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# AGAWAM

## ADVERTISER NEWS

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### Teen advisory board puts on **OREO** extravaganza

By Quinn Suomala  
 Staff Writer

AGAWAM – The teen advisory board at Agawam Public Library organized an Oreo extravaganza for their fellow teens.

During this event the teens gathered and got to decorate Oreos with different sugary treats.

They could dip the Oreos in chocolate and they could add mini M&M's, mini marshmallows, Swedish fish, sour patch kids, junior mints, gummy bears, butterfingers and pretzel sticks to their Oreos.

As the event carried on the teens bonded by asking each other a variety of questions, including "what would you do in the zombie apocalypse?" and "what would you do if you

were stuck in a Walmart for one night?"

The main goal of the event was for the teens to be able to come out and relax at the library while getting to know one another.

"I was looking forward to chilling out," TAB member Jack Weber said. "It's been fun just talking to

OREO | page 12



The teens and Youth Associate Evan Delano had a fun time at the Oreo extravaganza. TURLEY PHOTO BY QUINN SUOMALA

### Johnson presents update on initiatives

By Quinn Suomala  
 Staff Writer

AGAWAM – Mayor Christopher Johnson came before the city council to present updates on legislative initiatives that were started by the council last year.

One of the main focuses is the work to begin a recodification of the zoning ordinances.

According to Johnson, the zoning ordinances have not been updated since the 1940s and 50s and have thus grown outdated.

"The recodification of the zoning ordinance is a mammoth undertaking," Johnson said. "I started working on it years ago but we need to modernize our zoning."

There are many types of buildings listed within the ordinances that people no longer build. The code also needs to be updated to include new types of buildings that people do build now. Additionally, the design of the codes overall is inconvenient for any who need to use and understand them.

"It's going to take a lot of work to remove stuff from our zoning that they don't build anymore, and...put things in there that are being constructed these days, update all of the definitions but more importantly, change the format of our code from a pyramid zone format to a table format," Johnson said.

INITIATIVES | page 11

### Boy Scouts Troop 82 organize pancake breakfast at Lions Club

By Quinn Suomala  
 Staff Writer

AGAWAM – Troop 82 Scouts held their annual pancake breakfast at the Agawam Lions Club.

Throughout this breakfast, people were welcome to come in, enjoy some pancakes and take part in the raffle.

"It's just something fun we've always done," Troop Volunteer Christina Fleagle said.

Fleagle mentioned that they often have a large turnout from veterans in town, as many veterans were involved in the scouts when they were younger.

"We had a lot of our veterans come by," Fleagle said. "It's always been a good day for us to hold it on Veteran's Day weekend...the veterans are great supporters of us."

This annual breakfast works as a fundraiser for the troop as a whole and for individual members of the troop.

The kids in the troop act as servers for the day. They work hard to make all of the pancakes

served throughout the morning.

"The kids do the cooking, the serving and they clean up the tables," Fleagle said. "The kids always pre-sell tickets."

The scouts have a lot of fun working this event and interacting with everyone who comes in.

"The kids, even though they are working, they're having the best time," Fleagle said. "They like to see what kind of shapes they can make with the pancakes... and when we have a lull they sometimes try and see how high of a pancake they can make."

On top of this, the kids worked to pre-sell tickets to the breakfast so they could ensure a good turnout.

The funds raised throughout the event are split 50/50, with half going toward the troop as a whole and the other half going to the troop members who volunteered their time for the event.

"They earn more money the more hours they work," Fleagle said.

This funding helps to ensure that the troop can get equipment

they need for their different trainings and can help them go on different field trips to learn more skills.

Fleagle is proud of the scouts for their work throughout this fundraiser. She feels that this fundraiser helps them to learn a sense of responsibility.

"It's important for the kids to see that their hard work pays off," Fleagle said. "It teaches them that if they want something they have

to work for."

The scouts and Fleagle are also grateful for all of the adults who volunteer their time for this project.

"We have an amazing group of adults and leaders that always help," Fleagle said. "Our families in the troop are always amazing, they always come together to make sure these things happen for the kids."

They are also very grateful to

the Lions Club for volunteering their space for this breakfast each year.

Troop 82 and the other scouting programs in Agawam are always open to new members. The scouts can be a great way for young people to learn valuable skills and make connections with people around them.

"It's about having fun and

BREAKFAST | page 6



Troop 82 Scouts came together to hold a pancake breakfast.

SUBMITTED PHOTO



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## Burning ban remains in effect with dry conditions

AGAWAM – Pursuant to section 10.10.2 of the Massachusetts Comprehensive Fire Safety Code, the Agawam Fire Department is issuing an immediate ban on all forms of open burning within the Town of Agawam due to hazardous fire conditions. This action is taken to protect public health and safety and to prevent the potential spread of fire.

Reasons for the Ban The following conditions have been identified as contributing to an elevated fire risk in our area:

- Current and projected drought conditions
  - Unseasonably high temperatures
  - Wind conditions contributing to fire spread
  - Very dry fuel conditions including leaf litter and dead wood
  - Very dry ground surface conditions
- Given these conditions, any form of



open burning—including, but not limited to, brush burning, bonfires, fire pits, cooking fires and recreational fires—poses a substantial risk of uncontrolled fire spread, endangering life, property, and natural resources.

### Scope of the Ban

Effective immediately, and until further notice, all open burning is prohibited within the jurisdiction of Agawam, including:

- Brush burning and debris burning
- Recreational fires, bonfires, and campfires including use of chimineas and outdoor fireplaces
- Cooking fires that do not use enclosed grills or propane appliances
- Any other form of open flame outdoors, regardless of purpose

### Duration of the Ban

This temporary ban will remain in effect until further notice. The Fire Department

will continually monitor conditions and will issue an official notice when the ban is lifted.

### Enforcement and Penalties

Violation of this ban is subject to penalties as provided by Massachusetts General Laws and local ordinances. Enforcement actions, including fines, will be applied to those who disregard this order.

Alternatives for Cooking and Heating Residents are encouraged to use safe alternatives for outdoor cooking and heating, including:

- Enclosed propane or charcoal grills for cooking purposes only
- Electric outdoor heating appliances, where applicable, safe, and meeting applicable code.

We ask for your cooperation and compliance with this order to ensure the safety of our community. Your attention to this matter and adherence to the ban on open burning are critical to preventing fires during this period of elevated risk.

## COLLEGE NOTES

### Elms College celebrates graduates

CHICOPEE – Elms College congratulates 101 students who graduated in August 2024.

Quincy Butler of Feeding Hills received a Bachelor of Arts.

Stephanie Montanez of Agawam received a Bachelor of Arts.

Congratulations to our 101 graduates this past summer who are now joining our more than 13,000 alumni.

### Food Fest West set for Nov. 20

AGAWAM – The Food Fest West will be taking place on Wednesday, Nov. 20, from 5:30 to 8 p.m. at the Crestview Country Club, Shoemake Ln.

For more information and tickets visit [westoftheriverchamber.com](http://westoftheriverchamber.com)

PLEASE RECYCLE THIS NEWSPAPER

## St. John's Parish to hold Christmas bazaar

AGAWAM – The St. John the Evangelist Parish annual Christmas bazaar will be held on Saturday, Nov. 23, from 9 a.m. to 2 p.m. It will take place in the parish center, directly behind the church at 833 Main St.

For sale will be Christmas treasures, baked goods, assorted candy, handmade knitted goods, jewelry, books and media. Try your luck on the gift basket and gift card items. Santa will be visiting from 9 to 11 a.m. Food will be available at the snack

bar. Proceeds from this event will go to the upgrading of furniture in the parish hall. Admission and parking are free, and the hall is handicap accessible. Come, bring a friend or two and help to support a worthy cause.

## Historical Association to join in ACC Holiday Bazaar festivities

AGAWAM – The Agawam Historical Association will join the festivities in Agawam Center on Saturday, Nov. 23 when it will open the Museum Shop at the Agawam Historical & Fire House Museum (35 Elm Street) from 9 a.m. to 2 p.m. with gifts for holiday giving. The shop opening will coincide with the Agawam Congregational Church's Holly Wreath Bazaar, the First Baptist Church of Agawam's Jingle Valley Fair, and St. John the Evangelist's Christmas Bazaar, all of which will also take place that day.

Copies of Edith LaFrancis' 1980 town history Agawam, Massachusetts will be available, as will Arcadia Publishing's "Images of America" titles Agawam and Feeding Hills and Agawam and Feeding Hills Revisited. Author David Cecchi will be on hand to inscribe and sign copies.

Pre-publication orders for Cecchi's third "Agawam and Feeding Hills" title, Around Agawam and Feeding Hills, will be taken. The book is scheduled for May 2025 publication and features more than 200 photos from the collections of the Agawam Historical Association and the author, many never before published, including photos illustrating town history into the late 20th century.

Copies of the 1831 Lathrop and 1870 Beers maps of Agawam, prints of Rich Scortino's pen and ink drawings of the association's Thomas Smith House, Christmas ornaments, and other history-related souvenirs, as well as Agawam town reports from the late 1800s through the 1970s and various de-accessioned items will also be available.

The Agawam Historical Association

is a private, non-profit organization working to preserve historic materials, documents, and landmarks pertaining to the Town of Agawam and to provide educational opportunities concerning Agawam's history. The association operates the c. 1757 Thomas Smith House at 251 North West Street in Feeding Hills, and the Agawam Historical & Fire House Museum at 35 Elm Street in Agawam. The Smith House is preserved in largely original, unrestored condition. The museum occupies the former Elm Street Fire Station, and houses artifacts pertaining to the town and the Agawam Fire Department. New members are always welcome! For additional information regarding the Agawam Historical Association, please follow us on Facebook.



SUBMITTED PHOTO The Agawam Historical Association will have a shop at the ACC's Wreath Bazaar.



### THANKSGIVING REVIEW

"Hi Paul, she was great! Lots of plump meat and just enough fat to help prevent her from drying out. We will be having leftovers for a very long time."  
— Beth from Belchertown

### HAND FED, PASTURE RAISED

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## Spreading Kindness and Hope: Girl Scouts deliver inspiration

HOLYOKE – World Kindness Day, recognized globally on Nov. 13, will bring the delivery of journaling books, hand-decorated by area Girl Scouts with motivational messages like “It’s good to be you,” to patients on the adolescent unit at MiraVista Behavioral Health Hospital.

The books, a collaboration during a recent Service Fair between the Pioneer Valley Coalition for Suicide Prevention and Girl Scouts of Central and Western Massachusetts, will be particularly appreciated on World Kindness Day during an event scheduled for 3 p.m. at MiraVista (1233 Main Street, Holyoke) said Kimberley Lee, Chief of Creative Strategy and Development at MiraVista.

“World Kindness Day urges the doing of thoughtful acts and to have supportive messages sent to our adolescent patients by understanding young people on this day is real encouragement for them,” Lee said. “Having mental health challenges, which

manifest at any age and range in diagnoses, can create feelings of self-doubt and loneliness, and this outreach project, along with the work of our clinicians, help counter those emotions.”

Sara Crawley, Service Unit Manager for the Nonotuck Service Unit of the Girl Scouts of America, known locally as the Girl Scouts of Central and Western Massachusetts said the fair devoted to community service drew about six local area nonprofits and some 40 Girl Scouts and “was a way of celebrating the birthday of Juliette Gordon Low, the founder of Girl Scouts.”

“She was born October 31,” Crawley said. “From the beginning, service to the community was part of the foundation of Girl Scouting. We honor her legacy by continuing that tradition.”

Jen Matoney, co-chair of Pioneer Valley Coalition for Suicide Prevention, one of the state’s 11 regional coalitions under the Massachusetts Coalition for Suicide Pre-

vention, said the book project drew the interest of high school as well as elementary school-aged Girl Scouts.

“Our volunteers answered questions that came up, followed the girls’ lead about what they wanted to talk about, organically providing age-appropriate, facilitated conversation about wellness and the importance of naming, sharing and-or writing down emotions,” Matoney said.

She said that the decorated covers carry personal messages designed to first let the adolescent patients at MiraVista know “they are thought of and cared about, that they matter, and that healing, hope, and recovery are possible.”

“Secondarily,” she added, “we hope they may find journaling or doodling useful as a positive coping skill and self-reflection tool that anyone, at any age can use.”

Matoney said that the project reflects the mission of PVCSP “to promote wellness and hope and reduce suicide and despair.”

She said members consists of both social service professionals and individuals who have been “personally impacted by suicide, known as having lived experience,” and that this particular project held a “very high importance” for her.

“My beloved mom, Lynn, died from depression and suicide in 2007 at the age of 58,” Matoney said. “Among her many roles, she had been my Girl Scout troop leader for 10 years. With her gentle, reserved approach, endless creativity, and talent for hands-on projects, she made an incredible impact on me, my sister, our friends, and many other girls. When she died, probably 15 to 20 years after being a troop leader, former Girls Scouts from childhood reached out to me. Of course, I now volunteer and work in suicide prevention and support in my mom’s honor.”

For more information on programs at MiraVista visit <https://www.miravistabh.care/>.

## Town celebrates the grand opening of Still Brook Park

AGAWAM – The Town of Agawam is excited to announce the grand opening of Still Brook Park, a new 216.9 acre park located at 100 Pine Street in the Feeding Hills section of Agawam. This expansive outdoor passive recreation area offers a diverse range of activities for visitors to enjoy.

Formerly the Tuckahoe Turf Farm, the town-owned property has been transformed into a vibrant public park after many years of planning and development. The project includes state-mandated restoration of the Nine Lot Dam, which impounds a pond on the property. The \$6.3 million project was funded through multiple sources including the Massachusetts Trails Grant, the Parkland Acquisitions and Renovations for Community Grant, Community Preservation

Act Funds, corporate donations and solar lease payments. The project includes new walking and hiking trails, as well as facilities for canoeing, kayaking, picnicking and fishing.

To enhance the visitor experience, the park also features amenities such as informational kiosks, a shade structure, trail markers, benches, picnic tables, bike racks and directional signage. Additional improvements are planned for the coming years to further improve the overall experience.

A ribbon-cutting ceremony will be held on Tuesday, Nov. 19 at 2 p.m. at the pavilion to celebrate the Grand Opening of Still Brook Park. The public is invited to attend and explore the new trails, waterways and natural habitats that the park has to offer.

## Toys now being collected for annual holiday exchange

AGAWAM – The Agawam Zero Waste Club, Agawam High School SAVE Club and National Honor Society are hosting the Ninth Annual Holiday Used Toy Exchange. This event was created to become a source of holiday gifts for residents on tight budgets, as well as increase the lifespan of consumer goods which are discarded long before their usefulness is waned.

Gently used, clean, working toys may be dropped off at the Agawam Public Library on Friday, Dec. 6, from 12 noon to 4:30 p.m. Gently used toys wanted include musical instruments, action figures, dolls, sports equipment, books, bicycles, electronics, video games, DVDs, stuffed animals, model kits, art supplies, building toys, creative learning toys, outdoor toys and structures, games, puzzles and baby toys. No dirty, broken or incomplete toys will be accept-

ed. All donations should be inspected before being dropped off.

General public free shopping of these gently used toys will be on Saturday, Dec. 7, from 10 a.m. to 1 p.m. In order to share with as many families as possible, families will be limited to an amount they are able to carry in one trip to their vehicle. Shoppers are asked to bring their own reusable shopping bags, as this is a zero-waste event. Any toys remaining will be donated to local charities. Children should not be brought into the shopping area, so that each toy will be an exciting surprise. An activity will be available to children while adults shop. For more information, visit [www.agawam.ma.us](http://www.agawam.ma.us) under the events column or email Nancy Bobskill at [AgawamZeroWaste@gmail.com](mailto:AgawamZeroWaste@gmail.com) The Agawam Public Library is located at 750 Cooper St.

## Feline Friends Cat Sanctuary in need of supplies, donations

AGAWAM – To all of our wonderful friends and supporters: Feline Friends Cat Sanctuary is running short on supplies this month. Could you please help out with an extra boost? Money always helps, but supplies help too.

We need: Unscented clumping cat litter, Kirkland dry cat food (purple bag), cases of Friskies canned food, baby food (meat/poultry varieties), extra large pee pads, paper towels, gift cards to Smithland and/or Costco.

Donations can be made through Pay Pal, [Venmo@Feline-Friends](mailto:Venmo@Feline-Friends), or U.S. Mail at P.O. Box 174, Feeding Hills, MA 01030.

Donation bins are located at Smithland in Agawam and the Agawam Library.

Local pick-up is optional. Contact us at [info@felinefriendsinc.org](mailto:info@felinefriendsinc.org) or 786-5019.

We will be holding our next monthly donation drive at Smithland Pet & Garden Center on Saturday, Dec. 14 from 10 a.m. to 1 p.m. Volunteers will be collecting food, litter & monetary donations for

our kitties. Opened bags/boxes will be accepted.

Smithland, a valued sponsor, is stocked with Friskies Pate or Shreds canned food (single flavor cases are preferred), many Fancy Feast varieties and unscented, clumping cat litter.

Thanks to community members who generously donated at our Nov. 2 event including Joanne L, Carl and Cheryl K, Terry and Lucky, Katie H, Crystal M. and Ken K. We are also grateful to our monthly donors and everyone who has supported our sanctuary.

Feline Friends Inc. is a community-based, nonprofit sanctuary that does not discriminate against any cat based on age, gender or disability.

More information about our sanctuary may be found on our website at [felinefriendsinc.org](http://felinefriendsinc.org) or our Facebook page at Feline Friends Cat Sanctuary. Contact us with questions at [info@felinefriendsinc.org](mailto:info@felinefriendsinc.org) or by phone at 413-786-5019.

## Senior center announces events

AGAWAM – The Agawam Senior center, 954 Main St., has great events planned for the month of November, the Center is open Monday through Friday, 8 a.m. to 5 p.m. For more information, please call 413-821-0605

Important update of the Agawam Senior center hours of operation. Starting Monday, Nov. 4, the

Agawam Senior Center will be closing at 4:30 p.m. on Monday, Wednesday, Thursday, and Friday.

The Agawam Senior Center will remain open on Tuesday evenings until 7:30 p.m. We hope this will give you a chance to access more of what we have to offer. The Billiards Hall, Computer Room, Fitness Room and more. ZUMBA Gold will offer classes on Tuesday evenings starting at 5:30 p.m.

The Cardio Fusion Class has been going strong. If you are looking for a fun, low impact aerobic class Cardio Fusion is for you.

### Cardio Fusion:

Tuesday, Nov. 5, 12, 19, 26 at 10:30 a.m.  
Thursday, Nov. 7, 14, 21 at 9:30 a.m.

### Educational program on Alzheimer’s and Dementia

Wednesday, Nov. 20, at 1 p.m.

Certified Dementia Practitioner Laurie Martin, LPN will be here to teach about Alzheimer’s Dementia as well as Agawam Rehab. November is Alzheimer’s Awareness Month and this disease affects much of the aging population. Refreshments and a raffle will be offered. Call Kristina at 413.726.2836 to register.

## ACC holding Holly Wreath Bazaar

AGAWAM – On Saturday, Nov. 23 from 9 a.m. to 2 p.m., the Agawam Congregational Church will host its Holly Wreath Bazaar. Our vendors and crafters are in place for a variety of your Christmas shopping needs. Don’t forget we have cards for sale (sports and famous people). Again, we will have our bakery at the country store featuring sumptuous homemade pies, cakes, cookies, bars, and candy. There will be something for everyone at Santa’s seconds. Also, you can participate in two raffles (grand raffle and our church raffle with numerous choices).

Stay for lunch at our cafe for our deliciously prepared grilled hamburgers, hot dogs, and cheeseburgers. Popcorn will also be available for that festive feeling. We look forward to your visit to our church located in the historic district of Agawam at 745 Main Street on Saturday, Nov. 23.

## Grinchmas Spirit returns to the Springfield Museums

SPRINGFIELD – The Springfield Museums is thrilled to present the return of Grinchmas, the most wonderful, awful way to celebrate the holiday season! Beginning with the opening of the Grinch’s Grotto on Saturday, Nov. 9, hearts will grow three sizes during annual festivities that honor Springfield native Theodor Seuss Geisel, aka Dr. Seuss, the author who revolutionized learning how to read by making it fun.

“Grinchmas is a one-of-a-kind experience that features photo ops in the laugh-filled Grinch’s Grotto, a look at the Grinch Cadillac owned by none other than Ted Geisel (AKA) Dr. Seuss himself and activ-

ities galore,” says Kay Simpson, President and CEO of the Springfield Museums. “You won’t want to miss it!”

Exclusive to the Museums, the Grinch’s Grotto is the lovable curmudgeon’s home on Mount Crumpit—the perfect spot for holiday photos. This year, the Grotto features an interactive Who-ville Snack Shack and a towering ice sculpture station that are sure to amuse visitors of all ages. Check the Museums’ online calendar to see when the Grinch himself

will be there.

The Museums are also accepting entries in its annual gingerbread exhibition—a visitor favorite for more than a decade—through Monday, Nov. 11. Bakeries, schools, organizations, individuals, and families are invited to submit plans supporting this year’s theme: Gingerbread in Toyland. The exhibit will be on view from Nov. 29 to Dec. 31, with all the gingerbread creations displayed in a large exhibit hall filled with classic toys, books, and festive decorations.





# Opinion

## Guest Column



### Working septuagenarian asks about disability benefits

Dear Rusty:

I retired at my full retirement age, am now 79 and will be 80 in December.

I have been working consistently since. I get a meager Social Security benefit, only about \$800 due to my federal retirement offset. Most jobs I have held since filing and collecting SS have involved very labor-intensive work, to include my current position. This has taken a toll.

My question is there any provision in Social Security that permits re-evaluation of Social Security benefits for disability after one has collected and paid into the system for some 15 years? I suspect not but thought I would ask, since at my not so tender age, I am faced with having to cease employment that generates needed income.

Signed: Working Still at 79

Dear Still Working:

I'm afraid that Social Security Disability Insurance (SSDI) benefits are no longer available once you reach your SS "full retirement age" or "FRA," which for you was age 66. Indeed, anyone collecting SSDI at full retirement age is automatically converted to their regular SS retirement benefits at the same amount they were previously receiving on SSDI. That's because SSDI benefits are intended to sustain workers up to their SS full retirement age, but SSDI goes away once FRA is attained.

Thus, the provision to apply for SS disability allows only those who have not yet reached their full retirement age to seek disability benefits. Once FRA is reached, SSDI benefits are no longer available. Simply for your awareness, there would be no financial advantage for you to receive SS disability benefits anyway, because the most you can get on SSDI is your full retirement age amount. Thus, since you retired and claimed SS at your full retirement age, no additional disability amount would be available anyway.

FYI, I admire, at your "tender age," that you are still actively working, but I'm afraid you cannot claim more now on Social Security disability because you've already reached your FRA. However, from what you've written, your SS retirement benefit has been affected by the so-called Windfall Elimination Provision (WEP) which affects those with a separate pension earned without contributing to Social Security.

If you've been separately working and contributing to Social Security since you left government service and you now

SECURITY | page 5



## Guest Column

### Surprise squash or is it a pumpkin?



Compost the lazy person's way – no thermometers, frequent turning or aerating is done at my house. I simply pile my vegetable refuse, leaves, coffee grinds and plant parts in a pile with copious amounts of chicken bedding. Once in a blue moon I'll mix it all up with a pitchfork, but that is all I do.

I'm not saying it's the right way, but it's my preferred way. After a certain point in the fall, I start a new pile and let the old one sit until spring when I use the compost in the garden.

Often, I end up with some surprise plants growing in the pile from the previous year after I've taken what I need. I call them volunteers.

For the last two years I've grown my best tomatoes in the compost pile. No accolades need to come my way, I did nothing to earn the luxury of garden fresh tomatoes in November.

Well, maybe covering the plants with layers of cloth on the few cold nights has helped some, I guess, otherwise they would be frosted like the rest of the tender plants.

But alas, once again I digress. I am not here to talk about the tomatoes that grew in the compost pile, but the squash that did. I may have mentioned these white pumpkin lookalikes in an earlier column, but as I sit here devouring a squash muffin, they deserve another mention.

While my hills of butternut were not very prolific, the white pumpkin lookalike squash were unbelievably so. Honestly, I am not sure how many plants sprouted. Maybe three at the most, and I easily ended up with maybe two dozen, so the average is seven or eight fruit per plant!

I bought the original at a local farm and as it

turned to an imploded pile of mush, it got chucked into the compost pile last fall. After sprouting it took no time flat for the vines to cover the pile and adjoining fence and lawn, much to my husband's dismay.

After a quick internet search, the white pumpkin lookalike squash still doesn't have a name. It could be part acorn squash, or a variant of a white pumpkin.

All I know is that they made excellent fall decor!

Just for the fun of it I cooked one up, in the same manner I do butternuts, by slicing in half, removing the seeds and roasting cut side down in a 400 degree oven for about an hour.

The pale yellow flesh caramelized a little. Perhaps I should have finished the cooking cut side up to attain more of that caramelization.

While not incredibly sweet, it didn't taste bad or bitter, so I whipped it up with the immersion blender and decided I'd try it in my favorite squash muffin recipe. Not bad, not bad at all.

My husband asked if I was going to raid the porch of it's decorations to process more of them, but I don't think I'll go that far. If November is mild, I'll certainly have a windfall once we switch over to a Christmas theme.

What do I learn from the compost pile? Although the garden is right next to the compost pile, the white squash pumpkins had virtually no damage from the squash vine borer.

The plants were so much healthier than those I planted in the garden. The leaves were large and deep green.

I've said it before and I'll say it again times three: Nitrogen, nitrogen, nitrogen. That's one thing my compost pile has that the garden needs. I will definitely not skimp on that nutrient come springtime so that maybe, just maybe, I can grow my beloved butternut squashes on purpose and healthily!

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For 32 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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## Election letters to the editor welcome

The Agawam Advertiser News welcomes readers to participate in this year's election campaigns by writing letters to the editor for publication on these pages. Letters of up to 250 words from local residents endorsing candidates on the ballot or discussing campaign issues should be sent to The Agawam Advertiser News, care of Turley Publications, 24 Water St., Palmer, MA 01069, faxed to 413-289-1977 or emailed to aan@turley.com. Please include a daytime telephone number for verification purposes (it will not be printed). Letters must be received by noon Monday to be considered

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

Campaign news

As part of its election coverage, the news-

paper plans to print stories about contested races for Congress, state Senate, state House, district attorney and Governor's Council during the weeks leading up to the election, as well as a question-and-answer voters guide. In order to ensure fairness to all candidates, no political press releases will be printed, nor will reporters cover political rallies or fundraisers.

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



# Opinion

## Guest Column



Turkey vulture

A Brimfield resident, who emails quite often noticed three turkey vultures on Sunday, Oct. 20.

He said, "I went outside and I saw soon seven turkey vultures flying by along the ridge east of the house. The birds drifted off to the south east. A few minutes later a group of ten vultures drifted slowly south about a half a mile west of the first group. These birds flew around for awhile, circling and gaining altitude until they were quite high. The ten birds then drifted out of sight."

The turkey vulture is 26 inches tall and has black feathers. The trailing end of the wings are silver and the head has no feathers and is red. Immature turkey vultures

have gray heads. They are often seen soaring with wings held in a V. They rock side to side, but rarely flap their wings.

Turkey vultures feed by scavenging on carrion, fresh or decayed. They find their food by both sight and smell. Sometimes, they are seen in roads feeding on road kill. They are often seen coming or going to nightly roosts. They use thermals of warm air and updrafts to stay in the air. When the thermals and updrafts end and they have to flap, they usually stop flying and land.

When perched, they will spread their wings. I saw one several years doing this against a high tension pole in Oakham.

The female lays one to three dull white eggs, occasionally with dark marks in a nest scraped on bare ground, in a hollow stump, cave, cliff edge or old building. Grunts and hisses are heard at the nest site often during competition over food.

### Pond tour

The Brimfield resident sent an emailing and reported he and his wife did a tour of some of the ponds in Brimfield, Holland and Warren on Sunday, Nov. 3. He said, "In Brimfield (Sherman Pond) and Holland (Holland Pond) we saw a few pairs of hooded mergansers and a belted kingfisher at the pond in Warren on South Street. Other ponds had lots of Canada geese and mallards."

He also said, "In the yard recently the most exciting sighting was a Carolina wren that showed up briefly a couple of times. Then yesterday we had an immature accipiter was seen sitting on top of one of our feeding stations." He wrote, "The bird was either a female sharp-shinned hawk or a male Cooper's hawk based on size, it was

a little bigger than a mourning dove, the bird's size was in the area where the sizes of the two species overlap. The tail shape is suppose to help differentiate the species but I'm not confident about the tail shape, I'm not sure which species we saw?"

Later in the day he saw a fox sparrow doing the sparrow feeding behavior, jumping back and forth to stir up ground looking for seeds. He said, "That was the first fox sparrow seen this fall. One or two are usually seen during fall migration."

### Moose

Although not bird related – no feathers on this critter – I saw a moose cross New Braintree Road in Oakham one evening. It was dark, but I did get a good view of its rear portion as it went over a stone wall and into the woods.

People may report a bird sighting or bird related experience by calling me at 413-967-3505, leaving a message at extension 100, emailing mybackyard88@aol.com or edowner@turley.com or mailing to Barre Gazette, P.O. Box 448, Barre, MA 01005.

## Love a good nap? So does your brain... maybe



The headlines were all over the internet a couple of months ago: Napping is good for brain health. But, as with all health studies, you have to read the fine print.

Habitual napping was associated with larger total brain volume, which is in turn associated with a lower risk of dementia and other diseases, according to researchers from University College London (UCL) and the University of the Republic of Uruguay. The researchers estimated the difference in brain volume between nappers and non-nappers was equivalent to 2.5 to 6.5 years of aging.

As I've noted before, though, association is not causation. Is brain volume larger because of napping, or could there be other factors at play – heredity or physical activity, for instance. The study only compared people who are genetically predisposed to nap and those who aren't – not those who elect not to nap. Also, the napping behaviors studied were self-reported by participants, which is not exactly the gold standard for research.

Even with all of those caveats, I agree with the researchers that there's nothing wrong with a brief daytime nap. By brief I

mean 30 minutes or so -- you don't want it to interfere with the next night's sleep. Afternoons are a good time for napping because that's when we tend to experience a dip in energy levels.

Nappers tend to feel more alert and clear-headed after a snooze, and there's a movement afoot to permit naps on the job, particularly for office workers. Naps are especially helpful for people who don't work regular schedules or who are doing shift work. Aging bladders can wake us up during the night, too. If you don't fall back asleep right away, a nap the next day might be just the thing.

But if you're not regularly getting seven to nine hours of sound sleep a night, I don't recommend long daytime naps to make up the difference. First, you're more likely to wake up groggy after an extended nap because your brain is trying to enter the deep sleep phase. There's evidence that people make more mistakes after a long daytime nap.

Second, a nap doesn't give you the benefit of the restorative nature of sleep – when your eyes and muscles fully relax and your body is repairing and rebuilding bone and muscle, consolidating memories and shoring up the immune system.

Everyone has a bad night once in a while. For many consecutive nights of disrupted sleep and days filled with naps, though, consult your doctor. You might need a sleep study to determine whether something like sleep apnea could be the cause.

Napping is associated with other issues as well. Elderly adults who napped at least once a day or more than an hour a day were 40 percent more likely to develop Alzheimer's than those who did not nap daily or

napped less than an hour a day, according to a study published in Alzheimer's and Dementia: The Journal of the Alzheimer's Association, in March 2022. Also last year, a study found that people who often nap have a greater chance of developing high blood pressure and having a stroke, according to CNN.

And then there are those who can't nap. Just as there appears to be a genetic disposition toward napping, there also appear to be people for whom napping is physio-

logically difficult, if not impossible. Jeremy Derbyshire, writing in the Financial Times, is one of those. His attempts at napping usually end in frustration, he says, "after 10 minutes or so lying down rigidly and willing myself, unsuccessfully, into unconsciousness."

Maybe we need to expand the definition of "nap." Let's consider a nap everything from closing your eyes for 10 minutes to

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### SECURITY | from page 4

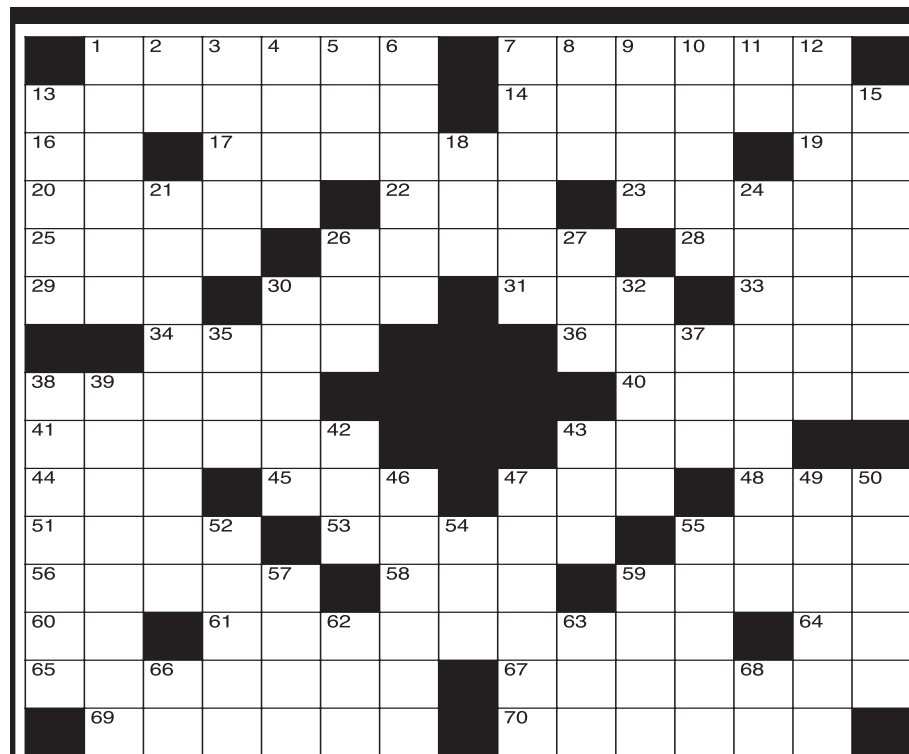
have more than 20 years contributing to SS from other non-government "substantial earnings," it's possible that you can request a reevaluation of your WEP penalty.

WEP provides relief for those, who have more than 20 years contributing to Social Security. So, if you have more than that over your lifetime, you could ask that your WEP reduction be reevaluated to consider those additional years contributing to SS since you first claimed.

I suggest, if you now have more than 20 years of contributions to Social Security from your non-government work over your lifetime, that you call Social Security to request reevaluation of your WEP retirement amount. FYI, you can see exactly how many years of SS-covered work you have by requesting an "Earnings Statement" from So-

cial Security. You can get this Statement by calling 1-800-772-1213 or you can also get it at your personal "my Social Security" online account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount). Social Security will also be able to tell you this directly when you call. In any case, I wish you good fortune, and hope that reevaluating the WEP reduction to your SS benefit may offer some small financial relief as you go forward.

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



#### CLUES ACROSS

1. Schoolhouse tool
7. Martens
13. Slags
14. One who scrapes
16. Centiliter
17. White wine
19. Of I
20. Former Syracuse great Warrick
22. Relating to the ear
23. Sandwich shops
25. Victories
26. White (French)
28. Self-immolation by fire ritual
29. Genus of parrots
30. Unhappy
31. Talk incessantly
33. Type of Squad
34. Unit of perceived loudness
36. Violent seizure of property
38. Agave
40. Sound units
41. Removes from record
43. Partner to Mama
44. Mythological bird
45. Dash
47. Hair product
48. Two-year-old sheep
51. Signs a deal
53. Conifer
55. Autonomous republic in NW Russia
56. Wife of Muhammed
58. British Air Aces
59. Ears or ear-like appendages
60. Not caps
61. Deep-bodied sea dweller
64. Rural delivery
65. Feeling
67. Study of relations of organisms to one another
69. Room to argue
70. Question

#### CLUES DOWN

1. Cream puff
2. Road open
3. Stressed syllable
4. Thailand's former name
5. Cologne
6. Recounted
7. Garment of cloth
8. Airborne (abbr.)
9. Reproduced
10. Emits coherent radiation
11. "Westworld" actor Harris
12. Smallest interval in Western music
13. Unstressed central vowel
15. Lives in
18. When you expect to get somewhere
21. Storage bags
24. One who covers with plastic
26. Cast out
27. Automobile
30. Repaired shoe
32. Belonging to the bottom layer
35. Possesses
37. Soda
38. Programs
39. In an unexpected way
42. A bag-like structure in a plant or animal
43. For each
46. Unbelief
47. Seized or impaled
49. Arrive on the scene
50. Especially happy
52. Classic western film
54. Split pulses
55. Frida \_\_: Painter
57. Start again
59. Employee stock ownership plan
62. Young women's association
63. Frozen water
66. "The First State"
68. Computers need one

CROSSWORD SOLUTION ON PAGE 9





Troop 82 held a pancake breakfast and had a fantastic turnout from the community.



There was a raffle at the Troop 82 pancake breakfast.

SUBMITTED PHOTOS



Members of Troop 82 cooked and served the pancakes at their pancake breakfast.

**BREAKFAST** | from page 1

learning these life skills and getting together as a community, being around other kids that are interested in the same things as you, learning about camping and first aid and all the fun stuff," Fleagle said. "We're always open to having anyone come and check out our meetings."

If interested in joining the scouts, people can reach out to the troop email at [troop82agawam@gmail.com](mailto:troop82agawam@gmail.com) or they can attend one of their meetings.

Troop 82 meets every Thursday from 6:30 p.m. to 8 p.m. at the Agawam Congressional Church.



Troop 82 Scout Peyton Fleagle served drinks at the pancake breakfast.

# Wistariahurst Museum to host new photo exhibit

HOLYOKE – The City of Holyoke is proud to present the opening of Matria, a compelling photo installation by local artist Michelle Falcón Fontanes. Launching on Nov. 14 at Wistariahurst Museum, Matria brings to life the stories and achievements of five inspiring Puerto Rican women from Holyoke who have selflessly dedicated their time and energy to the better of Holyoke.

Supported by funding from the NEFA Making it Public Grant and Mass in Motion, this project captures the resilience and impact of these women as social

justice warriors, advocates, and leaders working within our community.

After its debut at Wistariahurst, Matria will move in Spring 2025 to Holyoke's Puerto Rican Cultural District on Main Street, inviting an even broader audience to witness and celebrate these womens journeys.

Join us on Nov. 14 from 5 to 7 p.m. to honor these community champions and experience the exceptional photographic work of Michelle Falcón Fontanez. Entrance to the Wistariahurst is free to the community during operating hours.

# Museum to hold holiday open house

HOLYOKE – You better watch out, you better not cry. Better not pout, Wistariahurst is telling you why: our Holiday Open House and Festive Market is comin' to town! On Dec. 7 and 8 from 11 a.m. to 3 p.m., the mood will be right and the spirits up during this captivating weekend of jubilation. Our beloved museum will be decorated with the splendor of the holiday season and filled with cheer as we welcome guests back into our halls. Visitors will be able to explore the first floor of the museum, listen to holiday-themed music, and discover the fun of our Wisty Railroad train set on display. But wait, there's myrrh! Our winter wonderland will feature our Festive Market with local vendors selling a variety of products such as art, jewelry, and other amazing items

perfect for your gift exchanges this year. Our Holiday Open House is guaranteed to bring joy to your world with historical fun and holiday cheer.

"There is nothing better than feeling the magic of the holiday season inside of the museum," Rachel Powell, office assistant, muses. "The greatest gift we see at the museum is seeing people of all ages come together to celebrate the museum and community in the warmth of our halls."

Wistariahurst Museum's 4th Annual Holiday Open House and Festival Market truly offers something for everyone, and we're so excited to welcome the entire community to join us and share in the joy of the season. Our event is a time for celebration and a time to make cherished memories, so we've made sure to make admission to this event free and open to the public.

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USDA INSP. FRESH SKINLESS & SHANKLESS HATFIELD OLDTIME WHOLE HAM ..... <b>\$2.89</b> lb	USDA INSP. FRESH BONELESS WHOLE EYE ROUND ..... <b>\$3.99</b> lb	USDA INSP. FROZEN BACON WRAPPED SHRIMP 15 COUNT ..... <b>\$8.99</b> ea
USDA INSP. FRESH LEG LAMB ..... <b>\$5.99</b> lb	USDA INSP. GROUND FRESH DAILY DIET LEAN GROUND BEEF ..... <b>\$4.99</b> lb 5 LB BAG	USDA INSP. IQF FROZEN COOKED SHRIMP 31/40 COUNT 2 LB BAG ..... <b>\$14.99</b> ea

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# HCC opens registration for winter, spring 2025 classes

HOLYOKE – Registration is now open for Wintersession and Spring 2025 semester classes at Holyoke Community College.

HCC's 10-day Wintersession term begins Monday, Jan. 6, and ends Friday, January 17. The Spring 2025 semester begins Tuesday, Jan. 21.

Students can earn up to four transferable credits by taking Wintersession classes in anthropology, communications, criminal justice, economics, environmental science, geography, law, management, mathematics, nutrition, psychology, social science, and sociology.

Most Wintersession classes are offered entirely online. Full 15-week spring semester classes begin Jan. 21. HCC will also be running three accelerated spring flex start sessions: Flex Start I classes begin Jan. 21 and run for seven weeks. Flex Start II classes begin Monday, Feb. 3, and run for 12 weeks; Flex Start III classes begin Monday, March 24, and run for seven weeks.

Thanks to the state-funded MassEducate program, a community college education is now free for all Massachusetts residents who have yet to earn a bachelor's degree.

"MassEducate provides an exciting opportunity for eligible students to attend college without the concern or weight of how to pay for it," said Mark Hudgik, HCC dean of strategic recruitment initiatives, admissions, and financial aid. "There has never been a better time to enroll"

Eligible students who want to earn a certificate or degree need only to complete the standard HCC application, complete the FAFSA (Free Application for Federal Student Aid) for the 2024-2025 school year, and register for at least six credits (typically two classes).

Class schedules for both Wintersession and Spring 2025 semester classes can be found on the HCC website: [hcc.edu](http://hcc.edu). To enroll, please go to [hcc.edu/admissions](http://hcc.edu/admissions).



# SPORTS



Noah Bushnik makes a block on the line.

TURLEY PHOTOS BY GREGORY A. SCIBELLI



Dominick Andruss picks up the ball on a kickoff.



Joseph Kravitz fights to keep his opposing linemen in check.



Domenick Pisano gets ready to hand off the ball.



Caleb Phillips tries to run toward the right side as the line blocks for him.

## Brownies fall in nonplayoff game

AGAWAM – Last Friday night, Agawam High School football just managed one touchdown late in the game as the Brownies fell to Longmeadow in nonplayoff action. Agawam dropped to 4-5 on the season with the defeat after go-

ing 4-4 in the regular season. Agawam finishes nonplayoff action on Thursday, Nov. 14 at 6 p.m. at Minnechaug Regional High School. Agawam faces West Springfield in their traditional Thanksgiving matchup on Nov. 28.

## Field hockey defeated in state tourney

AGAWAM – The Agawam High School field hockey team was defeated by Scituate High School in the Round of 32 in the Division 2 State Tournament.

On Monday, Nov. 4, the Brownies traveled to Eastern Massachusetts to face Scituate in the Round of 32 after a 9-5-1 regular season.

Agawam was unable to score in the matchup, falling 3-0. It was the second straight playoff shutout Agawam suffered after a penalty stroke loss at Longmeadow where they were not able to score a goal in the Western Mass. tournament.

Agawam's season finishes overall at 9-7-1.

## Unified basketball team action

AGAWAM – The Agawam Unified Basketball team is about to wrap up its regular season. The Brownies had six matchup this season against a much more crowded field of teams as several new programs joined this year. The Brownies will have their season-ending jamboree event on Nov. 14 at Holyoke High School.



Nicholas Albro goes for a one-hander.



Declan Eagen is focused as he sets to make a shot.



Jacob Morton fights for a layup.



Kevin Destin goes for a free throw.



Arianna Michaelis shoots from short range.



Dharbi Cooper extends on a shot.

TURLEY PHOTOS BY GREGORY A. SCIBELLI

### How to contact the Sports Editor

Have the scoop on a local sports story? Want to submit a team photo, pass along a potential story idea, or just find out how to get a copy of that great photo of your young athlete? Please send all sports-related press releases and information to Sports Editor Greg Scibelli at: [sports@turley.com](mailto:sports@turley.com) or call, 1-413-283-8393.



# Sports

## WSU Owls field hockey wins conference title

WESTFIELD – Westfield State junior forward Kaleigh Murphy (Pembroke, Mass.) scored the game winning goal with 4:20 left in regulation to lift the Owls to the 2024 Massachusetts State Collegiate Athletic Conference title with a 2-1 win over Bridgewater State on Saturday afternoon at Alumni Field.

With the win, the Owls improve to 13-8 and set a school record for wins, and earn the MASCAC's automatic bid to the 2024 NCAA Division III Tournament.

Tied 1-1 throughout the second half, Murphy had several golden-opportunity chances in front of the net before eventually tallying the game winner.

Murphy found the back of the net, stepping in to ball from Sadie Stauffer (Suffield, Conn.) about three yards in front of the goal as the ball was batted around the critical scoring area.

"We've been a team that's been resilient and been able to change the narrative of a game throughout the season," said West-

field State second-year head coach Carden Brown. "Going into the third and fourth quarter we were really focused on staying tough and knowing we'd get another goal if we just kept shooting."

Second-seeded Westfield survived one final flurry from the fifth-seeded Bears, as Bridgewater mustered a pair of penalty corners in the final four minutes, and Owls goalkeeper Emma Gnaidek (Worcester, Mass.) came up with the save on Kallie Rose's (Dartmouth, Mass.) shot with 1:52 left that represented the Bears best chance to equalize.

Westfield finished the game with a 25-7 advantage in total shots and a 13-3 margin in shots on goal, but the game was tightly played throughout as the Bears made the most of their opportunities and penalty corners were even at 8 each.

Westfield State jumped out to a 1-0 lead 2:20 into the contest, with Erin Lane (Canton, Mass.) pushing a shot through traffic about 10 yards out, from the left side to the

back post. The goal came off of a penalty corner, as Lane's initial foray was parried by a Bridgewater defender. Murphy gathered the loose ball and fed it back out to Lane, and her shot worked its way through several players and past BSU goalkeeper Brianna Gagnon (Tewksbury, Mass.) for the 1-0 lead.

"It was really even, I thought Bridgewater played really well," said Brown. "We knew they were going to be a tough opponent. We wanted to have a fast start and sustain it throughout the game."

Bridgewater tied the game late in the first half, capitalizing on a penalty corner, with give and go passing at the top of the circle before Abbie Zuber's (Westport, Mass./Dartmouth) shot from the top of the circle was tipped in at the right post by Lexi James (Ipswich, Mass.).

Westfield State midfielder Abby Clark (Uxbridge, Mass.) was named the Tournament MVP.

"She's been a key player for us, she gets

things done, and above all else elevates the energy level of the team, said Brown of Clark's performance. "When she's out there she's our biggest hustler, she works really hard. It was a very fitting award for her."

Gagnon finished with 11 saves for the Bears, while Gnaidek made two saves for the Owls.

Bridgewater finishes its season at 10-9. Westfield will make its first NCAA Tournament appearance since the Owls hosted the inaugural NCAA Division III Tournament final four in 1981. The Owls will learn their destination and opponent on Sunday night at 9:30 p.m. on a livestream shot on NCAA.com.

"We want to be a team that's not only just strong in the MASCAC but strong in the region," said Brown. "And I think in order to do that you have to compete in the NCAA tournament and keep improving each and every season. I'm really excited and excited to see how we'll do."

## Thunderbirds pick up point in OT defeat

HERSHEY, PA – The Springfield Thunderbirds (4-8-1-0) incredibly erased a two-goal deficit in the final minute of the third, but the Hershey Bears (9-3-1-0) survived to pick up a 3-2 overtime win at the Giant Center on Sunday.

Like the opening 20 minutes on Saturday, the homestanding Bears were ferocious in getting shots at the Springfield net, this time on Colten Ellis. However, like the night before, the T-Birds got a sensational first period from their goaltender, as Ellis had a response to all 20 shots the Hershey attack unleashed, including chances that came from two power plays. The 20 stops were the most in a single period this season by a Springfield netminder.

At the other end, Clay Stevenson was starting his first start in nearly a month after missing six games with an upper-body injury, and the Hershey goaltender had a distinctly quieter workload, turning aside seven Springfield offerings and helping the Bears' penalty kill fend off one T-Birds

power play.

Shots on goal did not come as easily for Hershey in the middle period. Still, the fourth line did get the Bears on the board first at the 10:14 mark when Matt Strome retrieved a loose puck below the goal line and fired a pass into the blue paint to a crashing Riley Sutter, who chipped it over Ellis on the glove side to make it 1-0.

The Bears' defense proved to be an impenetrable force in the second, as Springfield managed just four shots on goal in the entire period, and the Hershey penalty kill dispatched two more Thunderbirds man-advantage opportunities.

Stevenson and the Hershey defense corps showed no signs of relenting anything to the T-Birds, and when Spencer Smallman tucked a puck into an empty net with 2:06 remaining, the Bears' 2-0 lead seemed secure.

However, the never-say-die T-Birds refused to go down. Samuel Johannesson scored his first AHL goal with 40.5 sec-

onds remaining, squeezing a wrist shot between Stevenson's legs to end the shut-out bid.

Just 27 seconds later, with Ellis at the bench for an extra skater, Nikita Alexandrov beared in on the right wing side and backhanded the puck into the paint. With Matthew Peca crashing the net, the shot attempt slipped under Stevenson's legs, and the game was tied 2-2 heading into overtime.

With momentum on their side, the T-Birds could not quite complete the miraculous comeback attempt. Ellis denied his 40th shot of the night to stop Pierrick Dube in the opening minute of overtime. Unfortunately for the T-Birds netminder, the loose rebound went right on the stick of Mike Vecchione, who pushed it across the line to give Hershey the 3-2 victory.

The T-Birds return to home ice for five of the next six games, beginning on Friday, Nov. 15 when they host the Lehigh Valley Phantoms.

## Hall of Fame Series heads for Vegas

PHOENIX – Position Sports, in partnership with the Naismith Basketball Hall of Fame and the Las Vegas Convention and Visitors Authority (LVCVA), announced that the 2027 Hall of Fame Series Las Vegas will take place at the iconic Allegiant Stadium on November 12, 2027, marking the first-ever basketball game at the renowned stadium.

The historic event will feature two marquee matchups between elite men's basketball programs: Arizona vs. Duke and Indiana vs. Kansas. Both games will once again be showcased on TNT Sports' networks and platforms, with additional programming information to be announced at a later date.

These four teams represent some of the most storied traditions in college basketball, with a combined 15 national championships, over 35 Hall of Famers, and a legion of passionate fans. The rivalry between Duke and Arizona, which will be on display in Tucson, Ariz., on November 22, as well as the timeless Kansas vs. Indiana matchup, is set to provide fans an unforgettable experience and signal a significant milestone in Las Vegas' sports history.

Allegiant Stadium, home of the NFL's Las Vegas Raiders and Super Bowl LVIII, will be hosting its first college basketball games, showcasing the versatility of the venue. The stadium will also serve as the site for the 2028 NCAA Men's Final Four, further solidifying its position as a premier destination for top-tier sporting events.

The Hall of Fame Series, owned and operated by Position Sports, is a collection of multi-game, singular events that showcase several of the top collegiate basketball teams in exciting non-conference matchups played both domestically and abroad. The inaugural Hall of Fame Series took place in 2023 in Las Vegas, Charlotte, San Antonio, Toronto, and Phoenix, and the series continues its successful run in 2024 with upcoming stops in Las Vegas (November 4), Phoenix (November 14), Baltimore (November 15), and New York (December 14).

## Worcester Railers score big overtime win

WORCESTER – The Worcester Railers HC (5-3-0-0 10pts) beat the Norfolk Admirals (6-2-3-0, 15pts), on Sunday by a final score of 4-3 in front of a crowd of 2,539 at the DCU Center.

It was Norfolk who scored first tonight when Carson Musser (1-2-3) scored just under three minutes into the game. The Railers then scored back-to-back goals, coming from Ryan Verrier (1-0-1) and Griffin Loughran (1-0-1). Norfolk finished the first period scoring when Connor Fedorek (1-0-1) tied the game at 2-2. Norfolk retook the lead in the second with a goal from Josh McDougall (1-1-2). The Railers tied it back up less than a minute later when Anthony Repaci (2-0-2) cashed in. The third period was scoreless ending regulation tied up at 3-3. It was Repaci who scored the game winner 38

seconds into overtime sealing the 4-3 win for Worcester.

Norfolk jumped out to an early 1-0 lead tonight. Carson Musser (3rd) squared up and ripped one by the glove of Worcester's John Muse just 2:43 into the first. Later in the first Ryan Verrier (1st) found the back of the net to tie the game 1-1 7:30 into the first. Griffin Loughran (2nd) later made it 2-1 Worcester when he scored just after their power play expired. Norfolk tied it up at 2-2 with just under three minutes left in the first with a goal from Connor Fedorek (2nd). Worcester outshot Norfolk 15-12.

Norfolk took back the lead to start the scoring in the second period. They made the score 3-2 in the second when Josh McDougall (2nd) scored on the powerplay 8:09 into the period. Not even a minute

later Anthony Repaci (6th) got free on a breakaway and cashed in to tie the game back up at 3-3. Shots favored Worcester 11-8.

The Admirals had a chance to regain the lead midway through the third when they had a 5-on-3 powerplay, but the Railers penalty kill held strong. The Railers killed 35 seconds of 5-on-3, and then successfully killed the remaining 1:25 of Norfolk power play time. Neither team would find the back of the net before the end of regulation. Worcester outshot Norfolk 10-7.

It took less than a minute for Anthony Repaci (7th) to seal this one in overtime. As he skated in on the net and buried the overtime winner just 38 seconds into overtime. Shots were even 1-1 in overtime and favored Worcester 37-28 overall.

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# Many adult programs still available this month at library

AGAWAM – There is something for everyone this month at the Agawam Library. It's shaping up to be a busy times here at the Library. Registration is open for all November adult programs. Please visit the online calendar [www.agawamlibrary.org](http://www.agawamlibrary.org) to register, or call the Information Desk at (413) 789-1550 X4. A few reminders about holiday hours this month. The Agawam Library will be closed on Monday, November 11 in observance of Veterans' Day. In addition, the library will close at 5 p.m. on Wednesday, Nov. 27 and remain closed for Thanksgiving Day. The library will reopen for regular weekend hours at 9 a.m. on Friday.



The drop-in Chair Yoga returns on Monday at 9:30 a.m. in the Clini Community Room.

Bizarre Bazaar shopping days will be Nov. 15 from 1. to 3 p.m. and Nov. 16 from 10 a.m. to 2 p.m. Bags will be provided. Please call Kristen Frost for more information (413) 789-1550 X8865.

Monday, Nov. 18, adults can pick up the supplies needed for the next Craft Take & Make. Celebrate the season by creating Thanksgiving pie bunting that looks good enough to eat. Each kit will include most of the materials needed to craft three pumpkin pie slices and three blackberry pie slices out of felt, as well as a string of rustic twine to hold them together. These kits are available to patrons ages 18 and older while supplies last; 1 kit per person, please.

Tea & Trivia returns on Tuesday, Nov. 19 at 6:30 p.m. and Wednesday, Nov. 20 at 2 p.m. Join in with a team or meet new friends. The same questions for both sessions this month, so choose the preferred

time and join for some fun. These programs are for patrons ages 18 and older and will be held in the Clini Community Room. Please register for this event.

The library is excited to host Music Julie on Thursday, Nov. 21 at 3 p.m. in the Clini Community Room. Join for an afternoon of strumming fun with Music Julie. Explore the joy of playing the ukulele. Learn about this accessible instrument and begin a musical journey. One instructor, 24 ukuleles and a really good time. This program is for patrons ages 18 and older. Please register for this event.

On Thursday, Nov. 19 at 6:30 p.m., the library will welcome the Pioneer Valley Riverfront Club for a special presentation about rowing. Join for a presentation from the Pioneer Valley Riverfront Club of

Springfield to learn more about this exciting and beneficial sport. Rowing engages your entire body, serving as a terrific form of exercise for novices and experts alike. Learn the basics and benefits of rowing, try out a rowing machine in person, and hear more about how to get involved with rowing classes at the PVRC. Please register for this event.

On Saturday, Nov. 23, at 2 p.m., Join Tracy Kearcher of Kearcher Cookies for a Cure for a small-group lesson on decorating cookies using royal icing. Learn the basics of making royal icing and how to use it effectively to create professional looking iced cookies for the holiday table. Class size limited and registration is required. This event will take place in the Clini Community Room.

The Library Tech Session will be offered

on Tuesday, Nov. 26 at 10 a.m. in the Clini Community Room. Curious about all the digital experiences you can have just with a free library card. While we won't go in-depth with every subject, we'll take a quick look at all the resources that the Agawam Public Library and the state of Massachusetts have to offer our patrons. It will be helpful for attendees to know their library login information in advance. Please register for this event.

On Thursday, Nov. 7 at 7 p.m., author Stanley Milford, Jr. will discuss his book *The Paranormal Ranger*, his chilling memoir recounting his investigations into bizarre cases of the paranormal on native Navajo land.

New York Times bestselling author Javier Zamora joins us for a special conversation about his story of survival and perseverance in *Solito*. This talk will run twice-in Spanish on Saturday, Nov. 9 at 2 p.m. and in English on Thursday, Nov. 14 at 4 p.m.

A Council of Dolls author, Mona Susan Power will join us on Wednesday, Nov. 20 at 7 p.m. Please note that these author talks are virtual. Please visit <https://library.org/agawamlibrary> for more details and to register.

Please visit the online calendar [www.agawamlibrary.org](http://www.agawamlibrary.org) to register, or call the Information Desk at (413) 789-1550 X4. A few reminders about holiday hours this month. The Agawam Library will be closed on Monday, November 11 in observance of Veterans' Day. In addition, the library will close at 5 p.m. on Wednesday, Nov. 27 and remain closed for Thanksgiving Day. The library will reopen for regular weekend hours at 9 a.m. on Friday.

# Enrollment open for Mass. Home Energy Assistance Program

*Eligible Massachusetts households can now apply for financial assistance for the 2024-2025 heating season*

BOSTON - The Massachusetts Executive Office of Housing and Livable Communities today announced that the Home Energy Assistance Program (HEAP) enrollment period for the 2024-2025 winter heating season will open on Oct. 1. This critical program provides financial relief to eligible house-

holds to help them pay their winter heating bills, ensuring they can keep their homes safe and warm during the colder months.

HEAP is a free, statewide resource that assists eligible renters and homeowners by paying a portion of their winter heating bills directly to their heating companies. Starting Oct.1, homeowners and renters can apply online or through local administering agencies across the state. The assistance period runs from Nov. 1, 2024, to April 30, 2025. HEAP offers grants that do not need to be repaid; however, households must meet specific eligibility

requirements to qualify.

"No resident should have to worry about heating their home during the winter," said Secretary of Housing and Livable Communities Ed Augustus. "With high costs continuing to strain household finances, the Home Energy Assistance Program is more critical than ever. We urge anyone in need of heating assistance to explore their eligibility by applying online or visiting the nearest administering agency. Please share this valuable information with loved ones or neighbors who could benefit from this support during the colder months."

Eligibility is determined by several factors, including household size and the combined gross annual income of residents 18 and older. Qualifying households, including those with the cost of heat included in the rent, can receive assistance for all heating sources, including oil, electricity, natural gas, propane, kerosene, wood and coal. Households do not need to be on public assistance or have unpaid heating bills to qualify.

For more information find your local HEAP agency at <https://hedfuel.azurewebsites.net/>

# Public Notices

**Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Hampden Probate and Family Court  
50 State Street  
Springfield, MA 01103  
(413)748-7758  
Docket No. HD24P2337EA  
Estate of:  
Anthony P. Strycharz, II  
Date of Death: 12/03/2023  
CITATION ON PETITION FOR FORMAL**

**ADJUDICATION**  
To all interested persons:  
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Anthony P. Strycharz, III of Feeding Hills, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.  
The Petitioner requests that: **Anthony P. Strycharz,**

**III of Feeding Hills, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.  
**IMPORTANT NOTICE**  
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection

at this Court before: **10:00 a.m. on the return day of 12/05/2024. 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 day, action may be taken without further notice to you.**

**UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)**  
A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the admin-

istration directly from the **Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration**  
WITNESS, Hon. **Barbara M Hyland**, First Justice of this Court.  
Date: November 07, 2024  
**Rosemary A Saccomani**, Register of Probate  
11/14/2024

*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](mailto:obits@turley.com).

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

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

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

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The Town of Huntington is seeking a **FULL-TIME HIGHWAY TRUCK DRIVER/EQUIPMENT OPERATOR/LABORER.** Applicants must possess a Massachusetts Class B CDL with Air Brake Endorsement and possess or be able to obtain 2B or higher & 4G Hoisting Engineer's licenses within 6 months of hire. Application and complete job description are available online at [www.huntingtonma.us](http://www.huntingtonma.us) or by emailing **admin@huntingtonma.us.** Position is open until filled. Town of Huntington is an Equal Opportunity Employer.

The Town of Huntington is seeking a **PART-TIME ASSISTANT TREASURER.** Application and complete job description are available online at [www.huntingtonma.us](http://www.huntingtonma.us) or by emailing **admin@huntingtonma.us.** Position is open until filled. Town of Huntington is an Equal Opportunity Employer.

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# Better Business Bureau offers list of cold weather tasks

The air is getting more relaxed, and the leaves and cornfields are turning yellow. Fall is here. With the change in weather comes a list of home maintenance that all homeowners should tackle before the icy stuff sets in.

BBB offers these tips when preparing your home for the colder weather:

- Clean those gutters. A build-up of leaves and other debris can cause your gutters and downspouts not to drain correctly. Improper draining can make water spill over your gutters, leading to foundation/basement damage and damage to your fascia boards. In the winter, ice dams can form that can let snow melt underneath your shingles. Get a listing of gutter contractors near you.

- Inspect your roof and gutters. Inspect your roof for loose or damaged shingles and make any necessary repairs. Damaged or loose shingles can let in water and ice during the winter, creating interior damage. Clean out gutters to prevent ice dams and water buildup. Visit BBB.org to get a listing of roofing contractors near you.

- Test your smoke and carbon monoxide detectors. Making sure these essential safety tools are in proper working condition is manageable and vital to ensuring the safety of those in your home. The National Fire Protection Association offers excellent information on installing and maintaining smoke alarms. The U.S. Consumer Product Safety Commission has information on carbon monoxide detectors.

- Check your window and doors for air leakage. Adding caulk and weather stripping helps prevent cold air leakage into your home and prevents spiders and insects from entering. Also, check where



pipes and wires enter your home.

- Organize your garage. You will undoubtedly use your garage a lot more in the colder months. Get rid of trash and clutter, and make sure your snow shovel and other winter-use items are easily accessible. Fill/repair any cracks or holes you see to prevent bugs and rodents from entering that will be seeking refuge from the cold. Find garage organizers near you.

- Inspect your driveway. The frequent freezing and thawing conditions in many areas, along with tree roots and ground shifting, can cause driveways to develop areas of needed repair. Fall is a great time to fill cracks and seal coats to prevent wintertime water/ice damage. Find driveway repair contractors near you.

- Schedule HVAC maintenance. Accord-

ing to the U.S. Department of Energy, preventive care can help save you up to 25% in energy costs. Heating contractors near you can help you professionally service your heating unit. Having your heating system serviced and filters replaced will ensure your system works efficiently.

- Tend to the outside water supply. Cover up your outdoor water fixture (s). Spigot covers are reasonably priced at your local hardware store and help keep the exterior pipes from freezing. Empty hoses of any water and move them indoors.

- Protect pipes. Insulate pipes in unheated areas, like attics, basements, and crawl spaces. Running a slow drip of water from faucets during extremely cold weather can also help prevent pipes from freezing.

- Prepare the garden and yard. Trim trees and bushes away from your home to prevent heavy snow or ice damage. Clean

up leaves and debris to prevent pests from finding shelter. Find BBB Accredited pest control if needed.

- Store patio furniture and other outdoor items. Put away or cover outdoor furniture, grills, and other summer items to protect them from winter weather.

- Stock up on winter supplies. Have salt or ice melt, shovels, and other winter supplies for snow and ice removal. Find BBB Accredited snow removal companies near you. Learn more about weatherizing your winter life.

- Sweep your chimney. If you have a fireplace, clean and inspect the chimney before using it. Ensure the damper works properly to prevent drafts when the fireplace is not used. Having the soot and possible blockages or creosote build-up helps reduce the risk of a chimney fire and can improve the efficiency of your fireplace. BBB.org is a great place to find a chimney sweep near you.

- Reverse ceiling fans. In the colder months, you want your fan to move the warm air down, which means having your blades turn clockwise.

- Test backup generators. If you have a backup generator, test it to ensure it's in working condition in case of power outages.

- Review your emergency plan. Review your family's emergency plan, including how to stay warm, communication, and evacuation procedures.

- Check for BBB Accreditation for any professionals you may hire. Go to BBB.org to check the trustworthiness of a business. Do a general online search on a company to see what reviews and other information may be available.

## BusinessWest accepting nominations for Difference Makers

SPRINGFIELD – BusinessWest, the business journal of Western Massachusetts, is now accepting nominations for its 17th annual Difference Makers awards.

In 2009, BusinessWest initiated the Difference Makers program as a celebration of individuals, groups, organizations, and families that are positively impacting the Pioneer Valley and are, as the name suggests, making a difference in this region. As previous nominees have shown, there are many ways to do this: through working within the community on one or many initiatives aimed at improving quality of life; through succeeding in business, public service, or education; through inspiring others to get involved; through making an imaginative effort to help solve societal issues; or a combination of the above.

Nominations for the Difference Makers class of 2025 are due by Monday, Dec. 16, 2024. They can be submitted at [BusinessWest.com/difference-makers-nomination-form/](https://www.businesswest.com/difference-makers-nomination-form/)

For more information, call Natasha Mercado-Santana, Marketing and Events manager, at 413-781-8600, ext. 100, or email [Mercado@BusinessWest.com](mailto:Mercado@BusinessWest.com).

### INITIATIVES ■ from page 1

Currently the code is in a pyramid style. This means that each level builds on what a person is able to do while including the allowances of the previous level.

"You start by saying everything you can do in one zone and then you go to the next zone and you can do everything in that zone plus these things...it makes it very difficult to interpret," Johnson said.

Therefore, moving forward Johnson and the council would like to push for the code to be redesigned into a table format, which would more explicitly state what each type of zone is able to do.

"A table is simply a table of uses," Johnson said. "You look at the zone that you're in and it says if you can do it...it just makes it a whole lot easier for the world that has to deal with it to know what they can and can't do in a particular zone."

On top of this legislative initiative, the council also worked to form a licensing commission. This commission is working

## MiraVista Behavioral Health Center announces expansion: new adult inpatient treatment beds

HOLYOKE – MiraVista, a leading provider of mental health and addiction treatment services, is pleased to announce the expansion of its facilities with the opening of brand-new adult inpatient treatment beds. These adult beds are in addition to the 16-bed adolescent unit which was recently renovated and now reopened.

The addition of these specialized beds reflects MiraVista's ongoing commitment to meeting the growing demand for high-quality mental health care services. With mental health challenges on the rise globally, MiraVista recognizes the importance of providing comprehensive and compassionate care to individuals with mental illness.

"Our decision to expand our inpatient treatment capacity underscores our dedication to serving our community and the Commonwealth, and addressing the increasing need for mental health services," said Shelley Zimmerman, Hospital Administrator at MiraVista Behavioral Health Center.

"We believe that everyone deserves access to effective treatment in a supportive environment, and these new beds will enable us to provide specialized care to more individuals in need."

The new adult inpatient beds will offer a range of therapeutic interventions tailored to meet the unique needs of each patient. MiraVista's multidisciplinary team of experts, including psychiatrists, psychologists, social workers, and nurses, will work collaboratively to develop personalized treatment plans focused on promoting healing and recovery.

In addition to individualized therapy sessions, patients will have access to group therapy, medication management, recreational activities, educational work-

shops, and peer support, all designed to foster personal growth and empowerment. MiraVista's holistic approach to treatment emphasizes wellness and resilience, empowering patients to achieve lasting positive change in their lives.

The expansion at MiraVista represents a significant milestone in the organization's ongoing efforts to enhance mental health care accessibility. By providing a supportive and nurturing environment, MiraVista aims to inspire hope and healing in individuals diagnosed with a mental illness, helping them to reclaim their lives and thrive.

For more information about MiraVista and its comprehensive range of mental health and addiction treatment services, please visit [www.miravistabhc.care](http://www.miravistabhc.care).



## EARLY DEADLINE

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Youth Associate Evan Delano prepared their own Oreo decorations. TURLEY PHOTOS BY QUINN SUOMALA



Teens gathered at the library to take part in the Oreo extravaganza put on by the teen advisory board.



There were plenty of Oreos to decorate.

## NOTICE

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## HEALTH | from page 5

just letting your mind wander for a while. No pressure here! Even one of the authors of the UCL study is not a big fan of napping. “Honestly,” she told the BBC, “I would rather spend 30 minutes exercising than napping.” So, nap if you can. But if you’re not cut out for napping, don’t lose sleep over it. A brisk walk might be just as beneficial.

Teri (Dreher) Frykenberg, a registered nurse and board-certified patient advocate, is the founder of Northshore Patient Advocates LLC (NShore). She is also founder and CEO of Nurse Advocate Entrepreneur, which trains medical professionals to become successful private patient advocates. Teri offers a free phone consultation to newspaper readers as well as to nurses interested in becoming advocates. Reach her at Teri@NurseAdvocateEntrepreneur.com.

## OREO | from page 1

people and eating Oreos.” The board planned this event at their TAB meeting in October. Youth Associate Evan Delano had encouraged them to plan out an event for their fellow teens, as Delano felt they would know best what their peers would enjoy. From there the teens worked to brainstorm a variety of different future event ideas and then took a vote on what one they would want to do for November. “We were just talking about events to schedule and eventually we came up with that [an Oreo-themed event] as a base and then we just kept adding to it,” Weber said. “It just grew from there.”

TAB hopes to hold more events for teens in the future. One event they have discussed doing is a video game tournament of some sort. They have also proposed doing a movie night for teens.

This type of event planning is one of the main focuses of TAB. They want to focus on making sure the events at the library for teens are enjoyable for them.

“It’s important so we have teens plan events for teens and so we have input on interesting events,” Weber said.

TAB meets once a month and anyone in grades seven through twelve is welcome to join. To join people can speak with Delano or they can come to a meeting.

The meeting times are always posted on the library website, which can be found at <https://www.agawamlibrary.org/>.



Teens who came to the Oreo extravaganza decorated Oreos with a variety of different sweets.

The library also has a variety of fun events planned for the rest of November.

The Bizarre Bazaar, where people can go and shop for holiday items for free, is scheduled for Nov. 15 from 1 p.m. to 3 p.m. and Nov. 16 from 10 a.m. to 2 p.m.

There will also be a cup zipline event for kids in grades three and four. During this event Youth Associate Isabell Malvezzi will teach kids the physics behind ziplines and kids will turn cups into ziplines to send down a piece of string.



### Scarlett Legasey

January 25, 2023

Parents: Thomas & Jessica Legasey, Rutland  
Grandparents: Donald & MaryAnn Dunbar, Ware  
Thomas & Sharon Legasey, Spencer

Turley Publications would like to help you show off the newest member of your family this Christmas,

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This offer is available to all babies born in 2024. Pictures will be published the week of December 23-27, 2024.

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Deadline for photos and forms is Monday, December 16, 2024



## First Baptist Church of Agawam

760 Main Street  
Agawam, MA

# Jingle Valley Fair

**Saturday, November 23rd**  
**9 am - 2 pm**

**GIFT BASKET OPPORTUNITY TABLE**

Food (Pies, Breads, Baked Beans, Cookies, Cakes, Fudge & More)  
Homemade Soup & Chili  
Gifts (Jewelry, Holiday Decorations, Stocking Stuffers & More)  
*Cash & Check Payments Only*

