

PUBLIC NOTICES

Goshen Conservation Commission
The Goshen Conservation Commission will hold a public meeting under the provisions of the Wetlands Protection Act (M.G.L. Chapter 131 Section 40) on **June 17, 2024 at 6:30 PM** at the Goshen Town Offices to review a **Request for Determination** filed by Kim J. Dresser for 80 Main Street. The work to be reviewed is the deconstruction/ / demolition of the existing barn structure on said property.
06/06/2024

LEGAL NOTICE
TOWN OF HUNTINGTON ZONING BOARD OF APPEALS PUBLIC HEARING
The Zoning Board of Appeals (ZBA) of the Town of Huntington will hold the Continuance of the May 14, 2024 public hearing on **Tuesday, June 18, 2024 beginning at 6:00 pm** in Stanton Hall.

The Public Hearing Continuance is for the Special Permit Application of Hull Forestlands, LP c/o William B. Hull for an Earth Removal Operation at 61 Goss Hill Road (Parcel # 324-32-A), 0 Goss Hill Road (Parcel # 326-26-0) & 0 Worthington Road (Parcel # 326-24-0).

A copy of the application will be available for review (by appointment) by contacting the office of the Board of Selectmen in Town Hall during regular business hours.

ZONING BOARD OF APPEALS
TOWN OF HUNTINGTON
06/06/2024

Town of Huntington Invitation for Bid Heavy Equipment and Operator Services
The Town of Huntington seeks sealed bids from qualified firms to provide heavy equipment and operator ser-

vices for FY2025 (July 1, 2024 – June 30, 2025). The complete invitation for bid is available at the Selectboard/ Town Administrator Office located at the Huntington Town Hall, 24 Russell Road in Huntington; online at huntingtonma.us; or by emailing admin@huntingtonma.us. Sealed bids must be submitted by Thursday, June 20, 2024 by 3:00 p.m. via email to admin@huntingtonma.us; mail to Town of Huntington Selectboard, PO Box 430, Huntington, MA 01050; or delivered to the Selectboard/ Town Administrator office. The Town reserves the right to reject any or all bids if it is deemed in the best interest of the Town. The Town of Huntington Selectboard will be the contracting authority.
06/06/2024

Town of Huntington Request for Written Responses Tree Trimming and Removal Services
The Town of Huntington seeks written responses from qualified firms to provide tree trimming and removal services for FY2025 (July 1, 2024 – June 30, 2025). The complete scope of work is available at the Selectboard/ Town Administrator Office located at the Huntington Town Hall, 24 Russell Road in Huntington; online at huntingtonma.us; or by emailing admin@huntingtonma.us. Written responses must be submitted by Thursday, June 20, 2024 by 3:00 p.m. via email to admin@huntingtonma.us; mail to Town of Huntington Selectboard, PO Box 430, Huntington, MA 01050; or delivered to the Selectboard/ Town Administrator office. The Town reserves the right to reject any or all responses if it is deemed in the best interest of the Town. The Town of Huntington Selectboard will be the contracting authority.
06/06/2024

HEALTH & WELLNESS

Should I Have a Lumpectomy or Mastectomy?

Questions answered by a breast surgeon and which you can use in discussions with your own doctors



Jesse Casaubon

SPRINGFIELD – Should you have a mastectomy or lumpectomy? That’s a question that can only best be answered in consultation with your breast cancer team. There are many questions to ask your doctor, here a just a few along with some general answers from Dr. Jesse Casaubon of Baystate Surgical Oncology and Breast Specialists.

Q: What is a mastectomy, what are the pros and cons of mastectomy and what can be expected after surgery such as restrictions, recovery time, and more?

A: A mastectomy is a procedure that removes all of the breast tissue and is typically compared to lumpectomy which involves removal of the infected area only but leaves the remainder of the breast tissue intact.

There are many pros and cons but the important thing to note is that for breast cancer, either option is effective, assuming that the patient is a candidate for lumpectomy (for example some women have cancer that has spread throughout multiple areas of the breast and require mastectomy/are not candidates for lesser surgery). By effective I mean that the survival between the two is exactly the same. There is a slightly lower risk of having the cancer come back when someone chooses mastectomy, however, if they choose lumpectomy and the cancer returns, it typically recurs within the breast and the patient would then be a candidate for mastectomy which is likely why the survival is the same between the two. Unfortunately, mastectomy is a much larger procedure that is associated with a higher risk of bleeding and infection. It also will permanently change how the chest feels and looks.

Q: What are the different types of mastectomies?

A: There are different types of mastectomies. The most basic mastectomy is called a total mastectomy and involves removing the breast and most of the overlying skin so that the chest wall looks flat afterward. Other variations of the mastectomy involve leaving skin, or sometimes even leaving the nipple and areola so that a plastic surgeon can perform reconstruction or rebuilding of the breast

Q: Will I be a candidate for breast reconstruction?

A: Many women are candidates for breast reconstruction though it is important to note what things make reconstruction riskier such as uncontrolled diabetes and smoking. Only the plastic surgeon can decide after discussing with you.

Q: What is a lumpectomy and what are the pros and cons of lumpectomy and what can be expected after surgery such as restrictions and recovery?

A: Lumpectomy is typically a less intensive/invasive procedure and the recovery is quicker. Everybody is different but usually within a week or so people are feeling close to normal. It is important to recognize that it takes a long time to get completely back to normal with any procedure. Mastectomy takes longer typically, often we will tell people it will be weeks until they are feeling almost like normal.

Q: Are there different types of lumpectomies?

A: Yes. It is typically just related to how much tissue needs to be removed compared to how much is being left behind and what will need to be done to the tissue that is being left behind so that it looks good.

Q: What will my breast look like after a lumpectomy?

A: Your breast should look relatively similar after lumpectomy to what it did before lumpectomy.

Q: What are the determinants you consider when suggesting one over the other?

A: We typically recommend that women who are candidates for lumpectomy undergo the procedure instead of mastectomy given the survival is the same and the procedure itself is much better tolerated. It is important to note that there are studies looking at quality of life after these 2 surgeries and that it is almost always better (quality of life after surgery is almost always higher) for patients who are able to preserve their breast.

Q: Depending upon the procedure I choose, will I need additional treatment?

A: One of the main downsides of lumpectomy is that often, radiation is recommended which will help decrease the chance of the cancer coming back in the breast. This is one of the reasons why many women elect to remove the breast entirely.

Q: Will I need to have chemotherapy or hormonal therapy?

A: The decision for chemotherapy or hormone therapy is not often related to which surgery you pick and more related to which type of cancer, and how aggressive that type is. The lymph nodes are often sampled during these procedures to understand if the cancer has spread and this will often influence these additional treatment recommendations as well.

For more information on breast cancer surgery at Baystate Health visit: <https://www.baystatehealth.org/services/cancer/treatment/surgery/breast-surgery>.

Classifieds

12 WEEKLY NEWSPAPERS | SERVING 50 LOCAL COMMUNITIES

AUTO

CASH FOR JUNK AND REPAIRABLE CARS
FREE TOWING FAST SERVICE CASH PAID AS IS CALL OR TEXT 413-219-6839

HELP WANTED

Asphalt Paving and Maintenance Inc of Monson, MA is hiring!
Office manager * Construction Payroll Highly organized *Detail Oriented *Multitasking *Excellent Communication & Problem Solving Quickbooks/Excel/Outlook/Paychex Full benefits
Send Resume with Salary Requirements to info@apmipaving.com

HELP WANTED

Christopher Heights Assisted Living of Belchertown is looking for a FULL-TIME COOK/CHEF
• Maintain High Sanitation and Safety Standards
• Prepare Menu Items for Daily Meals
• Prepare Special Diets
• Maintain "Clean as you go" policy
• Responsible for stocking Country Kitchen
• Responsible for cleaning of Kitchen Floor
EOE
Apply within at **99 Front Street, Belchertown, MA 01007**

CLEANING SERVICE WANTED - Town of Huntington is seeking quotations to clean 3 town buildings. Interested parties may submit quotations for the individual buildings, or as a group. Quotations are due by 3:00 p.m. on June 13. Specifications are available at www.huntingtonma.us or by emailing admin@huntingtonma.us. Mail proposals to Selectboard Office, PO Box 430, Huntington, MA 01050 or email to admin@huntingtonma.us.

HELP WANTED

MA LICENSED ELECTRICIAN. Full or part-time position available at established local electrical service company. Competitive pay & benefits. Call **978-852-8562**.

PT BARTENDER \$9.50/hr plus tips. Contact Laurie M-F 12-5pm, **413-583-4055** or Susan **413-348-8347** anytime.

The Town of Huntington is seeking a **TOWN CLERK**. This is a salaried position for approximately 18 hours per week. Application and complete job description are available online at www.huntingtonma.us or by emailing admin@huntingtonma.us. Applications are due by June 13, 2024. *Town of Huntington is an Equal Opportunity Employer.*

HELP WANTED

DRIVERS

INTERSTATE BATTERIES IS SEEKING A DRIVER for deliveries in Western Mass area. Qualifications include: clean driving record; ability to lift heavy weights; stable job history; good communication skills; high work standards & strong self-organizational skills. Apply in person **8 am-5pm M-F 9am-12pm Sat. 230 Chauncey Walker Street (Rte 21) Belchertown**



Post your job openings in our classifieds. We get results! Call 413-283-8393

REAL ESTATE

LAND FOR SALE

LOT 100A FOR SALE. Holland Reservoir, small surveyed ROW waterfront lot with dock and boat ramp. **508-868-6157.**

FOR RENT



ALL REAL ESTATE advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation, or discrimination." We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

REAL ESTATE

FOR RENT



All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status (number of children and or pregnancy), national origin, ancestry, age, marital status, or any intention to make any such preference, limitation or discrimination.

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

Classified Advertising DEADLINE MONDAY AT NOON

Find archives of this local newspaper at www.newspapers.turley.com

