

AGAWAM

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Qigong

pop-up teaches moving meditation

By Christina Gioscia  
*Correspondent*

AGAWAM – Last month, Agawam Public Library hosted a Qigong Popup led by Pamela Cincotta. Attendees could bring their own yoga mat, but it was not required, and water. Cincotta led the group through each movement with a calm voice, creating a relaxed atmosphere. She was sure to reassure attendees that for each move they could go as slow or fast as they wish. She also stated that if a move was painful or didn't feel right, it could be skipped.

Qigong is a form of moving meditations coordinating slow-flowing movement.

Cincotta shared how her Qigong journey began, “My introduction to Qigong occurred after completing yoga teacher training in 2010 via a Gaiam DVD. It was Qigong for Beginners with Masters Francesco Garripoli and Daisy Lee. It was not until

COVID, however, that I began to practice more consistently. I had been experiencing severe neck pain since the birth of my third child and since we were under lockdown and I could not visit my massage therapist or chiropractor, I began searching for YouTube videos for neck pain. That is when I came across Lee Holden. I began practicing with his YouTube videos weekly and then subscribed to his video subscription class. It took me a while to work up to the hour-long classes; they seem simple but can be very challenging.”

Cincotta added, “In spring 2025 I began the student teaching portion of my Qigong training. That is when I started at Agawam Public Library. After completing my certification that summer, I continued instructing weekly with seasonal series in the autumn and spring, when my children are in school.

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APL opens ‘Library of Things’

By Christina Gioscia  
*Correspondent*

AGAWAM – Agawam Public Library recently opened a new section in the library called, “The Library of Things”. The goal of these new additions to the library is to provide the community with resources.

Chad Pelley, Circulation and Technical Services Librarian, provided a list of items in the library, two acoustic guitars, a karaoke blue tooth speaker, a page magnifier, a digital circuit breaker finder, a ten by ten pop up canopy, two external CD and DVD drives, a blood pressure monitor, a bicycle repair kit, a gardening kit, a DVD player, a metal detector, HD binoculars, a scientific calculator, a ukulele, a soil moisture digital PH meter. Pelly also provided a list of upcoming items, fifteen dell pro 14 laptops, crochet hooks, a light therapy lamp, home drill set, hiking poles, a knitting needle set, video to DVD converter, a laser level, a stud finder, a pickle ball set and adult telescope.

Assistant Director Cher Collins shared the process of creating the new section.



TURLEY PHOTOS BY CHRISTINA GIOSCIA

Items in the new section, The Library of Things, at Agawam Public Library.

“The Library of Things has been on our radar for several years,” said Collins. “We’ve circulated non-traditional items like artwork, wi-fi hotspots and board games for many years, but it was never organized or labeled as the Library of Things. To get this off the ground, we were fortunate to get a grant in conjunction with our DPW that

provided the seed money to get this going in earnest. We also had funding from the Agawam Friends of the Library, and they’ve pledged to continue supporting the project financially. Ordering, packaging, and processing was a long and tedious process, but we wanted to get it right across the board.”

Collins says the library

needs to keep up with trends and incorporate them into the library.

“It’s important for the library to stay responsive to the changes in the community and the larger world,” said Collins. “Providing things’ is a natural addition to a library’s role so that patrons can experi-

LIBRARY | page 10

Neal wins by small margin over newcomer Whalen

By Brendan Rooney  
*Correspondent*

CHICOPEE – U.S. Rep. Richard Neal has secured the Democratic nomination in Massachusetts’ 1st Congressional District, defeating first-time candidate and local teacher Jeromie Whalen in Tuesday’s primary.

Whalen will now return to the classroom, while Neal turns his attention to November, when he will seek reelection for what would be his 20th term in Congress.

As of Wednesday morning, various reports stated Neal had garnered 46,125 votes, or 53.7%, compared with Whalen’s 39,714 votes,

or 46.3% — a difference of 6,411 votes.

Following the victory, Neal is now expected to face independent candidates Nadia Milleron and Anthony Celata in the general election on Nov. 3. If reelected, he could become chair of the powerful House Ways and Means Committee should Democrats regain control of the House in November, a position that would give him significant influence over tax policy, tariffs, and the future of Social Security.

He acknowledged the possibility while addressing supporters late Tuesday night, after achieving victory.

“Let’s take it to Novem-

ber and reclaim the House of Representatives,” Neal said. “I want to first thank the voters of the 1st Congressional District for the faith they have demonstrated in me all of these years, because I’ve spent my lifetime working on these issues. And I want to say this firmly: there is not a family in Western or Central Massachusetts that has not benefited from my work or has not been impacted by my work in Congress,” he added. “Billions of dollars have come back to Western and Central Massachusetts; they have benefited local government, small businesses, non-profits, and we have been your champion, and will continue

to do so.”

The victory came just one week after Neal and Whalen faced off in their only debate of the campaign, a 30-minute exchange in which the longtime incumbent defended his record while Whalen pressed for a new direction for the district.

Whalen, a Belchertown native and progressive who now lives in South Hadley, said watching Trump win two presidential elections while he was teaching at Northampton High School helped motivate his decision to run for Congress.

He was Neal’s first official primary challenger since 2020, when he faced former

Holyoke Mayor Alex Morse and won.

Once the Sept. 1 results came in and Whalen conceded the race, he reflected on the primary and his campaign in a statement posted to social media.

“Congratulations to Congressman Neal, who I spoke with to concede the race,” Whalen wrote. “I was told that I needed to write three speeches for tonight: one in the event that I won, one in the event that I lost, and one in the event that the outcome was not decided by the time I gave this speech. I only

NEAL | page 10

Reminder of proper ways to drain pool

By Quinn Suomala  
*Correspondent*

AGAWAM – Many residents of Agawam recently got a letter reminding them of proper ways to drain their pools.

This letter was sent by the Department of Public Works as part of their effort to keep storm water clean.

The DPW does annual outreach related to storm-water and decided to include a reminder about pool discharge this year.

“We have found in the past some areas of pool discharge improperly being done, so we included this townwide in order to just remind everyone,” Assistant Town Engineer Michael Albro said.

The letter included reminders to ensure pool discharge does not cause flooding in poorly draining areas, erosion in areas with sparse vegetation and damage to neighboring areas due to chemicals.

Pool water should be slowly discharged into the owner’s property in a way

POOL | page 10



US Congressman Richard Neal stands with his supporters.

TURLEY PHOTO BY BRENDAN ROONEY



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# Second tag sale planned to benefit Dana-Farber

Local walkers continue fundraising efforts

AGAWAM – After raising \$3,400 for Dana-Farber Cancer Institute at their first community tag sale, Debbie Callahan and Steve Buoniconti are doing it again — this time in Agawam.

Their second fundraising tag sale will be held Sept. 25, 26 and 27, from 4 to 8 p.m. each day at 116 Katherine Drive in Agawam.

The first sale, held Aug. 7-9 at Callahan's West Springfield home during the citywide tag sale weekend, raised \$3,400 thanks to donated merchandise, volun-

teers and an outpouring of support from shoppers and the community.

“We were amazed by the response to our first tag sale,” Callahan said. “People donated items, came out to shop and supported us in so many ways. To see all of those donated items turn into \$3,400 for Dana-Farber was incredible, and we’re hoping the community will help us do it again in Agawam.”

Once again, all items offered for sale are being donated, and 100% of the proceeds will benefit Dana-Farber Cancer Institute as part of Callahan and Buoniconti’s fundraising

for the Jimmy Fund Walk for Dana-Farber on Sunday, Oct. 4.

For both walkers, the cause is deeply personal.

Buoniconti lost his wife to cancer in 2023. That same year, Callahan received a cancer diagnosis of her own. Their experiences have given them a firsthand understanding of how cancer affects not only patients, but also families, caregivers and friends.

“Cancer has touched both of our lives in different ways,” Callahan said. “We know what it means for a family to hear the word cancer. This is our way of taking those experiences

and doing something positive — helping support the research and care that can make a difference for someone else.”

On Oct. 4, Callahan and Buoniconti will join participants in the Jimmy Fund Walk for Dana-Farber along the historic Boston Marathon course. Funds raised through the Walk support cancer research and patient care at Dana-Farber Cancer Institute.

Dana-Farber brings scientists and clinicians together to advance the understanding and treatment of cancer. Its work includes laboratory and clinical research, innovative treat-

ments and clinical trials, along with comprehensive care and support services for patients, survivors, caregivers and families.

Community Donations Needed

Organizers are currently accepting donations of items to sell at the September tag sale. Because the merchandise is donated and 100% of the sale proceeds benefit Dana-Farber, community donations are an important part of making the fundraiser successful.

Anyone interested in donating items can contact Debbie Callahan at 413-531-2261 or Steve Buoniconti at 413-222-3051.

# Town to remember Sept. 11

AGAWAM – The Town of Agawam will be conducting a brief September 11th remembrance ceremony on Friday Sept. 11 at 9:30 a.m. in front of Agawam Fire Department Headquarters, 800 Main Street, Agawam. The ceremony will honor those who lost their lives in the attacks.

Speaking in remembrance at the ceremony will be: Fire Chief Alan Sirois, Mayor Christopher Johnson, Pastor Tim Sheranko, Fire Department Chaplain, Rev. Stephen Thee and Bethany Assembly of God.



# ‘Lighting the Way’ will support kids in foster care

AGAWAM – MaryAnne’s Kids, a fund benefiting youth in the Center for Human Development’s (CHD) Foster Care program, will host a special evening on Thursday, October 1 to support local foster children and transition-age youth, as well as the families and communities who care for them.

At the event, which will take place 5:30 to 8:30 p.m. at Crestview Country Club in Agawam, guests will enjoy delicious food, live music, raffles, and a brief award ceremony to celebrate the impact of MaryAnne’s Kids and the dedication of those who make this important work possible.

MaryAnne’s Kids is a special fund that helps provide children and teens in fos-

ter care and transition-age youth programs the means to pursue special interests in music, dance, arts, sports, summer camps, and other extracurricular activities—opportunities that are often unavailable to many without additional support. The fund was named in honor of the late MaryAnne Sadak-Eklof, who devoted her life to being a foster parent.

MaryAnne’s Kids helps provide foster children and youth with:

- Birthday celebrations and gifts
- Holiday gifts
- Car seats, cribs, playpens, and other essential furniture
- School supplies and education workshops
- Teen leadership groups

and enrichment activities

- Museum visits, plays, concerts, and other cultural experiences
- School field trips
- After-school programs and summer camps
- Sports registration fees, uniforms, and equipment
- State ID fees
- Driver’s education courses
- GED preparation classes and exam fees
- Prom, graduation, and job interview attire
- College textbooks and education supplies
- Education stipends
- Specialized medical equipment
- Medications not covered by insurance
- Emergency clothing and hygiene products

# Cultrual Council opens FY27 grant cycle

AGAWAM – The Agawam Cultural Council is accepting applications for its Fiscal Year 2027 grant cycle. Local artists, educators, organizations, schools, and community groups are encouraged to apply for funding to support public programs in the arts, humanities, and sciences.

The grant cycle opened last week. Applications must be submitted online by Oct. 15 at 11:59 p.m.

“We are excited to support programs that bring people together and strengthen arts and culture throughout Agawam,” said Uduak Enyiema, Chair of the Agawam Cultural Council. “We encourage anyone with a creative idea benefiting our community to

review the guidelines and apply.”

Applicants must include a letter approving the use of the proposed location and a separate letter explaining how the project will benefit the general public. Projects receiving funding must be open or available to the public.

For application instructions and local requirements, visit [www.agawamcc.org](http://www.agawamcc.org) and select “Apply for Grants.”

The Agawam Cultural Council is a local partner of the Mass Cultural Council. The cultural council regular funds programs every year that can be seen at places like Agawam Public Library and the Agawam Senior Center.

# Feline Friends holding travel raffle

AGAWAM – Thanks to everyone who purchased raffle tickets for our Summer Fun Raffle in August. We had a record number of entries which helped purchase food and litter for our cats.

We received a \$150 travel certificate from First Choice Tours, Inc. of South Deerfield. Check out their site to choose from fall and holiday day trip. We will sell raffle tickets for \$20 each through Sept. 20. Contact information is below.

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 Feed-

ing Hills and at the Agawam Public Library. Please include your name and contact information for acknowledgment. Financial donations have arrived by check at P.O. Box 174, Feeding Hills 01030 as well as PayPal and Venmo.

Thank you to those who donated in late July and the August: Teresa Barbato, John Murphy, Ida and Bob Shultz, Ken Kurowski and Irene Fisher, Mary Kirwan, Judith Clini, Joanne Lamson, Deb King, Patricia Pappathan in memory of Smokey Reynolds, Patricia Chraplak, Judith Roberts, Jeanette Landrie, Deborah Hasty, Glen Birk, Karen and Mike Dolan, Denise B, Lynn Eaton, Cheryl and Carl Kaufman,

Christofer Sadowski, Susan Brandon, Dan and Sarah in memory of their kitty, Wendy Hollis, Lyle Denit, Sheila Kida in memory of Betty, Elayna Lalikos, Lydia Klimczuk, Crystal Mengele and, as always, our wonderful monthly sponsors.

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.

# Senior-Friendly fall, holiday trips offered

AGAWAM — Insider’s Travel Agawam has an exciting lineup of upcoming adventures with a special focus on seniors.

Learn more or visit us every Tuesday from 11:30 a.m. to 1 p.m. at the Agawam Senior Center located at 954 Main Street, Agawam. Information about upcoming trips is also available on the Senior Center bulletin board and at [insiderstravelagawam.com](http://insiderstravelagawam.com).

Upcoming trips:

- **Sept. 16:** Choose between Boston Encore Ca-

sino or the New England Aquarium.

- **Oct. 7:** Choose between Mystic Seaport or Mystic Aquarium plus shopping at “Old Mistick Village”.
- **Oct. 14:** Almost Sold Out - The Great Fall Mystery Trip.
- **Nov. 17:** Enjoy New York Radio City Music Hall Rockettes Christmas Spectacular.
- **Dec. 15:** Celebrate the season with Christmas in Newport.

All ages welcome — but we cater to seniors.

# Fall brochure now available

AGAWAM – The Agawam Park and Recreation Fall Brochure is now available online at [www.agawam.ma.us](http://www.agawam.ma.us). Information about Youth Basketball, Fall Lacrosse, Piranhas Swim Team, and Family Bingo Nights can all be found in the brochure. Please call the Parks & Recreation Department at 821-0514 for more information.



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# Activities heats up in September at Agawam Public Library

AGAWAM – September is National Library Card Sign-Up Month. Everyone who stops by the library to sign up for a new library card, renews their existing card, or gets a replacement card will receive a small prize and will have the chance to add leaf to our library tree. Visit the Circulation Desk today to get started.

Focus on your fitness at the library. Our series **Qigong for Autumn** will take place every Tuesday at 11 a.m. in the Clini Community Room through Dec. 14. Similar to tai chi, qigong is a standing practice that combines dynamic movements, breathing techniques, and flowing meditations to ground and balance our energy for health and healing. Attendees are encouraged to bring a yoga mat and water bottle to class. No registration is required. Our **Walking Group** returns! Join librarian Kristen Frost on Saturday, Sept. 12 at 9 a.m. at Still Brook Park in Feeding Hills for a morning session of movement and motion. Registration is required so we know how many walkers to expect. Please note that this group will meet monthly through December.

Unleash your inner pirate with some swashbuckling sword fighting at the library. Led by instructor Martin Lee, **SwordFit Health** is full-body fitness through functional swordsmanship. Participants will practice guard positions, offensive and defensive movements, followed by a cool down with stretching. Padded and wooden swords

are used for the exercise with light contact for demonstration. The fitness movements will be done with wooden, polypropylene, or lighter foam swords. Experience is not needed, just an eagerness and enthusiasm to embrace this unique fitness offering. This event will take place on Monday, Sept. 14 at 6:30 p.m. in the Clini Community Room and registration is required.

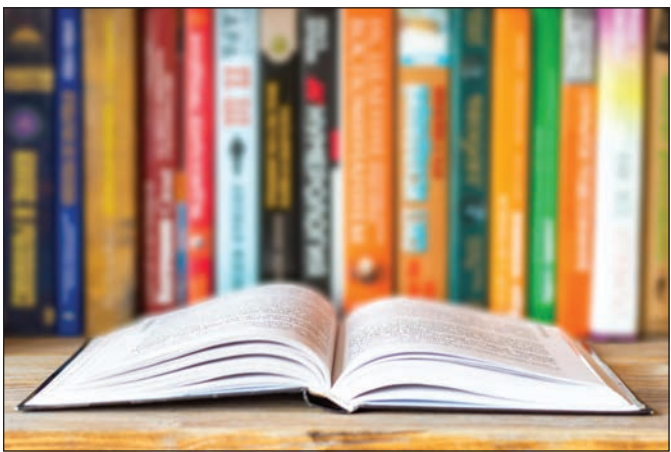
Join us on Friday, Sept. 11 for **The 25th Anniversary of 9/11: A Commemorative Film & Discussion**. Held in collaboration with the 9/11 Memorial and Museum, this program includes a 30-minute film highlighting first-person accounts of the attacks and their aftermath, and a live chat with Museum staff throughout the day. We will show the commemorative film at two different times – 10:30 a.m. to 3 p.m. – in the Clini Community Room, and each screening will be followed by a discussion, allowing attendees to reflect upon the tragic events that took place. Please register to attend.

Are you interested in trying your hand at embroidery but aren't sure how to begin? Why not give it a try at the library? Join us on Thursday, Sept. 17 at 6:30 p.m. in the Clini Community Room for our **Adult Craft Night: Hand-Embroidered Canvas Pouches**. Using an on-line tutorial, we will work on embroidering a canvas zipped pouch, perfect to use as a back to school pencil case or as a small carrying

pouch for make up or other necessities. The library will provide the materials for this craft as we work together to learn the various hand embroidering techniques. Registration required as supplies are limited.

Are you looking to get out on the trail, but aren't certain where to begin? We've got you covered. Register to attend **New England Hiking** with Jeff Romano on Tuesday, Sept. 22 at 6:30 p.m. in the Clini Community Room and learn about hiking opportunities throughout New England! This program will cover destinations in all six states with a focus on itineraries featured in Jeff's latest guidebook, an updated edition to 100 Classic Hikes New England. Jeff will share advice, provide insights, and answer questions on how and where to plan your next hiking adventure. The presentation will also include information on New England wildflowers, birds, wildlife, history, and conservation success stories. Please register to attend.

Come on out and meet your neighbors here at the library on national **Good Neighbor Day**. Drop by the Clini Community Room between 6 and 8 p.m. on Monday, Sept. 28 for a host of fun activities and the chance to meet and mingle with other members of our community. We will have games, refreshments, Agawam history and memories, photo ops, letter writing with PeopleChange People.org, and more! Whether you have lived in



Agawam for many years or are new to the area, this is your chance to meet new people and get to know your neighborhood a little better. Attendees are encouraged to bring a non-perishable food item for the community food pantry, Church Cupboard (of the Feeding Hills Congregational Church), another way to be a good neighbor. Drop in and get to know your community.

Join us for an **Author Presentation Watch Party & Book Discussion** about the 2026 Massachusetts Great Reads title *Nothing More of This Land: Community, Power, and the Search for Indigenous Identity* by Joseph Lee. Participants will receive a free copy of the book (while supplies last) and we'll be hosting a watch party for a virtual Q&A with the author. To receive a free book, please visit the library Information Desk. The watch party and book discussion will take place on Tuesday, Sept. 29 from 5:45 to 7:30 p.m.; please register to attend.

Our new semester for

**ESOL Classes** (English for Speakers of Other Languages) will run every Wednesday from 6 to 7:30 p.m. in the Peirce Conference Room from through Dec. 30 (excluding 11/11 and 11/25). This class is open to adult learners who are looking to improve their English in the areas of listening, speaking, reading and writing. This course will cover grammar, vocabulary, pronunciation, and various aspects of conversational English and is led by Instructor Giselle Rose-Burroughs, a former Berlitz Languages Instructor with extensive experience as an American English Language Coach. The fee for the semester is \$20, and participants who attend 13 of the 15 classes will be refunded their tuition. To register, please contact Library Director Nancy Siegel at 413-789-1550 x8855 or nsiegel@agawamlibrary.org.

Our regular programs are a great way for folks to pursue their interests or try out something new. Drop in for weekly **Chair Yoga** at 9:05

a.m. on Wednesdays in the Clini Community Room. **Tea & Trivia** returns on Tuesday, Sept. 15 at 6:30 p.m. and Wednesday, Sept. 16 at 2:30 p.m. in the Clini Community Room. We'll have a couple of rounds of both Jeopardy and pub-style trivia; the questions are the same for both sessions, so register for the time you prefer and join us for some fun. Are you a writer looking to connect with other writers? Register to attend our **Writers Group** hosted by author Katherine Anderson on Thursday, Sept. 17 at 6 p.m. in the Peirce Conference Room.

This month's **Virtual Author Talk Series** will have a riveting discussion on Tuesday, Sept. 8 at 7 p.m. with master storyteller Daniel Kraus, winner of the 2026 Pulitzer Prize for Fiction, to celebrate the release of his breathtaking new science fiction novel, *The Sixth Nik*. World-renowned master facilitator Priya Parker will discuss her groundbreaking new book, *The Art of Fighting: The Transformative Power of Conflict*, on Tuesday, Sept. 15 at 4 p.m. Join us for an energetic conversation on Thursday, Sept. 24 as we celebrate the joy of community and summer fun with Latin Grammy-winning musician Lucky Diaz, author of the sensational bilingual picture book, *Paletero Man*. There will be two sessions with Diaz: one in English at 7 p.m., and one in Spanish at 8 p.m. To register to attend any or all of these virtual talks, please call the library or visit [library.org/agawamlibrary](http://library.org/agawamlibrary).

## Flores to speak on supporting grieving children

AGAWAM – The Alpha Chapter of the Massachusetts State Organization (MASO) of the Delta Kappa Gamma Society International, Inc. (DKG) is meeting on Wednesday, Sept. 16 at the Agawam Senior Center, 954 Main St. Betsy Flores from Rick's Place, Wilbraham will speak at 5:45 p.m. on How Educators Can Support Children through the Grieving Process. Rick's Place offers support services for grieving children and

their families and professional development for educators. Trained staff at Rick's Place provide peer support groups so children can explore and express their grief in a safe environment. Educators and the public are welcome to learn more on how these services work in the school setting and at their Wilbraham location.

A meeting of the Alpha Chapter presided by Chapter President, Dr Sharon

MacDonald, will follow the speaker and educators are invited to learn more about the work of Alpha Chapter and DKG. We strive to promote the professional and personal development of women educators and excellence in education with conferences, post graduate scholarships, and grants for students interested in teaching and its related fields and many more opportunities. DKG has about 45,000 members

around the world in 17 different countries. Alpha Chapter awards grants to local high school graduates planning to become educators and classroom project grants for early career educators. For more information about our organization contact us through <https://dkg.org> and look for us at <https://alupsma.weebly.com> and MA State Organization of Delta Kappa Gamma Society International, Inc. on Facebook.

## ACAA offers fall art classes set to begin Sept. 12

AGAWAM – Ready for fall and learning something new? The Agawam Community Artists and Artisans (ACAA) are kicking off their fall art classes on Saturday, Sept. 12. They offer a variety of different art forms, from Dot Art and Gel Printing to Felt Sculpture and Holiday Card creation.

Classes are designed to welcome the beginner artist but also challenge the more seasoned artist. They are held at the Daily Grind in Southwick. All classes are on Saturdays from 10:30 a.m. to 1:30 p.m. Instructors are members of ACAA who are experienced artists and artisans and who enjoy sharing their expertise.

On Saturday, Sept. 12 is our kickoff class, on Dot Art. Using acrylic paint and dotting tools, you will learn dotting techniques and how to create texture and dimension, bringing home your version of a tree.

On Saturday, Sept. 26, join us to learn how to make Gelli Prints with botanicals. Using acrylic paint and foliage, you will create beautiful designs, while learning the fundamentals of using a Gel Pad printing.

Fall classes have been scheduled through November. The cost of each class is \$30. You can sign up for a class by visiting [www.agawamarts.com](http://www.agawamarts.com)

## ‘Great Reads from Great Places’ event set for Sept. 29

AGAWAM – The Agawam Public Library is pleased to announce its selection as a partnering library with the Massachusetts Center for the Book for the “Great Reads from Great Places” initiative. Each year the Massachusetts Center for the Book selects a title to represent the Commonwealth at the annual Library of Congress National Book Festival and provides free copies of the book to area libraries for use in discussion groups and community programming. This year's title is *Nothing More of This Land: Community, Power and the Search for Indigenous Identity* by Joseph Lee. The Agawam Public Library will host a book discussion and virtual Q & A watch party with the author on Tuesday, Sept. 29 at 6 p.m. in the Clini Community Room. Anyone interested in registering for this book discussion and event is encouraged to stop by the library information

desk to pick up a free copy of the book and discussion guide (while supplies last).

Before Martha's Vineyard became one of the most iconic vacation destinations in the country, it was home to the Wampanoag people. Today, as tourists flock to the idyllic beaches, the island has become increasingly unaffordable for tribal members, with nearly three-quarters now living off-island. Growing up Aquinnah Wampanoag, journalist Joseph Lee grappled with what this situation meant for his tribe, how the community can continue to grow, and more broadly, what it means to be Indigenous.

Registered participants will be invited to participate in an exclusive Q&A with Joseph Lee on September 29th at 6pm. This discussion series is part of the 2026 Great Reads MA program, sponsored by the Massachusetts Center for the Book.

## Agawam Public School health records to be destroyed

AGAWAM – Agawam Public School Health Records for former students that either graduated or left the school system between Sept 2017 and June 2021 will have their school health records de-

stroyed as permitted by the Commonwealth of Massachusetts. Anyone wishing a copy of their health records must contact the nurse within the school they last attended before Sept. 30, 2026.

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[anthonybonavita@hotmail.com](mailto:anthonybonavita@hotmail.com)

## Chamber holding next ‘Lunch with the Legislators’

AGAWAM – The West of the River Chamber of Commerce has announced it will hold it's next “Lunch with the Legislators” on Tuesday, Oct. 20 from 11:30 a.m. to 1:30 p.m. The event

will be held at Latitude Restaurant at 1338 Memorial Ave., West Springfield. Join us for lunch with our local senators and representatives for informative updates and a Q&A session.

**NOTICE**

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# Opinion

## Guest Column

### SOCIAL SECURITY Matters

By Russell Gloor



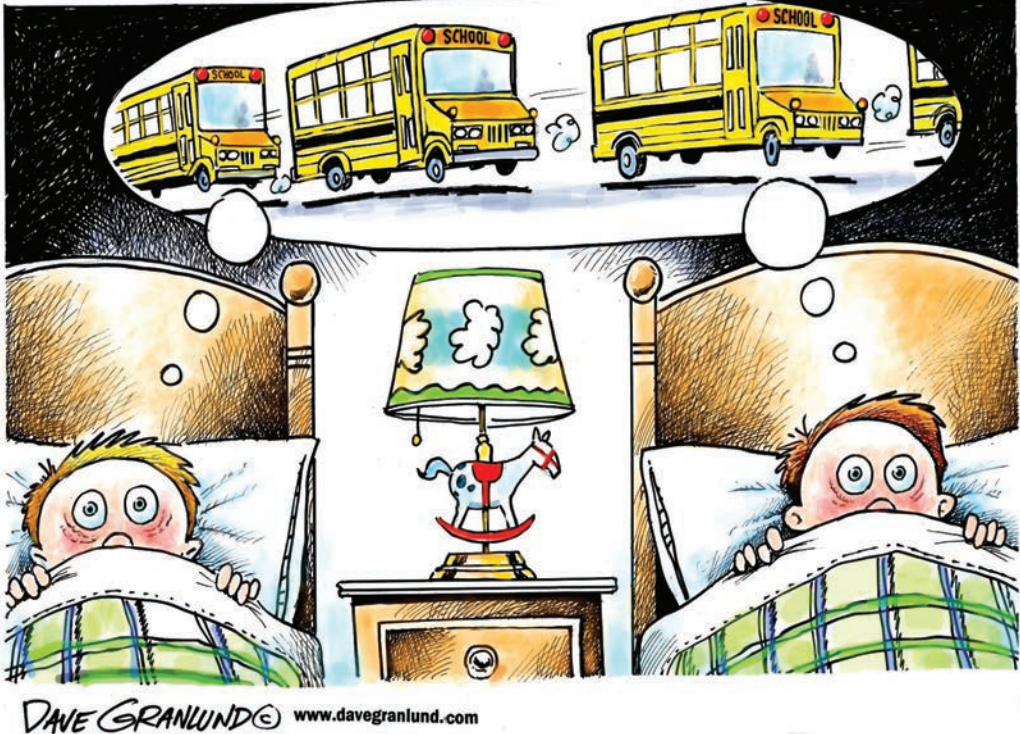
### Why change Social Security now? It's a working 'Ponzi Scam'

**Dear Rusty:**  
*Maybe everybody has the same reaction that I do to Social Security insolvency. I do not understand a system that has been basically run like a Ponzi Scam since its inception; why have you decided (in 2026-2027) that now is the time to change a perfectly good Ponzi Scam.*  
*In all reality, this began with Babylon. I'm sure that if you searched the meaning of the words "Babylonian money magic," you would understand what I'm talking about.*  
*If this is as good as the Earth has, why would you mess with a perfectly rotten thing. Why would you decide to change currencies to some sort of fragile digital currency?*  
**Signed: Skeptical Senior**

**Dear Skeptical Senior:**  
You touch on an item that the Association of Mature American Citizens Foundation has dealt with many times over the years, specifically the notion that Social Security has the characteristics of a Ponzi Scheme.  
Our position in response to that notion is that Social Security was created and operated with full transparency with its financial status, formulas and long-term deficits completely and publicly documented and reported to the President and Congress annually.  
Unlike the infamous Charles Ponzi, the government has a permanent pool of contributors through mandatory FICA and SECA (self-employment) payroll taxes and is designed to remain in operation infinitely as long as there's a taxpaying workforce.  
Moreover, the Social Security system is overseen by Congress, specifically the Senate Finance Committee and the House Ways and Means Committee, and the Government Accountability Office. The Social Security Administration is subject to routine hearings by these congressional overseers and maintains an independent Office of the Inspector General to ensure the integrity of its financial operations.  
Contrary to Ponzi victims, all participants retiring from the workforce and their dependents recover their Social Security contributions via benefit payments, some more than others based on their level of participation in the system. Also, contrary to Ponzi Schemes, Social Security was designed as a social insurance system and has operated successfully in that mode for over nine decades.  
What raises the notion of a Ponzi Scheme comparison these days is the looming insolvency facing Social Security just six years from

now. This financial problem, however, has nothing to do with fraud.  
Rather, it is a function of workforce demographics and the fact that Congress has long deferred corrective action on a problem that has been known for the past four decades.  
We sometimes hear well intended, but sometimes uninformed comments from some Washington politicians invoking the Ponzi Scheme reference, but we believe that Congress is finally waking up to the urgency.  
And we also believe Congress is now starting to move seriously to set a course for correction in time to ward off the impact of insolvency. AMAC is proud to be a part of the collective thinking currently surfacing, and our Social Security Guarantee is in play as a plan to be considered.  
We invite you to review our SS reform plan (at <https://amac.us/social-security-guarantee>) and likewise to stay tuned to our Social Security Report website (<https://socialsecurityreport.org/>) where we post regular updates on a variety of matters pertaining to Social Security and retirement.  
*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.*

### While visions of school buses danced in their heads...



## Guest Column

### Teachable moments during preservation

I had far too many plans for a long weekend. There were peaches to can, applesauce to make, peppers to roast and tomatoes to turn into sauce and salsa. Oh yes, and cabbage to ferment into sauerkraut. 'Tis the season!

Someone once said that it is important to "make hay while the sun is shining." That is exactly what I did.

While I was at it I came across a few teachable moments, and that is what I want to share with you today.

Some of my peaches have brown rot and some had split pits. Brown rot is a fungal disease that leaves furry brown areas on the fruit.

It can spread fast. One day a small patch; the next day half a fruit is infected.

Much like with apple scab, sanitation will go a long way to aid in prevention. Your goal is to prevent disease spores from overwintering.

Throw out any fallen infected peaches. If peaches are clinging to the trees well after harvest, pick these "mummies" and get rid of them too.

Rake up leaves that may also carry the disease. If raking is unrealistic, mow under

the tree to encourage the leaves to break down.  
In late winter, prune to encourage good air flow, a paramount practice in disease prevention. Thin fruit to four to five inches apart. Applications of fungicide can assist, but I prefer the natural route as much as possible.  
I encourage you to do your own research.  
Split pit on peaches is new to me. It was like the pit was indeed split, and sometimes stuck in each side of the fruit. From there, rot can begin to take over.  
Apparently split pit a physiological issue. Too much rain prior to harvest could be the culprit especially since spring and early summer were somewhat dry.  
Watering during dry spells, and applying a mulch around the base of the tree to conserve and even out moisture can help.  
While working with my apples I observe a few clusters of tiny dots here and there, as well as patches of gray over the apple's skin. These are summer diseases known as fly speck and sooty blotch respectively. Both occur after lots of rain and humidity. Unfortunately all apples are susceptible to them, but the good news is that they only mar the apple's good looks; it doesn't penetrate the skin nor will it affect its taste.  
Some elbow grease will likely rub it off. To reduce the likelihood of your apples getting these diseases prune for good air flow (it will dry out fruit faster after a rain) and remove nearby wild blackberry canes (the diseases overwinter here).

to them, but the good news is that they only mar the apple's good looks; it doesn't penetrate the skin nor will it affect its taste.

Some elbow grease will likely rub it off. To reduce the likelihood of your apples getting these diseases prune for good air flow (it will dry out fruit faster after a rain) and remove nearby wild blackberry canes (the diseases overwinter here).

I talked about peppers and tomatoes not that long ago, but I do have to say that I am upset that I had what feels like one round of peppers. There are no little pepper replacements anywhere on most of my plants.

I know my rock edged raised beds get hot, and tend to dry out quickly, so perhaps that is the culprit for "some then done." Drought then a deluge could force the blossoms

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GARDEN | page 5



### in my BACKYARD

By Ellenor Downer

Doug Moore of Belchertown took this photo of an osprey protecting its young from a red winged blackbird at Lake Wallace on July 17.  
The osprey, also known as the fish hawk has the ability to dive into water to catch fish. It also has the ability to hover.  
Ospreys are unusual among hawks in possessing a reversible outer toe that allows them to grasp with two

toes in front and two behind. Barbed pads on the soles of the birds' feet help them grip slippery fish. When flying with prey, an osprey lines up its catch head first for less wind resistance.  
These hawks are excellent anglers. Over several studies, ospreys caught fish on at least one in every four dives with success rates sometimes as high as 70%. The average time they spent hunting before making a catch



Osprey at nest.

PHOTO BY DOUG MOORE

was about 12 minutes.

The osprey readily builds its stick nest on manmade structures such as telephone poles, channel markers, duck blinds and nest platforms designed especially for it. Such platforms have

become an important tool in reestablishing ospreys in areas where they had disappeared. In some areas nests are placed almost exclusively on artificial structures.

BIRDS | page 5

## AGAWAM ADVERTISER NEWS

We Want to Hear From You

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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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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.*

## 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*.

# Volunteers set for cleanups of sections of river shores

WESTFIELD – Volunteers along the Westfield River and its streams will join cleanup crews across four states on Saturday, Sept. 19 (and Saturday, Oct. 10 for Agawam) to clean up Westfield River sections of the Connecticut River watershed.

Mark Damon, president of the Westfield River Watershed Association (WRWA) is coordinator of the cleanup. “Our volunteers combine with the Connecticut River Conservancy’s volunteers and many other smaller organizations to clean up the Connecticut River watershed from its source all the way to the sea. Groups like ours take a Saturday morning and use it to make a significant difference in our watershed.”

For 70 years, the Watershed Association has worked to clean the banks and the waters of the once-polluted Westfield River. “The Westfield River and its watershed is so much cleaner than it used to be, largely thanks to our volunteers,” continues Damon. “There’s still more that we can do, however. Think globally, act locally – here’s your chance.”

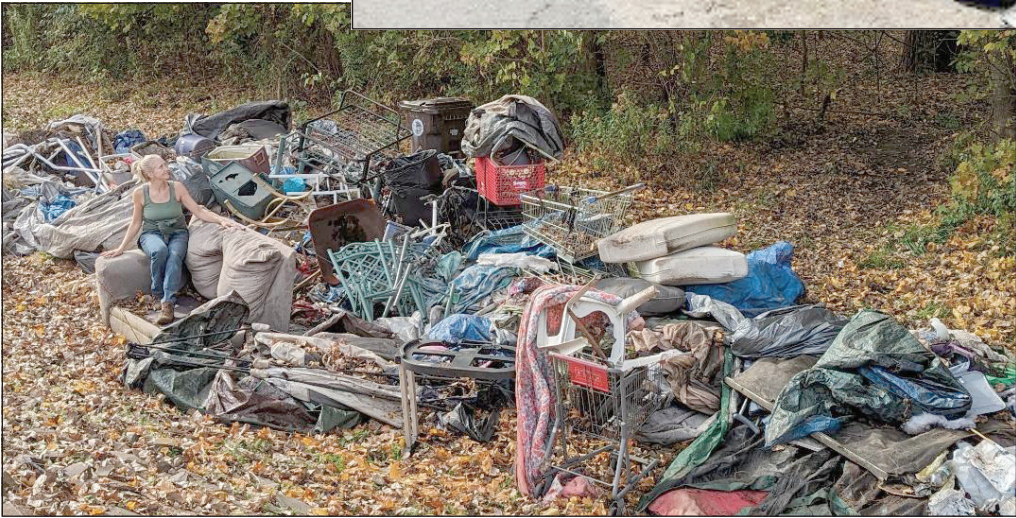
There are thousands of people who live near the Westfield River and can access it for fishing, picnicking, walking, paddling and even swimming. “We’ll have small groups working at different sites along the river. When groups like families or teams volunteer, we keep them to-

gether. We’re glad to work with the community to keeping it clean and inviting,” Damon, who teaches at Westfield State University and Holyoke Community College, invites his students to join in. “Young adults are especially helpful in providing the muscle that we need to move some of the bigger items we find. Over the years, we have hauled out tires, baby carriages, mattresses, bicycles, appliances. Almost anything can get dumped thoughtlessly—and illegally.”

According to Sheryl Becker, the other WRWA clean-up coordinator. “We definitely make a difference. Decades ago, the river ran pink or yellow or green depending on the color of the dyes and chemicals being dumped into it. Now it’s swimmable. We are always pleased to find that sites we return to are now so clean that it only takes a couple of people an hour or so to pick up the area. If we could get rid of those “nips” [small plastic adult-beverage bottles,] cleanups would go even more quickly.” She also notes, “Due to the traffic from Big E, the Agawam clean-up at Pynchon Point is scheduled for Saturday, Oct. 10.”

The WRWA is part of the Connecticut River Conservancy which sponsors the annual Source to Sea Cleanup, a volunteer network spanning four states that cares for the Connecticut River and its

tributaries. Damon’s vintage bright blue tee shirt proudly proclaims: Hard Work. Real Fun. True Impact. “It’s a great cause—keeping our environment clean—and everyone is welcome,” adds Becker. “Mostly we just clean up along the banks of our rivers and streams. We find all kinds of garbage from old tires to plastic bottles and snack wrappers. The Westfield River always looks so good when we are done.”



Volunteers will be doing cleanups along the Westfield River Sept. 19 and Oct. 10.

SUBMITTED PHOTOS

Becker is passionate about river cleanup work. “Our watersheds are critical resources that must be protected and preserved, so we give certain areas along the banks a good cleaning two to three times a year. A clean river is critical to biodiversity and clean water. If we don’t keep it clean no one else will!



Volunteers are needed to help with the cleanups.

ers target watershed sites in Westfield, Russell, Huntington, West Springfield and Agawam. Assignments are generally completed about noon or 1pm.

Everyone is welcome; children must be supervised by an adult. WRWA will arrange with local communities for pickup of trash and debris recovered at each site. For questions, contact Mark Damon regarding Westfield locations at markjdamon@gmail.com or Sheryl Becker for Agawam area sites at sherleearth69@gmail.com.

The Westfield River Watershed Association was established in 1953 to protect and improve the natural resources of the watershed, as well as to expand recreational and other land use opportunities for people’s enjoyment and for sound ecology.

# Cooper’s Gifts accepting shelter supply donations to support TJO Animals

AGAWAM – For a limited time, Cooper’s Gifts, Apparel, Home is accepting shelter supply donations for Foundation for TJO Animals, which is located at 237 Memorial Drive, Springfield, MA 01104.

The Foundation for TJO Animals raises funds to provide resources and support for critical veterinary care and enrichment for the animals at the Thomas J O’Connor Animal Control and

Adoption Center. The center serves Springfield, Chicopee, and Holyoke. They are a 501(c)(3) organization. Donations will be collected at Cooper’s now through September 30. “We invite everyone to help out the animals at TJO and be entered to win a \$100 Cooper’s Gift Card,” said Kate Gourde, owner of Cooper’s Gifts, Apparel, Home.

Items to keep the shel-

ter clean and well stocked; paper towels, bleach, pet food, treats, toys and litter, are their current needs. “We hope that while people are out purchasing items for themselves, that they will consider picking up a few extras for the Foundation for TJO Animals. And, you’ll be entered into our raffle!” said Gourde.

“We will swap a raffle entry for every item donated to the

Foundation for TJO Animals. One lucky winner of a \$100 Cooper’s gift card will be notified on October 1st. Entry tickets can also be purchased at the store for \$1 each, or 6 tickets for \$5. All ticket sales will also be donated to the Foundation for TJO Animals.

Especially for people outside the Greater Springfield area, it’s easier for them to bring donations here,” Gourde said. Items may be brought to the

shop anytime up until Sept. 30. Cooper’s is located at 161 Main St., Agawam.

“This drive coincides with Foundation for TJO Animals as our September 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 \$69,000 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/).

## GARDEN ■ from page 4

soms to fall off.

I’ll be sure to keep this in the forefront of my mind as I plan next year’s garden. Soaker hoses and more organic matter may help.

As I was processing the tomatoes I stopped twice to save some of the seeds of two of my favorites. If you grew open pollinated, non hybrid tomatoes and plan to start your own seeds indoor next spring, you’d be silly not to save your own seeds!

Cut open a tomato – scoop out the goop and put it in a small jar with a few drops of water. Wait a few days until mold forms on top and then dump into a sieve and separate out the seeds.

Allow to dry on paper towel and then store in an envelope

marked with the variety and date. You just saved yourself some cash, too!

The only thing I have to say about my cabbage is that I wish I had grown more of it. All of my Crucifers – broccoli, cabbage and kale worked out so tremendously well under insect netting that I will definitely grow it that way again next year.

No worms at all. Planting a few early cabbages and some later ones was smart to spread out the kraut.



Next year I’ll just add a few more to my plot.

Alas, the harvest season is in full swing. I am so incredibly grateful for my garden and what I can preserve for use in the off season.

*Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For 34 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.*

## BIRDS ■ from page 4

Osprey eggs do not hatch all at once. Rather, the first chick emerges up to five days before the last one. The older hatchling dominates its younger siblings and can monopolize the food brought by the parents.

If food is abundant, chicks share meals in relative harmony; in times of scarcity, younger ones may starve to death.

These birds may log more than 160,000 migration miles during its 15 to 20-year lifetime. Scientists track ospreys by strapping lightweight satellite transmitters to the birds’ backs.

The devices pinpoint an osprey’s location to within a few hundred yards and last for two or three years.

During 13 days in 2008, one osprey flew 2,700 miles from Martha’s Vineyard, Massachusetts to French Guiana, South America.

The oldest known osprey was at least 25 years, two months old and lived in Virginia. It was banded in 1973 and found in 1998.

### Glossy ibis

On July 13 Doug Moore saw a glossy ibis at Lake Wallace. They expanded their range over the past century from the southeastern United States to include much of eastern North America.

At a distance the glossy ibis looks uniformly dark, but a closer look in sunlight reveals deep maroon, emerald, bronze and violet feathers.

### Large flock of grackles

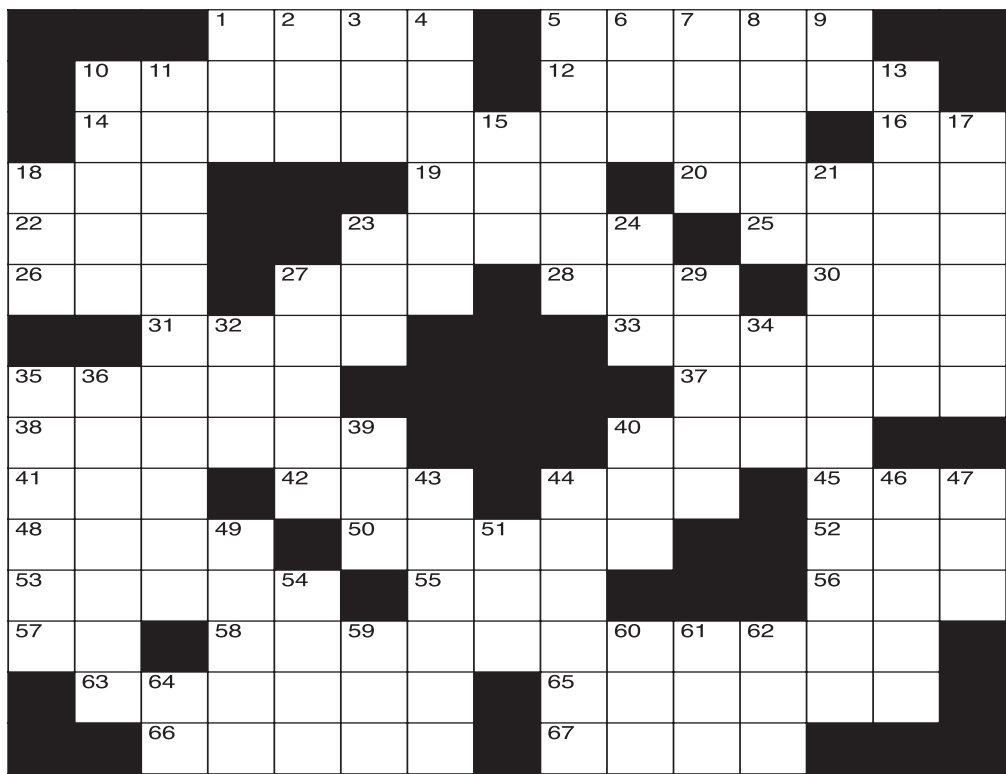
I saw a large flock of

grackles in late August. I did not count them, but there were at least 50, probably more.

They flew from one side of the road to the other. I stopped the car and waited for them to safely pass. There were stragglers and some flew behind the car as well as in front of it. Seeing them reminded me that the fall migrations are happening or at least the birds are gathering in flocks to make their journeys south.

Some species of birds travel long distances to their winter habitat. Ospreys are just one of many that travel thousands of miles.

*People may report a bird sighting by emailing edowne@turley.com or calling or texting 774-262-5882.*



### CLUES ACROSS

- 1. Longtime Vogue editor Wintour
- 5. A Spanish title of respect
- 10. A way of looking
- 12. Properly
- 14. Rolled steel
- 16. Not down
- 18. Law degree
- 19. Consume food
- 20. Intermediate ecological stage
- 22. Old world, new
- 23. Dispense justice
- 25. Stiff hair-like structure
- 26. Ethiopia
- 27. Cool!
- 28. Father
- 30. An enthusiastic devotee of sports
- 31. Holm oak
- 33. Be united
- 35. Rattling breaths
- 37. Supermarket chain
- 38. Provided with a quality
- 40. Samoan monetary unit
- 41. Swiss river
- 42. Hill (Celtic)
- 44. Have already done
- 45. ATM company
- 48. Syngman \_\_\_, Korean president
- 50. Very willing
- 52. Arctic explorers (abbr.)
- 53. Food listings
- 55. Bachelor’s place to crash
- 56. Big Blue
- 57. Sports magazine
- 58. Relating to a place north of south of the equator
- 63. Female follower of Bacchus
- 65. A type of laugh
- 66. Slovenly women
- 67. Large jug

### CLUES DOWN

- 1. Boxing’s GOAT
- 2. Zero
- 3. Midway between north and northeast
- 4. Concurred
- 5. Added flavor
- 6. Amount of time
- 7. Eggs of parasitic insects
- 8. S-shaped moldings
- 9. Atomic #45
- 10. \_\_\_ d’art: small artistic item
- 11. A godparent’s “kids”
- 13. Nocturnal burrowing lizard
- 15. Hit lightly
- 17. Aircrafts
- 18. Witness
- 21. Alluding to something
- 23. Take to the limit
- 24. Baglike structure in a plant or animal
- 27. Start over
- 29. Administered
- 32. Romanian monetary unit
- 34. Unit of liquid capacity
- 35. Equips with weapons again
- 36. Disney town
- 39. Female deer
- 40. Title of respect
- 43. A place to go rafting
- 44. A way to conclude
- 46. Type of television
- 47. Georgia rockers
- 49. Leonhard \_\_\_, Swiss mathematician
- 51. Slang for gun
- 54. River in Bosnia and Herzegovina
- 59. Bar bill
- 60. Small, gray-headed crow
- 61. Frozen water
- 62. Norwegian krone
- 64. Commercial

DEATH NOTICE

**Irene M. (O'Connor) Geoffrion Adams**  
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[www.turley.com](http://www.turley.com)

Smith home to have open house

AGAWAM – On Saturday, Sept. 12 from 10 a.m. to 2 p.m., there will be an open house held at the historic Thomas Smith House. The c. 1757 Thomas Smith House and 1920 Delmore Hawthorne Garage will be open for tours. Master stone carver & gravestone conservator Randall Nelson will be on-site to talk about his work

carving replicas of badly deteriorated gravestones of Revolutionary War veterans as replacements for the original stones. The National Register-listed Thomas Smith House is one of a few remaining resources from Feeding Hills' eighteenth-century agricultural past, and is significant architecturally as an un-

usually intact example of eighteenth-century building practices and a rare surviving example of mid-to late-eighteenth century Connecticut River Valley design and materials. The Hawthorne Garage illustrates the property's evolution from agricultural to suburban setting that took place in the early twentieth century.

PLEASE RECYCLE THIS NEWSPAPER

Multi-class reunion set

AGAWAM – The Agawam High School Reunion Committee is planning a multi class reunion including the classes of 1968, 1969, 1970, 1971, and 1972. All are welcome on Saturday, Sept 12, beginning at 2 p.m. at The Polish American Club in Feeding Hills. Tickets are \$35.00 which includes a buffet and musical entertainment. All checks need to be received no later than Sept. 1

Wreath bazaar applications

AGAWAM – Agawam Congregational Church is now accepting applications for the Holly Wreath Christmas Bazaar to be held on Saturday, Nov. 21 at 9 a.m. to 2 p.m. Contact the church office at 786-7111 from 9 a.m. to 12 noon for an application. You may pick one up at the church office or request one be sent to you by email. The church email is office@agawamcongregational.com.

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. HD20P1955EA  
Estate of:  
Ronald Coleman  
Date of Death: 08/16/2018  
CITATION ON PETITION FOR ORDER OF COMPLETE SETTLEMENT**

A Petition for Order of Complete Settlement has been filed by Charles Beilke of Middletown, RI requesting that the court enter a formal Decree of Complete Settlement including a determination of heirs at law, NOTICE: Citation issued on Petition for Complete Settlement requesting a determination of heirs at law and such relief under M.G.L. c190b s. 3-1001(c) requesting the Court alter its previous order determining the heirs to be published in the Agawam Advertiser. and other such relief as may be requested in the Petition.

**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 09/29/2026.

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.

WITNESS, Hon. Claudine T. Stoudemire, First Justice of this Court.  
Date: August 25, 2026  
Rosemary A. Saccomani  
Register of Probate  
09/10/2026

**Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Hampden Probate and Family Court  
50 State Street  
Springfield, MA 01103  
Docket No. HD26P1871PM  
In the matter of:  
Frederick Gravel  
Of: Agawam, MA  
RESPONDENT  
(Person to be Protected/ Minor)  
CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF CONSERVATOR OR OTHER PROTECTIVE ORDER PURSUANT TO G.L. c. 190B, §5-304 & §5-405**  
To the named Respondent and all other interested persons,

a petition has been filed by **8aystate Medical Center** of Springfield, MA in the above captioned matter alleging that **Frederick Gravel** is in need of a Conservator or other protective order and requesting that **Lisa Judkins** of Shrewsbury, MA (or some other suitable person) be appointed as Conservator to serve **Without Surety** on the bond.

The petition asks the court to determine that the Respondent is disabled, that a protective order or appointment of a Conservator is necessary, and that the proposed conservator is appropriate. The petition is on file with this court.

**You have the right to object to this proceeding.** If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 a.m. on the return date of **09/29/2026**. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

**IMPORTANT NOTICE**  
The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

Witness, Hon. Claudine T. Stoudemire, First Justice of this Court.  
Date: September 01, 2026  
Rosemary A. Saccomani  
Register of Probate  
09/10/2026

**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. HD26P1888EA  
Estate of:  
Paul J Janeczek  
Also known as:  
Paul Joseph Janeczek  
Date of Death: 08/14/2026  
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 **Kenneth Janeczek** of **Hampden, 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 **Kenneth Janeczek** of **Hampden, 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 09/30/2026. 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: September 02, 2026  
Rosemary A. Saccomani,  
Register of Probate  
09/10/2026

**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. HD26P1870EA  
Estate of:  
Patricia Alice Wright  
Also known as:  
Patricia D Wright  
Date of Death: 10/08/2019  
CITATION ON PETITION FOR FORMAL ADJUDICATION**

To all interested persons:  
A Petition for **Late and Limited Formal Testacy and/or Appointment** has been filed by **Michael Wright** 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 **Michael Wright** 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 09/30/2026. 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: September 01, 2026  
Rosemary A. Saccomani,  
Register of Probate  
09/10/2026

**Public Announcement Concerning Heritage Hall East 464 Main Street, Agawam, MA 01001**

On September 3, 2026, the Department of Public Health, Division of Health Care Facility Licensure and Certification (the "Department") received notification of a proposed change of ownership of Heritage Hall East, 464 Main Street, Agawam, MA 01001 (the "Facility"). The proposed new owner, Agawam East Operating LLC, with an address at 1869 Craig Park Court, St. Louis, MO 63146, if deemed suitable by the Department, intends to acquire the nursing home operations from the current operator, Agawam East Rehab and Nursing LLC, with an address at 82 Wendell Ave., Ste. 100, Pittsfield, MA 01201. There will be no changes in the bed capacity or the services currently provided by the Facility. A public hearing may be requested upon a petition by any group of 10 adults. Such petition shall include the name, address, and signature of each adult and must designate one member as a representative of the group. Written comments concerning the Facility's ability to provide quality long-term care services, and petitions for a public

hearing, may be addressed to the Department of Public Health, Division of Health Care Facility Licensure and Certification, Suitability Review Office, 67 Forest Street, Marlborough, MA 01752, or submitted electronically to HFLLicenseAction@mass.gov, for a period of 14 days following this publication. All written or oral comments submitted to the Department may be posted on the Department's website and released in response to a request for public records.  
09/10/2026

**Public Announcement Concerning Heritage Hall North 55 Cooper Street, Agawam, MA 01001**

On September 3, 2026, the Department of Public Health, Division of Health Care Facility Licensure and Certification (the "Department") received notification of a proposed change of ownership of Heritage Hall North, 55 Cooper Street, Agawam, MA 01001 (the "Facility"). The proposed new owner, Agawam North Operating LLC, with an address at 1869 Craig Park Court, St. Louis, MO 63146, if deemed suitable by the Department, intends to acquire the nursing home operations from the current operator, Agawam North Rehab and Nursing LLC, with an address at 82 Wendell Ave., Ste. 100, Pittsfield, MA 01201. There will be no changes in the bed capacity or the services currently provided by the Facility. A public hearing may be requested upon a petition by any group of 10 adults. Such petition shall include the name, address, and signature of each adult and must designate one member as a representative of the group. Written comments concerning the Facility's ability to provide quality long-term care services, and petitions for a public hearing, may be addressed to the Department of Public Health, Division of Health Care Facility Licensure and Certification, Suitability Review Office, 67 Forest Street, Marlborough, MA 01752, or submitted electronically to HFLLicenseAction@mass.gov, for a period of 14 days following this publication. All written or oral comments submitted to the Department may be posted on the Department's website and released in response to a request for public records.  
09/10/2026

**Public Announcement Concerning Heritage Hall South 65 Cooper Street, Agawam, MA 01001**

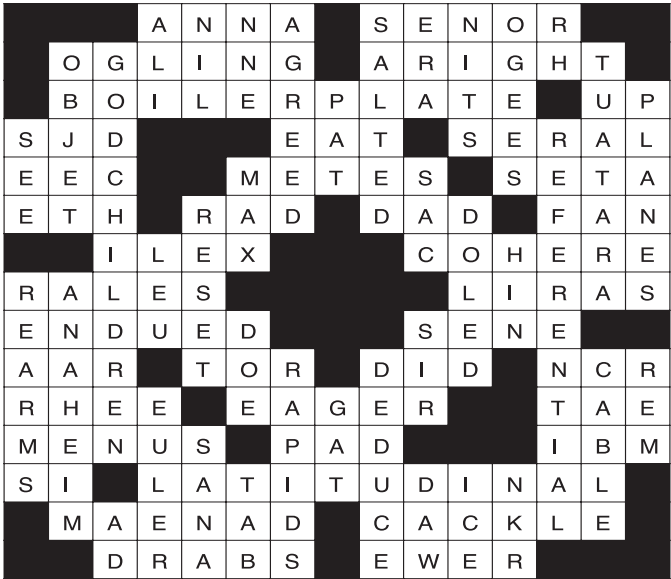
On September 3, 2026, the Department of Public Health, Division of Health Care Facility Licensure and Certification (the "Department") received notification of a proposed change of ownership of Heritage Hall South, 65 Cooper Street, Agawam, MA 01001 (the "Facility"). The proposed new owner, Agawam South Operating LLC, with an address at 1869 Craig Park Court, St. Louis, MO 63146, if deemed suitable by the Department, intends to acquire the nursing home operations from the current operator, Agawam South Rehab and Nursing LLC, with an address at 82 Wendell Ave., Ste. 100, Pittsfield, MA 01201. There will be no changes in the bed capacity or the services currently provided by the Facility. A public hearing may be requested upon a petition by any group of 10 adults. Such petition shall include the name, address, and signature of each adult and must designate one member as a representative of the group. Written comments concerning the Facility's ability to provide quality long-term care services, and petitions for a public hearing, may be addressed to the Department of Public Health, Division of Health Care Facility Licensure and Certification, Suitability Review Office, 67 Forest Street, Marlborough, MA 01752, or submitted electronically to HFLLicenseAction@mass.gov, for a period of 14 days following this publication. All written or oral comments submitted to the Department may be posted on the Department's website and released in response to a request for public records.  
09/10/2026

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

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

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# SPORTS



The Brownies try to work the ball out of the defensive end of the field.

TURLEY PHOTOS BY GREGORY A. SCIBELLI

The Brownies send the ball deep during scrimmage action.

## SOCCKER

### Brownies in preseason action

AGAWAM – Last Monday afternoon, Agawam High School boys soccer had its first scrimmage of the season against Belchertown. The two teams have been matching up for the past few

years during the preseason since they do not meet in the regular season and cannot meet in the postseason due to being in different divisions. Agawam is scheduled to open up the regular

season on Tuesday, Sept. 8 against West Springfield, followed by a matchup at Amherst on Sept. 10. Their home opener is on Monday, Sept. 14 at 6 p.m. against Northampton.



Agawam is pressured by the defense.



Agawam moves the ball up the field.

## RACING

### Racing heats up at Stafford Speedway

STAFFORD SPRINGS, CT – With Stafford Motor Speedway approaching its final races of the 2026 season, drivers are quickly running out of time to either establish themselves as a championship contender, or make a move up in the standings before the season ends. Here is a division by division breakdown of how each of Stafford's five weekly divisions has played out thus far in 2026:

**SK Modified Division**  
Stafford's premier weekly division sees Keith Rocco on track to claim a fifth career track championship. A fifth SK track title would tie Rocco with Bob Potter for the second most in Stafford history, trailing only the late great Ted Christopher with 9 SK titles.

Todd Owen kicked off the 2026 season with what was his first SK Modified\* feature win since Sept. 2024. Owen, defending SK track champion Jon Puleo, and Tyler Chapman all took turns holding the SK point lead in the early stages of the season, but Rocco's consistency sees him currently holding a 66-point advantage over Puleo with Marcello Ruffano and Owen tied for third, 86 points behind. Rocco took the point lead for the first time following the July 10 feature event and he has not relinquished the lead since. Rocco heads into the Sept. 4 Paradiso Insurance LM 50 program riding a streak of 10 consecutive

top-8 finishes, but all it would take is one bad night for Rocco for his comfortable 66 point margin to disappear.

**Late Model Division**  
Stafford's Late Model division is the tightest championship fight going at Stafford with the top-8 drivers spread less than 50 points, or one race win, apart. Five different drivers have each held the Late Model point lead at some point during the 2026 season. Chris Buffone opened the season with a victory in the NAPA Spring Sizzler and after losing the point lead to Kevin Gambacorta and then Chris Meyer, Buffone was back on top before Adam Gray took over the lead following the June 12 feature event. Gambacorta would swap the lead with both Gray and Meyer once more before Gray went back into the lead following the July 10 feature event and he has held the lead ever since. Much like Keith Rocco in Stafford's SK Modified\* division, Gray is racing for what would be a fifth career Late Model track title at Stafford. Meyer goes into the final 4 races trailing Gray by 10 points, Gambacorta is third 24 points behind, Wayne Coury, Jr. is fourth, 34 points behind, Michael Bennett is fifth, 40 points behind, Darrell Keane and Buffone are tied for sixth 42 points behind and defending track champion Paul Varricchio, Jr. is eighth, 46 points behind.

#### SK Light Division

Stafford's SK Light division has seen its 2026 season evolve into a story of two dominant seasons. Chris Matthews opened the season with a victory in the NAPA Spring Sizzler and looked like he would have things on cruise control as he posted podium finishes in the first 7 races with 1 win, 5 second place, and 1 third place finish among those 7 races. Although Matthews has added 3 more wins to his season total since that streak, he has also finished outside the top-15 five times since then and he has fallen to 4th in the standings, 66 points behind Nick Anglace.

Anglace has been the other hot SK Light driver during the 2026 season, racking up 7 wins over the first 17 races. Anglace's win total trails only Ryan Waterman, who has 10 wins in the Street Sizzler division, for the most feature wins at Stafford this season. Former SK Light champion Tyler Barry has quietly kept himself in contention for a second track title, holding the point lead himself for several weeks before Anglace took over the top spot in the standings. Barry has yet to win a race in 2026, but he is the co-division leader with 11 top-5 and 14 top-10 finishes this season. Barry goes into the Sept. 4 race 20 points behind Anglace with Dalton McCarthy, who scored his first

## FOOTBALL

### AHS football hosts Ludlow

AGAWAM – Last Tuesday in wet conditions, the Agawam High School football team hosted Ludlow in a preseason scrimmage. Both teams are scheduled to open up the regular season this Friday night.

Agawam will be at home for their opener, welcoming East Longmeadow on Friday, Sept. 11 at 7 p.m.



Above, Agawam nearly comes up with an interception.

TURLEY PHOTOS BY GREGORY A. SCIBELLI

Left, the offensive line gets their blocking work in.



The Agawam High School football team braved the elements to face Ludlow last Tuesday afternoon.



A pair of Brownies combine on a tackle.



Agawam is preparing for the regular season opener this Friday.



The Brownies' defensive line goes for the tackle on a Ludlow ball carrier.

# Applications open for HERizon female empowerment program

SPRINGFIELD – After a successful year in which participants reported increased confidence, stronger friendships and meaningful personal growth, applications are now open for HERizon, the Hampden District Attorney’s Office’s free leadership and empowerment program for high school girls across Hampden County.

Designed to help young women develop confidence, leadership skills and lasting connections, HERizon provides participants with mentorship, engaging discussions, interactive activities

and opportunities to learn from female professionals and community leaders. The program meets bi-weekly at the Hampden District Attorney’s Office in Springfield and is led by young women who serve in a variety of roles throughout the District Attorney’s Office. Throughout the program, students explore topics including healthy relationships, confidence, mental wellness, women’s health, self-advocacy and navigating challenges both in school and beyond.

“HERizon is about helping young women recognize their own potential and giving

them the tools and support to become confident leaders in their schools and communities,” said Hampden District Attorney Anthony D. Gulluni. “When young women feel empowered to use their voices, advocate for themselves and support one another, the impact extends far beyond the classroom. Programs like HERizon are an investment in the future of our community.”

The program continues to make a meaningful impact on participants. At the conclusion of this year’s program, in an anonymous survey, participants rated their overall experience 4.8 out of 5, while 100% said HERizon helped them grow as a person.

Participants described HERizon as a place where they felt supported, encouraged, and comfortable being themselves. Feedback on the survey included:

“It was a breath of fresh air to connect with other girls face to face and build a community.”

“Everyone was so supportive and passionate. I loved this group and the friendships that were built.”

“I loved being able to open up. Besides my own room, I

feel like this was the room I was most comfortable.”

Many also said the program helped them become more confident, set healthier boundaries and step outside their comfort zones.

“My confidence is so much better.”

“I’ve been able to set boundaries for myself without having to feel bad about it.”

“I’ve become more of a girl’s girl, combined with so much more confidence.”

Participants cited discussions on confidence, healthy relationships, positive self-talk, self-love and women’s

health among their favorite topics, along with hands-on experiences like a car maintenance workshop and opportunities to connect with peers from across Hampden County.

HERizon is open to high school girls throughout Hampden County and is offered at no cost. Applications for the upcoming program are now being accepted.

Students interested in applying can learn more here. Questions about the program may be directed to Halie Matthew at Halie.Matthew@mass.gov.

## Sports

### Dirt Dogs take Pioneer Valley championship

SOUTH HADLEY – On Aug. 22 at Beachgrounds Park, after trailing earlier in the game, the Dirt Dogs came back to defeat the Knights 7-5 to sweep a best-of-three game championship series to win the Pioneer Valley Baseball League’s title for 2026. This was the first year of Pioneer’s merger with the Quabbin Valley Baseball League.

The merger included the addition of the Blue Jays to bring the league to six teams. The Dirt Dogs had Pioneers best record of 19-2 in the regular season and the Dirt Dogs went on to win five consecutive games in the double elimination playoffs.

The Knights won the regular season and were defeated in winner’s bracket of the playoffs by the Dirt Dogs. They would go on to beat the Wolves 2-1 in 11 innings in the elimination final to make it to the championship series for a rematch with the Dirt Dogs.

The Dirt Dogs won the championship opener 18-4 at Mackenzie Stadium in Holyoke on Aug. 18. Pioneer will have a four-team fall league for the first time, which begins on Sept. 12.



Pete Moulin sends a pitch away for the Dirt Dogs.



Andres Conde delivers a pitch for the Knights.



Matt Morin sends a throw to first.



TURLEY PHOTOS BY GREGORY A. SCIBELLI  
Tory Buck takes a swing and fouls off a pitch.



Tom Burzynski leads off first base.

# Thunderbirds announces series of promotional themes for new season

SPRINGFIELD – The Springfield Thunderbirds are excited to unveil a stacked promotional and theme schedule for the 2026-27 AHL season, marking the 100th anniversary of professional hockey in the City of Firsts. This year’s promo calendar blends fan-favorite traditions with new giveaways and never-before-seen surprises sure to delight T-Birds fans of all ages.

“As we celebrate the 100th

anniversary of professional hockey here in Springfield, we take immense pride in knowing this game has been a staple of our community for a century—and in the atmosphere we’ve cultivated for fans of all ages,” said Thunderbirds President Nathan Costa. “Our mission has always been to create traditions and marquee nights that people look forward to year after year—blending pop culture, meaningful

community initiatives, and inventive, spirited experiences that make every game memorable. Thanks to our incredible fans, the Thunderdome has grown into one of the most electric environments in the league, and that passion and deep connection to our fanbase continues to fuel everything we do.”

Once again this season, fans should note that all Saturday home games will kick off with 6:05 p.m. puck drops,

along with one Wednesday night matchup on March 10. Paid parking will continue to be available throughout the season at the nearby Convention Center CarPark, and The Landing—the outdoor plaza next to the CarPark—will be open and activated for select nights during the season. Fans seeking free parking can still take advantage of the MGM Springfield garage.

The puck drops on Saturday, Oct. 10, with Opening

Night presented by MGM Springfield as the T-Birds welcome the Laval Rocket to town as head coach Steve Ott and captain Chris Wagner leads their squad into an exciting new season. Ahead of puck drop, fans can stop by The Landing for the Community Bank N.A. season-opening Block Party, presented with support from the Springfield BID, from 3:00 to 5:00 p.m., featuring live music by Fever, food & drink, and

plenty of energy to launch another unforgettable season. The T-Birds are poised to celebrate an 11th consecutive Opening Night sellout inside the Thunderdome.

In addition to the appearances and themes below, fans can expect to see specialty jerseys corresponding to the following themes: Teddy Bear Toss, Heritage Night, Ice-O-Topes Night, Pink in the Rink, and St. Patrick’s Day.

## Railers announce preseason matchup

WORCESTER – The Worcester Railers Hockey Club (@RailersHC), proud ECHL (@ECHL) affiliate of the St. Louis Blues (@StLouisBlues), announced a home preseason game, presented by Bando Performance, to be played on October 10th at the Fidelity Bank Worcester Ice Center. at 7:05 p.m.

New this season, this year’s preseason game in Worcester on Oct. 10 will be a ticketed event. All proceeds from the game will be donated towards the Captain’s Fund, which provides finan-

cial assistance and support for youth hockey families. Fans can purchase \$5 tickets for the opener.

Promotional Schedule

The Worcester Railers have announced the themes for all 36 home games for the 2026-27 season. This season’s promotional schedule includes 13 different giveaway nights, eight nights with specialty jerseys, and nine nights where the Railers will be donning their



brand new Heart of the Commonwealth Jerseys. Fans can click here to view the full 2026-27 Worcester Railers Promotional Schedule.

The Worcester Railers HC 2026-27 Opening Weekend at the DCU Center is Sat., Oct. 17th and Sun. Oct. 18 vs. the Maine Mariners and Trois-Rivières Lions. The 508 Club is now on sale for the 2026-27 season.

### STAFFORD ■ from page 7

career SK Light victory earlier this season, sitting third, 42 points behind.

**Limited Late Model Division**

Jason Lafayette opened the Limited Late Model season with victory in the NAPA Spring Sizzler, which vaulted him into the early season point lead. Lafayette would hold the point lead until the middle of June when Jeremy Lavoie took over the top spot. Lavoie and Lafayette traded the point lead several times with former track champion Rich Hammann also taking the lead for a week before Lavoie went

back to the front, where he remains going into the Sept. 4 feature event. Lavoie is seeking what would be his fourth career track championship in the Limited Late Model division and he leads Norm Root, III, who is still looking for his first win of the 2026 season, by 10 points. Lafayette and Hamman are currently tied for third in the standings, 28 points behind Lavoie.

Street Stock Division

The Street Stock division has been a one-man wrecking crew in 2026 as Ryan Waterman has absolutely dominated the competition. Waterman has amassed 10 wins over the first 16 races

this season to see himself 48 points clear of Brent Gleason in second place. Waterman has been so dominant this season that he has finished 15 of the 16 races this season in the top-4 with the lone blemish on his record a 17th place finish in the July 31 feature event. Gleason has yet to win this season but he is the only driver to have recorded a top-10 finish in each of the first 16 races. Jason Raymond is currently third in the standings with 3 victories and he is 58 points behind Waterman. The only other driver within 100 points of Waterman is PJ Evans who is fourth in the standings, 96 points behind.

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FRIDAY AT NOON

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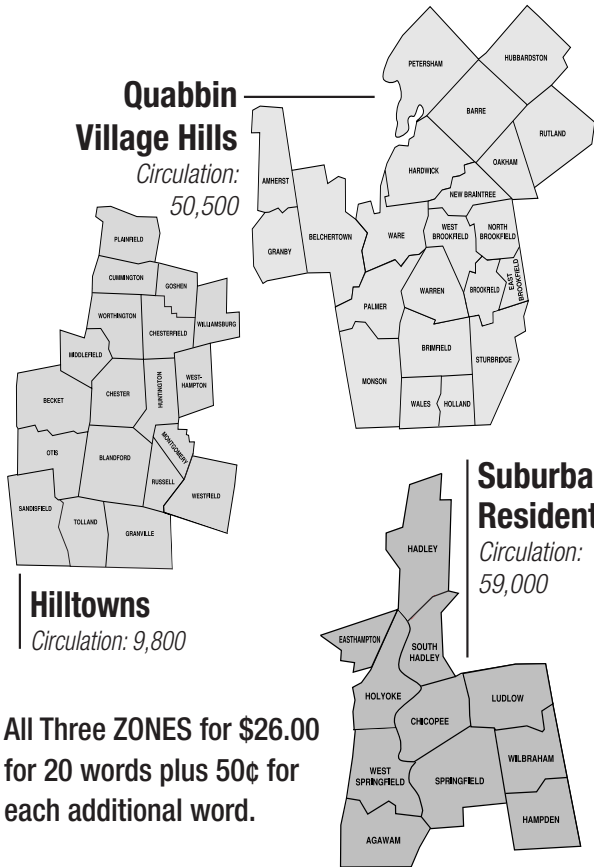
DEADLINES: FRIDAY AT NOON

### CATEGORY:

|    |                       |    |                       |
|----|-----------------------|----|-----------------------|
| 1  | 2                     | 3  | 4                     |
| 5  | 6                     | 7  | 8                     |
| 9  | 10                    | 11 | 12                    |
| 13 | 14                    | 15 | 16                    |
| 17 | 18                    | 19 | 20                    |
| 21 | Base Price<br>\$26.50 | 22 | Base Price<br>\$27.00 |
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| 27 | Base Price<br>\$29.50 | 28 | Base Price<br>\$30.00 |
| 29 | Base Price<br>\$30.50 | 30 | Base Price<br>\$31.00 |
| 31 | Base Price<br>\$31.50 | 32 | Base Price<br>\$32.00 |
| 33 | Base Price<br>\$32.50 | 34 | Base Price<br>\$33.00 |
| 35 | Base Price<br>\$33.50 | 36 | Base Price<br>\$34.00 |
| 37 | Base Price<br>\$34.50 | 38 | Base Price<br>\$35.00 |
| 39 | Base Price<br>\$35.50 | 40 | Base Price<br>\$36.00 |

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Number of Weeks: \_\_\_\_\_ X per week rate = \$ \_\_\_\_\_  
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**POOL ■ from page 1**

that prevents it from flowing onto neighboring properties.

If people desire, they can also put their pool water into the town drainage system, so long as it is properly dechlorinated and has no other additional chemicals in it.

Albro recommends discharging into the drainage system if a person is near poorly draining areas or if they believe their water drainage could cause erosion.

Additionally, the letter reminded residents to ensure that their pool water was dechlorinated before it was drained.

Pool water can be dechlorinated simply. Pool owners simply have to stop putting chlorine in the water several days before it is drained.

“The chlorine will disperse on its own and make it safe,” Albro said.

This is especially important if a pool is located near a catch basin, wetland or body of water.

“The chemicals in the pool water can get into wetland areas and rivers and will then be harmful to the plants and animals,” Albro said.

Albro hopes that this letter will help people to be more mindful of what they



SUBMITTED PHOTO

Recently, many residents were in receipt of letters from the town regarding proper disposal of drained pool water.

do with their pool water in the future.

“This is something that could have an effect on our waterways and wetlands, we want to make sure people are aware of that,” Albro said.

If residents are concerned about disposing of their pool water safely, Albro encourages them

to reach out to him or the DPW in general.

Albro can be reached at his line 413-821-0628 while the DPW can be reached at 413-821-0600.

Albro and the DPW appreciate the understanding of Agawam’s residents and hope that they enjoy these last few weeks of summer weather.

**LIBRARY ■ from page 1**

ence something outside of themselves. It’s also an opportunity to ‘try before you buy’ so that consumers can make informed decisions. It’s exciting to be able to offer these items and this collection will continue to grow and change.”

Pelley believes the new collection will be helpful to the community.

“We are thrilled to offer the LOT Collection to our library community,” Pelley said. “Patrons can come into the library to view what we have to offer, and if items are checked out, we can place them on reserve for when they come back. We are currently looking for suggestions for adding to our LOT Collection to

see what is needed in the community.”

He believes the LOT will become an important part of the library.

“LOT Items are known as non-traditional items offered by the library, and I believe that offering them will allow patrons to try out items they may have use for once, or on occasion, without having to purchase the items themselves,” said Pelley. “Some of the items are pricey, therefore patrons may wish to borrow them and not own them outright. Many other libraries offer LOT Collections to their patrons already, and have had great success. We were fortunate to be able to obtain several types of grant funds, as well as funding from our Friends of the Li-

brary to enable us to begin our collection.”

Collins shared some upcoming library programs, “With the addition of the Library of Things, we are working out the details for a Fix It Clinic in conjunction with the Tracy Demaio at the DPW. The intent is to have various experts here instructing people how to repair household items, rather than disposing of them. Fixing, recycling, borrowing is all part of building a community’s sustainability and resilience. Our September calendar for adults is out and we’re working on the Fall calendars, including our annual Bizarre Bazaar and something new for the library, Good Neighbor Day later in September.”

**QIGONG ■ from page 1**

APL and Kristen Frost have been wonderfully supportive during this whole process from flexibility in programming and spreading the word around town to class assistance.”

These classes which happen regularly in the fall are beloved by the community. Cincotta explained why she enjoys bringing Qigong to APL, “I really love sharing Qigong with the community through public libraries. Rather than a for-profit venue, any one of any age or fitness level can try the class for free. I think that is important since Qigong is not as widely known as say, tai chi or yoga. Many students have commented that they have great difficulty practicing seated or floor poses or exercises on hands or knees

but this standing practice is something they enjoy and can do.”

Cincotta believes everyone needs some way to relax and slow down throughout the day

“Our culture is very fast-moving and overstimulating, and that constant activity and energy level can be very tiring to keep up with,” she said. “It can lead to chronic fatigue, gut issues, anxiety, sleep disturbances, and migraines, among other things. Qigong is a lovely counterbalance. It is a tool to let go of stress and tension in the body and mind for better health. And who doesn’t want more energy and less stress in their life.”

Cincotta hopes attendees will get a lot out of the pop-up.

“Even if students cannot recall specific exercises from

class, deep breathing alone is enough. Mindfully pausing and connecting to the breath and body is enough. So often we give our power to others. What I admire about Qigong is that it empowers the practitioner to heal thyself from within.”

Cincotta will be having Qigong classes Tuesdays 11 a.m. to 12:00 noon through December. Autumn classes will focus on the lungs and respiratory health.

Cincotta then shared some alternatives if someone cannot make a class, “Despite a scarcity of local places to practice Qigong in-person, we live in an age where so much information is available at our fingertips. There are Qigong classes and workshops and trainings online as well as library resources like DVDs, books, and Hoopla or Libby.”

**NEAL ■ from page 1**

wrote one, because there was only one to write.”

Whalen reflected on the past year and acknowledged the historical and societal impact of the legacy he had established.

“That’s why I am so eternally grateful for the team before me here tonight, people who have come from so many walks of life, now walking down this path of righteousness together. And now when I’m back in class, I will look back at this night, and at this inflection point in American history, and know that we etched our names into it with courage, conviction, and compassion,” Whalen added.

“Because we’ve won regardless. No one can ever take this from us. The relationships we’ve made, the community we’ve built, the good we’ve brought into the world, these are ours to keep and ours to give. So keep giving it.”

During the debate, Neal said he has been steadfast in his commitment to those in his district, reiterating his

commitment to the district by citing the return of \$1.5 billion in federal funding through the American Rescue Plan Act, the Infrastructure Investment and Jobs Act, and the Inflation Reduction Act, all of which were enacted under his leadership as chair of the Ways and Means Committee.

“Billions of dollars have come back to the people of western and central Massachusetts,” Neal said. “There has not been a life in central and western Massachusetts that has not had a positive impact because of the efforts that I’ve made. I’ve been here.”

The congressman also said he supports “Medicare for everybody” while clarifying that participation should be available to those who choose it.

“I’ve had a long history of supporting, expanding healthcare for all members of the American family, including being a champion of Medicaid,” Neal said.

Before adding that to get Medicare across the finish

line, the U.S. will have to offer a series of choices, including allowing teachers, labor unions, and others to keep it while simultaneously expanding Medicaid across the country.

After the debate, Neal outlined what a next term could entail, citing local and national topics.

“First I want to get the Sheriff’s Office back to Union Station in Springfield, and I thought that was very important, and I would be very helpful in doing so,” Neal said. “Remember that the Republicans put some constraints in terms of earmarking things, and I would return those if we win the majority in the House, because again I thought it really worked, and I thought they did a good job there.”

Neal said he will continue working to lower costs for families, identifying an end to the war in Iran as a key step toward reducing prices.

“Ending the war in Iran is the most important thing we can do to bring down prices,” Neal said.



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# A Time to Remember

...twenty-five years later and forever



On September 11, 2026, we honor those whose lives were taken, and we pray for the families who continue to grieve. America turned tragedy and grief into a strengthened resolve to protect liberty, and we salute the brave troops who continue to defend our freedom abroad. Twenty-five years later and forever, we remember 9/11.

## THANK YOU!

from City Councilor  
**Peter McNair**

