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AGAWAM

ADVERTISER NEWS

A TURLEY PUBLICATION | www.turley.com

May 23, 2024 | Vol. 46, No. 13 | \$1.00

www.agawamadvertisernews.turley.com

Coaches looking to improve instruction

By Quinn Suomala
Staff Writer

AGAWAM – High School Math Coach Nicholas Benkert and Literacy Coach Mary Hunter came before the school committee to update them on their work to improve AHS.

Hunter and Benkert are a part of the Meeting the Moment Team, which are all working to assess AHS and see where improvements could be made.

“When we began all we knew was that we would be re-imagining high school,” Hunter said. “And after COVID learning, a change in instruction was at the forefront of our minds.”

The Meeting the Moment Team partnered with the BARR Foundation, which provided them with the grant funding to do this work.

Through the BARR Foundation, they were able to access outside consultants to help them to assess the high school. They worked with SpringPoint and Youth Truth to work on gathering data around instruction and culture.

The team worked with almost the entirety of the AHS staff in or-

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Making lasting memories



Jay Scott, Ace Elian, Abigail Drumm, Sofia Calvanese and Lio Mamsur had a great time together at the Agawam High School prom held at the Log Cabin in Holyoke. See more photos on page 12. TURLEY PHOTO BY QUINN SUOMALA

Nadolny uses sound to offer healing

By Quinn Suomala
Staff Writer

AGAWAM – Julia Nadolny came to the public library to offer her sound healing program.

During this program Nadolny invites people to come into the space and relax while enjoying the sounds of her quartz crystal bowls.

“When experiencing sound healing you’ll feel healing on a physical, emotional, energetic or spiritual level, or more than one of those,” Nadolny said. “It uses sound frequency combined with music or its elements, such as harmony or melody.”

There are benefits to participating in sound healing, such as slowing down the mind, stimulating blood flow and relieving anxiety. Many people also find that it helps them to go to sleep.

Nadolny explained that each of the bowls are tuned to a frequency of 432 hertz, which is a frequency known as the “love frequency”.

“It is the frequency which the plant vibrates at,” Nadolny said.

She explained that when lightning occurs in the iono-

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Come ‘connect’ with the CT River at Heritage State Park

By Quinn Suomala
Staff Writer

Heritage State Park is working in conjunction with the Fishway Guides to put on a collaborative program titled “Connecting with the Connecticut River.”

This program is open and free to anyone in the public who is interested in signing up.

“It’s all about celebrating the river, what goes on in the river, appreciating it for the power that it provides Holyoke and appreciating it for the fish that live in the river,” Visitor Services Supervisor Nancy Condon said. “It’s all about connecting with the river in so many ways.”

The program offers tours to groups of any size and age, and individuals are also welcome to come and stop by.

There are a variety of activities that visitors can take part in during their tour, as the program itself is highly customizable.

“It’s a little bit about the history of Holyoke and how the river built it and it’s about the problems that the dam has made and solved for species living in the river,” Condon said.

There is a menu of activities that a Fishway Guide and Condon choose from for the program depending on the age and size of the group interested in the program.

This menu of activities includes: a visit to the first level of the canal, practice being a fish counter, interacting with museum exhibits and more.

“We can have them power some turbine models to see how falling water can be converted

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Lions Club welcomes new members

By Quinn Suomala
Staff Writer

AGAWAM – The Agawam Lions Club welcomed 14 new members, and celebrated their 80 anniversary.

The club was excited to be welcoming so many new members. Prior to the induction they had 72 members, now they are up to 86.

“It’s big because a lot of these clubs are really not getting stronger,” Club President Chris Woods said.

To become a member of the club people are expected to be upstanding citizens.

“They agree to stay in good standing and help in our events,” Woods said. “They have to be willing to help out and they have to keep the cause in mind.”

The club focuses on giving donations to the community. A hundred percent of the club’s earnings go

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Agawam Lions Club President Chris Woods opened the meeting for the club to induct 14 new members. SUBMITTED PHOTO



State Auditor seeks signatures for ballot question

By Paula Ouimette
pouimette@turley.com

State Auditor Diana DiZoglio has one wish for her birthday on June 5, and that's to gain the 13,000 signatures needed to get a question on the November ballot.

This ballot question would allow voters to compel the Legislature to be audited. The audit would be performative, and also look at how tax dollars are being spent.

"This is the same type of audit we do for every other entity," DiZoglio said. "Legislature is the only one refusing."

Last fall, over 75,000 residents across the commonwealth signed a petition after DiZoglio's request to audit the Senate and the House of Representatives was denied by the House Speaker and Senate President.

DiZoglio and her office staff have been traveling to towns and cities, asking for help to collect the necessary signatures before the deadline, making a stop in West Brookfield on May 5.

DiZoglio said she has a "deep love and affection" for policy making and transparency in the Legislature, after spending six years as a state representative and four

years as a state senator before taking her current office in 2023.

"We do so many great things here in Massachusetts," DiZoglio said.

Despite this, the commonwealth is ranked one of the least transparent state governments, she said.

"As your state auditor I've been given the really unique opportunity to have a platform; a singular voice," she said. "We need transparency. There are a lot of tough conversations that need to be had."

DiZoglio said she has been reflecting on the saying, "knowledge is power," and she feels that this applies to a legislative audit, and how its results will spread knowledge and power back to the voters.

"I've seen knowledge hoarded, essentially, by people in power," she said. "If we have knowledge about state budget and government, we have an opportunity to join in - to rise against or support."

DiZoglio said her office works to "bring light" to over 200 state entities. She is it is



State Auditor
Diana DiZoglio

common practice in many other states to audit the Legislature regularly as well.

"The decisions that impact us all should be made in the light of say," she said.

DiZoglio said no system is perfect, but that the government should strive to be better.

"Our goal and our mission is to help," she said of the State Auditor's office. "To make sure everyday people get the best services."

DiZoglio said the government cannot improve its service to constituents if potential problems can't be identified and addressed. She said it's "deeply concerning" that her office's efforts to get access to the Legislature have been demonized and talked down about.

"It doesn't say a lot of good things about how our system is running. What is there to hide?" she said.

DiZoglio said there have been 113 audits of the Legislature completed by her office dating back to 1849. Now, they are unable to get access to information about

public tax dollars, she said.

DiZoglio said the audit is a nonpartisan issue, and it's more about those who have power and those who do not.

"Leadership has a lot of power," she said. Retaliation is also a common occurrence is the Legislature, DiZoglio said, adding that this behavior is "unacceptable."

She said retaliation directed at herself personally is missing the mark, and coming back on the voters who elected her.

"This is something that need to be talked about over and over again...This is not the Massachusetts we know and love," she said.

DiZoglio urged residents to "have a seat at the table" before decisions are made in the Legislature, asking them to help gather the remaining signatures for the ballot question before the June 5 deadline.

"You have the power to make change, I cannot do this without you," she said.

For more information about the audit or to sign the State Auditor's petition, visit dianaforma.com. For more information about the State Auditor's office and its role in state government, visit www.mass.gov/org/office-of-the-state-auditor.

ACAA present artist Donna Roy

AGAWAM - Donna Roy will be the presenter at the Wednesday June 12, meeting of the Agawam Community Artists and Artisans beginning at 6 p.m. at the Agawam Public Library, 750 Cooper St.

Roy's Eco Art originals are a fusion of art and nature. Inspired by the beauty of nature while Plein Air painting, she began to re-envision her artistic relationship with nature by exploring botanical sketching and an eco-print process

Roy is a mixed media artist and a Western Mass native. Her foundational impact

in her art studies came from weekly oil painting lessons with a local artist when she was 10 years old. Roy paints plein air during most of the New England seasons. Roy is a member of the Pastel Society of America, a juried member, Quabbin Art Association, Amherst Plein Air Society, and Agawam Community Artists and Artisans.

This art presentation is free and open to the public. For further information please contact Ceil Rossi at email: tocare-free2@hotmail.com or call (413) 207-1247.

Veterans' Green gets cleaned

AGAWAM - Several members of the Agawam Garden Club volunteered to spruce up the Veterans' Memorial Green on Main Street in advance of the Memorial Day ceremonies on the green on Monday, May 27, following the Agawam parade which steps off from town hall at 10 a.m.

After weeding and edging of the areas surrounding the gazebo and the monuments, the volunteers planted flowers donated by DeCaro Brothers Garden Center and distributed brown bark mulch donated by Malone's Farm and Garden Center evenly through both areas.

Project coordinator Lynn Loubier said the volunteers appreciated the assistance from Aldo Mancini of the Agawam Veterans' Council. She also noted that the town maintains this park well but that some TLC helped improve both areas so that the Veterans' Green proudly reflects the sacrifices of the town's many veterans.

All are welcome to attend the Memorial Day ceremonies on the green immediately following the parade.



Garden Club volunteers at the Veterans' Green, Dianne Godek, Kathy Mancini, Carol Radwanski, Lynn Loubier, Sue Strycharz and Ellie Placzek.
SUBMITTED PHOTO

Community dinner set for June 9

WESTFIELD - St. Joseph's National Catholic Church at 73 Main St., is hosting a Community dinner on Sunday, June 9 at noon. This community dinner will feature Delicious Baked Stuffed Chicken Breast with Gravy from Waniewski Farms in Feeding Hills, Flavorful Baked Potato with Onion, Green Beans, Hawaiian Cake for dessert and Coffee /Cold Beverages.

Tickets are \$18 for adults and \$10 for children under 12. All are welcome. For tickets, contact Cliff at (413) 977-2007. Deadline for purchasing tickets is June 4. A limited number of Take-Out Meals-To-Go will be available at 12:30 p.m. When purchasing tickets, please indicate if To-Go. All community members are welcome. Please join in for a wonderful Sunday dinner.

Holyoke Community College Foundation announces scholarships

HOLYOKE - The Holyoke Community College Foundation has awarded more than \$335,000 in scholarships to students for the 2024-2025 academic year.

This year, the HCC Foundation awarded 388 scholarships to 323 incoming, current, and transferring HCC students. Some students received multiple scholarship awards. The average scholarship award is about \$900.

HCC celebrated this year's recipients at a scholarship reception on May 9.

The HCC Foundation is a 501(c)(3) that works to advance the college's mis-

sion, vision, and values. Founded in 1968 as the Friends of Holyoke Community College, in response to a devastating fire that forced the college to rebuild on a new campus, the Foundation now manages assets of more than \$20 million, the largest community college foundation endowment in Massachusetts.

An alphabetical list of all scholarship recipients and their awards can also be viewed on the HCC website at hcc.edu/scholarships-2024: The following students are Holyoke residents.

Dayshel Allen, Cari Avalone (two

awards), Falecia Bagg, Maya Baksh (two awards), Jonathan Benitez, Fatima Bergman, Enely Bonilla (three awards), Dawne Brown, Alvin Carabuena, Luis Centeno, Pablo Cespedes-Ashe, Jalen Cortes, Janiel Cruz, Alajah Devone, William Diaz, Jamie Dunn, Isabella Garbiel-Achorn, Karyna Gaston-Feliciano (two awards), Omarily Gomez, Jolie Hernandez, Anamaria Ivan, Jay Jackson, Nuriye Kartal (three awards),

Chasidy Kery, Gabe Linares (two awards), Zoey Rane-Shanon Lobello, Kaizer Maximus Lopez, Daneisha Lucia-

no (two awards), Deelayni Melendez (two awards), Jamie Michalski, Melody Nieves, Kearney O'Malley, Naisha Ortiz-Sanchez (two awards), Hilario Peralta Jr., Jose Perez, Rosa Porter, Charlotte Price, Kayla Ramos, Francisco Ramos Colon, Jessica Richards, Camryn Rist (two awards), Erykka Rocha, Leonel Rodriguez, Katelyn Rodriguez, Jomar Rodriguez, Leonel Rodriguez, Carineh Santana (two awards), Gissel Santos, Victoria Smith, Yarelee Sosa, Patrick Sweeney, Kara Torres, Tameka Torres, Brian Torres, Sheyda Westbrook (two awards).

Memorial Day parade set

AGAWAM— Please join the Agawam Veterans' Council in honoring the nation's war dead at the Memorial Day parade and ceremony on Monday, May 27. The parade will start at the Agawam Town Hall at 10 a.m. and march to the Veteran's Memorial Green with a brief ceremony to follow.

PLEASE REMEMBER TO RECYCLE THIS NEWSPAPER

STCC to offer free summer child care classes

SPRINGFIELD - Springfield Technical Community College will offer a summer program designed to assist prospective family child care providers in obtaining licensure and mastering the intricacies of running a successful child care program from home.

The Family Childcare Institute, which will run June 3 through July 9, is free for students. The tuition for the Family Child Care Institute is paid for by the Massachusetts Department of Early Education and Care's Career Pathways Grant.

"This is a three-course bundle that will help new family child care providers get licensed and learn how to run a child

care program in their home," said Nancy Ward, Career Pathways Grant and Activity director at STCC. "We see this as a great opportunity for anyone who wants to open their own home-based childcare center."

Dr. Christopher Thuot, vice president of Academic Affairs, said STCC is committed to reducing barriers to help people in the community obtain an education.

"The Family Childcare Institute underscores STCC's commitment to fostering accessible education and meeting the demands for child care in the community," Thuot said. "The flexibility of

the program accommodates individuals with varying schedules and commitments."

The Child Growth and Development and Administration of Family Child Care Programs classes will both be taught in a hybrid format. Students will meet on campus on two separate Saturdays (June 8 and July 6) from 9 a.m. to 4 p.m., with an hour for lunch. The balance of work in the two hybrid courses will be done online. The Entrepreneurship class will be taught completely online.

Anyone interested in applying can contact Nancy Ward at njward@stcc.edu.

Garden Club to hold plant sale June 1

AGAWAM – Agawam Garden Club is planning its annual plant sale for Saturday, June 1. This year's event will be held at the Historic Thomas Smith House, 251 North West St., and will run from 9 a.m. to noon.

The sale will include many perennials and shrubs all from members gardens and all a bargain. Because the plants are all grown locally in members' gardens, they are well acclimated to the area. Proceeds from the sale go towards funding the club's scholarship and providing educational programs for the year. Please check the club's website for further information. agawamgardenclub.com.

Town accepting applications for Veterans Tax Work-off program

AGAWAM – The Town of Agawam is pleased to announce the commencement of the application period for the Senior Citizen/Veteran's Tax Work-Off Program. This initiative aims to provide opportunities for eligible seniors and veterans to contribute to their community while receiving assistance with property taxes.

Beginning on May 1 and running through May 15, interested individuals are encouraged to submit their applications for consideration. The program offers eligible participants the chance to work in various capacities within municipal departments, earning credit towards their property tax bills.

"We are excited to continue our com-

mitment to supporting our senior citizens and veterans through this meaningful program," stated Mayor Christopher Johnson. "This initiative not only assists our residents in managing their property taxes but also fosters a strong sense of community involvement and civic engagement."

To qualify for the program, applicants must be either senior citizens aged 60 or older, or veterans of the United States Armed Forces. Eligible tasks may include administrative duties, maintenance work, or other assignments within town departments.

A lottery will be conducted on June 3, 2024, to select participants for the pro-

gram. Only 40 slots are available for both seniors and veterans. Selected applicants will be notified promptly following the lottery drawing.

"We encourage all eligible individuals to take advantage of this opportunity to serve their community while receiving valuable property tax relief," remarked John Fitzgerald, Director of Personnel. "The Senior Citizen/Veteran's Tax Work-Off Program exemplifies Agawam's dedication to supporting those who have served our country and our older residents."

For more information on eligibility requirements and how to apply, please visit the Town of Agawam website or contact the Chief of Staff, Jennifer Gannett.

Velis highlights need for Narcan

WESTFIELD— Ahead of the Massachusetts State Senate's FY25 budget debate next week, Sen. John C. Velis (D-Westfield) is raising the alarm on the prevalence of fentanyl throughout the state and the need to expand funding for the life-saving overdose reversal tool Narcan. Velis has filed two amendments, amendment 570 and amendment 571, to the Senate's budget on this issue that will be considered during debate next week.

Amendment 571 would drastically increase the amount of funding that the Bureau of Substance Addiction Services receives to purchase and distribute Narcan. Amendment 570 would establish a Statewide Public Awareness Campaign to inform residents on drug contamination and the need for Narcan and other harm reduction services.

"Right now, our commonwealth's drug supply is more contaminated, and deadly, than ever before," said Velis, who Chairs the Legislature's Mental Health, Substance Use, and Recovery Committee. "Massachusetts continues to lose thousands of lives each year and a large reason why is because people don't realize just how contaminated our supply is. We need to do whatever we can to educate people about these risks,

but we also need to drastically need to expand access to the most powerful tool we have to actually save people's lives when an overdose happens, and that is Narcan."

The most recent data from the State Department of Public Health showed that there were 2,323 confirmed and estimated opioid-related overdose deaths between October 1, 2022, and September 30, 2023, and that the rate of opioid-related overdose deaths has increased by 3% on average per year since 2015. The data also showed that fentanyl was detected in 93% of opioid-related overdose deaths in the first three months of this year.

Individuals in Massachusetts can access Narcan from the pharmacy or access it through a BSAS-approved program that carries Narcan. Senator Velis noted that funding for this program has not kept pace with community need and the increased drug contamination in Massachusetts.

"Anything that we can do to make people more aware and to get Narcan into more hands we should be doing, because it will truly save lives," said Senator Velis. "This is my number one priority heading down to Boston for budget debate next week and I don't intend on coming back to Western Massachusetts empty handed."

Golf fundraiser for food pantry

WEST SPRINGFIELD – The Parish Cupboard, a food pantry and hot lunch program located in West Springfield will be holding a fundraiser on Saturday, June 1 with its annual golf outing.

This event brings together golfers of all levels to raise money for the Cupboard's mission. The tournament is a noon shot gun start Scramble event. Registration begins at 11 a.m. Lunch, dinner, a swag bag, contests, prizes and raffles are all part of the event.

Golf is \$125 per person. To attend the dinner only is \$30. Sponsors and prize donors are also needed to make the event successful.

A tournament sponsor is available for \$1500, which includes a foursome. Silver Tee sponsors are available for \$125 and Gold Tee sponsors are available for \$250.

For more information contact Bob at the Parish Cupboard at 413-794-7969 or email parishcupboard@aol.com.

Tennis social mixer program underway held on Saturdays

SPRINGFIELD – The Springfield Tennis Club, located at the Public Red Clay Tennis Courts at Forest Park, announces weekly Saturday social tennis mixer

The first social tennis mixer was held Saturday May 18 from 9 to 11 a.m. and is open to the public, and there will be no charge for participation. Refreshments will be served. The weekly Saturday mixers will run from May to October. The social mixers are a fun morning of tennis.

Join for a chance to meet new players, improve tennis skills, and enjoy the sport in a friendly environment. Players should be advanced beginner level and above, 2.5 rating and up.

For more information about the Social Tennis Mixer or the Springfield Tennis Club, please email our Membership Director Mary Martin at Springfieldtennisclub@gmail.com or phone at 413-896-1475.

Better Business Bureau offers tools, information to plan retirement

Whether you've just started your career or are nearing the end of it, retirement is probably at the top of your mind. Setting goals and planning are essential to ensure you have enough money to enjoy your retirement however you wish, but when should you start planning?

There's no specific age when you must start planning for retirement, but the earlier you can start saving money, the better. Fidelity Investments recommends you save at least one time your salary by age 30 and 10 times your salary by age 67. If you've already started saving, great! If you haven't, don't worry! It's never too late to start – consider these steps to begin planning.

First, determine your ideal retirement age and how much money you will need in retirement. AARP shares that you'll need about 80 percent of your pre-retirement income to maintain your current lifestyle in retirement. Take time and determine what you anticipate spending during retirement and whether any lifestyle changes require additional funds. If you need more assistance calculating this total, NerdWallet offers a free retirement calculator to estimate how much money you will need.

You can also work with a trusted financial consultant who offers retirement planning services to help you start this process. They can provide more details on inflation, the stock market, social security benefits, and investment programs, which can impact your retirement savings.

Second, once you've determined how

much money you will need, it's time to choose a retirement savings plan. You may have heard of 401(k)s, 403(b)s, IRAs, or RRSPs if you live in Canada. But what do all these numbers and letters mean? These are all types of retirement savings accounts that may or may not be available to you, depending on your unique situation.

Some employers offer plans with added benefits like an employer's match, and some accounts can be opened at your local bank, credit union, or an online brokerage. Your employer or government may also offer pension plans, and if you're self-employed, there are other retirement savings options for you, too.

Now, that's a lot to unpack, so working with a reputable financial consultant specializing in retirement planning services is a good idea to ensure you fully understand your options and feel confident in your choices. Your financial consultant can evaluate your options and help you determine which savings plan is best for you. They can also explain the difference between saving pre-tax and post-tax dollars, how to properly allocate those funds into your accounts, and annual contribution limits. In addition, your financial consultant can guide you on investing the funds in your accounts based on your age, how much money you need, and when you plan to retire.

After determining how much money you will need and deciding on a retirement plan, start a budget that includes your monthly savings for retirement. Be sure that your monthly savings will help

you reach your goals. If you need more guidance on budgeting, check out BBB's tip on 10 things to help you create a budget and stick to it.

Remember to check in on your savings and budgets often to ensure you are still on track to reach your retirement goals. Recent life events like getting a new job or a promotion, losing a job, starting a family, or receiving an inheritance can impact your spending and saving goals. Re-evaluate your situation annually and adjust your budgets as needed. As you approach retirement, your financial consultant may adjust your fund investments to ensure you meet your goals.

Are you looking for assistance with

the retirement planning process? Finding the right financial consultant for retirement planning can be one of your most important decisions. Suppose your consultant will be helping you open savings accounts and manage investments. In that case, you'll need to share your financial and personal information with them, like your bank account numbers and social security number. Therefore, you must find someone you can trust.

Always look for the BBB Seal when searching for a financial consultant. BBB Accredited Businesses adhere to the BBB's Standards for Trust and have committed to operating with your best interests in mind.



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Opinion

Guest Column

Medicare increase results in loss of Social Security benefits



Dear Rusty

My wife and I have taken a Social Security "Cut," no 3.2% raise for us, due to something called Income Related Monthly Adjustment Amount, based on our income.

We actually took, together, a \$400 a month cut. As far as I can tell from what they told me, we are means tested and were too successful, so our Medicare premiums were much higher, which resulted in our reduced Social Security for 2024. Have you sorted this out? And, if so, can I appeal this disgusting situation?

Signed: Baffled Senior

Dear Baffled

We're very familiar with the Income Related Monthly Adjustment Amount, not so affectionately called "IRMAA." IRMAA catches many Social Security beneficiaries by surprise, not only higher earners such as you, but also those who make large withdrawals from a tax-deferred account, who sell property, or who have any other kind of sudden large bump in their taxable income. Essentially, if your income is over certain thresholds for your IRS filing status, you pay a higher IRMAA premium for your Medicare Part B (coverage for outpatient services) and your Part D (prescription drug cov-

erage). And since your Medicare premium is automatically deducted from your Social Security payment, your net monthly Social Security payment goes down.

Any COLA added to your Social Security benefit is often consumed by an IRMAA increase to your Medicare premiums. And, to further complicate matters, your Medicare premium for the current year is determined by your income from two years prior, which means your 2024 Medicare premiums were determined by your 2022 income.

The IRMAA thresholds are different depending on your income tax filing status, but assuming you file your taxes as married/jointly, your combined 2022 income had to be more than \$206,000 to cause IRMAA to apply in 2024. With income between \$206,000 and \$258,000, each of your Part B premiums would be \$244.60 instead of the standard \$174.70 and your Part D premium, if you have Part D, would incur another \$12.90 on top of your regular Part D premium amount.

IRMAA premiums further increase on a sliding scale and those with income of \$750,000 or more would pay a maximum Medicare Part B premium of \$584/month and would incur another \$81 per month added to their normal Part D premium. Thus, as you have noted, Medicare premiums are, indeed, "means-tested."

Can you appeal "this disgusting situation?" Well, you can always appeal any Social Security determination, but appealing IRMAA will only be successful if you can prove that the income they used to determine your 2024 Medicare premium was incorrect or if you can convince them to use a more recent year with a lower income to calculate

your Medicare premium. If you believe you can be successful, you should call Social Security (1-800-772-1213) to formally appeal the IRMAA premium, or you can submit form SSA-44 to appeal based on a "life-changing event."

I know that understanding how IRMAA works won't soften your dismay, but I can only explain the rules and how they work. Your 3.2% COLA increase for 2024 was used to offset some of the IRMAA Medicare premium increase caused by your higher income and it is IRMAA which caused your net Social Security payment to go down. FYI, your Medicare premiums are recalculated each year, so if your income goes down to below the IRMAA threshold for your tax filing status, then your Medicare premium will revert to the standard amount for each year.

I hope this clarifies why your Social Security payments went down and why you didn't see your COLA increase, but the AMAC Foundation is always available to answer any questions you may have about Social Security.

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

Three of the eight areas of incompleteness



There is a lot going on in my yard. That is a true statement. Every fall I say I am going to be smarter about what I take on and then spring hits and I am obsessed with gardening. It is all I think about, and it has been this way since I was a teenager.

I guess I could get myself into worse trouble. Presently I am adding to the front border, redefining a perennial garden, making a permanent spot for dahlias, and waking up the raised beds and vegetable garden. Read on for a taste of what I've been up to.

It's been on the hunt for a Pink Flowering Dogwood; and this year, because I wanted one, I seemingly saw them everywhere. What a year for the dogwoods!

My husband determined that said tree would be my Mother's Day gift if only we could find one. I made the acquisition early last week and had it planted in the front border within hours. Cornus 'Rutger's Stellar' is a hardy, disease

and borer resistant hybrid, with gorgeous pink bracts.

To plant the tree, I dug a hole bigger than the rootball and amended with nearby soil mixed with moist peat moss. I planted it at the same depth it was in its pot and I'll be careful not to let mulch build up around the trunk.

Now, what can I add to the part sun understory? Astilbe? Japanese painted fern? Hostas? Hmm. Much to think about in terms of texture and color.

I have lots of perennial gardens here and there. There is a big one in my front yard, left from the original blueprint of the previous owner.

For some reason it was made deep, very deep. Half of this bed is backed by a stone retaining wall, the other half by a white picket fence. I'd like to narrow it up a bit, only keeping a couple of specimen plants and some edgers on the side with the picket fence.

I have one gorgeous Peony plant seems incredibly happy there. It is staked in an extra large tomato cage and for the most part it's doing the trick to hold up what appears to be dozens of potential heavy blossoms.

To use the cage I had to put it in place when the plant was emerging from the soil - to do so now would be disastrous!

If you need to stake your peony and haven't yet, try this method. Insert bamboo or wooden stakes into the ground on the outer edge of the

plant to three-quarters of its height. Run two rows of twine or jute at one third and two thirds up the stakes, respectively.

Simply start by tying a knot on one stake, wrapping around the next and tightening as you go. If green bamboo and jute are used the staking will hardly be visible, especially if you don't tighten so much that it looks unnatural.

The search goes on for exactly what plants will finish up that half of the bed.

Dahlias will make their home in the other half. My collection is still fairly small - I think I have seven varieties, but I can feel the fever building.

They are just such an amazing group of plants in so many gorgeous color variations and sizes. From teenie pom-poms to "dinner plate" and every size in between, I am in awe. It's exciting to finally have an area devoted entirely to my collection and I can't wait to get them in the ground.

Plant dahlias in full sun, in fertile soil amended sparingly with compost and organic fertilizers. Most tubers are planted about 3 inches deep and 1 to 3 feet away from one another, depending on plant size.

Providing enough air circulation between plants will help keep diseases at bay.

Most gardeners install a stake at planting time and attach the dahlia to it as it grows, beginning when it is a foot tall. Subsequent ties are made every 18 inches or so depending on variety.

Without the use of stakes, large flowers will likely topple in the wind and rain, sometimes taking a good portion of the plant with it.

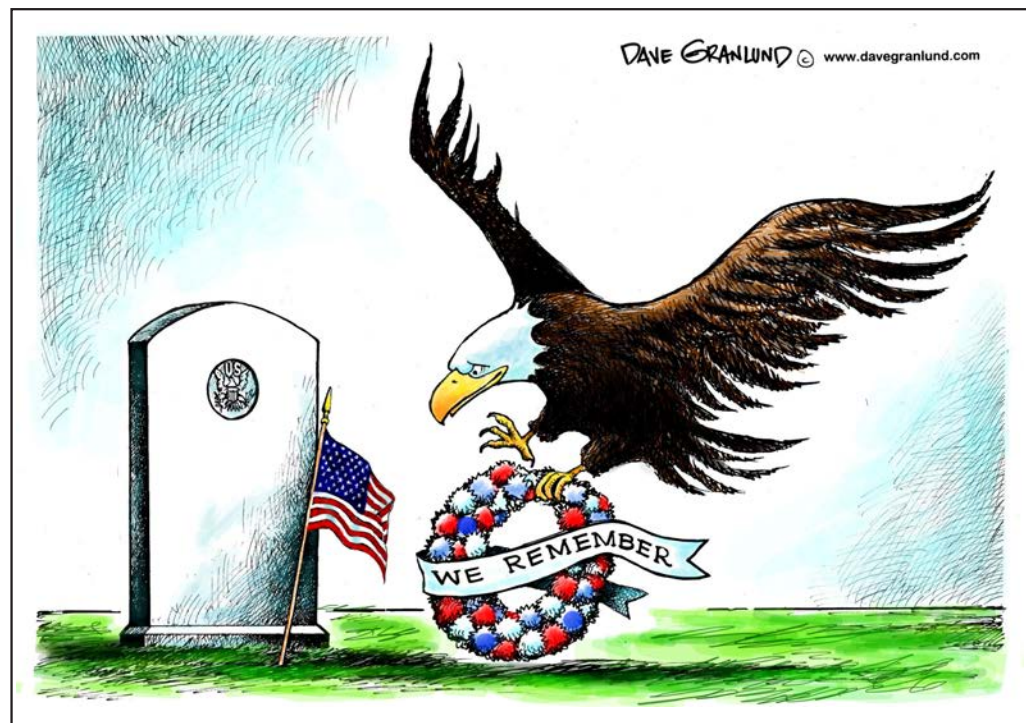
Pinching dahlias is another good practice. When the plant has three sets of leaves gently remove its growth tip. This will encourage more branching and inevitably more flowers.

Once blooming starts it is important to cut away spent blooms on a regular basis; tubers will grow stronger because of it. Dahlias thrive on sufficient moisture, especially since they are shallow rooted.

Furnish them with one inch per week during active growth.

Well, there is more incomplete, but you get the gist of my adventures. Chances are you have your own as well. Enjoy now; they'll be time to sit later.

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For 31 years she has held the position of staff horticulturist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to pouimette@turley.com with "Gardening Question" in the subject line.



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

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LETTERS TO THE EDITOR

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

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Schools & Youth

Garden Club awards scholarship



David Newhouse, a senior at Agawam High, was the recipient of the Agawam Garden Club's \$1000 scholarship. SUBMITTED PHOTO

GFWC announces spelling bee winners

AGAWAM – The GFWC Agawam Junior Women's Club sponsored its annual Town-Wide Spelling Bee for fourth, fifth, and sixth graders. On Friday, May 17 at 6 p.m., in the auditorium of the Agawam Junior High School, students representing their grades competed within their grade level.

All final spellers were awarded certificates of participation. First place winners were awarded \$100 cash, a ribbon, and a Scrabble game. Second place winners were awarded \$50.00 cash, a ribbon and a Scrabble game. All cash prizes were donated by Westfield Bank: thank you to Mary Ann Ludtke, Agawam Branch Bank manager. The Spelling Bee is available for viewing on Video On Demand (From anywhere anytime) or www.AgawamMedia.tv and scroll to Video On Demand section.

AJWC member, Donna M. Shibley once again moderated the event. The pronouncer was Kathy Mouneimneh, retired Agawam High School English teacher and AJWC member. Judges were Linda Sasso, retired Agawam High School Spanish teacher, Ann Bongiorno, retired WSMS English teacher, and Antonia Moore, graduate of AHS, English teacher at AJHS. We

appreciate the time the judges donated to help with the Spelling Bee. Special thank you to Aileen Semanie, Teri Charette-Smith and Sharon Rovithis friends of the Agawam Juniors who also helped that evening. Shout out to Les Tingley, Agawam Media Manager and Richard Danek, camera operator who assisted with the event.

Winners were: 4th grade: 1st - Macksen Smyth (Benjamin Phelps Elementary School room 18); 2nd - Zoey Jasperson (Benjamin Phelps Elementary School room 24) 5th grade - Roberta G. Doering School

1st - Payson McDougal (room 105); 2nd - Alivia Grimaldi - room 206; 6th grade - Roberta G. Doering School 1st -Faith Berry (room 302); 2nd - Khalid Fareed-Ibrahim (room 311).

Congratulations to all those students who participated in the Spelling Bee this year.

The AJWC is a member of the General Federation of Women's Clubs of Massachusetts, Junior Membership. Please consider joining us at a meeting.

For more information visit www.agawamgfwc.com.



The winners of GFWC Agawam Junior Women's Club sponsored its annual Town-Wide Spelling Bee for fourth, fifth, and sixth graders. SUBMITTED PHOTO

COLLEGE NOTES

Kim graduates from Bob Jones University

GREENVILLE, SC – Noah Kim, a resident of Agawam, was among over 650 students who graduated from Bob Jones University Friday, May 3. Kim graduated with a BS in Information Technology.

In addition to 523 students receiving bachelor's degrees, 97 students received master's degrees and 58 received asso-

ciate degrees. Five candidates received earned doctoral degrees.

Located in Greenville, South Carolina, Bob Jones University provides an outstanding regionally accredited Christian liberal arts education purposely designed to inspire a lifelong pursuit of learning, loving and leading.

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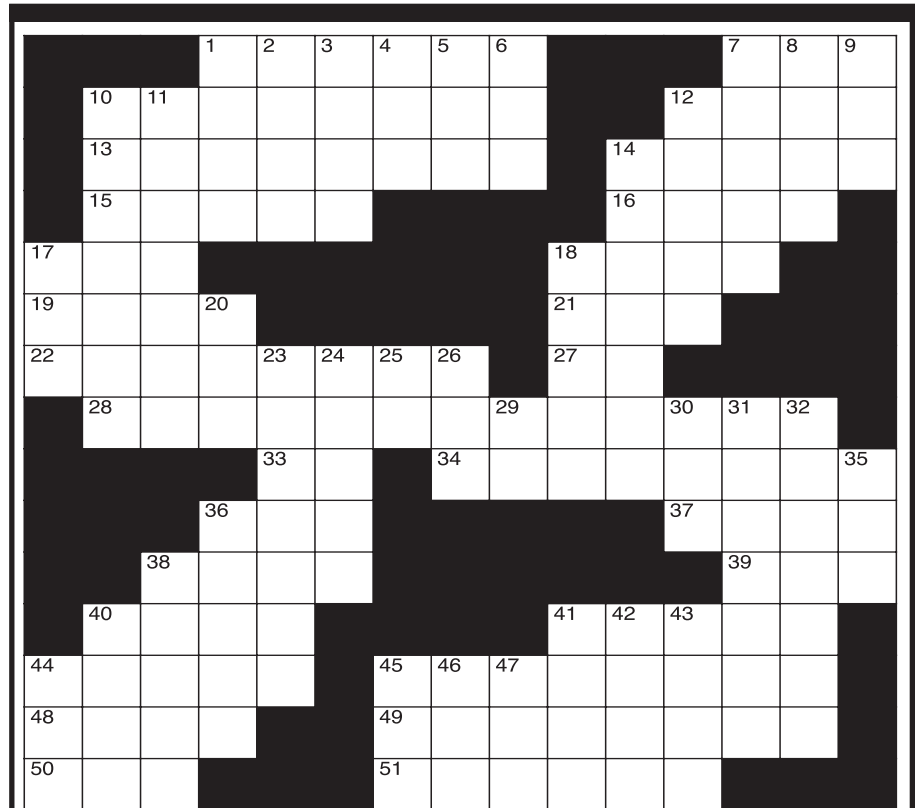
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CLUES ACROSS

1. Lunatic
7. Doctor of Education
10. Able to make amends
12. Tight-knit group
13. Gland
14. Intestinal pouches
15. Fungal spores
16. Erstwhile
17. Engine additive
18. Nasal mucus
19. Fit a horse with footwear
21. Consumed
22. Settle
27. Larry and Curly's pal
28. Basketball's GOAT
33. Exclamation of surprise

CLUES DOWN

1. How one feels
2. American Nat'l Standards Institute
3. Information
4. Licensed for
34. Made tight
36. Before
37. Actor Nicolas
38. Not hot
39. Talk
40. Pledge
41. Abandon a mission
44. Trims by cutting
45. Aspects of one's character
48. Boxing GOAT's former surname
49. Holy places
50. Body art (slang)
51. Attributes

5. Keyboard key
6. Born of
7. Choose to represent
8. Small European freshwater fish
9. Everyone has their own
10. Line from the center of a polygon
11. Lebanese city
12. Type of watercraft
14. A way to twist
17. Soviet Socialist Republic
18. Greek island
20. Medical practitioner
23. ___ DeGaulle, French President
24. Partner to "oohed"

25. Atomic #52
26. Santa's helper
29. Rapper ___ Rule
30. Month
31. Word formed by rearranging letters
32. Nullifies
35. Young woman ready to enter society
36. Unemployment
38. Weight unit
40. Formal party
41. Computer language
42. Residue formula in math
43. Duty or responsibility
44. Part of (abbr.)
45. Time zone
46. Body part
47. Nucleic acid



The Agawam Lions Club gathered to welcome 14 new members and celebrate their 80th anniversary. SUBMITTED PHOTOS



Mark Del Negro was the first new member introduced to the Agawam Lions Club.



Tom Sypek was inducted into the Agawam Lions Club.



Vice Chair of the City Council Anthony Russo was inducted into the Agawam Lions Club.



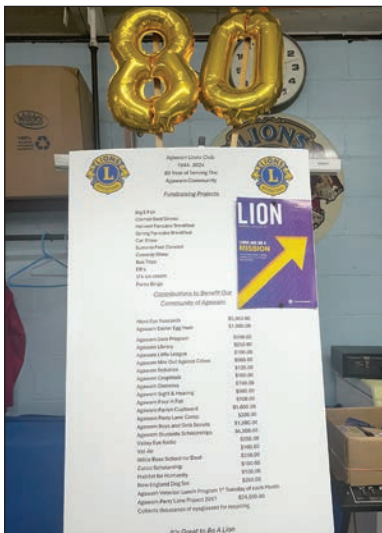
Scott Littlefield was welcomed as one of the new members of the Agawam Lions Club.



Nancie Tebaldi was one of the new members inducted into the Agawam Lions Club.



Agawam Lions Club President Chris Woods welcomed all the members to the Agawam Lions Club.



The Agawam Lions Club makes dozens of contributions to the community every year on top of the fundraising projects they host.



The Agawam Lions Club was the third highest club contributor to the Massachusetts Lions Eye Research Fund.

LIONS ■ from page 1

back into the community.

They donate to organizations including the library, the little league, student scholarships and the Boys and Girls Scouts.

Additionally, this year they were able to raise \$610,809.05 for the Massachusetts Lion Eye Research Fund, making them the third highest club donation in the state.

These funds will go toward research in solving problems with sight and hearing.

The Lions also collect used glasses so they can be given to people in need.

"We have collection boxes throughout the area," Woods said. "They're cleaned here, we send them out to a machine that grades them and donates them."

Woods mentioned that recently they had sent six boxes of glasses to Peru, where some people would otherwise be completely unable to get the eye care they need.

The club is part of an international organization of Lions Clubs, all of which mainly focus on eye health. The Lions Club organization was founded in 1944.

"The Lions were developed to help out with vision," Woods said. "It was one of their first causes."

The Lions Club organization reaches all around the globe. They have a total of 1.4 million members and 49,000 clubs across 200 countries.

"They give out grants all around the world, focusing on eye care, diabetes awareness, environmental projects such as tree

planning and, nowadays, food insecurity," District Governor Elect Thom Swift said.

With this expansion, they have also grown to help with more causes other than eye health.

They support people with diabetes, hearing difficulties and they come to assist people in times of natural disasters.

"We're in places that the Red Cross isn't, that they come to us for man power," Current District Governor Jeffrey Turner said. "We are the world's largest service organization."

Both Turner and Swift emphasized that this worldwide reach is only possible thanks to the individual clubs, such as the Agawam Lions Club.

"It all starts with these guys that are

coming in now," Swift said. "It starts with the members and moves all the way up."

All of the operating funds for the large organization come from dues and work from the individual clubs.

"Any money that we get from the public, it all goes back to charity operations," Turner said.

Therefore, Turner, Swift and Woods all encourage people to support the Lions. People can support either by attending their fundraising events, making donations or joining the club itself.

To sign up to join the club people can come by the club itself or attend one of the community events.

They can also go to the Agawam Lions Club website at <https://agawamlions.org/>.

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USDA INSP. FRESH BONELESS BUTT STRIPS.....	\$2.99 lb	USDA INSP. FRESH CHICKEN LEG 1/4s 40 LB BAG.....	\$26.99 ea
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USDA INSP. STORE MADE BBQ MARINATED BEEF BLADESTEAK.....	\$7.77 lb	USDA INSP. IQF FROZEN COOKED SHRIMP 21/25 COUNT 1 LB BAG.....	\$4.99 lb
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SPORTS



Drew Scherban slides safely into third.



Owen Lavelle tosses for the Brownies.

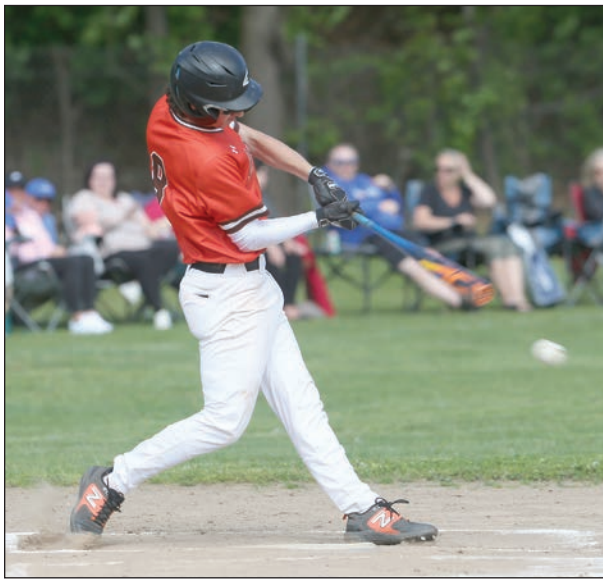
Brownies to extras for second time against Comp

CHICOPEE – Last Monday afternoon, it was extra innings for Agawam and Chicopee Comprehensive baseball. Once again, it was the Colts who picked up the win.

After scoring a run to go ahead 3-2 in the top of the ninth, Comp brought in two runs to walk off with the win.

Agawam was led by Aiden Lavelle and Gavin Schlosser with two hits each. Gavin Williams drove in two runs for Chicopee Comprehensive.

TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM



Thomas Plakias swings and connects.



Michael Plakias slings a throw to first.



Joey Szemela attempts to tag a runner out at home.

Mutiny have solid opening win over Maine

By Tim Peterson
Sports Correspondent

LUDLOW – Hope Santaniello was an All-American during her outstanding varsity soccer career at Agawam High School. She has been a key member of the New England Mutiny, who play their home matches at Lusitano Stadium in Ludlow, since 2019.

The Mutiny lost to the Lancaster Inferno FC, 2-1, in the UWS East Conference finals in Santaniello's first season. They've also qualified for the playoffs in each of the past two seasons, but they still haven't reached the top of the mountain.

With several key returning players and a couple of talented newcomers, the Mutiny are hoping to win a national championship title for the first time since 2000.

The Mutiny kicked off the 2024 campaign with an impressive 3-1 home win versus the Maine Footy, last Saturday afternoon.

"I feel like everyone is on the same page coming into this season," said Santaniello, who scored a second half goal. "We've only had a couple of practices, but all the players have been so encouraging and so positive. We played

Offense can't get going against Greenfield

AGAWAM – Last Monday afternoon, three runs in the third was all the Green Wave needed as they defeated Agawam 4-1.

The Brownies got two hits from Samantha Izzo. Mia Canavan scored the lone run for the Brownies.

Agawam is 8-10 at the end of the regular season.



Pitcher Avery Gordon throws to first on a bunt.



Samantha Izzo hustles down the line.



Katelyn Cleavall catches and out at first.



Alexina Lentas swings and hits a grounder to the infield.

TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM

Sports



Laci Lewis makes a throw-in.

MUTINY | from page 7

very well in today's game. I love playing for this team and I also love the atmosphere here. I'm hoping to win a championship title with this team, so we still have some unfinished business."

Federico Molinari celebrated his first victory as the Mutiny head coach. He took over the coaching reins from Mauricio "Toto" Coimbra.

"It feels very good to win my first game as the women's soccer coach," said Molinari, who also coaches the Western Mass. Pioneers. "I thought we played very well in today's game."

A year ago, the Mutiny finished the regular season in sixth place in the East Division standings with a 4-2-2 mark. They lost to the Lancaster Inferno FC, 4-3, again in the first round of the playoffs.

Santaniello, who's a forward, began her collegiate soccer career at the University of Rhode Island before transferring to UMass Lowell a year ago.

"I have one more year remaining at UMass-Lowell. Then I'm hoping to play for a professional soccer team," Santaniello said. "Playing at UMass-Lowell was an adjustment for me at first, but I really like playing there now. It's a great group of girls and coaches. I really love it there."

It took the Mutiny less than five minutes to score their first goal of the season.

The goal was scored by midfielder Avery Klingensmith, who graduated from Belchertown High School.

After receiving a pass in the third minute, Klingensmith fired a shot from the top of the box into the right corner of the net past Maine Footy goalie Sally Rainey for an unassisted goal.

"I've been practicing that shot and it felt very good," Klingensmith said. "We do have a bunch of talented players up top, and I never expected to score the first goal of the season. We're hoping to go all the way this year."

Klingensmith is beginning her third season playing for the Mutiny. She'll also be a junior on the women's soccer team at



Cat Barry tries to outrun an opponent.

TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM



Alexis Legowski follows through on a pass.

American University in Washington D.C., in the fall.

The other Mutiny players, who are from the communities served by the Turley Publications newspapers, are Alexis Legowski (McDuffie School/South Hadley), Aida Name (Belchertown High School/Chicopee), Maddie Theriault (Palmer), and Kendall Bodak (Monson).

"I grew up playing soccer with a couple of the local players on the FC stars," Santaniello said. "I'm hoping a few of the current talented high school soccer players from Western Mass. join the Mutiny in the future."

Laura Gouvin, who's from Monson, was one of the Mutiny key players during the past couple of years. Gouvin won't be returning this year because she has transferred from Boston College to the University of Colorado.

The Mutiny had several other very good scoring chances during the first 45 minutes



Hope Santaniello hustles up the field.



Maddie Fried hustles past midfield.

looking for the open player. She made a great pass to me before I scored my goal."

The visitors from Portland Maine ended the shutout hopes of Mutiny goalie Katrina Chorzepa three minutes later following a corner kick goal.

Megan Scholten booted the ball from the left corner, and it sailed into the far corner of the net cutting the Footy deficit in half.

"We dominated the game from start to finish," Santaniello added. "I thought their corner kick goal was lucky. The score doesn't really show how well we played in today's game."

The Mutiny's third and final goal was scored by forward Cat Berry, who plays college soccer at the University of South Carolina Gamecocks with five minutes remaining in regulation.

The Mutiny, who'll be playing five of their eight regular season matches at the friendly confines of Lusitano Stadium, are scheduled to host Sporting CT at 7pm on Friday night.



Avery Klingensmith dribbles for the Mutiny.

of the opening half, but they still had a 1-0 lead at the break.

During the 57th minute, Santaniello received a pass from Chioma Okafor, who's one of the newcomers, before putting a shot into the back of the net making the score 2-0.

Okafor, who's a forward from Blantyre, Malawi, led the UConn women's soccer team with six goals and she also had three assists as a sophomore last season.

"I met her for the first time a couple of days ago, but we already have a good connection," Santaniello said. "She's a very good player and it was a lot of fun playing with her for the first time in today's game. She isn't a selfish soccer player. She's always

New exhibit to open at HoopHall

SPRINGFIELD – The grand opening of The Vault: Boston Celtics Unlocked, the Naismith Basketball Hall of Fame's newest and most innovative exhibit, will be on Friday, May 31, the Hall of Fame announced Friday.

Visitors will step into an immersive bank vault for a one-of-a-kind journey through the history of the NBA's most storied franchise. Current and former Celtics legends will be the guides for a unique celebration of Celtic Pride, from Walter Brown to Jaylen Brown, through artifacts such as authentic game-worn jerseys, championship rings, the original '81 NBA championship trophy, long-lost footage and much more. Celtics legend and Class of 2021 Hall of Fame enshrinee Paul Pierce will cut the ribbon to let the first visitors into the Vault.

The Vault has been made possible through the generosity of MassMutual.

"The Boston Celtics name is known around the world, and we are excited to give basketball fans of all ages this state-of-the-art exhibit featuring the most sought-after Celtic memorabilia," said John L. Doleva, President and CEO of the Naismith Basketball Hall of Fame. "We are thankful to MassMutual for their dedication to the city of Springfield and their support of this historic expansion, which promotes our mission of preserving and honoring basketball's history."

Visitors will be able to enjoy this exclusive display of Celtics memorabilia for a limited period of time. Tickets for the museum can be purchased online at etix.com or at the door.

Bonsignore grabs third-place finish at Riverhead Raceway

RIVERHEAD, N.Y. – Justin Bonsignore continued his streak of top-six finishes to open the NASCAR Whelen Modified Tour season on Sunday afternoon at Riverhead Raceway.

Bonsignore brought the No. 51 Phoenix Communications machine home in third in the Miller Lite 200 presents Wayne Anderson. The New York native posted his 24th top-five finish in 28 career Whelen Modified Tour starts at Riverhead.

Bonsignore started fifth on Sunday, one day after a heavy mist in the air postponed the Miller Lite 200 Salutes Wayne Anderson. He would fall

just outside the top-five early, but then charge back inside and remain there for the duration of the race. He was up to second at one point, but Austin Beers slid by late, eventually finishing second to winner Ron Silk.

"We were a little off today but all in all, a good day for our Phoenix Communications team," Bonsignore said. "We will get back to work on continuing to work on our cars and be ready for Seekonk in a few weeks."

Justin Bonsignore will return to the track at Seekonk Speedway for the NASCAR Whelen Modified Tour Seekonk 150 on Saturday, June 1.

COACHES ■ from page 1

der to gather the needed data. In fact, some teachers even shadowed students for an entire day in order to get a better perspective on what their daily lives were like. Through this they discovered that one of the main issues in instruction was that students did not feel engaged. They also felt there was inequity between different groups of students and their ability to succeed in the school. They then pulled data from a district-wide culture survey looking into what students are saying about AHS. This survey revealed that AHS was overall below target when it came to school climate, which includes concepts such as connectedness, social support and cultural acceptance. Benkert described that they had pulled all of this data together and came up with

three focus questions to help them begin to make improvements at AHS. The focus questions were: "How might we create a school culture of high quality teaching and learning that is equitable for all stakeholders?", "How might we personalize learning experiences/instruction so all students feel school is useful/relevant?" and "How might we define rigor as a staff/school?" "We had to let go of our own biases in order to really consider the root causes of what we're seeing," Benkert said. From there, they visited a variety of schools. First they went on an Inspirational Tour, which was organized by the BARR Foundation. During this tour they went to schools in California and Arizona. "This was an incredible opportunity to visit schools literally across the country," Hunter said.

This tour helped to learn what they wanted to look for and do when organizing their own tours of schools. "The team went through a process of organizing several local, regional and national school visits," Benkert said. "We used the defining questions to select the schools to visit." Over 32 of the AHS teachers participated in these school visits. After completing all of these school tours, the BARR foundation helped the team to put together an ideation map where they planned out what they wanted to see change at AHS. "This ideation map allowed us to put all the information together," Benkert said. The team convened in March where they discussed the future of AHS. "We had many intense conversations about the future of teaching and learning at AHS and how we might get there," Benkert

said. Moving forward the team plans to use all the data they gathered and their ideation map in order to begin planning out what changes they want to make to AHS. "We are having conversations around just beginning to plan ways to move forward and respond to all of this information but nothing has been decided yet," Hunter said. Both Benkert and Hunter mentioned that they want to take their time and sit with the data they gathered in order to make sure that the changes they make at AHS are truly what the school needs. "They [the BARR Foundation] actually encouraged us to take our time and not try to rush anything," Benkert said. The school committee was appreciative of all the work Benkert, Hunter and the other members of the team had done in order to gather all of this data. They look forward to seeing where this process goes next.

RIVER ■ from page 1

into mechanical energy," Condon said. There is also a table with coloring pages of different fish that kids can fill out and then cut out and put on the river mural at the visitor's center. The hope is that through these activities people will learn more about the river and its inhabitants and come to appreciate all that they offer for Holyoke.

"One of our missions is to engage people in understanding and appreciating the history and the environment," Condon said. "We want to help them be aware of who Holyoke as a city is, where we have come from and where we are now." This year the Robert Barrett Fishway is closed to the public, so the Fishway Guides wanted to ensure the public still had an opportunity to learn about the canals and the Holyoke dam.

They felt that teaming up with the Visitor's Center at Heritage State Park would be a great way to continue to bring the public into it. "They decided to come and have a fish exhibit and a fishy program here at the visitor's center," Condon said. Condon encourages anyone interested in the program to come and check it out. "It's important that residents and visitors are aware of our past, present and future," she said. "People always walk with the wonderful feeling of learning something else and having a lot of fun." Already the program has been offered throughout the months of April and May. The remaining tour dates are on May 24, 25, 29 and 31 and June 1, 5, 7, 8, 12 and 15. To learn more about the program, go to <https://www.exploreholyokey.com/event/connecting-with-the-connecticut-river-canals-power-fish-and-you/2024-05-15/>.

Public Notices

AGAWAM ZONING BOARD OF APPEALS LEGAL ADVERTISEMENT LEGAL NOTICE

Notice is hereby given that the Agawam Zoning Board of Appeals will hold a public hearing at the Agawam Senior Center, 954 Main St., Agawam, MA on **Monday, June 10, 2024 at 6:30 PM** for all parties interested in the request of Cellco Partnership d/b/a Verizon Wireless who is seeking a Special Permit in accordance with the Town of Agawam Zoning Ordinances Ch. 180, Article XIV, Sections 90 through 103, to allow for the installation of a wireless facility at the premises identified as 1000 Suffield Street. Doreen A. Prouty Chairperson, ZBA 05/23, 05/30/2024

Commonwealth of Massachusetts The Trial Court Probate and Family Court Hampden Probate and Family Court 50 State Street Springfield, MA 01103 Docket No. HD21P1300EA Estate of: Lillian Etkin Date of Death: 04/05/2020 CITATION ON PETITION FOR FORMAL APPOINTMENT OF SUCCESSOR PERSONAL REPRESENTATIVE To all interested persons: A Petition has been filed by: **Laurie Rossi** of

Agawam, MA requesting that the Court enter a formal Decree and Order that **Gabriela M. Perrault of Holliston MA** be appointed as Successor Personal Representative(s) of said estate to serve **Without Surety** on the bond and for such other relief as requested in the Petition. **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 06/13/2024. 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 date, action may be taken without further notice to you. The estate is being administered under formal 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 recipients 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. Witness, Hon. **Barbara M Hyland**, First Justice of this Court. Date: May 16, 2024 **Rosemary A. Saccomani** Register of Probate 05/23/2024 **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. HD21P1300EA Estate of: Lillian Etkin Date of Death: 04/05/2020 CITATION ON PETITION FOR REMOVAL** To all interested persons: A Petition has been filed by: **Laurie Rossi** of Agawam, MA requesting that **James Goodhines of Springfield, MA** be removed as Personal Representative(s) of said estate, also requesting that: **Gabriela M. Perrault of Holliston, MA** be appointed as Successor Personal Representative(s) of said estate to serve **Without Surety** on the bond. **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 06/13/2024. **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 date, action may be taken without further notice to you.** Witness, Hon. **Barbara M Hyland**, First Justice of this Court. Date: May 16, 2024 **Rosemary A. Saccomani** Register of Probate 05/23/2024 **Notice of Private Sale** Notice is hereby given by USA Towing, 71 Garden St., Feeding Hills, MA 01030, sale of a motor vehicle pursuant to the provisions of M.G.L. C. 255, Section 39A, that on May 27, 2024 at 8:00 a.m., at USA Towing, said motor vehicle will be sold at a private sale to satisfy the garage keeper's lien for towing, storage and costs of sale. 1959 International B130 VIN: None Serial #: SB21253B No plates w/vehicle Last known reg. owner: Unknow Onwer Unknown Address 05/09, 05/16, 05/23/2024

COMMONWEALTH OF MASSACHUSETTS WILLIAM FRANCIS GALVIN SECRETARY OF THE COMMONWEALTH WARRANT FOR 2024 SPECIAL MUNICIPAL ELECTION SS. To the Constables of the City/Town of Agawam **GREETINGS:** In the name of the Commonwealth, you are hereby required to notify and warn the inhabitants of said city or town who are qualified to vote in the General Election to vote at: **Precinct 1:** William P. Sapelli School, 65 Begley Street **Precinct 2:** Clifford M. Granger School, 31 South Westfield Street **Precinct 3:** Agawam High School, 760 Cooper Street **Precinct 4:** Roberta G. Doering School, 68 Main Street **Precinct 5:** Benjamin J. Phelps School, 689 Main Street **Precinct 6:** James Clark School, 65 Oxford Street **Precinct 7:** Agawam Junior High School, 1305 Springfield Street **Precinct 8:** James Clark School, 65 Oxford Street On **TUESDAY, THE ELEVENTH DAY OF JUNE 2024, from 8:00 A.M. to 8:00 P.M.** for the following purpose: To cast their votes in the Special Municipal Election for the following question **QUESTION 1:** Shall the City known as the Town of Agawam be allowed to exempt from the provisions of Proposition two and one-half, so called, the amounts required to pay for bonds issued in order to pay costs of designing, constructing and equipping a new high school and the partial renovation of the existing high school which is located at 760 Cooper Street in Agawam, including the payment of any and all costs incidental or related thereto? Hereof fail not and make return of this warrant with your doings thereon at the time and place of said voting. Given under our hand this 13th day of May 2024. **Vincent F. Gioscia,** City Clerk 05/23/2024

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Agawam Advertiser News
OBITUARY POLICY

Turley Publications offers two types of obituaries. One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place. The other is a **Paid Obituary**, costing \$225, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.
Exceptions will be made only when the family provides a death certificate and must be pre-paid.

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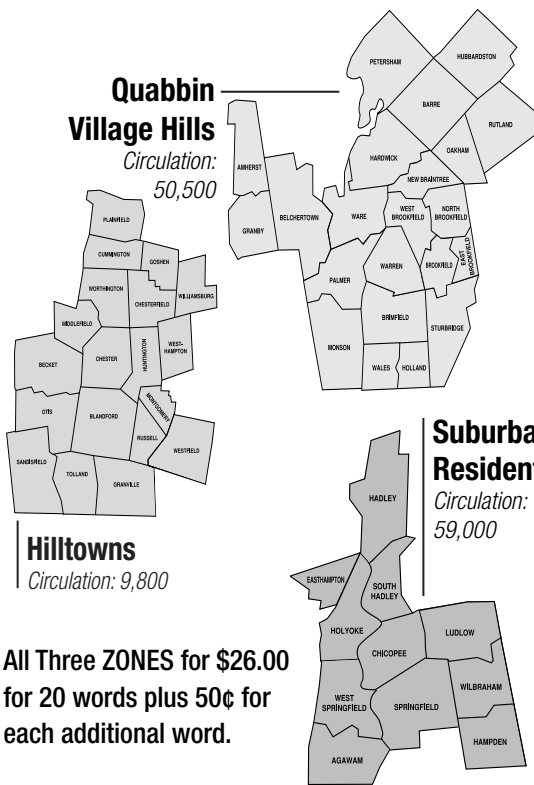
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9	10	11	12
13	14	15	16
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25 Base Price \$28.50	26 Base Price \$29.00	27 Base Price \$29.50	28 Base Price \$30.00
29 Base Price \$30.50	30 Base Price \$31.00	31 Base Price \$31.50	32 Base Price \$32.00
33 Base Price \$32.50	34 Base Price \$33.00	35 Base Price \$33.50	36 Base Price \$34.00
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For consideration, please send cover letter and resume to **Town Administrator, P.O. Box 575, 307 Main Street, Gilbertville, MA 01031** or by email **admin@townofhardwick.com**.

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SOUND | from page 1

sphere, that is what gives earth the vibration of 432 hertz.

Nadolny uses this frequency to try to help people tune in with the planet.

During this session Nadolny played seven different quartz bowls, each one representing one of the seven chakras.

"We all have these energy centers in our bodies and sometimes your chakras can become stuck or slowed, so when you think about doing this it is about realigning the chakras and the energy within yourself," Nadolny said.

At the end of the session, Nadolny also brought out tuning forks, which are an instrument that she has just recently started using.

"Tuning forks help to cleanse your whole energy field," Nadolny said. "It is connecting both sides of the hemisphere (of your brain) together."

Nadolny also gave some of the history of sound healing.

"Sound healing has been used throughout the world for most of human kind's history by every culture," Nadolny said.

She explained that every culture has a history of sound healing, with many having different sound healing instruments, such as drums, rattles, bells, gongs, tuning forks and singing bowls.

Even with the different instruments, Nadolny clarified that the concept is the same: to heal a person using sound.

Nadolny also mentioned that hearing is not needed for sound healing, as it is truly the vibrations of the sound that are beneficial for people.

"Someone who is deaf

or hard of hearing can still benefit," she said.

Nadolny first got into sound healing when she was inspired by a mentor of hers who had started the practice.

"I definitely think one of my purposes here is to help people and help people heal whatever it is they want to heal," she said.

Her first time holding a sound healing event was, in fact, at APL last year. She was glad to be returning to the community this year to continue the practice.

"I love it here," Nadolny said. "Agawam is home for me, this is where I was born and raised."

The program itself was well received, with about 30 people in attendance. All in attendance seemed to enjoy the program, with many reporting that it was very peaceful and relaxing for them.

Nadolny can be reached to learn where she will next hold a sound healing session at her email julianadolny@gmail.com.

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Congratulations **CARLY SMITH**

We are so proud of you and your accomplishments. Good luck at Springfield College.



Love Mom, Dad, John and Chloe



Mia Korzec and Jake Parolo are all smiles as they pose for a photo.



Max Holloway and Finnola Mahoney both looked wonderful for their prom evening.



Marianna Dellarpa and Hannah Parker show off their lovely gowns.



Ayden Therrin and Quinn Miller look very dapper at the prom.

TURLEY PHOTOS BY QUINN SUOMALA



Marissa Bengle, Kaylin Barna, Kilee Barna, Lauren Houlihan and Joe Krupa enjoyed the Agawam High School prom together.



Eden Berry, Hailey Goulet, Vanden Parkel, Gracie Lacombe and Maddy Elwell had a fun time together at Agawam High School prom.

AHS students celebrate prom

AGAWAM – The students of Agawam High School celebrated their prom last Friday night. The big event was held at the Log Cabin in Holyoke and drew a large crowd of the student population.



Angelia Lavrenchuk, Maggie Ireland, Allison Deveno, Elina Machelakis and Brianna Manes had a fun evening.



Vanna Nguyen, Amy Vu, Marissa Rufo and Dominic Chen all looked wonderful as they enjoyed their time at the prom.



Emma Nicosia and Annika Barron enjoyed their time at the prom.



Krenare Hasani, Destiny Bullock and Jayleen Lopez all looked lovely as they enjoyed their time at the prom.



Myah Diizinin, Harshita Parmar and Evelyn Jaskulski had a fun time at the prom.



Dorismar Santiago, Bianca Banaru and Alyssa Beaver had a fun evening at the prom.



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