PUBLIC NOTICES

CHICOPEE CITY COUNCIL ZONING COMMITTEE LEGAL NOTICE

The Zoning Committee of the Chicopee City Council will hold a public hearing Wednesday, February 28, 2024 at 6:30 PM* in the Chambers, 4th floor, City Hall Annex, 274 Front Street., Chicopee, MA 01013 to discuss the following:

Special Permit application under Chapter 275-59 (C) 6 for the purpose of obtaining a beer and wine license for Aesthetic Beauty Revolution located at 20 Center Street. Roxanne Roman, 76 Elmwood Avenue, Holyoke, MA 01040.

The plans/application can be viewed on the City Council website https://www.chicopeema.gov/880/Pending-Applications

The February 28, 2024 Zoning Committee hearing shall be available to the public via zoom and in person. Zoom credentials are available upon request by calling (413) 594-1435 M-F 8:30 AM - 5 PM or by email at aczarniecki@chicopeema.gov.

The petition and materials related to this proposal are on file in the Office of the City Council, Chicopee City Hall, 274 Front Street, (plans and applications are also available on the City Council website https://www.chicopeema.gov/880/Pending-Applications. You may also call (413) 594-1435 or email aczarniecki@chicopeema.gov. 02/09, 02/16/2024

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage Deed, Security Agreement and Assignment of Leases and Rents, given by Alycar Investments, LLC, to Marchionte Capital, LLC, dated April 15, 2022, and recorded at the Hampden County Registry of Deeds in Book 24503 Page 547, for breach of the conditions of said Mortgage Deed, Security Agreement and Assignment of Leases and Rents and for the purpose of foreclosing, the same will be sold at Public Auction at 11:00 a.m. on March 1, 2024, on the mortgaged premises located at 20 - 22 Alvord Avenue, Chicopee, MA 01020, a portion of the premises described in said Mortgage Deed, Security Agreement and Assignment of Leases and

20-22 Alvord Ave, Chicopee, MA 01020

The property located at 20-22 Alvord Avenue, Chicopee, Hampden County, Massachusetts, and as more particularly bounded and described as follows:

A parcel of land situated in said Chicopee Falls, bounded and described as follows:

Beginning on the NORTHERLY side of Alvord Avenue, formerly called Brown Avenue, at a point distant EASTERLY two hundred ten and 74/100 (210.74) feet from the EASTERLY line of Broadway,

running thence NORTHERLY one hundred nine and 60/100 (109.60) feet to an iron pin on the SOUTHERLY line of land now or formerly of one Charles Hasenjager and distant sixty-two and 41/100 (62.41) feet from the WESTERLY side of Alvord

thence EASTERLY along the SOUTHERLY line of land now or formerly of said Hasenjager, sixty-two and 41/100 (62.41) feet to the WESTERLY line of Alvord Avenue.

thence SOUTHERLY on said Alvord Avenue, ninety-two and 52/100 (92.52) feet to an iron pin in the ground at the beginning of a curve in said Alvord Avenue,

thence SOUTHERLY and WESTERLY on said curve of fifteen (15) feet radius twenty-two and 82/100 (22.82) feet to an iron pin in the ground on the NORTHERLY line of said Alvord Avenue,

thence WESTERLY on the NORTHERLY line of said Alvord Avenue, forty and 24/100 (40.24) feet to an iron pin at the point of beginning.

Subject to restrictions of record dated July 20, 1911 as recorded in Hampden County Registry of Deeds in Book 806, Page 570.

Being the same premises conveyed to the Mortgagor herein by deed of BD Asset Co. 5, LLC dated, April 15, 2022 and recorded in the Hampden County Registry of Deeds immediately prior

TERMS OF SALE:

A deposit of Ten Thousand (\$10,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Saulino & Silvia, P.C., 550 Locust Street, Fall River, Massachusetts 02720, or by mail to 550 Locust Street, Fall River, Massachusetts 02720, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said Mortgage Deed, Security Agreement and Assignment of Leases and Rents, shall control in the event of an error in this publication.

Other terms, if any, to be announced at the sale MARCHIONTE CAPITAL,

Present holder of said Mortgage Deed, Security Agreement and Assignment of Leases and Rents,

By its Attorneys, PETER A. SAULINO, **ESQUIRE** Saulino & Silvia, P.C. 550 Locust Street Fall River, MA 02720 PH: (508) 675 - 7770 02/09, 02/16, 02/23/2024

CHICOPEE CITY COUNCIL ZONING COMMITTEE LEGAL NOTICE

The Zoning Committee of the Chicopee City Council will hold a public hearing Wednesday, February 28, 2024 at 6:30 PM* in the Chambers, 4th floor, City Hall Annex, 274 Front Street., Chicopee, MA 01013 to discuss the following:

Special Permit application under Chapter 275-50 (c)(2)(b) and 275-50 (c)(2)(a) for the purpose of activating a digital sign located at 191 Montcalm St. Waiver requested - relief of setback requirements from 25 feet to +/- 6.3 feet; section 275-50(c) (1). Applicant – Peter Milloy, 74 Pine Grove Dr., South Hadley, MA 01075.

The plans/application can be viewed on the City Council website https://www.chicopeema.gov/880/Pending-Applications

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CHICOPEE CITY COUNCIL ZONING COMMITTEE LEGAL NOTICE

The Zoning Committee of the Chicopee City Council will hold a public hearing Wednesday, February 28, 2024 at 6:30 PM* in the Chambers, 4th floor, City Hall Annex, 274 Front Street., Chicopee, MA 01013 to discuss the following:

Special Permit application under Chapter 275-50(c)(1) & 58 (E)(1) for the purpose of Golden Nozzle is requesting to alter and utilize two pre-existing non-conforming signs to display its operation at its new Memorial Drive location. Golden Nozzle is leasing the site and these signs

will always remain, Golden Nozzle is simply requesting to brand them with its logo for customers. These signs were most recently used to designate the Denny's location formerly at this site located at 467 Memorial Drive. Waivers requested (1) two ground signs instead of one that is allowed (2) both signs height exceed the allowed -Sign A – from 30 ft to 55 ft. and Sign B - from 20 ft to 25 ft (3) size of Sign A's faces exceeds a total area of 80 sq. ft. (4) setback for Sign B would be from 25 ft to \pm 2.8 Nouria ft. Applicant Energy Retail, Inc., (Golden Nozzle), Richard Smith, 326 Clark Street, Worcester, MA

The plans/application can be viewed on the City Council website https://www.chicopeema.gov/880/Pending-Applications

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The petition and materials related to this proposal are on file in the Office of the City Council, Chicopee City Hall, 274 Front Street, (plans and applications are also available on the City Council website https://www.chicopeema.gov/880/Pending-Applications. You may also call (413) 594-1435 or email aczarniecki@chicopeema.gov 02/09, 02/16/2024

CHICOPEE CITY COUNCIL **ZONING COMMITTEE** LEGAL NOTICE

The oning Committee of the Chicopee City Council will hold a public hearing Wednesday, February 28, 2024 at 6:30 PM* in the Chambers, 4th floor, City Hall Annex, 274 Front Street., Chicopee, MA 01013 to discuss the following:

Special Permit application under Chapter 275-9 (k) (3) and 275-58 (c)(4) for the purpose of granting a liquor license transfer at the business known as TD's Sports Pub located at 699 Grattan St. (a/k/a 697-699 Grattan St. Applicant – TDs Sports Bar, LLC, Michael Murdock, 204 Denver St., Springfield, MA 01109.

The plans/application can be viewed on the City Council website https://www.chicopeema.gov/880/Pending-

Applications The February 28, 2024 Zoning Committee hearing shall be available to the public via zoom and in person. Zoom credentials are available upon request by calling (413) 594-1435 M-F 8:30 AM - 5 PM or by email at aczarniecki@chicopeema.gov.

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Commonwealth of Massachusetts The Trial Court **Probate and Family Court Hampden Probate and Family Court 50 State Street** Springfield, MA 01103 Docket No. HD24P0270GD In the matter of: Amelia A Barabani Of: Chicopee, MA RESPONDENT

Alleged Incapacitated Person CITATION GIVING **NOTICE OF PETITION** FOR APPOINTMENT OF **GUARDIAN FOR** INCAPACITATED PERSON PURSUANT TO G.L. c. 190B, §5-304

To the named Respondent and all other interested persons, a petition has been filed by

Diane Barabani of Chicopee, MA Zachary Barabani of Chicopee, MA

in the above captioned matter alleging that Amelia A Barabani is in need of a Guardian and requesting that Diane Barabani of Chicopee, MA

Zachary Barabani of Chicopee, MA

(or some other suitable person) be appointed as Guardian to serve Without Surety on the bond.

The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority.

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 03/08/2024.

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 abovenamed 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. Barbara M. Hyland, First Justice of this Court. Date: February 08, 2024

Rosemary A. Saccomani Register of Probate 02/16/2024

SALE OF MOTOR VEHICLES Under G.L. c.255 Sec. 39A

Notice is hereby given by Interstate Towing, Inc. pursuant to the provisions of G.L. c. 255, section 39A, that on February 23, 2024, at Interstate Towing, Inc., the following Motor Vehicles will be sold at private sale to satisfy our garage keeper's lien thereon for storage, towing charges, care and expenses of notices and sale of said vehi-

2004 Audi A4 VIN: WAULC68E84A084380 Najce Hillman 158 Elm St. Westfield, MA 01085

2004 Chevrolet Trailblazer VIN: 1GNDT13S242432831 Kenneth Hart 64 Crestwood Dr. Southbridge, MA 01550

2012 Chevrolet Impala VIN: 2G1WB5E31C1137308 Michael Leeming 54 Marshview Dr. Marshfield, MA 02050

2018 Toyota Rav4 VIN: 2T3BFREV9JW836385 Lashawn Keitt 128 Main St. Apt A Westfield, MA 01085

2015 Honda Accord VIN: 1HGCR2F5XFA029253 Arpit Mathur 1550 Soldiers Field Rd. Unit 502 Boston, MA 02135

2005 Nissan Altima VIN: 1N4AL11E85C228299 Grace Centeno 91 Federal St. Apt 2B Springfield, MA 01105

2022 Chevrolet Trax VIN: KL7CJPSM8NB506705 Valerie Gerhardt 183 1st St. Apt 4 Pittsfield, MA 01201 02/09, 02/16, 02/23/2024

More Legals on page 16

Email all notices to notices@turley.com Access archives and digital tear sheets by newspaper title.

Find a quick link to the state of Massachusetts' public notice web site to search all notices in Massachusetts newspapers.

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

visit www.publicnotices.turley.com

Please check the accuracy of your legal notice prior to submission (i.e., date, time, spelling). Also, be sure the requested publication date coincides with the purpose of the notice, or as the law demands. Thank you.

PUBLIC NOTICES

Commonwealth of
Massachusetts
The Trial Court
Probate and Family Court
Hampden Division
Docket No. HD24P0283EA
Estate of:
Theresa A. Levesque
Date of Death:
November 15, 2023
INFORMAL PROBATE
PUBLICATION NOTICE

To all persons interested in the above captioned estate, by Petition of Petitioner Janice McArdle of Granby, MA

Janice McArdle of Granby, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner. 02/16/2024

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT HAMPDEN, Div.

Probate & Family Court Dept. HD24E0008PP

To: Sean P Olbrych of Chicopee, in the County of Hampden, and to all other persons interested.

A petition has been pre-

sented to said Court by Kara Finken of Simsbury, CT, representing that they hold as joint tenants in an undivided part or share of land lying in Chicopee, in the County of Hampden, setting forth that they desire that all of said land may be sold at private sale or public auction for not less than Three Hundred Thirty Thousand (\$330,000.00) Dollars, and praying that partition may be made of all the land aforesaid according to law, and to that end that a commissioner be appointed to make such partition and be ordered to make sale and conveyance of all, or any part of said land which the Court finds cannot be advantageously divided either at private sale or public auction, and be ordered to distribute the net proceeds thereof after full adjudication of the equitable claims contained in said petition and supplemental memorandum filed with the Court.

If you desire to object thereto, you or your attorney, should file a written appearance in said Court at **Springfield** before ten o'clock in the forenoon on the **first day of April 2024**, the return day of this citation.

Witness, BARBARA M. HYLAND, Esquire, First Justice of said Court, this first day of February 2024.

day of February 2024. **Rosemary A. Saccomani**Register

02/16, 02/23, 03/01/2024

SALE OF MOTOR VEHICLES Under G.L. c.255 Sec. 39A

Notice is hereby given by Interstate Towing, Inc. pursuant to the provisions of G.L. c. 255, section 39A, that on March 1, 2024, at Interstate Towing, Inc the following Motor Vehicles will be sold at private sale to satisfy our garage keeper's lien thereon for storage, towing charges, care and expenses of notices and sale of said vehicles.

2003 Honda Accord VIN: 1HGCM82683A030042 Stuarts Automotive 97 Tanner St Lowell, MA 01852

2006 BMW X5 VIN: 5UXFA13516LY30240 Michelle Sevigne 44 Taylor St. Holyoke, MA 01040

2008 Nissan Altima VIN: 1N4AL21E28C273989 Ramon Guerra Jr 72 Temple St Apt 1 Springfield, MA 01108

2009 BMW 328i VIN: WBAWB33549P137599 Gina Porcello 86 Spring St Enfield, CT 06082

2009 Honda Odyssey VIN: 1JJV532W7YL462728 Jeffrey Hall 49 La Civita Ct Apt 3 Stoughton, MA 02072

2014 Chevrolet Silverado VIN: 3GCUKSEC3EG286357 Lesaida Diaz 254 Hillside Ave Hartford, CT 06106

2018 Toyota Rav4 VIN: JTMRFREV9JJ237239 Adianez Torres 23 N East St FL 2 Holyoke, MA 01040

02/16, 02/23, 03/01/2024

HEALTH

Don't risk your health shoveling snow

Each year 100 people die from shoveling snow

SPRINGFIELD – Snow has finally arrived, and shovels are being put to good use once again.

But shoveling sometimes comes with consequences including suffering a heart attack or putting your back out.

"When shoveling snow an individual experiences an increase in heart rate and blood pressure which increases the need for blood supply to the heart. In those with cardiovascular disease or risk factors, this can be dangerous as it can lead to a heart attack," said Dr. Seth Gemme, FACEP, vice chair of Clinical Operations for Emergency Medicine, Baystate Health.

He noted that signs and symptoms of a heart attack include pressure or pain in the chest, arms or neck; nausea; lightheadedness; sweating or feeling clammy; or unusual fatigue.

According to the National Institutes of Health, each year snow shoveling results in about 11,500 injuries – including 100 fatalities. Data shows that those deaths are generally caused by heart attacks with the most common injuries associated with snow removal being sprains and strains.

Researchers have also found that those over 55 were more than four times as likely as younger patients to suffer heart-related problems while shoveling snow; men were twice as likely as women to develop symptoms.

Even for those in good health, learning the proper techniques for shoveling snow can help prevent injuries.

"If you already suffer from low back pain and are not used to strenuous physical activity, then leave the snow shoveling for someone in good health and physical shape," said Dr. Julio Martinez-Silvestrini, medical director, Baystate Rehabilitation Care.

"Take time to stretch your lower back muscles with some gentle exercises before shoveling and consider walking for a few minutes or marching in place. You should also drink plenty of water to avoid dehydration and refrain from any caffeine or nicotine, which are stimulants and may increase your heart rate," he added.

Dr. Martinez-Silvestrini and the American Physical Therapy Association offer the following tips for avoiding back injuries from snow shoveling:

Lift smaller loads of snow, rather than heavy shovelfuls. Take care to bend your knees and lift with your legs rather than with your back.

Use a shovel with a handle that lets you keep your back straight while lifting. A short handle will cause you to bend more to lift the load. Using a shovel that's too long makes the weight at the end heavier.

Because the spine cannot tolerate twisting as well as it can other move-

ments, it is important to avoid this movement as much as possible. Step in the direction in which you are throwing the snow to prevent the lower back from twisting. This will help avoid the "next-day back fatigue" experienced by people who shovel snow.

If possible, push the snow away instead of lifting it.

Take frequent breaks when shoveling. Stand up straight and walk around periodically to extend the lower back.

Standing backward-bending exercises will help reverse the excessive forward bending that occurs while shoveling; stand straight and tall, place your hands toward the back of your hips, and bend backward slightly for several seconds

Dr. Martinez-Silvestrini noted that there is sometimes confusion over whether to use ice or heat after injuring your back.

"Apply a cold pack as soon as possible after the injury every three to four hours for up to 20 minutes. After two or three days, you can apply heat for 20-30 minutes three or four times a day in order to relax your muscles and increase blood flow," he said.

Unfortunately, for some, not all injuries are simple strains.

Baystate Medical Center's Division of Neurosurgery sees many patients in the wintertime who suffer from herniated discs which are common to the lower spine. When a disc is herniated or ruptured, it can create pressure against one or more of the spinal nerves resulting in numbness or pain in the lower extremities, often radiating down the leg. Neurosurgeons also see many spinal fractures when people slip while shoveling snow or chopping ice.

To avoid slipping on ice and snow, doctors recommend buying yourself a pair of shoes or boots with good traction or adding snow and ice safety traction devices to your footwear.

If possible, use a snow blower to do the work for you. If not used correctly, however, even using a snow blower can strain or injure your back if you push or force the equipment to go faster.

And using a snow blower may still be too much activity for someone with heart disease. Snow blowers are not light, and it can be heavy to push through a lot of snow.

For some, the best advice may be to leave the shoveling to others by hiring a youngster who wants to make extra money or contracting with a plowing service to clear your driveway and walkways when it snows.

"You know your body better than anyone else. If something doesn't feel right while you're outdoors shoveling, then stop immediately," Gemme said.

For more information on Baystate Health, visit baystatehealth.org. To make an appointment with Martinez-Silvestrini or a neurosurgeon, call 413-794-5600.

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