

TOWN Reminder

FREE
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Serving the town of South Hadley

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Gaylord library has programs for all ages

Programs available for children, teens and adults

By Dalton Zbierski
Editor
dzbierski@turley.com

SOUTH HADLEY – The Gaylord Memorial Library has been operational for most of the past 120 years. Today, in conjunction with the South Hadley Public Library, the historic facility offers programming for children, teens and adults.

History

Located on College Street, the Gaylord Memorial Library has served patrons since its dedication on May 18, 1904, according to the library's website.

William H. Gaylord, and his wife Betsey, provided South Hadley with the library after recognizing the need for such a building in the town's center. The library cost \$23,961 to build and was designed by Boston architects, Putnam and Cox.

The building was constructed on the site of the former village cemetery after all the graves were moved to Evergreen Cemetery on Hadley Street, except for the grave of original land donor John Preston, whose gravestone can still be seen behind the library.



Photo courtesy of the Gaylord Memorial Library

The Children's Room at the Gaylord Memorial Library is full of activities.



Turley photo by Dalton Zbierski

Gaylord Memorial Library is located on College Street.

The Gaylord operated independently until 1968, when expenses became too great to be paid by the Gaylord endowment. It became a branch of the SHPL until 1995, when the town closed the building due to financial constraints.

As residents requested the library be reopened, the Gaylord Board of Trustees chose to operate independently again, allowing the space to remain open with limited hours. In January 2016, Town Meeting members voted to merge the SHPL on

Canal Street with the Gaylord Memorial Library to offer more services to the town.

Both facilities share library cards, and patrons can return books from either library to the other. The Gaylord Memorial Library is open on Thursdays from 1-8 p.m., on Fridays from 10 a.m. to 5 p.m. and on Saturdays from 10 a.m. to Noon.

Children's Programming

Youth Services Coordinator Janet Shea has a fun variety of programs scheduled for South Hadley youths. Every Thursday from 3-6 p.m., she organizes the LEGO Club or an open craft.

During LEGO time, Shea takes out four bins of LEGOs, and children can come play. The open craft usually takes about 15 to 30 minutes to complete.

"So, kids can usually come in and do those. It says ages five and up, but I usually make it adaptable so if they have younger siblings, they can still do that. I always have color pages and stuff too during that time," Shea said.

On Fridays at 10:30 a.m., Shea leads a story time session and another craft. After reading for a half-hour, Shea will provide children with a craft that goes along with the story.

Please see **LIBRARY**, page 12

Planning Board approves first Airbnb

By Nick Boonstra
Staff Writer
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SOUTH HADLEY — The Planning Board approved a site plan review for an Airbnb at an existing residence on Hollywood Street, the first such application under the Residential Short-Term Rental bylaw passed in 2023.

Georgia Malcolm, the owner-occupant of the property, appeared before the board during their meeting on Monday, Feb. 12. She explained that she had started operating her Airbnb in August before she was aware that licensing from the town was needed and was able to offer valuable information about operating a short-term rental in South Hadley.

Malcolm said that she felt

Please see **AIRbnb**, page 3

Funding awarded for affordable housing project

Three-acre site to be developed on Newton Street

By Tina Lesniak
Correspondent

SOUTH HADLEY – The state's Executive Office of Housing and Livable Communities has awarded Way Finders funds to develop The Plaza apartments on a three-acre site on Newton Street that was once part of the Woodlawn Shopping Plaza. All units will be deed-restricted for affordable housing with variable income limits.

"The town recognizes how affordable housing is integral to its economic success," said Town Administrator Lisa Wong.

Of the 60 units at the development, 18 will serve households up to 30 percent of the

area median income, 27 will be for those up to 60 percent of the AMI and 15 will be for an AMI above 60 percent. Those income limits are updated each year by the federal Housing and Urban Development and IRS offices. They are also based on household size.

The project will be developed by Way Finders, in partnership with South Hadley Plaza, LLC. co-owned by Rocco Falcone, owner of Rocky's Ace Hardware, Peter Picknelly, CEO of Peter Pan Bus Lines and The Bean Restaurant Group. Way Finders, which develops and manages hundreds of housing units across western Massachusetts, will manage the development after its completion.

Built around a central courtyard with tables and bike racks, the building will have one, two

Please see **FUNDING**, page 3



Turley photo by Dalton Zbierski

The Town of South Hadley is prepared to welcome a three-acre development on Newton Street that will provide affordable housing.

► South Hadley

Human Rights Commission meets with TA Wong

By Emily-Rose Pappas
Staff Writer
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SOUTH HADLEY – The Human Rights Commission met to discuss various topics such as upcoming events and connections including DEI training and a new proposal given by Town Administrator Lisa Wong.

The Feb. 7 meeting was held hybrid by Chair Renee Sweeney who was accompanied by Vice Chair Danielle Cooke, and members Lori Souder, Tay Silveira, Susan LaBonte and Nina Nedrebo.

Updates from Appointing Bodies

One of the members gave an announcement from the Board of Health about the age and dementia friendly resources and how these resources can be used to assist the community.

Tay Silveira provided an update from commission on disabilities about the Buttery Brook Project. Feedback has been accepted and is asked to be provided by the committee about it.

There will also be an information table for the Commission on Disabilities on Feb. 21 at the senior center from 9 a.m. to 12:30 p.m. It will provide details about accessible technologies and more.

Human Services Proposal

Wong also brought about the Human Services Proposal that will help to create a thriving community.

“We want the ability to collaborate, to measure and to do better,” Wong said. “Thinking about how partnerships can do more.”

DEI Training Study (Update)

The board discussed updates on the DEI Training, and Wong provided information that the training is currently looking for instructors and trainers.

A Conflict of Interest in Law Training

There was a question about the required law training and how often it needed to be done. Tay Silveira said she would provide a link to the committee to review it.

Know Your Town to sponsor South Hadley Candidates Night Feb. 22

SOUTH HADLEY – Know Your Town of South Hadley is sponsoring a Candidates Night on Thursday, Feb. 22, including candidates for major local offices and Districts 1 and 2 Prudential Boards and Water Boards.

The event will occur in the Community Room of the South Hadley Library at 2 Canal St.

This year, KYT is combining the Candidates’ Night for candidates for local offices with candidates for offices in Fire Districts 1 and 2.

Candidates for local offices will be featured in the first half of the program, and candidates for positions in Fire Districts 1 and 2 will be featured in the second half of the program.

KYT’s annual Candidates Night forum provides a unique opportunity to hear from those seeking

Town Offices, either for re-election or as new candidates. Candidates will introduce themselves and respond to moderator questions from audience submissions. The public is invited to attend in-person or to view the program live at Channel 15 or online at their website. Light refreshments will be served.

KYT member Linda Young will open and close the program. KYT member Ann Stockton

will moderate the evening.

Please do not bring children under 14 years of age to Candidates’ Night.

The program will be broadcast live on Channel 15 so that you may watch the program with children younger than 14 years old, high school age.

If you have a question for a candidate (s), and cannot attend the program in person, please send your question to mterry@knowyourtown.org, and KYT will make sure your question is submitted to the Moderator.

These candidates for major local offices have RSVP’d that they will attend.

-John Hine, Candidate for Moderator for a Three-Year Term

-Jeffrey Cyr, Candidate for Selectboard for a Three-Year Term

-Carol Constant, Candidate for Selectboard for a Three-Year Term

-Ronald Coutu, Candidate for Municipal Light Board for a Three-Year Term

-Evelyn Masson, Candidate for Board of Assessors for a Three-Year Term

-Neil Broome, Candidate for Trustee Free Public Library for a Three-Year Term

-Lanette Sweeney, Candidate

for Trustee Free Public Library for a Three-Year Term

-Mitchell Resnick, Candidate for Trustee for Free Public Library for a Three-Year Term

-Robert Watchilla, Candidate for Planning Board for a Three-Year Term

These candidates for District 1 and District 2 positions have responded that they will attend:

District 1:

-John Hine, Candidate for Moderator

-Pauline McClaffin, Candidate for Water Commissioner

District 2

-Carlene Hamlin, Candidate for Moderator

Here is the link to the Meet the Candidates page on the KYT website, along with election day information: <https://www.knowyourtown.org/election-info/meet-the-candidates>.

Thank you to KYT Member Lucia Foley for all the election and candidate information on the KYT website.

In case of inclement weather, a notice regarding the event will be posted on knowyourtown.org by 5 p.m.

Lisa Wong’s Weekly Wrap Up

SOUTH HADLEY – Town Administrator Lisa Wong submitted the following as part of her Weekly Wrap Up.



Leaping Well Nature Project

The Selectboard will vote on improvements to the Nature Trail parking lot and accessible seating area at the Feb. 20 meeting.

Next Steps:

- 2/20/24 – Request Selectboard approval
- 2/21/24 – Conservation Commission permitting review
- 2/21/24 – Commission on Disabilities plan review
- 2/26/24 – Bid documents anticipated to go live
- TBD – Pre-bid site visit
- 6/30/24 – Construction Date End

Human Services

The Town is forming a working group to discuss a new Human Services Department. Find out more at www.southhadley.org/AgendaCenter/ViewFile/Item/206?fileID=44670. Email selectboard@southhadley.ma.gov if you are interested in getting involved.

Selectboard

The Selectboard’s next hybrid meeting will be on Tuesday, Feb. 20 at the Senior Center. De-



tails will be posted on the website’s agenda center.

Biz Grants

The chamber is offering grants for marketing at www.shgchamber.com/spotlight/2024/1/20/marketing-and-social-media-package-grant.

Elections

The Annual Town Election and Presidential Primary Election is on Tuesday, March 5, 2024. www.southhadley.org/620/Elections.

SOUTH HADLEY FIRE DISTRICT NO. 1 ANNUAL ELECTION

153 Newton Street, Cafeteria One
South Hadley High School
South Hadley, MA

Tuesday, March 5, 2024
7:00 AM TO 8:00 PM

Absentee ballots are available upon written request from the District Clerk

SOUTH HADLEY FIRE DISTRICT NO. 2 ANNUAL ELECTION

153 Newton Street, Cafeteria One
South Hadley High School
South Hadley, MA

Tuesday, March 5, 2024
7:00 AM TO 8:00 PM

Absentee/Vote by Mail applications are available on the website at shdistrict2.org
Sample Ballot will be posted as soon as it is available

UPCOMING PROGRAM:

'How Can Heat Pumps Save You Money?'

*To be presented
by South Hadley's
Sustainability and
Energy Commission*

SOUTH HADLEY – Chances are, you have a friend, neighbor or relative who has recently installed a heat pump. You may be thinking about installing one yourself. Why? In the United States last year, heat pumps were 53% of the heating systems sold. Heat pump sales shot past those of gas furnaces for the first time.

Heat pumps have a number of advantages over other methods of heating and cooling your home. They provide heat in the winter and whole-home air conditioning in the summer. In addition, the air entering your home is filtered and dehumidified. Heat pumps make our homes both more comfortable and safer for those with allergies and asthma.

Heat pumps are about three times more efficient at heating

a building than the combustion or burning of fuel such as gas or oil. They are different because they work by moving heat from one place to another rather than releasing it by burning fuel. Heat pumps use a compressor, coolant, and a fan to pull heat out of the air and then move it either in or out of your home. The costs and potential savings from heat pumps can vary widely. Customers who use oil, propane, or conventional electric heat (electric resistance) will see the greatest savings. A cost-effective choice can be to install a heat pump to heat and cool only part of your home, the room or rooms you occupy most often during the day.

In South Hadley, where nearly all our electricity is generated by nuclear energy, a shift to an electrically run heat pump means a big drop in your carbon footprint. 38% of carbon pollution generated in the U.S. comes from heating and cooling homes. As the world shifts toward renewable sources of electricity, heat pumps become a way to trans-

sition to non-polluting energy sources.

Subsidies, tax credits, and rebates will be available over the next few years to help homeowners afford heat pumps. Subsidies of up to \$10,000 are available for people now heating with gas through the Mass Save program. Smaller heat pumps that are located in the rooms people spend the most time in during the day can make a huge dent in your bills with a lower up-front cost than a whole-home heating system.

On Feb. 28 at 6:30 p.m., South Hadley's Sustainability and Energy Commission is presenting a live web talk by Green Energy Consumers' Loie Hayes titled "Heat Pumps Save You Money". To register and receive the Zoom link, go to <https://us02web.zoom.us/j/84143414151> or check the South Hadley Sustainability and Energy Commission's website <https://www.southhadley.org/533/Sustainability-Energy-Commission>.

NFPA warns of increased risks of home fires during winter

The National Fire Protection Association is reminding the public about the increased risk of home fires during the winter months, along with simple but critical ways to prevent them and stay safe.

According to NFPA, heating equipment is the leading cause of U.S. home fires between December and January, while cooking equipment is the leading cause of home fires year-round. The third-leading cause of home fires is electrical equipment, with three in 10 electrical fires occurring between November and February.

Also, more than a third (34%) of Christmas tree home fires occur in January.

"As the new year has unfolded, several home fires, including ones that have been reported in California, Connecticut, and Minnesota, have underscored the deadly impact that these fires can have," said Lorraine Carli, vice president of NFPA Outreach and Advocacy.

She noted that with colder

temperatures across much of the country and fewer hours of sunlight, people are spending more time indoors. That means home heating systems are in greater use, electricity is used more hours of the day, and, in many cases, households are doing more cooking.

"On top of these risk factors, many homes may still have holiday decorations up, which pose potential fire risks as well, particularly dry Christmas trees," said Carli.

NFPA offers the following guidelines and recommendations to reduce the risk of home fires during the winter months:

Heating safety:

Make sure all heating equipment is in good working order. Heating systems and chimneys should be cleaned and inspected annually by a qualified professional.

Keep anything that can burn at least three feet away from all heating equipment, including fur-

naces, fireplaces, wood stoves, and space heaters.

Always use the right kind of fuel, as specified by the manufacturer, for fuel-burning space heaters.

Make sure space heaters are in good working order and used in accordance with the manufacturer's instructions.

Turn portable heaters off when leaving the room or going to sleep.

Keep a lid nearby when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner.

Electrical safety:

Only use one heat-producing appliance (such as a coffeemaker, toaster, space heater, etc.) plugged into a receptacle outlet at a time.

Check electrical cords to make sure they are not running across doorways or under carpets.

Extension cords are intended

Please see **FIRES**, page 15

**Mount Holyoke presents:
'Marisol' by José Rivera**

SOUTH HADLEY – The Mount Holyoke College Department of Film Media Theater invites you to experience the disintegration of urban society in America with José Rivera's Obie Award-winning dark fairytale, "Marisol."

In a dystopian world where apples are extinct and people turn into mounds of salt, the angels plot an epic battle to save the human race. Marisol, a Puerto Rican woman from the Bronx, embarks on a journey through the apocalypse to survive on her own, facing the possibility of her death amongst chaos and crisis.

The two-act play provides an atmosphere of human vulnerability that raises the existential questions of homelessness, ecological disaster, paranoia, mental illness, theology, sexuality and civil disorder.

Mount Holyoke's production is directed by Liz Almonte '24, featuring Set Design by Lee Heintzelman '24, Costume Design by Jensen Glick, and Lighting & Sound Design by Lara Dubin.

"Author Franny Choi says,

'By the time the apocalypse began, the world had already ended.. This play makes me envision tomorrow even when my eyes are clouded by fear. Fear and destruction seep into every crevice and corner of our lives. Hope is not a feeling, but a state of being that fuels revolution. Marisol forces us to embellish destruction with hope. To fuel our pain with as much hope as possible so as to relinquish it. What is pain without hope and vice versa? How do we begin again if hope is lost?'" - Director Liz Almonte '24

**Performance Dates
and Times:**

Thursday, March 7, 7:30 p.m.

Friday, March 8, 7:30 p.m.

Saturday, March 9, 7:30 p.m.

Sunday, March 10, 2 p.m.

For more information or to reserve tickets, please visit <https://mhc.ludus.com/index.php> or contact our box office at MHCROokeTheatre@gmail.com

Tickets: \$10 general | \$8 students and senior citizens

AIRbnb from page 1

there was a need in the area for short-term accommodation for traveling medical professionals as well as for families of students at the local colleges and universities. She said that most of her stays to date had fallen into these categories.

She assured members of the board and the public that she had set up her Airbnb to only accept stays from well-rated guests and that she had the ability to decline requests from potential guests that she felt would not be a good fit.

"I live there and I'm not looking for anyone to party or anything like that," she said.

A welcome booklet that Malcolm shared with the board explicitly notified her incoming guests of the town's nuisance regulations, as well as prohibiting guests from smoking or bringing pets.

Given that this was the first such application in town,

the materials and experience shared by Malcolm were enlightening for Planning Board members and set a promising precedent for future short-term rental applications.

Board member Mike Davis asked Malcolm about the average length of stay for her guests. Malcolm said that most of her stays thus far had been for a couple nights but that longer-term stays had been requested in certain circumstances such as college graduations.

One of Malcolm's neighbors, Tanya Ruell, spoke during the public comment portion of the meeting in support of Malcolm and her operation. She said that Malcolm was not only an upstanding neighbor but an excellent host who had always been proactive in notifying surrounding residents when guests would be staying with her.

The application was approved unanimously by the board, and members wished Malcolm well in her endeavors.

FUNDING from page 1

and three-bedroom units with a laundry, 24-hour maintenance service and community room.

"All residents of Plaza Apartments will be offered supportive services, with a resident service coordinator located on-site an average of 10 to 15 hours per week to coordinate programming and connect residents with other programs and services in the broader community," explained Anne Capra, director of planning and conservation for South Hadley.

This project will make a small dent in the incredible need for affordable housing in South Hadley. Recently, the town completed a housing production plan, approved by the state last week, that identifies strategies for the town to reach the state's goal for each town to have 10 percent of its housing units deemed affordable.

"About six percent of South Hadley's housing stock is currently considered affordable, and there would need to be an

additional 312 affordable Housing units to meet the 10 percent goal," said Capra. "There are no plans in the permitting pipeline to meet this goal. However, the town continues to work with developers to identify projects and funding to address this need."

The critical need in the town extends beyond what many may think of as affordable housing. Capra noted that 40 percent of the town's current households would qualify for housing assistance if it were available.

"Most members of the current community could not afford to move here if they wanted to today," explained Capra. "This makes it hard to find a place to live when life circumstances change and typically results in someone moving out of South Hadley to find housing. This challenge is also an opportunity to work on new ways to create new housing units, both affordable and market rate, to support community needs."

Developers expect to start construction in the fall with completion around 16 months later.

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Gardening questions that pose a challenge

A recent visit to mom's house prompted the following question about poinsettias.

Now, don't worry, I haven't forgotten what the date is. Sure, the poinsettia hasn't been in its glory for a few weeks now, but that doesn't mean she is going to give up on it.

You see, my mother likes a challenge, especially when it comes to plants. She wanted some advice on how to encourage new healthy growth before trying to coax it into re-bloom next fall.

Read on to learn how it's done:

In early April cut back the plant to eight inches. Fertilize with an all-purpose houseplant fertilizer once a month. New growth should appear by the end of May.

After the danger of frost has passed, move the plant outdoors. Continue to water but increase fertilization to every two weeks.

Pinch plants in late June or early July to promote bushy growth. At this time you may also wish to repot the poinsettia. Select a pot one size larger, filling around the root ball with a good potting soil.

Bring the plant indoors as temperatures fall in late summer.

The poinsettia is photoperiodic, and long nights of uninterrupted darkness encourage it to bloom. In greenhouses, growers go to great lengths to withhold light, as even small amounts can delay or stop the plant from setting bud.

At home, putting the plant in the closet for 14 hours each night is your best bet. Setting a reminder alarm or making a note helps to keep on track.

Most people get on a 5 p.m.-8 a.m. schedule beginning Oct. 1 and continue it for eight-10 weeks until color shows on the bracts. Night temperatures should be no higher than 70 degrees or flowering may be delayed.

This all sounds fairly straight forward. I think the biggest frustration for her over the years has been missing a night of darkness, especially near the end of the routine.

Sometimes it works and sometimes it doesn't. Still fun to try, however.

A friend of mine recently asked what I thought of the cloth grow bags that are all the rage right now. Although I haven't used them myself, another friend, Chris, has been gardening up a storm the last few years using these bags.

She has an amazing flower border that you would think is growing in the ground, but it is a collection of dozens of bags in various sizes, holding everything from cannas to dahlias, zinnias and marigolds. She has great success with potatoes and other vegetables, too.

Read on to learn about the benefits of these bags.

I guess the one benefit that I never thought of is breathability. Because the fabric is permeable there is good air exchange, the roots grow to the edge, are air-pruned and branch out.

This is altogether different than plastic or glazed ceramic pots that don't breathe and encourage tangles of roots that encircle the pot eventually becoming bound. When a plant is root bound, it suffers until it is repotted; not so with grow bags!

Another pro would be drainage. The grow bags hold only what moisture the soil can hold and the rest of it drains away. Sure, the flip side is that you will need to water often in times of drought, but it's nice to know that if we have another summer like we did last year, the plants won't rot, either.

Other more obvious benefits include portability, heat resistance and ease of storage. If you purchase bags with handles, you can move them around the yard much easier than you could if the plants were in heavy pots.

The bags weigh next to nothing compared to clay or ceramics. Grow bags also do not heat up the way glazed or plastic pots do; roots are cooler and the plants are happier.

When the season is over, you can wash the bags and flatten to store. Most brands say that they last for four-five seasons or longer with good care.

Do some research to pair the size bag you use with the plants you are growing. A quick check gleaned that 10 gallon bags are good for three seed potatoes or a single indeterminate tomato plant. Bush type tomatoes would grow well in a seven gallon pot.

Please see **GARDEN**, page 16

Opinion



How is my Social Security benefit calculated?

Dear Rusty:

I appreciate your recent article dispelling the myth that politicians have stolen Social Security money.

As a Certified Public Accountant, I dispel this myth repeatedly to clients, who falsely claim SS funds have been raided. But another thing I deal with often is how SS benefits are calculated. I know the formula for determining each person's benefit amount is complex, but I have had to explain numerous times that those, who put the most into Social Security get the lowest rate of return and those who put the least in get the highest return based on the way the benefit formula is structured.

I get tired of people complaining that monthly Social Security payments are higher for retired doctors and other highly paid individuals. Can you please explain how Social Security is weighted in favor of lower income workers?

Signed: Tired of the Misunderstandings

Dear Tired:

Please don't be frustrated. Because of the program's complexity, Social Security is prone to misunderstanding and educating the misinformed is an important professional duty we share. Here's how each person's SS benefit is determined:

The first thing to know is that each person's SS retirement benefit is not based on their financial contributions to the program. Social Security's purpose is to provide a benefit, which replaces a portion of the person's pre-retirement income, so the SS benefit is based on actual lifetime earnings, not on the payroll taxes withheld from those earnings.

Social Security has your lifetime earnings record, obtained annually from the IRS and that record determines your "Primary Insurance Amount." Your "PIA" is initially determined in your eligibility year usually age 62 and is the amount you will get if you claim for benefits to start exactly at your Full Retirement Age.

To develop your PIA, Social Security first adjusts (indexes) each year of your lifetime earnings up to the annual payroll tax cap to account for inflation. They then select the 35 inflation-adjusted years in which you earned the most, from which they compute your average monthly earnings over your lifetime, this is called your Average Indexed Monthly Earnings. They then break your

AIME into three segments, the first of which includes a majority of and possibly all of your AIME.

They then take a percentage of each segment and total those three amounts to determine your PIA. The first segment is the largest and 90% of that first segment contributes most of your PIA. Smaller percentages of the other two segments (32% and 15% respectively if your AIME is higher), are then added to the first computation to arrive at your full PIA - the amount you get if you start benefits in the month you reach your FRA. Note that since most of the PIA comes from the first large segment of each person's AIME, lower income workers get a higher percentage of their lifetime average monthly amount.

Since benefits are based on earnings, those with lower lifetime earnings do, indeed, get a smaller benefit than those with higher average lifetime earnings, but the percentage of pre-retirement replacement income lower income workers receive is higher than for those with higher monthly average lifetime earnings. The Social Security benefit for lower income workers is typically about 40% of their pre-retirement average monthly income, while those with higher lifetime average earnings may get a benefit as little as 20% of their average monthly pre-retirement earnings.

In that sense, the Social Security benefit formula is progressive and weighted in favor of lower income workers. Nevertheless, albeit a smaller replacement percentage, higher income workers receive a higher monthly SS benefit because of their higher lifetime earnings. Even so, those higher earners did, indeed, contribute more payroll taxes from their higher earnings.

So, each person's SS retirement benefit amount is a percentage of their pre-retirement income. Coincidentally, those with higher pre-retirement income also contributed more to the Social Security program than did those with lower earnings. But their higher SS benefit amount is based on their higher pre-retirement earnings, not on payroll taxes paid from those higher earnings.

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

OPINION PAGE/ LETTERS POLICY

Letters to the Editor have a maximum of 350 words. We require writers to include their name, address and phone number in order for our office to authenticate authorship prior to publication. Addresses and phone numbers are not published.

Unsigned or anonymous letters will NOT be published.

We reserve the right to edit or withhold any submissions. Libelous, unsubstantiated allegations, personal attacks or defamation of character are not allowed. Deadline for submissions is Wednesday at noon.

Please email (preferred) letters to townreminder@turley.com. Mailed letters can be sent to Town Reminder, 24 Water Street, Palmer, MA 01069.

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MONEY MATTERS

BUILDING FINANCIAL FUTURES:

PV Financial Group's Commitment to Trust and Personalized Service

In the ever-evolving world of finance, PV Financial Group looks to stand out for its unwavering dedication to building lasting relationships with its clients. At the core of the firm's philosophy is the belief that true financial success is rooted in trust, communication, and a personalized approach.

Trust Beyond Transactions

PV Financial Group takes a refreshing departure from the transactional norms of the financial industry. Instead of focusing solely on transactions, the firm's financial advisors prioritize cultivating strong relationships with their clients. This commitment ensures that every interaction is characterized by a delicate balance of care, skill, diligence, and objectivity.

Communication as the Cornerstone

The firm firmly believes that effective communication is the bedrock of a thriving client-advisor relationship. PV Financial Group's comprehensive process involves open and transparent communication to understand each client's unique financial situation, goals, and preferences. This commitment to communication extends through every step of developing and managing clients' financial lives.

A Team of Professionals

PV Financial Group boasts a team of trained and courteous financial profes-

sionals who collaborate seamlessly to provide clients with the highest level of personalized service. Through continuous training, the team stays well-informed and equipped to navigate the complexities of the financial landscape. The courteous approach reflects the firm's commitment to treating clients with respect and professionalism.

Comprehensive and Meticulous Approach

The firm's comprehensive process involves a meticulous examination of each client's financial needs and aspirations. Financial advisors exercise balance, care, and skill in crafting personalized financial plans, considering factors such as risk tolerance, financial goals, and market conditions. Diligence is a hallmark of PV Financial Group's approach, ensuring thorough research, analysis, and ongoing monitoring of clients' portfolios.

Objectivity in Action

Objectivity is a guiding principle in decision-making at PV Financial Group. Financial advisors maintain a clear and objective perspective, always acting in the best interests of the clients. This commitment ensures that recommendations align with each client's unique circumstances and financial objectives, fostering a relationship built on trust and integrity.

PV Financial Group, through its cli-

ent-centric approach, aims to be a reliable partner on the journey toward financial success for every client. With a focus on trust, effective communication, and a team of dedicated professionals, the firm is making waves in the financial landscape by prioritizing relationships over

transactions. As we navigate the intricate world of finance, PV Financial Group stands out as a beacon of personalized and trustworthy financial guidance, dedicated to building a secure and prosperous future for its clients.





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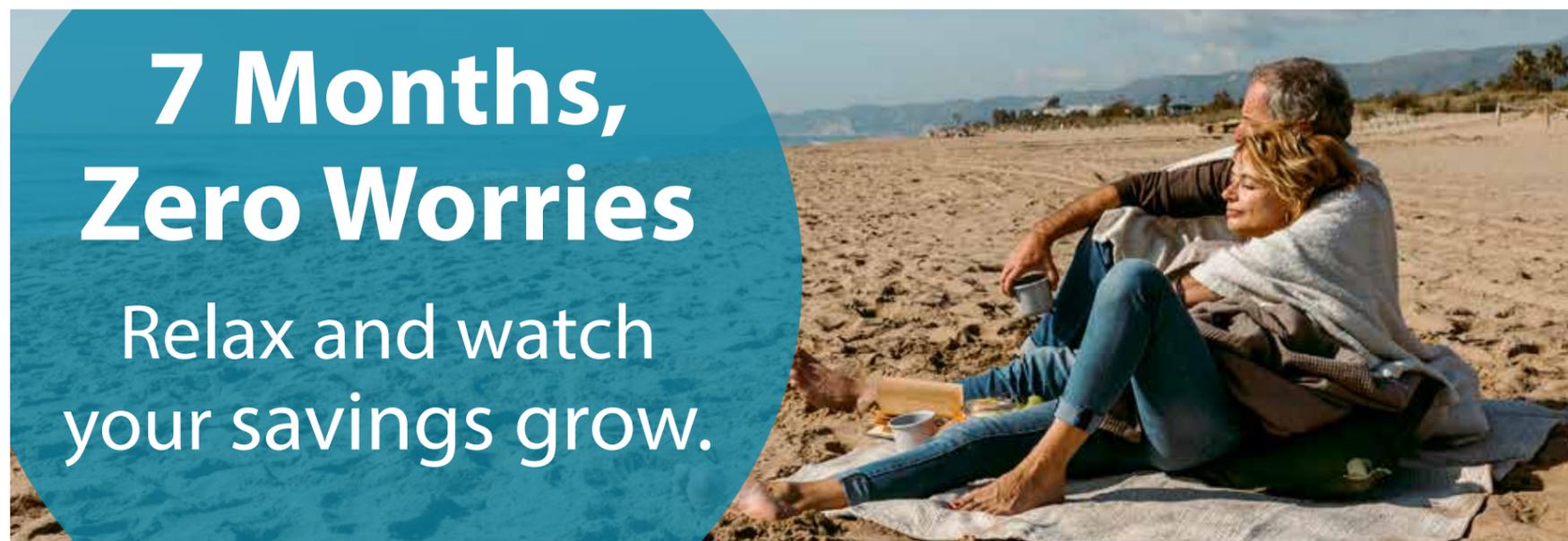
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THE ROAD TO **Financial Wellness**

The Benefits of Using a Financial Planner

In today's complex financial world, many investors seek out financial planners to help them navigate the intricacies of personal finance. The benefits of having expert financial help are manifold, including investment advice, retirement planning, tax strategies and estate planning.

Most financial planners collaborate with their clients to choose an asset allocation that melds the client's risk tolerance with their goals. After investments are chosen, often the advisor plays the role of cheerleader. Keeping clients from making rash decisions and veering off course from their financial plan may be one of the most important roles an advisor plays. All advisors have seen clients panic and try to make changes to portfolios in response to political or economic events that soon pass.

Retirement planning may be one of the most important acts that an advisor can perform. Everyone would love a stress-free retirement. A good planner can help calculate how much you will need to save to retire. He or she will also create a

strategy for claiming social security and any pensions in order to meet retirement spending needs.

An often-overlooked benefit of having a good financial expert is tax planning. Should you invest in a traditional 401k or a Roth? When should you begin withdrawing from your taxable accounts? Do you have to pay taxes on social security? When do you need to take Required Minimum Distributions and are you taking the correct amount?

In addition to all the above, proper estate planning is imperative to make sure that your assets end up where you would like them to, with the least amount of hassle. Do you need trust or is your will sufficient? Is your house protected from Medicaid in the future? Hiring a good financial expert can greatly enhance your financial life.

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- Investigating and handling all claims against the estate.
- Collecting all life insurance, rents, and other amounts due to the estate.
- Preparing and filing estate and inheritance federal and state tax returns.
- Paying related estate and inheritance taxes.
- Preparing a final accounting of the estate.
- Distributing the estate to the beneficiaries as directed by the Will.

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Tigers stave off Rams comeback



Owen Dawson stops short as he runs into pressure.

SOUTH HADLEY – Last Wednesday night, a high-intensity game between rivals Granby and South Hadley boys basketball was a low-scoring affair for three quarters before both teams started sinking more baskets in the final frame. The close game was taken by South Hadley 53-46. South Hadley needed the win to qualify for the state tournament while Granby has already qualified with a 12-5 record. South Hadley was led by Jack Loughrey and Brady Currier with 16 points. Granby got 14 points from Gavier Fernandez and 11 points from Colin Murdock.



Gavier Fernandez starts a play outside the arc.



Cody Breault holds the ball high before driving the hoop.



Sawyer Clarke passes the ball away.



Cody White rushes down the court.



Matt Gillis inbounds the ball.



Noah Hambley intercepts a pass from a Granby player.



Jack Loughrey avoids the hand of an opponent before shooting.



Tigers finishing strong

SOUTH HADLEY – Last Monday, South Hadley girls basketball won its 11th consecutive game, defeating Wahconah 45-36. The offense started slow but had a strong fourth quarter to break away in the matchup. Ava Asselin and Caitlin Dean had 13 points each while Cianna Gurek turned in 12 points. The Tigers were 14-3 heading into their final regular season game and were a virtual lock to make the Western Mass. tournament. They have also qualified for the state tournament.

Turley photos by Gregory A. Scibelli

LEFT: Noah Hambley looks to drive into the paint.

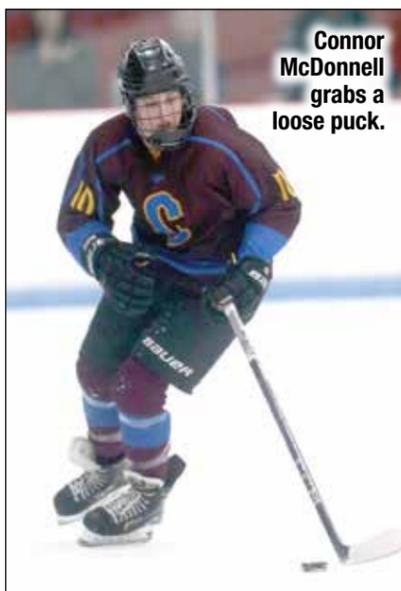


Mason Peters separates from the pack.

Pacers fall to Ludlow

CHICOPEE – In the second meeting of the regular season between rivals Chicopee and Ludlow, the Lions got the better of the co-op team, winning 6-2. Chicopee's goals came from Nate Robitaille and Connor McDonnell. The regular season schedule is completed for Chicopee, though the Pacers could play nonplayoff games once playoff seeds have come out.

Turley photos by David Henry www.sweetdogphotos.com



Connor McDonnell grabs a loose puck.



Caleb Lundgren tries to clear the puck away.

Sports

T-Birds wins on 'Ice-O-Topes' Night

SPRINGFIELD — The Springfield Ice-O-Topes (22-19-3-2) rebounded from a 1-0 deficit to knock off the Hershey Bears (37-9-0-2) by a 6-3 score before a sold-out MassMutual Center crowd of 6,793 on Saturday night.

Neither team could find a firm offensive footing in the opening half of the first period, with both squads going 0-for-2 on their first two power play chances. 20 seconds after Hershey's second man-advantage expired, the visitors finally got the game's opening goal as veteran Garrett Roe crashed the top of the crease to jam a rebound through Malcolm Subban at 14:02 to make it 1-0 for the Bears.

The Ice-O-Topes' second power play came and went, but like the Bears, continuous offensive pressure paid off less than 30 seconds after the advantage concluded. Adam Gaudette made a quick change of direction at the top of the slot area before funneling a shot toward the goal. Zach Bolduc made himself available for a deflection at the edge of the crease, and the rookie executed to perfection, squeezing it past Clay Stevenson to tie the score at 17:48.

With the game tied at 1 after 20 minutes, the 'Topes parlayed Bolduc's goal into a firestorm of offense in the middle frame. It began just 2:55 into the second, as Mathias Laferriere dropped a pass in the left circle for Kean

Washkurak, who curled the puck to a better shooting lane and snapped a wrister through Stevenson's five-hole to make it a 2-1 game.

1:35 later, Gaudette was in the middle of the action once again.

After Hunter Skinner whipped a pass off Gaudette's foot deep in the left-wing corner, Matthew Peca pushed a second-chance shot wide of the goal. With Stevenson still trying to recover back in front of the net, Gaudette used the opportunity to bank it off Stevenson's pants and into the twine to extend the lead to 3-1. With the tally, Gaudette vaulted himself back to the top of the AHL goal-scoring race with his 25th of the season.

After a quiet stretch of play yielded nothing on the scoreboard, Hugh McGing changed things with a determined rush deep in the Hershey zone. McGing's pressure caused a mishandle between Stevenson and Dylan McIlrath, and McGing was there to jab a backhander through Stevenson, making it a 4-1 game at 15:24. The pesky winger now has seven points over his last seven games.

Former T-Bird Jake Massie gave Hershey a much-needed re-

ply with a one-time shorthanded goal at 17:42, set up by Jimmy Huntington, and the defending champs were back within two heading into the third.

Chances heavily favored the Bears in the third to the tune of an 18-5 shot discrepancy, but Subban and the defense bent without breaking, and Will Bitten added some extra insurance, beating Stevenson on a breakaway backhander through the wickets at 10:54 to make it 5-2.

The Bears' power play would not allow the game to end quietly, as Alex Limoges redirected a Mike Vecchione shot through Subban at 13:30 to cut the lead to 5-3. However, in the end, the visitors ran out of time, and Dylan Coghlan snapped a 15-game goal drought by drilling an empty net with 48.6 seconds to play to make it four consecutive wins on Ice-O-Topes Night for Springfield.

Springfield next takes its game down to Charlotte for a two-game set against the Checkers inside Bojangles' Coliseum next Saturday and Sunday, Feb. 17-18. Puck drop for both games is set for 4 p.m. in North Carolina.



Railers pick up win over Mariners

WORCESTER — This season's Railers have been imperfect, but indefatigable.

Twenty-fours after squandering a three-goal lead and losing in overtime to the Maine Mariners, 5-4, Worcester bounced back Saturday night with a strong effort and a 3-2 victory that was not easy.

Games with Maine never are.

The Railers took a 2-0 lead late into the third period on goals by Artyom Kulakov and Anthony Repaci, then Maine closed the gap on William Provost's goal at 12:57. Given the unhappy endings of Worcester's two previous games with the Mariners, things looked shaky; even shakier when Trevor Cosgrove was called for high sticking at 17:50.

However, Jake Pivonka hit an empty net at 18:54. Sigh of relief?

Not quite. With goalie Shane Starrett on the bench and Cosgrove still in the box, Ethan Ritchie made it 3-2 with 37 seconds left. The Railers kept Maine bottled up in its own zone for the duration, however, and came away with two pure points.

Coach Jordan Smotherman was not surprised with the way his team responded.

"We love our room," he said. "You could tell (Friday) night, even after the game before they left, that the guys were ready to go. That's one of the biggest differences between last year's team and this year's — these guys really want to be here."

The victory extended Worcester's points streak to

four games. The Railers have earned seven of eight points in that time and have 48 points overall. That is five more than both Maine and Trois-Rivieres, tied for fifth.

Kulakov gave the Railers a 1-0 lead at 5:52 of the second period as he fired a 35-foot wrist shot past Starrett through a screen.

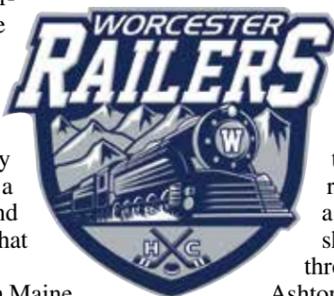
Ashton Calder set him up with a great pass from the right side. Repaci scored shorthanded at 15:04 on a deflection in close.

John Muse improved his record to 9-3-1 with the win. He stopped 26 of Maine's 28 shots. Worcester has earned 19 of a possible 26 points with Muse in goal, a .731 winning percentage.

The triumph sent the Railers off on the longest road trip, time-wise, in franchise history. They will play six games in Florida, three in Orlando against the Solar Bears, then three in Fort Myers against the Florida Everblades. Worcester will be gone for 14 days and does not play another home game this month.

Florida in February — almost every New Englander's dream. Smotherman was asked if he was concerned that the Railers will look at this as a vacation, not a work assignment.

"One hundred percent," he said. "I've been the guy on the Florida trip before. I know how that works, but we trust our group, and that's the other part of it. They are professionals. They need to be professionals. Everything that we've seen so far is that they've bought in and they want to win hockey games."



Bonsignore opens season with second-place finish

NEW SMYRNA, FL — Justin Bonsignore drove the No. 51 Phoenix Communications modified to a second-place finish in Saturday's NASCAR Whelen Modified Tour opener at New Smyrna Speedway.

Bonsignore qualified fourth and ran inside the top-five for the duration of the race. After a pit stop in the final 20 laps, Bonsignore raced from fifth up to second, trying to chase down Ron Silk in the final laps. Although he closed in, he had to settle for second.

The run opened the 2024 season for Bonsignore, who will chase his fourth NASCAR Whelen Modified Tour title in the Ken Massa Motorsports machine this season.

"We were just a little bit too

snug on both sets of change tires," Bonsignore said. "All in all, it was a really good night to start the year. We have to thank Phoenix Communications for everything they do for our team and Ryan Stone and the pit crew for a great job with a brand new car they built over the winter. It takes a lot to come down here to Florida to open the season. We will try and build off this and get better with this new car."

Justin Bonsignore will return to the track driving the No. 30 for Rette Jones Racing in the ARCA Menards Series season opener at Daytona International Speedway on Saturday, February 17. The NASCAR Whelen Modified Tour is back on track at Richmond Raceway on Friday, March

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Western Mass Runners name Hall of Fame inductees

HOLYOKE — The Western Mass Runners' Hall of Fame Board of Directors announced the inductees of the 3rd Class, set to be honored on Friday, March 8.

Since its inception, the WM-RHoF has celebrated outstanding contributors to the running community, with its first class inducted in 2020 and the second in 2022.

The 3rd Class inductees are: Ric Bourie and Sue Haryasz, both of Longmeadow; Mary Cobb of Pittsfield; Howard Drew and Ed Sandifer, both of Springfield; Rich Larsen of Shelburne;

Nicole McGilpin of Westfield; Bob Neil of Holyoke; Bill Romito of Leeds; and John Stifler of Florence.

In addition to these distinguished individuals, the charity organization Griffin's Friends, who have supported children with cancer and their families for decades in the Springfield area by running and raising funds, will be inducted. Also, Neal Lambertson, a Springfield resident and runner who has volunteered his time to the running community for years, will receive the "Brian Goddu Volunteer of the Year" Award, founded in memory of

Goddu, a founding board member of the Western Mass Runners Hall of Fame.

The induction ceremony will take place at 6 p.m. on March 8, at the Holyoke Elks Lodge, 250 Whitney Ave. Bob Hodge, the third place finisher in the 1979 Boston Marathon, multiple Mount Washington Road Race Champion, 40-year course record holder on the DH Jones/Amherst 10 Mile Course, and author of "Tales of the Time", will be the guest speaker.

Tickets for the dinner and Please see **RUNNERS**, page 15

CAMPUS NOTES

Marjanski named to College of the Holy Cross' Dean's List

WORCESTER — Lindsay Marjanski, of South Hadley, was named to the College of the Holy Cross Spring 2023 Dean's List.

A member of the Class of 2024, Marjanski was named to the Dean's List for outstanding

academic achievement during the fall semester of the 2023-24 academic year.

To qualify, students must pass four or more letter-graded courses with no failing grades during the semester and earn a GPA of 3.5 or higher.

Strand named to the University of Hartford's Dean's List

WEST HARTFORD, Conn. — The University of Hartford is pleased to an-

nounce Owen Strand, of South Hadley, has been named to the Dean's List for Fall 2023.

Fairfield University recognizes Foley with Dean's List honors

FAIRFIELD, Conn. — Madalyn R. Foley received Dean's List Honors for the Fall 2023 semester at Fairfield University.

To be placed on the Dean's List, students must have com-

pleted a minimum of 12 credit hours in a semester, have no outstanding or incomplete grades for that semester and have attained a semester grade point average of 3.50 or better.

23rd Annual 94.7 WMAS Radiothon for Baystate Children's Hospital

To be held
March 5-6 at the
Naismith Memorial
Basketball Hall of
Fame

SPRINGFIELD - The public is invited to stop in and join in all the fun at this year's 23rd annual 94.7 WMAS Radiothon for Baystate Children's Hospital at the Naismith Memorial Basketball Hall of Fame on March 5-6.

Hundreds of inspiring stories come out of Baystate Children's Hospital every year, some of which will be told during this year's event.

Among the many stories shared will be that of Ryan Caney, who at three years old developed Guillain-Barre syndrome, a rare nervous system disorder that causes muscle weakness and sometimes paralysis. Quick diagnosis and treatment at the Sadowsky Family Pediatric Emergency Department at Baystate Medical Center helped Ryan make a full recovery. Listeners will also hear about Evie Dedrick, who was born prematurely and spent time in the Davis NICU at Baystate Medical Center and then relied on care for respiratory challenges at Baystate Children's Hospital.

While attending this year's Radiothon at the Naismith Memorial Basketball Hall of Fame in Springfield, home to the 94.7 WMAS studios, the public can have their photo taken on the red carpet, make a donation and get a sneak peek of 94.7 WMAS's Kellogg Krew broadcasting live.

"We really look forward to this event each year and the difference it makes for these kids in our community," said 94.7 WMAS' Chris Kellogg. "Being



Photo courtesy of Baystate Health

The 2023 Children's Miracle Network Champion for Baystate Children's Hospital, Ava O'Connor, shares her story with the Kellogg Krew during last year's Radiothon.

able to share these inspirational stories is a reminder of how important it is to support our local children's hospital."

Radiothon hours are from 6 a.m. to 6 p.m.

Donating is easy by phone or text as well as online. Listeners can call to donate via the Lia Auto Group Phone Bank at 413-794-1111 on March 5 and 6 from 6 a.m. to 6 p.m. or visit WMASKIDS.com.

"Our generous donors help fuel the work being done each day at Baystate Children's Hospital, the only accredited, full-service children's hospital in western Massachusetts," said Scott Berg, vice president of philanthropy, Baystate Health, and executive director, Baystate Health Foundation. "There are many ways to support the next generation, but helping to keep them healthy is critical. These stories highlight the importance

of donations remaining local to support children right here in our community."

Baystate Children's Hospital is one of 170 fundraising Children's Miracle Network Hospitals across the country. Children's Miracle Network Hospitals are unique in that 100% of all money raised locally goes directly to Baystate Children's Hospital in Springfield in support of children's health programs and services.

Major sponsors for the Radiothon include Hyundai Hope on Wheels, Lia Auto Group, Pioneer Valley Credit Union, Eversource, M&T Bank, City Tire, and PeoplesBank.

To make an online donation today, visit WMASKIDS.com, or for more information, email Heather Clark, event manager, at Heather.Clark2@baystate-health.org.

Free movie for seniors at Tower Theaters

SOUTH HADLEY - The Friends of the South Hadley Seniors are sponsoring a free showing of the movie "Something's Gotta Give" at Tower Theaters on Monday, Feb. 26 at 1 p.m. Call the South Hadley Senior Center to reserve a seat, as seats are limited. Along with the free movie, moviegoers will receive a free small popcorn and drink.

Boys & Girls Club announces open registration for basketball tournament

CHICOPEE - The Boys & Girls Club of Chicopee is happy to announce its 17th Annual George Webb Memorial Basketball Tournament. Registrations are now being accepted and can be completed at the Club or by visiting their website at www.bgcchicopee.org.

The double elimination tournament is open to teams in the following grades for boys and girls: 3rd & 4th, 5th & 6th and 7th & 8th.

All tournament games will once again be held at the Club's Chicopee Savings Bank Gymnasium.

If you are interested in entering a team in the tournament, please call Julius Santos, Athletics Coordinator at the Boys & Girls Club of Chicopee, at 413-206-4107.

The tournament is scheduled to begin Thursday, March 7. The cost is \$300 per team. Full registration is required by Feb. 27.

Dr. Ilyasah Shabazz, daughter of Malcolm X, to speak at STCC

SPRINGFIELD - Dr. Ilyasah Shabazz, the daughter of the late activists Malcolm X and Dr. Betty Shabazz, will speak at Springfield Technical Community College on Feb. 29 at Noon as part of the college's celebration of Black History Month.

Shabazz, an accomplished educator, author and activist, will share her insights and experiences rooted in the rich legacy of African American history and culture.

Shabazz will speak in the auditorium of Scibelli Hall (Building 2) at STCC. The event is free and open to the public. Attendees are encouraged to pre-register. To register for the event, please visit stcc.io/shabazz.

Shabazz is chairperson of the Malcolm X & Dr. Betty Shabazz Memorial and Educational Center Board of Trustees. In her work to preserve the legacy of her parents, she has dedicated herself to institution-building and intergenerational leadership development with the tenets of diversity, equity and inclusion.

Her books include a memoir, "Growing Up X," and a children's book, "Malcolm Little: The Boy Who Grew Up to Become Malcolm X."

Shabazz has furthered her community impact with the City University of New York's Office of Academic Affairs, where she created a curriculum to encourage higher education for underserved, inner-city and marginalized high school dropouts.

She has worked with the



Photo courtesy of STCC

Caption: Dr. Ilyasah Shabazz.

Office of the Mayor in Mount Vernon, as director of Public Affairs & Special Events. She founded and produced a young adult development program to provide historical context on social justice - encouraging personal empowerment and community service as a way of life.

As president and founder of Ilyasah Shabazz Enterprises, she produces a variety of forums dedicated to power, possibility and sovereignty.

"We are thrilled to welcome Dr. Shabazz to STCC," said Dr. Kiyota Garcia, assistant vice president of Student Affairs and Interim Chief Equity Officer at STCC. "We want our students, staff and faculty and the community to prepare to be enlightened and empowered by Dr. Shabazz. She will illuminate the significance of Black history and its enduring impact on society."

Garden Club presents program on designing for Festival of Flowers

SPRINGFIELD - The Springfield Garden Club will host "Interpreting Art in Flowers, for the Festival of Flowers", presented by Springfield Garden Club members, on Friday, Feb. 16 at 11:30 a.m. The event will be in person at the Barney Carriage House at Forest Park.

Have you been inspired by the beautiful designs created for the Festival of Flowers? Would you like to be part of it but wonder how to put it all together? Our own members will show past designs and share how they choose from the available art works, select their plant materials to interpret the art, and design the final creation.

The 11th Annual Festival of Flowers will run from April

4-7 at the Springfield Museums. Objects in the art, science and history museums will be creatively interpreted by talented florists and garden club members.

The meeting will be held at the Carriage House at the Barney Estate, Forest Park, 300 Sumner Avenue, Springfield. Luncheon will be provided, including gluten free options, beginning at 11:30 am. Guest fee is \$5, and tickets are available at the door or on Eventbrite.

For more information on this and other Springfield Garden Club events go to www.gcfm.org/springfieldgardenclub or visit them on Facebook at <https://www.facebook.com/SpringfieldMAGardenClub/>.

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LIBRARY from page 1

The program is welcome to all children, especially homeschoolers. Shea said creativity is key.

“One day I read a book about snow, and I brought in snow in the science table, and the kids just played with the actual snow. That is really fun, and I have regulars who tend to come,” Shea said.

On Saturday, Feb. 24, Shea will set up wooden train tracks for a program called “Trains, Tracks and Trucks”, lasting from about 10:15 to 11:45 a.m. Shea coordinates with SHPL Children’s Librarian Jenny Arch to make sure their programs don’t overlap.

Shea shared word of another exciting, upcoming program.

“On March 1, I have a special guest coming. Her name is Mary Westgate and she’s from Berkshire Hills Music Academy (in South Hadley). She is a visually impaired person who plays instruments and reads brail to the children. She’s coming at 10:30 a.m. In place of my story time, it’s going to be her story time,” Shea said.

Shea is thankful for the relationship she has with the main branch of the library.

“It’s a great collaboration, and we are a branch of the main library, so it’s nice to have things that work together. We don’t want to compete with each other,” Shea said.

While she wishes the old building was more accessible, Shea loves her job and enjoys being in the space where many generations of residents have come to learn.

Shea described the Gaylord as beautiful and its Children’s Room as inviting. She said some patrons prefer the Gaylord’s Children’s Room over the main library’s children’s space.

“I often hear how they like the quaintness of Gaylord and that it’s cozier. They like that it’s a smaller area for the Children’s Room,” Shea said. “They do love the main library and the newness of it, but for some children, the bigger area is more overwhelming, so they like the (size) of the Gaylord. It’s nice that they get both in our town. Our town is very fortunate to have two libraries.”

Shea said the Gaylord offers a different experience every time one comes in. She said it’s inviting for individuals of all ages, not just preschoolers or older patrons.

Shea noted that some people avoid the library because they think it is part of Mount Holyoke College. She emphasized it is not.

“Even people that have lived in town for a while, some have always thought we were part of the college. We’ve never been. It did used to be its own library, but in 2016 they became a branch of the main library. Now, we are part of CW Mars,” Shea said.

Teen and Adult Programming

For the past year, Sarah Courtney has served as the Gaylord’s Adult Services Librarian. She also works with teens, as she keeps the schedule full.

“We’ve had a pretty busy February and have more stuff



The Gaylord Memorial Library is open on Thursdays, Fridays and Saturdays.

Photos courtesy of the Gaylord Memorial Library

coming up in March too,” Courtney said.

Courtney spoke of a new creative writing series for teenagers, middle schoolers and high school students that will begin on Feb. 22. The program will alternate between the main library and the Gaylord; on Feb. 22 it will be at the Canal Street facility.

“We have a volunteer writing instructor, a student at Mount Holyoke, who is doing these drop-in hours for teenagers at both buildings. She’s doing both poetry, fiction and non-fiction, and we’re kind of alternating. This is kind of drop-in, all levels welcome. It’ll be a writing prompt and a time for teenagers who want to try some creative writing and hang out and write with an instructor,” Courtney said.

That same day, the Gaylord will do a joint program with the Mount Holyoke College Observatory at 6:30 p.m.

“The moon will be nearly full, and we’ll be training the telescopes up on the moon and looking at that. We can also meet in the Gaylord parking lot and walk people over if they don’t know where the observatory is,” Courtney said.

On Feb. 29, a representative of the Arcadia Wildlife Sanctuary in Easthampton will lead a guided nature walk in the area around the Gaylord and into the Mount Holyoke College campus to teach about plants and wildlife that are visible in the winter in South Hadley.

“She’ll also be talking a little bit about what we can do to minimize our environmental impact. There’s sort of an observation (portion) and a little bit of learning how to help protect our environment,” Courtney said.

On March 7, the Spice Club will meet, as it does on the first Thursday of the month from October through April. The session is limited to 20 people and pre-registration is required.

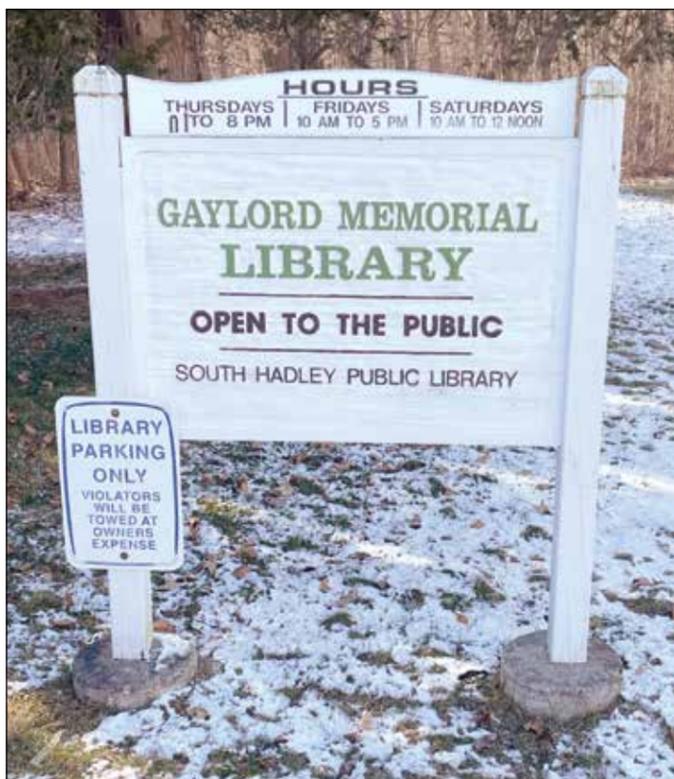
Every participant gets a packet of a spice sample from the Southern New England Spice Company. Each month, the packet is different; in March it will be gumbo file.

“(Members) get together and discuss what they made with last month’s spice, and we get out a bunch of cookbooks that are relevant and kind of plan and talk



The back of the historic Gaylord Memorial Library.

Turley photos by Dalton Zbierski



Gaylord Memorial Library is a branch of the South Hadley Public Library.

about what they’re going to do with this spice and kind of like talk about food and cooking and share tips and get to try something new,” Courtney said.

On March 8, there will be a seed starting event at the Gay-

lord led by Brian Schraus, who will talk about winter seeding.

“We’ll be making some seed starting containers out of recycled materials like milk jugs,” Courtney said. “That also has a seed swap component so if you

have seeds and have more than you need to start, you can bring those and swap around with other gardeners to get more variety in your seeds.”

The Gaylord also has a general drop-in program every Friday, with an open crafting time in the building’s rotunda. From knitting to crochet to needlepoint, adult patrons can craft together. The upcoming dates are Feb. 16 (today) and March 1, 15 and 29.

Courtney is appreciative that South Hadley has a branch library, noting that both buildings are different but unique and gorgeous.

Like Shea, Courtney enjoys collaborating with her colleagues at the main library. She is thankful to be part of one, unified system.

When asked to encourage residents to visit the Gaylord, Courtney said it is an open space where nothing but good behavior is required from you.

“You just can come in and sit if you want or ask us questions or check out the books and the computers. We’ve got movies. Really, you can just come in and look at this interesting old building if you want. We have limited hours, but when we’re open, we’re here for you,” Courtney said.

Public Notices

Sale Of Motor Vehicles Under G.I. C.255 Sec. 39A

Notice is hereby given by **Hampshire Towing, 650 New Ludlow Rd., South Hadley, MA 01075**, pursuant to the provisions of G.L. C. 255, Section 39A, that a **SEALED BID** auction with bids due **Monday, February 19, 2024 at 9 a.m.** Vehicles can be viewed Mon- Friday 9am-4pm **BY APPOINTMENT ONLY**. Call **413-534-5373** to make appointment

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2009 Nissan Murano JN8AZ18W69W113796
Brandon, Bridger
168 Essex St., Apt. 1L
Holyoke MA 01040

2011 Honda Accord 1HGCP2F69BA102783
Gilka Rolon Arroyo
136 Alderman St.
Springfield, MA 01108

2004 Infiniti G35 JNKCV51F04M711869
Ruth Gallego
116 King St., 2nd Fl
Springfield, MA 01109

2007 Jeep Compass 1J8FF47W37D185652
Jordan Langlois
75 Commercial St., Apt C101
Adams, MA 01220

2013 Dodge Avenger 1C3CDZAG1DN770559
Dayquan Collins
48 Indian Leap St.
Indian Orchard, MA 01151

2000 Honda Accord 1HGCG6694YA095784
Raymond Campos
62 Locust St., Apt 1
Holyoke, MA 01040

2006 Hyundai SONATA 5NPEU46F76H069664
Roland Webb
100 Northampton Ave., Apt 2
Springfield, MA 01109

2005 Ford Freestyle 1FMDK06145GA68534
Alberto Rivera
168 Pearl St.
Holyoke, MA 01040

2007 Chrysler Sebring 1C3LC56R87N561782
Samantha Powell
149 Brayton Hill Ter
North Adams, MA 01247

2017 Jeep Grand Cherokee 1C4RJFBG6HC853076
Jennifer Spracklin
507 Alford Pl.
South Hadley, MA 01075

2007 Ford Focus 1FAFP37N17W272417
Jean Serrano
45 Willow St., Apt 408
Springfield, MA 01103

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Boston Real Estate Concierge

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Angela Levesque
11 Governor St., Apt 11
Springfield, MA 01104

2012 Hyundai SONATA 5NPEC4AC9CH386633
Jeremiah Johnson
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Edwin Morales
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Emilio Gonzalez
688 High St., Apt 2L
Holyoke, MA 01040

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Matthew Gonzalez
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Burtonsville, MD 20866

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Mairi Eames
16827 Sarahs Pl., Apt 104
Clermont, FL 34714

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Luz Luna
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Springfield, MA 01104

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Jose Rivera Marrero
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Chicopee, MA 01013

2003 Honda Pilot 2HKYF18593H561831
Enid Ortiz Vega
9 Wolcott St., Apt 1L
Holyoke, MA 01040

2012 Toyota Tundra 5TFUY5F15CX245847
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30 Coolidge Ave.
Westfield, MA 01085

2014 Honda Accord 1HGCR2F38EA121264
Jennifer Perez
197 Oak St., Apt 2R
Holyoke, MA 01040

2000 Mazda Protege JM1BJ2231Y0260105
Shaun Haynes
60 Linden St., Apt 3

2007 Dodge Magnum 2D4FV47T97H867277
Vernon Miller
502 Sardis Church Rd.
Branchville, SC 29432

192 Classic Well Craft NO VIN (Boat & Trailer)
Rolando Reyes
52 Sycamore St.
Springfield, MA 01109

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Shamaris Canovas
802 Newbury St.
Springfield, MA 01104

02/2, 02/9, 02/16/2024

TOWN OF SOUTH HADLEY PLANNING BOARD NOTICE OF VIRTUAL PUBLIC HEARING

The Planning Board will hold a virtual public hearing on **Monday, February 26 at 6:30 p.m.** to consider a Special Permit application filed by the Wainscott Builders, LLC to expand/alter an existing dimensionally nonconforming structure located at 299 N Main Street, Assessor's Map 24 Parcel 56

02/2, 02/9, 02/16/2024

Joanna Brown, Clerk
South Hadley Planning Board
02/09, 02/16/2024

TOWN OF SOUTH HADLEY PLANNING BOARD NOTICE OF VIRTUAL PUBLIC HEARING

The South Hadley Planning Board will hold a virtual public hearing on **Monday, March 4, 2024 at 6:30 p.m.** to discuss a petition filed by SAI Shyam LLC c/o Himanshu Patel, a South Hadley property owner, to amend the South Hadley Zoning Bylaw (Chapter 255) to allow multifamily residences within the Business A-1 Zoning District.

This petition is being filed pursuant to M.G.L Chapter 40A, Section 5 and proposes amendments within the following sections of the Zoning Bylaw: Use Regulations Schedule; Article VII Supplemental District Regulations; and Section 255-10 (Terms Defined). This petition would affect all properties within the Business A-1 Zoning District.

The materials related to the petition are available on the Town's website at the following link: <https://www.southhadley.org/1390/Request-for-Zoning-Amendment--Business-A>. Alternatively, hard copies of the documents may be viewed at South Hadley Planning and Conservation Department office.

The public hearing will be conducted virtually on Zoom. Persons may join as follows: URL to join: <https://us02web.zoom.us/j/81032523799?pwd=ejFudGFmVjZlZ0lEcVA2NFFvaWR5Zz09>

Or join by phone: +1(646) 931 3860 Webinar ID: 810 3252 3799 Passcode: 858361

The property is located within the Residential A-2 zoning district and is an existing single-family home.

The application is on file in the Planning & Conservation Department Office (Room U6) in Town Hall and posted at www.southhadley.org on the Planning Department page under 'Permit Applications' - 'Special Permit' under section 'N Main Street (299) - Nonconforming Structure' or can be viewed at: <https://www.southhadley.org/1181/Special-Permits>. Any person interested in, or wishing to be heard, should appear/join the hearing at the time and in the manner designated. This meeting is being conducted remotely consistent with Chapter 2 of the Acts of 2023 which extends the March 2020 Governor's Order suspending certain provisions of the Open Meeting Law MGL Ch. 30A Sec. 20 until March 31, 2025.

Joanna Brown, Clerk
South Hadley Planning Board
02/16, 02/23/2024

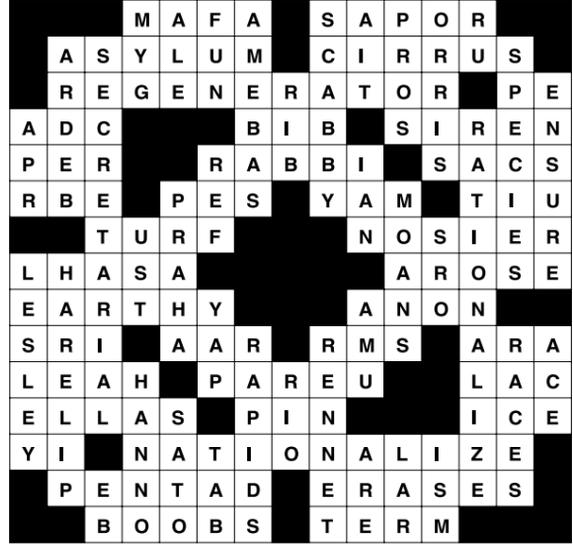
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Please check the accuracy of your legal notice prior to submission (i.e., date, time, spelling). Also, be sure the requested publication date coincides with the purpose of the notice, or as the law demands. Thank you.



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Don't risk your health shoveling snow

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

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

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

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

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

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

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

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

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

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

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

Because the spine cannot tolerate twisting as well as it can other movements, it is important to avoid this movement as much as possible. Step in the direction in which you are throwing the snow to prevent the lower back from twisting. This will help avoid the "next-day back fatigue" experienced by people who shovel snow.

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

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

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

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

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

Please see **SNOW**, page 16



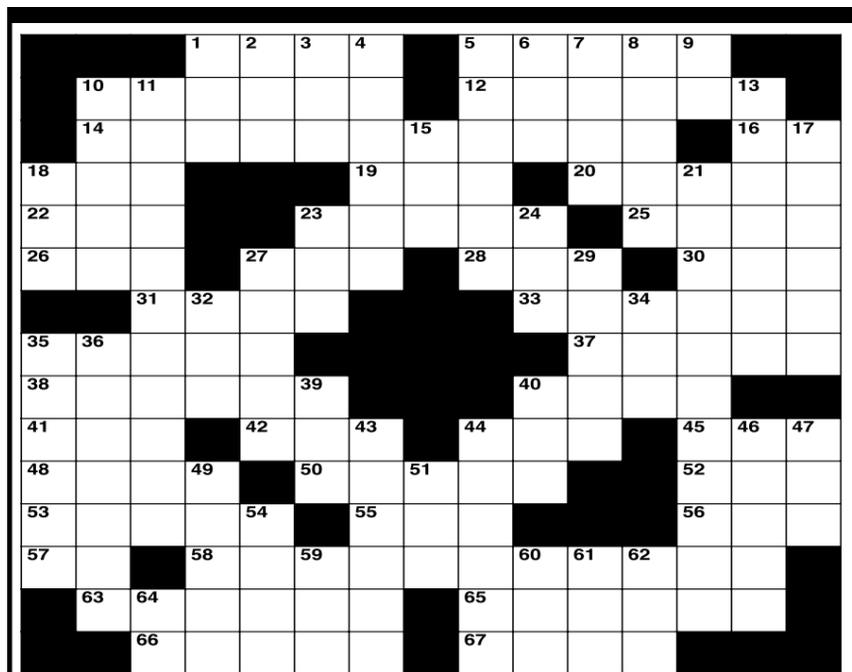
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CLUES ACROSS

- 1. Gene type
- 5. Persian male given name
- 10. Type of protection
- 12. Cloud
- 14. One who returns to life
- 16. Gym class
- 18. General's assistant (abbr.)
- 19. Baby's dining accessory
- 20. Enchantress
- 22. Prefix denoting "in a"
- 23. Spiritual leader
- 25. Cavities
- 26. Relative biological effectiveness (abbr.)
- 27. Foot (Latin)
- 28. Sweet potato
- 30. Pharaoh of Lower Egypt
- 31. Land
- 33. More inquisitive
- 35. Dog breed: __ Apso

- 37. Stood up
- 38. Direct and uninhibited
- 40. Authorless
- 41. Blocking type of drug (abbr.)
- 42. Retrospective analysis (abbr.)
- 44. Root mean square (abbr.)
- 45. Macaws
- 48. Actress Remini
- 50. Polynesian wrapped skirt
- 52. City of Angels hoops team (abbr.)
- 53. Fitzgerald and Baker are two
- 55. Bowling alley must-have
- 56. A way to cool down
- 57. Ethnic group in Asia
- 58. A way to alter
- 63. Set of five
- 65. Removes from the record
- 66. Dummies

67. Set period in office

CLUES DOWN

- 1. DC Comics superhero
- 2. Brew
- 3. Play
- 4. Single-celled animals
- 5. Rough to the touch
- 6. Small island (British)
- 7. Often noted alongside cons
- 8. Preparation of rootstock
- 9. Atomic #44
- 10. Egyptian unit of capacity
- 11. About secretary
- 13. Particular groups
- 15. Poke fun at
- 17. Make certain that something occurs
- 18. Financial term
- 21. Justify
- 23. Arbiter
- 24. 007's creato
- 27. Czech name for Prague
- 29. Groans
- 32. American time
- 34. No seats available
- 35. __ Stahl, journalist
- 36. Cleft lip
- 39. Talk incessantly
- 40. Expresses atomic and molecular weights (abbr.)
- 43. A part of a river where the current is very fast
- 44. Curdled milk
- 46. Running competitions
- 47. A team's best pitcher
- 49. Carthaginian explorer
- 51. World-renowned city
- 54. Most common Japanese surname
- 59. The bill in a restaurant
- 60. They __
- 61. City of Angels football team (abbr.)
- 62. Distinctive practice
- 64. One quintillion bytes

RUNNERS from page 10

ceremony are priced at \$20 and are available for purchase at <https://www.runreg.com/w-mass-runners-hall-of-fame-induction-banquet>. For those unable to attend but wishing to support the WMRHoF mission, donations are welcome via the RunReg website.

About WMRHoF

Established in 2019, the WMRHoF recognizes and honors the rich history and significant contributions of individuals and teams in road racing, cross country, and track in western Massachusetts.

For more information, email WMRunnersHoF@gmail.com or visit <https://www.westernmassrunnershalloffame.com>.

FIRES from page 3

for temporary use. Have a qualified electrician add more receptacle outlets so you don't have to use extension cords.

Call a qualified electrician or your landlord if you have frequent problems with blowing fuses or tripping circuit breakers; a tingling feeling when you touch an electrical appliance; a discolored or warm wall outlet; a burning or rubbery smell coming from an appliance; flickering or dimming lights; or sparks from an outlet.

Cooking safety:

Keep a close eye on what you're cooking; never leave cooking food unattended. For foods with longer cook times, such as those that are simmering or baking, set a timer to help monitor them carefully.

Clear the cooking area of combustible items, keeping anything that can burn - such as dish towels, oven mitts, food packaging, and paper towels - at least three feet away from cooking equipment.

Turn pot handles toward the back of the stove. Keep a lid nearby when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner.

Create a "kid and pet free zone" of at least three feet around the cooking area and anywhere else hot food or drink is prepared or carried.

Smoke alarms, which reduce the risk of dying in a fire by more than half (54%), must be installed in all required locations and working properly. Home escape planning is another critical element of home

fire safety, as people may have as little as two minutes to escape a home fire from the time the smoke alarm sounds.

Knowing what to do when the smoke alarm sounds and using that time wisely is critical to safety.

"Our goal is to make sure people know what the main causes of winter home fires are and how to prevent them," said Carli. "A little added awareness, effort, and planning can go a long way toward minimizing those risks."

NFPA offers a wealth of home heating safety tips, information, and resources to help better educate the public about ways to safely heat their homes. In addition, NFPA's "Put a Freeze on Winter Fires" campaign with the U.S. Fire Administration works to promote a host of winter safety issues, including home heating.

About NFPA

Founded in 1896, NFPA is a global, self-funded, nonprofit organization devoted to eliminating death, injury, property and economic loss due to fire, electrical and related hazards. The association delivers information and knowledge through more than 300 consensus codes and standards, research, training, education, outreach and advocacy; and by partnering with others who share an interest in furthering the NFPA mission.

For more information, visit www.nfpa.org. All NFPA codes and standards can be viewed online for free at www.nfpa.org/freeaccess.

EVENTS and announcements

SOUTH HADLEY – The following announcements pertain to events that will be occurring in and around South Hadley.

Plains School Kindergarten packet pickup for South Hadley residents

SOUTH HADLEY – Plains School will be having Kindergarten and Grade One students new to South Hadley pick up packets from March 1 – 29.

Please stop by the school between 9 a.m. and 3 p.m. to pick up your packet. Any questions please call the main office at 538-5068.

Historic Gaylord Memorial Library announces February programming

SOUTH HADLEY – Gaylord Memorial Library has a busy February planned for all ages. January’s Full Moon Observation with Mount Holyoke College Observatory was rained out, but we’re hoping for better weather for our new date: Feb. 22 at 6:30 p.m. (open to all ages). We’ll close out the month with a winter Nature Walk led by staff from Arcadia Wildlife Sanctuary on Feb. 29 at 2 p.m.

Both libraries in town will be hosting a new series: Creative Writing Hour for Teens. The next session will be Poetry at SHPL will take place on Thursday, Feb. 22 at 4 p.m.

For younger kids, we have our usual story times, LEGO Club, drop-in crafts and two Saturday morning

special events. On Saturday, Feb. 10 at 10:15 a.m. Miss Janet will be celebrating Lunar New Year with a paper dragon craft, and on Saturday, Feb. 24 at 10:30 a.m. we’ll have Family Playtime with trucks and trains!

Other regular weekly and monthly programming can be found on the Gaylord website or on the SHPL calendar.

Friday Fish Fry returns to Swift River Sportsman’s Club

BELCHERTOWN – The Swift River Sportsman’s Club at 350 Cold Spring Road is pleased to announce that its Friday Fish Fry is returning on Fridays, starting Feb. 16 and running through April 5.

Prices range from \$14 for fish and chips to \$18 for a fish, shrimp and chip combo. Clam chowder will also be available.

For more information, please call the club at 413-323-9387.

Mount Holyoke College students recreate 1940s radio show

SOUTH HADLEY – If it’s March, it must be time for The Big Broadcast, the popular annual event that, this year, will be held Saturday, March 9 in Chapin Auditorium on the campus of Mount Holyoke College. There will be two performances - at 2 p.m. and 7:30 p.m.

The Big Broadcast is a unique recreation of a

1940s-style radio show, complete with news, commercials, popular songs and a radio play in the detective serial style. Mount Holyoke has designated the yearly concert as a Signature Event.

Sponsors are Mount Holyoke College, 22News, Loomis Communities, NEPM, PRIME magazine, NEPM 88.5 and The Republican

22News meteorologist Brian Lapis returns to The Big Broadcast in his role as the show’s emcee “Fred Kelley.” Mark Gionfriddo, director of the Jazz Ensembles of MHC, is the show’s creative director.

Gionfriddo noted that this year marks the 25th anniversary season of the jazz program at Mount Holyoke. The Big Broadcast is a production of the college’s Big Band, Jazz Vocal and Chamber Jazz ensembles.

“There’s really nothing else like it,” Gionfriddo said, about The Big Broadcast. Part concert, part theater, the show is produced by students with Gionfriddo playing the role of “Matt Morgan,” who conducts the fictional WJAZ Big Band and is Fred Kelley’s musical sidekick.

This year’s selections include “The American Patrol” from the Glenn Miller Orchestra; Rodgers & Hart’s “This Can’t Be Love”; “Romberg & Hammerstein’s “Lover, Come Back to Me”; the iconic Gene Krupa drum feature “Sing Sing Sing;” and Cole Porter’s “Don’t Fence Me In” as popularized by Bing Crosby and the Andrews Sisters.

Tickets are available locally at the Odyssey Bookshop in South Hadley and online at <https://www.eventbrite.com/e/the-big-broadcast-2024-2pm-show-tickets-800425964607>. More information is available on the Facebook page of the Jazz Ensembles of Mount Holyoke College and on their web page at www.mtholyoke.edu/acad/music/big-broadcast.

Climate awareness through community education

SOUTH HADLEY – Come through the South Hadley Public Library’s Craft Room on Feb. 20 at 5 p.m. for the program “Climate

Awareness Through Community Education” that is part of a Girl Scout Gold Award project.

Make a fun seed paper craft and

learn about climate change in the Pioneer Valley. The program is geared towards families with older elementary aged children.

SNOW from page 15

muscles and increase blood flow,” he said.

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

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

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

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

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

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

GARDEN from page 4

Also research the best potting soil or compost mixes to use; there are many out there. Chris uses a blend and uses organic fertilizers, crediting that to her success.

The apple may not fall far from the tree. Mom likes her challenges, and I like mine. I think trying out grow bags is in my near (gardening) future.

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For 33 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.



Photo courtesy of David Sullivan.

SOUTH HADLEY – The two seventh and eighth grade boys South Hadley Rec basketball teams played each other last weekend.

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