Sousa, who is a long-time member of the river organization. He encourages paddlers to “Come and meet new people. You’ll have a great time. This cruise is suitable for people with at least a little paddling experience. The water is mostly flat—we guide folks around

any really fast spots.”

Participants need to bring their own canoe, kayak, or paddleboard and their own paddles and personal safety devices, as well as sunscreen and drinking water. Organizers recommend that participants have some experience paddling, given that river conditions may be unpredictable. Children under 18 must be supervised by a parent or guardian. Children under 14 must paddle in the same boat as an adult. Other suggestions for what to bring include snacks for before and after the cruise, a picnic for an early lunch for the second wave of registrants, or possibly a late lunch for the first wave of registrants for once you reach Robinson State Park, as well as easy snacks for munching along the way. The cruise typically takes 2-3 hours.

A participation fee of \$20 per person (\$15 for WRWA members) will help cover shuttle service, insurance and light refreshments. Registration begins at 9:00 a.m. and continues to about 10 a.m. in the municipal parking lot

off Meadow Street near the Great River Bridge in Westfield. Participants will register, unload boats and gear, drive their vehicles to Robinson State Park (parking fees apply) and return by shuttle to the launch area. Staggered Cruise departures will begin around 10:30 a.m. Parking fees at Robinson for the Canoe Cruise are \$\$ for Massachusetts residents (\$10 for a Lifetime Senior DCR Pass) and \$20 for out-of-state vehicles.

“Signing up in advance helps us plan more effectively. For the past couple years, water conditions/ severe weather have requires us to cancel,” adds Heather Aieta, another Board member working on the Cruise. “If you plan to participate and would like to receive a cancellation notice by email the evening before the Cruise, email info@westfieldriver.org and put the word ‘Notify’ in the Subject line. WRWA will also post the cancellation on its Facebook page and website, www.westfieldriver.org the evening before. “

HEALTH ■ from page 4

standard medical guidelines. Practitioners would agree that improving diet, sleep and stress management is good public health policy, and those tenets exist independently of politics.

That said, the ACLM supports coming changes in Medicare that are in alignment with its goals. The Make America Healthy Again: Enhancing Lifestyle and Evaluating Value-based Approaches Through Evidence (MAHA EL-EVATE) for Original Medicare, was announced in December. Launching later this year, it will provide funding for “evidence-based, whole-person care approaches” not currently covered by Original Medicare.

I don’t think there’s anything about lifestyle medicine that’s inherently controversial or political. Those six pillars are certainly within the realm of traditional medical practice. And you can use the pillars on your own to improve your health, whether that means eating more plant-based

foods, practicing mindfulness for stress reduction, going out to lunch with friends, quitting tobacco or taking a daily walk.

But many people need the advice and support of medical professionals to make the changes they need to become healthier and manage chronic diseases. If that sounds like something you need, you can learn more about lifestyle medicine at lifestylemedicine.org and see if it would be a good fit for your health-care journey.

Teri (Dreher) Frykenberg, R.N., a registered nurse and board-certified patient advocate, is the founder of www.NurseAdvocateEntrepreneur.com, which trains medical professionals to become successful private patient advocates. 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. Contact her at Teri@NurseAdvocateEntrepreneur.com to set up a free phone consultation.

Local resident joins Park Square Realty

AGAWAM – Ted Cassell, President of Park Square Realty, is pleased to announce that Ted Tabin has joined Park Square Realty’s West Springfield office as a Sales Associate.

Ted comes to the Real Estate field after a 30-year career in home-building and remodeling/renovation sales. His knowledge and previous experience will be beneficial to homebuyers and sellers. Ted is now accepting new clients and can be reached at 413-519-2843. He looks forward to helping clients navigate the buying and selling process.

A lifelong resident of Agawam, Ted owns and operates Nolan’s Nook food truck to shine a light on Autism, inspired by his son Nolan.

In his free time, he enjoys all sports and outdoor activities and spending



Ted Tabin, an Agawam resident, has recently joined Park Square Realty.

time with his family.

Park Square Realty is a locally owned residential and commercial real estate company licensed in Massachusetts and Connecticut, with 40 agents and offices in West Springfield and Westfield, and online at parksquarerealty.com

GARDEN ■ from page 4

ing year.

Steer clear of plants already in flower, it is likely they will perish after blooming.

Of the 10 or so species of foxglove grown today, the most popular are the cultivars of the common foxglove.

“Foxy” flowers a mere five months from sowing; it is often grown as an annual. Even taller and denser clumps of rose, white or yellow flowers may return in following years. “Giant Shirley” can grow to a whopping nine feet, sporting tightly packed, spotted flowers in rich hues of pink.

Other cultivars include the all white “Alba,” the unusual “Apricot Beauty,” and the widely available “Excelsior Hybrids” whose placement of florets horizontally around the five-foot stem makes viewing the unique inner markings of the flowers especially easy.

There are other more subtle species of foxglove worthy of placement in your garden.

One of my favorites is the Rusty Foxglove (*Digitalis ferruginea*). Small flowers the color of liquid gold bloom up three to six-foot stems late in the summer.

Although touted as being a biennial this species has returned for several years in my part shade, moisture retentive location.

The yellow foxglove is a reliable perennial, shorter than most, only 24-30 inches tall and blooming a soft yellow in early June. This species also prefers part shade and adequate moisture.

The Grecian foxglove, a true biennial, has grayish flowers, blooming in July up three-foot stems.

The straw foxglove is relatively new to my garden, blooming happily for the first time last summer. It is the most diminutive flower-wise of any mentioned thus far and it tops off about two and a half feet tall.

Whether you plant the common foxglove for a show stopping display or settle on one of its more subtle cousins, do give these old-fashioned beauties a place in your garden.

J.L. Hudson, Seedsman, of Star Route 2, Box 337, La Honda CA, 94020 offers an extensive collection of foxglove seed for sale. Send along \$1 for a very interesting catalog.

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

Wheels for Hope Car Show returns June 27

HOLYOKE — The third annual Wheels for Hope Car Show will return to High Street on Saturday, June 27.

The show, which will run from 8 a.m. to 5 p.m., is a fundraiser for cancer patients and their families. Money raised will be divided among Holyoke Medical Center’s Oncology Department; Rays for Hope, a Western Massachusetts initiative dedicated to the fight against breast cancer; and children diagnosed with cancer.

Holyoke’s High Street,

from Cabot Street to Appleton Street, will be closed to traffic during the one-day show.

The entry fee for exhibitors is \$30. Motorcycles and power wheels are welcome. Prizes will be awarded in five categories. A special trophy will be presented by a cancer survivor.

The show includes raffles, food, music, face painting and more. Coolers will not be allowed.

The rain date is July 11.

For more information, contact Carmen Rodriguez, (413) 210-8896.

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need to verify your identity and confirm your eligibility for this survivor benefit and you will need to provide other information about the deceased also including a death certificate.

There is an SSA form to apply for the lump sum death benefit (SSA-8), but calling your local SS office or 1-800-

772-1213) to make an appointment to apply for the one-time lump-sum death benefit in person is usually all that is needed.

The Association Mature Citizens Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. This article is intended for information purposes and does

not represent legal or financial guidance. It presents the opinions and interpretations of the Association Mature Citizens Foundation’s staff, trained and accredited by the National Social Security Association To submit a question, visit amacfoundation.org/programs/social-security-advisory or email us at ssadvisor@amacfoundation.org. Russell Gloor is a Social Security advisor for AMAC.

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CLUES ACROSS

1. Sealed with a kiss

5. Large sandwich

8. Swiss city

12. Japanese persimmons

14. When you hope to get somewhere

15. Wings

16. A name of God

18. Elected official (informal)

19. Abnormal breathing

20. “Seinfeld” character

21. Yearly tonnage (abbr.)

22. Something for sale

23. Gets rid of

26. One who touts

30. Blemished

31. Less than exciting

32. Born of

33. N. German town

34. Notes

39. Move away from land

42. Vulcanite

44. More ignoble

46. Child actor Kirk

47. Written works

49. Sea vessel

50. Residue

51. Engraved

56. Having sufficient skill

57. One and only

58. Erase

59. Broad inlets

60. Nightmarish street

61. Play again

62. Formerly (archaic)

63. Add a color to change the color

64. Move swiftly and lightly

2. River in the Netherlands

3. Asian people

4. Fuzzy fruit

5. Ninth month (abbr.)

6. An idealistic social reformer

7. What you owe

8. Colorless mineral

9. Overjoyed

10. Rattling breaths

11. Tropical Old World tree

13. A citizen of Senegal

17. Greek mythological beauty

24. Wrath

25. Instrument to measure wind speed

26. Luxury carmaker

27. Bitterly regret

28. Not or

29. Google certification

35. Midway between northeast and east

36. Space station

37. Relating to the ears

38. Congressman

40. Yelled at

41. Rudely assertive

42. Defunct European money

43. Shared one’s soul

44. Onion rolls

45. A way to state clearly

47. Relating to a lobe

48. Underlying message

49. Hollywood pig

52. Indicates pitch

53. Filament of a feather

54. Small ornamental ladies’ bag for small articles

55. Diminish

SPORTS

Brownies boys lacrosse makes it to second round

AGAWAM – The Agawam High School boys lacrosse team had an outstanding regular season, which led to a Western Mass. championship over Minnechaug this year. The Brownies then entered the Division 2 State Tournament, with their run concluding last week with a tough draw. Agawam's season ended at 14-5 overall. The Brownies would host Mel-

rose, coming away with a 13-5 win on Saturday, May 30. That followed with a more difficult game, facing perennial powerhouse Longmeadow last Tuesday evening. The Brownies were defeated 18-1 in that matchup, as Longmeadow moved on to the quarterfinals of the tournament. Agawam's season ended at 14-5 overall.



Casey Thomas looks ready to make a run to the opposing goal.



Andrew Bagley catches the ball and continues moving up the field.



Brayden Federico receives a pass on the run.

TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM



Brayden Martin sends a pass away.



Liam Grealis eyes the goal.

Stafford Speedway hosts Casella Waste SK 80 event, first leg of Sign Pro Triple Crown

STAFFORD SPRINGS, CT – Stafford Speedway was back in action on Friday, June 5 with the Casella Waste SK 80, the \$3,000 to win first leg of the Sign Pro Triple Crown. Jon Puleo was the big winner of the night, using a dominating drive to notch his first win of the 2026 season in the Casella Waste SK 80. Michael Bennett was a Late Model winner for the first time in nearly 5 years at Stafford, Jason Finkbein came out a first-time SK Light feature winner after an eventful finish, Rich Hammann scored his first win of 2026 in the Limited Late Model feature, and Ryan Waterman took down what is already his fourth win of 2026 in the Street Stock feature.

In the Casella Waste SK 80 feature, Glen Reen charged

around polesitter Jon Puleo to take the early race lead. Puleo came right back to the inside of Reen on lap-2 to move to the front. Bryan Narducci was third in line with Marcello Rufrano in fourth and Michael Christopher, Jr. fifth. The caution came out with 4 laps complete as Frank Ruocco got into the turn 3 wall and the cars of Wade Gagner, Josh Zentek, and Ethan Durocher all spun.

Reen took the lead back from Puleo on the restart but again Puleo took one lap behind Reen before he went back into the lead. Narducci took second with Rufrano and Reen now wheel to wheel for third and Christopher in fifth. Narducci made a move to the inside of Puleo on lap-

9 but Puleo still had the lead by a nose at the line and he went back in front of Narducci on lap-10. Rufrano won the duel with Reen for third but he now had Christopher to his inside and Christopher took third place on lap-11. Reen was still fifth with Tyler Chapman, Noah Korner, Andrew Molleur, Mikey Flynn, and David Arute making up the top-10.

Puleo was starting to stretch out his advantage over Narducci in second and with 22 laps complete the running order was Puleo, Narducci, Christopher, Rufrano, Reen, Chapman, Molleur, Flynn, Korner, and Arute. Nickolas Hovey spun in turn 2 to bring the caution flag out with 26 laps complete.

Puleo took the lead on the restart with Christopher moving into second. Reen was side by side with Narducci for third with Molleur and Rufrano side by side for fifth place. Reen briefly took third on lap-29 but Narducci came right back and maintained the position. Reen completed a pass for third on lap-30 and the caution came back out with 31 laps complete for Durocher who spun in turn 4.

A Talladega melee broke out on the restart as Puleo didn't quite come up to speed with the cars of Tyler Hines, Arute, Alex Pearl, David Flammia, Jr., Dylan Izzo, Matt Vassar, Art Caruso, Noah Korner, Keith Rocco, and Wade Gagner all involved to bring the caution flag back out immediately.

Puleo took the lead with Christopher and Narducci right behind him. Christopher nearly took the lead on lap-33 but Puleo was able to fend off his challenge. Reen was fourth in line with Chapman up to fifth. Molleur was sixth followed by Flynn, Troy Talman, Rocco, and Owen. Molleur took fifth from Chapman on lap-38 while the same lap saw Rocco take eighth place from Talman.

With 50 laps complete Puleo was still in command with Christopher, Narducci, Reen, Molleur, Rocco, Flynn, Chapman, Talman, and Todd Owen giving chase. Puleo was starting to ever so slowly pull away from Christopher in second while Christopher was building up a margin over Narducci in third. Reen

was working Narducci over for third and they made contact on lap-60 but both cars maintained position and kept on fighting for third place. Reen was finally able to make a pass on Narducci on lap-65 to take over third place while Puleo and Christopher were still comfortably in first and second.

With 10 laps to go the order was Puleo, Christopher, Reen, Narducci, Rocco, Molleur, Flynn, Chapman, Riely O'Keefe, and Talman. Chapman got loose in turn 4 which allowed O'Keefe to take eighth place on lap-71. Puleo led the field to the checkered flag to pick up his first win of the 2026 season with a dominating drive. Christopher finished second with Reen, Narducci, and Rocco rounding out the top-5.

Sports

Busy schedule continues for New England Mutiny

LUDLOW – The New England Mutiny continues double duty, playing in both the UWS and USL-W leagues. Last week, they were in action for two games, facing both the Maine Mystics in a UWS game, then followed that with a USL-W game against rival AC Connecticut. Neither final score was reported. The Mutiny were in action earlier this week against Hudson Valley and next face the Maine Footy on Saturday, June 13.

TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM



Caleigh Foley sends a quick pass away.



Rachel Marchini winds up for a free kick.



Bella Meadows, of Chicopee, gets the stop.



Kendall Bodak, of Monson, tries to settle the ball.



Laci Lewis turns play around.

Pioneers score shutout of Rush

By Tim Peterson
Sports Correspondent

LUDLOW—Ben Alexander and Martin Echarren are two of the first-year members of the Western Mass. Pioneers. The duo played key roles in the Pioneers 1-0 shutout victory over the Connecticut Rush before a large crowd at historic Lusitano Stadium, last Friday night. “We really needed to win tonight’s game, especially after we lost our last game,” said Pioneers head coach Federico Molinari. “We just need to keep up with the other teams that are ahead of us.” The home win improved the Pioneers season record to 3-1-0. Their only setback came six days earlier at home against NEFC, 4-2, who’s currently sitting in first place in the USL League Two Northeast Division table. NEFC, who’s a second-year member of the USL League Two, had a perfect 6-0 record after their first six matches. Vermont Green FC, who are the defending National Champions, are sitting in second place with a 4-0-0 record followed by the Pioneers in third place. The Pioneers won’t be facing NEFC again during the regular season. Their only meeting versus the Vermont Green is slated to take place at Lusitano Stadium on July 10, which is the regular season finale. The Conn. Rush are sitting in fourth place with a 2-2-1 mark. The top two finishers in

the league standings will qualify for the USL-League two playoffs in July. The Pioneers began the regular season by playing three of the first four matches in front of their faithful supporters. Alexander, who’s the Pioneers starting goalkeeper, posted a 1-0 road shutout against the Seacoast United Phantoms on May 20. The Western Mass. squad posted a 4-2 win over the Albany Rush in the season opener. The only goal of last Friday’s match was scored on a penalty kick by Echarren during the 39th minute of the opening half. Referee Carlos Garcia awarded the PK after Thomas Wadas, who graduated from Ludlow High School a year ago, was fouled in the box after stealing the ball away from a Rush player. Echarren stepped up to the spot and lined a shot into the upper right corner of the net past goalie Michael Sipples. It was his third goal of the season. “I had a lot of confidence that I would be able to make the PK,” Echarren said. “I made a couple of penalty kicks for my college team.” Echarren, who’s from Tandil, Argentina, was a freshman on the University of Charleston men’s soccer team last fall. He was selected as the Mountain East Conference Freshmen of the Year after scoring nine goals. He also had four assists. The Pioneers managed to hold onto the 1-0 advantage for the rest of the match. Alexander made a total of

nine saves in recording his second shutout. “It felt really good to post another shutout,” said Alexander, who’s from Chilliwack, British Columbia, Canada. “During the course of the game, I did a lot of talking with my defense. I just wanted to make sure we were on the same page. I’ve really enjoyed playing for the Pioneers.” The Pioneers defensive unit is led by Jaiden Willems, Dylan Hunston, Vasco Teixeira, and Yigit Kilic. Alexander began his collegiate soccer career at the University of South Carolina. The Gamecocks are a member of the SEC in every sport, including the women’s soccer team, except in men’s soccer. The men’s soccer team are members of the Sunbelt Conference. “Not a lot of the SEC schools have a men’s soccer team,” Alexander said. “That’s why the South Carolina men’s soccer team compete in the Sunbelt Conference.” After two seasons playing at South Carolina, Alexander decided to transfer to Boston University. “It was just time for a change,” he said. “The B.U. soccer team has been doing very well during the past couple of years.” Alexander will be playing one more season for the Terriers before he graduates. The Rush outshot the Pioneers, 9-8. The Pioneers will be playing four straight road matches before returning home to face the Boston Bolts at 7:30 pm on June 19.



Nate Carillon catches the ball for St. Joe’s.

TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM

Tri-County Baseball season opens up

By Tim Peterson
Sports Correspondent

THORNDIKE — PeoplesBank has captured the Tri-County League championship title the past twelve years. Teddy Bear Pools and Spas and the St. Joseph’s Saints are two of the TCL teams looking to end the PeoplesBank dynasty this summer. The first meeting of the regular season between the two squads was an old fashioned slugfest. Teddy Bear Pools pounded out 17 base hits leading to a 12-6 victory over the Saints at St. Joe’s Park, last Friday night. “It’s always a lot of fun whenever we play against St. Joe’s, especially at this field,” said Teddy Bear Pools play-

er/coach Ryan Magni. “We had trouble scoring runs last year, but we did the job offensively, which made the difference in tonight’s game.” The road win improved Teddy Bear Pools record to 2-0. Before moving to Teddy Bear Pools, Magni played eight seasons for St. Joe’s. His brother, Brandon, is listed on the Saints roster, but he didn’t play in last Friday’s game. “I played eight seasons for St. Joe’s,” Magni said. “I’m still friends with a lot of their players.” One of those players is St. Joe’s player/coach Brian Hayes. “Ryan and I are good friends,” Hayes said. “We talked on the phone for an hour earlier today. I also have

a batting cage at my house that he uses.” St. Joseph’s entered the home game with a 3-0 record. The winning pitcher was Matt Drobiak, who graduated from South Hadley High School. The righthander allowed four runs on six hits during the first four innings. He walked one and struck out one. “In the Tri-County League, a starter only needs to go four innings to be the winning pitcher,” said Magni, who pitched the final three innings to earn the save. “Matt pitched very well in tonight’s game. I also coached him at Holyoke Community College the past two years.” Magni, who began last Friday’s game at second base

Sports

Valley Blue Sox grab win over Ocean State Waves

HOLYOKE— Through four innings on the Valley Blue Sox's Hall of Fame Night on Saturday, the difference between the Blue Sox and the Ocean State Waves was largely on the mound. Ocean State (0-3) used a pair of walks and a hit by pitch to spark a four-run fourth inning and take a 5-1 lead. Valley (1-0-1) answered in the eighth, scoring four runs with help from an error, two hit by pitches, a walk and a wild pitch, to complete a 6-5 comeback in the ninth at Mackenzie Stadium.

The full nine innings offered an early-season snapshot of the realities of summer baseball. Pitchers and hitters alike are adjusting to

new roles, players have to click with new teammates almost immediately and it is the first competitive action many have seen in weeks.

For the Blue Sox, the turning point began after starter Jackson Hinchliffe navigated five innings despite running into trouble in the middle frames. After retiring six of the first seven batters he faced, Hinchliffe allowed five runs across the third and fourth innings, accompanied by two walks and a hit by pitch.

Rather than making an early move, Valley allowed the right-hander to finish out five innings and throw a total of 75 pitches. The decision proved significant as Gregory

Bruno, Maddex LaBuda and Jake LeFrancois combined for four scoreless innings out of the bullpen, limiting Ocean State to one hit and walk while keeping the deficit at four runs.

"We kept it there," Blue Sox head coach John Raiola said. "Bruno, LaBuda and LeFrancois came in and kept it at five runs, giving us a chance."

That chance came for Valley in the eighth.

Ocean State reliever Max Marchetti entered after Sawyer Deering delivered four scoreless innings in relief. Marchetti pitched just 0.1 innings for Northeastern this spring and did not appear during the previous two sea-

sons while redshirting.

Valley's rally began without a hit. Scott Donahue reached on a throwing error by short-stop Justin Hackett before Anthony Tirado was hit by a pitch, leaving two ducks sitting on the pond with no outs.

After both runners advanced, Anthony Grabau drove in the Blue Sox's second run of the game with an RBI groundout. Trevor Harmon followed with a single to center field that cut the deficit to 5-3.

Ocean State's command troubles continued from there. Eddison Esquivel was hit by a pitch, and Chris Carson worked a walk to load the bases. Brett Rogers then

brought home another run with a groundout before a wild pitch allowed Trevor Harmon to score from third and Esquivel to score from second, tying the game at 5-5.

By the time the Waves' Andrew Jacobs entered to relieve Marchetti and record the final out of the inning, Valley had sent eight batters to the plate and scored four runs on just one hit.

"When you have traffic on the bases late in the game, it just creates some pressure," Raiola said.

The sequence continued an uneven opening week for Ocean State's pitching staff. The Waves entered Saturday having issued 13 walks in a

20-1 loss to Danbury on Friday, and they also allowed runs to score on wild pitches in Thursday's game against Bristol.

Raiola said both teams are still adjusting to the unique circumstances of summer baseball.

"All of our guys are in unfamiliar spaces [and] so are they," Raiola said. "You see some guys pitching in spots or playing positions that they don't normally play a lot at school."

The Blue Sox completed the comeback in the ninth when Nico Soul singled, advanced on an error and scored on Tirado's RBI single to secure the 6-5 victory.

Springfield Thunderbirds raise money for Rays of Hope

SPRINGFIELD – The Springfield Thunderbirds and the T-Birds Foundation are proud to announce a donation of \$28,000 to the Rays of Hope as a result of proceeds from the live jersey auction and fundraising elements from the T-Birds' 9th Annual Pink in the Rink game on March 7.

Thunderbirds President Nathan Costa, Vice President of Sales & Strategy Todd McDonald, and Managing Partner Paul Picknelly presented a check to Rays of Hope earlier this month at the MassMutual Center. The Thunderbirds' ninth annual Pink in the Rink game once again served as a powerful centerpiece in the organiza-

tion's ongoing fight against breast cancer, raising another impactful total through auctions of the team's pink-themed, game-worn jerseys. The team also extended its "Pink" sellout streak, welcoming a capacity crowd of 6,793 fans for the ninth consecutive Pink in the Rink event.

"Pink in the Rink continues to be one of the most meaningful and cherished traditions in our community and one of the most anticipated days of the year," said Costa. "Our partnership with Baystate Health and the Rays of Hope continues to bring people together in an incredible show of hope, strength, and support. As we now look ahead to our 10th annual Pink

in the Rink game next March, there's a real sense of excitement and pride surrounding what this event has grown into. The atmosphere in the Thunderdome is always unforgettable, the personal stories shared throughout the night are incredibly powerful, and the bravery of survivors continues to inspire all of us. We're already looking forward to making the 10th edition our most impactful yet as we continue supporting the fight for a cure."

Established during the Thunderbirds' inaugural 2016-17 season, "Pink in the Rink" marks the launch of the Rays of Hope fundraising campaign each March, shining a spotlight on breast can-

cer awareness outside of the traditional October awareness month. Each year, those fundraising efforts culminate with the annual Rays of Hope Walk & Run in downtown Springfield each October. Since the tradition began, the Thunderbirds have helped raise more than \$200,000 for the Rays of Hope, with every dollar staying local in Western Massachusetts to support patients, families, and the ongoing pursuit of a cure.

"We are so fortunate to have the Thunderbirds as dedicated partners," said Kathy Tobin, Interim Vice President of Philanthropy for Baystate Health. "Each year Pink in the Rink draws attention to breast cancer and

kicks off the Rays of Hope fundraising season which is critical to our success. Rays of Hope means so much to our survivors and it's emotional to see the tremendous community support, led by the Springfield Thunderbirds and their fans.

Since its founding in 1994, Rays of Hope has raised more than \$18.2 million to support women and men across Western Massachusetts impacted by breast cancer. Funds raised through the organization also help advance critical research efforts at the Rays of Hope Center for Breast Cancer Research, while providing local support, services, and resources for patients and families

throughout the region.

The T-Birds Foundation was established in 2018 with a mission of serving the Springfield community and the Pioneer Valley beyond every win and loss through a focus on providing and supporting initiatives in the areas of health and wellness, youth enrichment, and civil service. During the 2025-26 season, the T-Birds Foundation raised approximately \$150,000 for charitable causes in Western Massachusetts.

The 2026 Rays of Hope Walk & Run Toward the Cure of Breast Cancer will be held on Sunday, October 18. For more information, visit Baystatehealth.org/Raysofhope or call 413-794-8001.

Public Notices

**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.
HD26P1237EA
Estate of:
Deanna Lynn Ledwith
Date of Death: 02/24/2026
CITATION ON PETITION FOR FORMAL ADJUDICATION**

To all interested persons:
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Amanda Riel of South Hadley, MA and Samantha Ledwith of Enfield, CT** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that **Amanda Riel of South Hadley, MA and Samantha Ledwith of Enfield, CT** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 07/06/2026. 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: June 08, 2026
Rosemary A Saccomani,
Register of Probate
06/11/2026

**Town of Agawam
Legal Notice**
The Agawam Planning Board will hold a public hearing on Thursday, June 18, 2026 at 6:00pm and the **Agawam City Council** will hold its public hearing on Monday, July 13, 2026 at 7:00pm at the Agawam Senior Center, 954 Main Street, Agawam, MA. The purpose of these hearings will be to hear the petition of Council President Russo for a proposed zoning amendment for "An Ordinance Regarding Fence Height in the Town of Agawam." The City Council's public hearing will be livestreamed on the Town of Agawam's website at www.agawam.ma.us and will also be televised on Cable Access Channel 15 or Channel 1074. Copies of the proposed zoning amendment can be obtained from the Planning Department between the hours of 7:30am and 3:30pm at the Agawam DPW, 1000 Suffield Street, Agawam, MA or by emailing the Office of the City Clerk for an electronic copy at vgioscia@agawam.ma.us.

By Order Of:
Violet Baldwin, Chairman
Agawam Planning Board
Anthony Russo
City Council President
06/04, 06/11/2026

TRASH ■ from page 1

Collection Day Reminders

- Trash and recycling carts must be placed curbside by 6:30 a.m. on their scheduled collection day.
- Carts should be placed on the tree belt and positioned at least 3 feet apart from each other and 4 feet away from obstacles such as mailboxes, utility poles, parked vehicles, fences, and other structures.
- Trash cart lids must be completely closed in order to be serviced.

Overflow Trash

Residents with excess household trash may place additional material in official Town overflow bags. Overflow bags are available for purchase at:

- Rocky's Ace Hardware
- Geissler's Supermarket
- Stop & Shop

Waste Ban and Recycling Reminders

Trash carts and overflow bags must not contain prohibited materials, including:

- Hazardous waste
- Sharps, including needles, syringes, and lancets
- Carpeting
- Yard waste
- Batteries, including button-cell, lithium-ion, lead-acid, and rechargeable batteries
- Concrete, brick, asphalt, or soil
- Construction and demolition debris

Recycling carts must also remain free of prohibited materials, including:

- Household trash
- Bagged recycling or bagged trash
- Batteries, including button-cell, lithium-ion, lead-acid, and rechargeable batteries

- Yard waste
- Plastic film, plastic bags, and shrink wrap
- Tanglers such as hoses, ropes, cords, chains, and wires
- Electronics

Please note: The examples listed above are not all-inclusive and reflect some of the more commonly encountered prohibited materials found in the Town's waste and recycling streams. Additional waste ban and prohibited materials may apply. Residents should consult the Town's waste and recycling guidelines for complete disposal requirements.

Proper recycling is more important than ever. When non-recyclable materials are placed in recycling carts, entire loads can become contaminated, resulting in rejected materials,

SENIOR ■ from page 1

just great to be able to offer them options, and you know, new groups and new resources to help them with their nutrition needs and some of their medical issues. Gina is now on our COA board, and she was coming here helping us

with blood pressure before that, so she's just a great resource for us. Kristina helped make that happen and Gina's a great resource. The seniors seemed to like it."

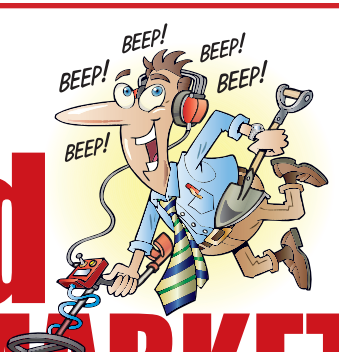
The next Diabetic Support Group will be happening at the Senior Center on July 1. Amanda from

Libra will come to discuss the benefits of glucose monitors, different types, and answer any questions members might have.

For more information regarding upcoming events at the Senior Center visit the town's website.

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

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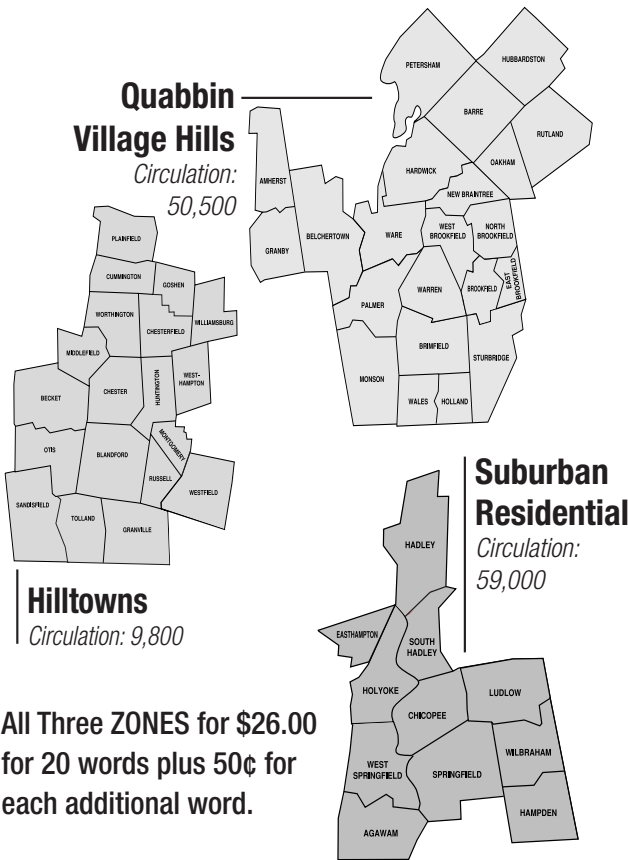
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9	10	11	12
13	14	15	16
17	18	19	20 Base Price \$26.00
21 Base Price \$26.50	22 Base Price \$27.00	23 Base Price \$27.50	24 Base Price \$28.00
25 Base Price \$28.50	26 Base Price \$29.00	27 Base Price \$29.50	28 Base Price \$30.00
29 Base Price \$30.50	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

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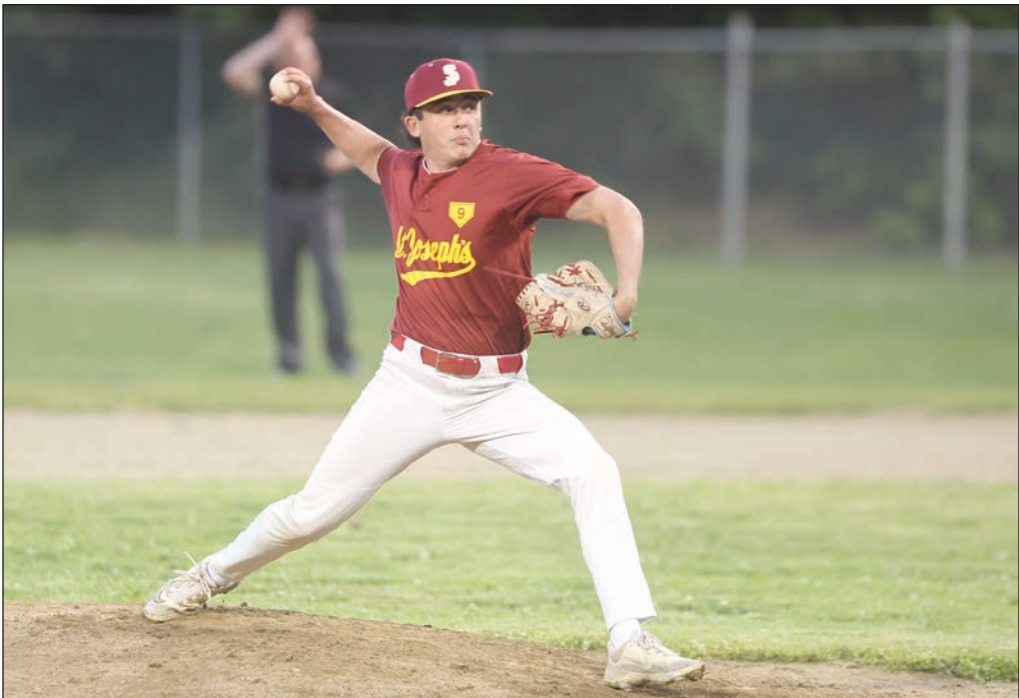
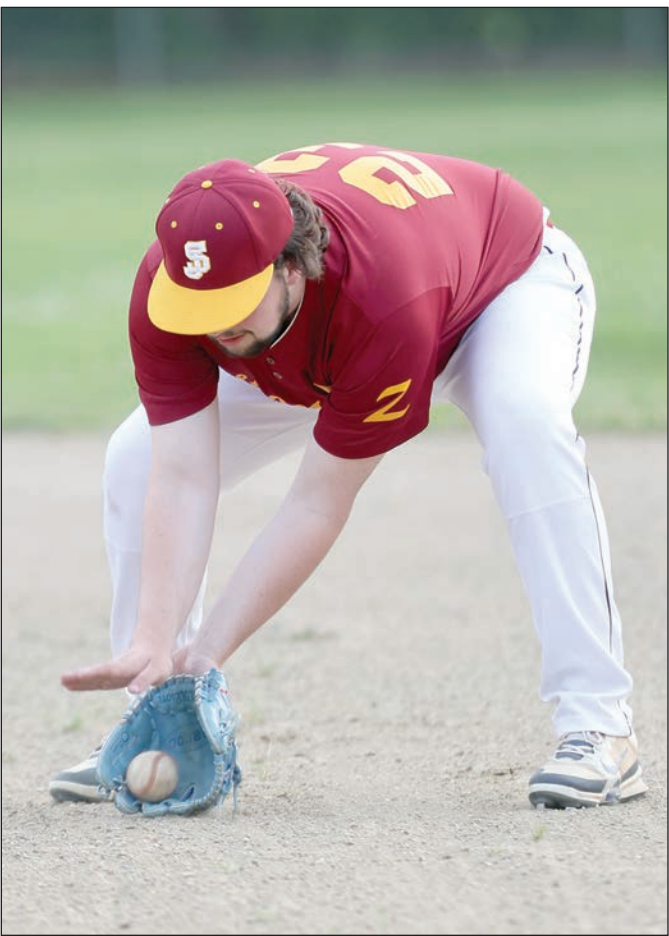


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Clockwise from top left:

Matt Drobiak delivers a pitch home;

Ryan Magni makes an off-balance throw;

Dillon Slattery, of Ware, picks up a ground ball;

Ramon Jimenez fields a grounder;

Trey Yesu pitches for St. Joe's.

TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM



SEASON ■ from page 7

and had two base hits, took over as the baseball coach at HCC in 2022. He isn't going to return to that position next spring.

Drobiak had a 3-0 lead to protect before throwing his first pitch in the bottom of the first inning.

Teddy Bear's first three runs against righty Jack Feltovic scored on RBI singles by catcher Willie Landman

(3-for-5), third baseman Ramon Jimenez (3-for-4), and centerfielder Xavion Maldonado, who also finished the game with three base hits.

Feltovic worked the first three innings. He was replaced on the mound by Trey Yesu, who was the ace of the Bridgewater State University pitching staff during the past couple of years. Yesu graduated from Monson High School.

The home team responded in the bottom half of the opening frame with a double by centerfielder Pat Fitzgibbons (2-for-4), which scored shortstop Devin Slattery, who leadoff with a single to left.

Slattery, who graduated from Ware High School, was named as the Tri-County League MVP last year. He led his team with three base hits against Teddy Bear Pools.

The visiting team put two more runs on the right field scoreboard with two outs in the second inning.

Shortstop Ray Toth, who graduated from Granby High School, doubled home the first run. He scored when Jimenez blasted a triple to right field.

Teddy Bear Pools, who are playing their home games at South Hadley High School, scored another run in the

third giving them a 6-1 lead.

St. Joe's, who had nine base hits, answered back with an RBI single from Fitzgibbons and a sacrifice fly by first baseman Bobby Trigillo.

Both teams scored a run in the fourth inning.

Then Teddy Bear Pools pretty much put the game out of reach by scoring five more runs in the fifth inning.

Toth, who's currently a member of the Wheaton Col-

lege baseball team, contributed with a two-run single. After loading the bases, right fielder Bailey Griggs cleared them with a triple to right.

Trailing, 12-4, St. Joe's could only score single runs in the fifth and sixth innings.

St. Joe's will be looking to even the season series when they host Teddy Bear Pools for the second time on June 19.

Controlling mosquitoes without harming a variety of insects

Summer is just around the corner, and along with warmer weather and fun outdoor activities, it also means that mosquito season is beginning. There are a variety of methods that people use to try and control mosquitoes. Unfortunately, many of these methods do not target mosquitoes specifically and can end up killing a wide variety of other insects, many of which are beneficial to our local ecosystems.

According to the nonprofit Homegrown National Park, the most effective way to control mosquito populations without inadvertently harming other beneficial insects is by using a "mosquito dunk". This involves placing a mosquito dunk (small dissolvable tablet) in a bucket of water which the female mosquitoes then lay their eggs in. These

dunks specifically kill mosquito larvae without killing other insects. By giving the female mosquitoes, a targeted place to lay their eggs, you can effectively cut off the mosquitoes at the source, rather than them laying their eggs in other standing water that does not contain the larvae-killing dunks. The mosquito dunks are inexpensive, low maintenance, and can be easily found online or at many hardware/garden stores, making them a great option for significantly reducing mosquito populations in a safe and effective way.

In addition to using mosquito dunks, you can help control mosquito populations by dumping standing water on your property that you are not treating with the mosquito dunks; making it more likely that the mosquitoes

will choose to lay their eggs in the treated water which will then kill their larvae. You can also plant native plants and avoid using pesticides to help support populations of birds, dragonflies, and bats which eat mosquitoes.

Homegrown National Park is hosting a "Mosquito Bucket Challenge" this year, encouraging people to decorate buckets that they will use to control mosquitoes in their yards with mosquito dunks. It is a fun way to participate in supporting pollinators and local ecosystems while also being able to enjoy a mosquito-free outdoor experience. For more information on mosquito dunks and on the Mosquito Bucket Challenge, go to Homegrown National Park's website at homegrown-nationalpark.org/mosquito-bucket-challenge.

Craft Beer Tasting event set for June 19

AGAWAM – The popular Summer Craft Beer Tasting and BBQ fundraiser will return to the historic Captain Charles Leonard House, 663 Main Street, Agawam, on Friday evening, June 19, 2026. The event will take place rain or shine, from 6 to 9 p.m., and will benefit preservation efforts at the 1805 former stage tavern, which has served as Agawam's Community House since 1939.

The event, sponsored by McCarthy's Liquors of Agawam and Phipps Discount

Liquors of Feeding Hills, will feature a wide variety of local and craft beers, live music, raffles, and food. Joey's Deli & Market will provide barbecue and Captain Leonard House Trustees will grill hot dogs and ham burgers.

Advance tickets are \$50 per person, available at McCarthy's Liquors, 430 Main Street, Agawam, (413) 786-9537, and Phipps Discount Liquors 1350 Springfield Street, Feeding Hills, (413) 786-8471. Ticket includes food.

Tickets will also be avail-

able at the door for \$55 per person.

Guests must be at least 21 years old with a valid ID to attend this event.

This program is supported in part by a grant from the Agawam Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a State agency.

More information about the Captain Charles Leonard House can be found at [Facebook.com/captainleonardhouse](https://facebook.com/captainleonardhouse).

Holyoke Arts League to be featured at Wistariahurst Museum

HOLYOKE – During the month of June, the Wistariahurst Museum at 238 Cabot St. in Holyoke will host an exhibition of artwork by members of the Holyoke Arts League (HAL). The museum and gardens are the historic home of the Skinner Family that owned and operated the Skinner Silk Mill, the world's premier silk fabric production facility in the city's Canal District.

We hope you will attend our opening reception and meet the artists who live in Western Massachusetts and Northern Connecticut on Monday, June 1, from 5-7 p.m. This event is free and open to

the public. Throughout the month of June, the exhibition may be viewed free of charge during the museum's open hours, Mondays from 10 a.m. to 2 p.m., and Tuesdays from 4:30 p.m. to 6:30 p.m.

This juried show will include entries in oil and pastel, watercolor, acrylic, tempera, gouache and other non-oil wet media, graphite, charcoal, printmaking and other graphic media, sculpture and ceramics.

Light refreshments will be served.

The arts league was founded in 1923 and is now celebrating its 102nd year in Holyoke. The League holds

artist demonstrations and weekly adult figure drawing sessions. For more information about HAL, visit <https://www.holyoke-arts-league.org> online. You may also address inquiries to holyokeartsleague@gmail.com

For more information about Wistariahurst, call (413) 322-5660 or online at info@wistariahurst.org. You may direct inquiries about Wistariahurst by emailing munselle@holyoke.org.

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.

Friends of the MA Veterans Memorial Cemetery to hold meeting

AGAWAM – The Friends of the Massachusetts Veterans Memorial Cemetery at Agawam invite the public to attend their upcoming meeting.

Community members and supporters are encouraged to attend to learn more about the organization and receive updates on The Friends' ongoing activ-

ities and projects. Community input is encouraged. We also welcome memories of veterans you have known or reflections on your own military service. If you prefer not to speak publicly, we will gladly read your written comments.

Event Details: The meeting will be held on Wednesday, June 17, at the Agawam

Senior Center, 954 Main Street. Doors open at 5:30 p.m., the meeting begins at 6 p.m. For easier access, please use the back entrance to the lower level.

For questions, please contact us via our website at <https://www.agawam-friends.org/> or email us at agawamfriends@gmail.com.

Crafters wanted

LUDLOW—Crafters Wanted for the Rosary Sodality's St. Nicholas Craft Fair and Raffle on Saturday, Nov. 14, 2026, at Christ the King Church located at 41 Warsaw

Avenue in Ludlow from 9 a.m. to 3 p.m.

The cost is a non-refundable \$40. fee for an 8-ft table, which will be provided by the church.

To reserve a table or for more information contact Debbie Martell at 413-547-8739 or Lorraine Bernier at 413-519-7658. Light refreshments will be available.