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Candidates prepare for upcoming town election

By Emily-Rose Pappas Staff Writer epappas@turley.com

SOUTH HADLEY - With the election coming up on April 8, the candidates are eagerly looking forward to voting day to begin their terms in the committees and boards they have their sights on.

The candidates, though not all are featured in this article, are ready to start a new term whether they have served before or not and are eagerly awaiting the results of the polls.

Below are a list of the candidates who sent in short biographies about their decisions to run for the various seat positions, and it does not include all, but a video recording of Know Your Town's Candidates Night on SHCTV does contain more interviews.

School Committee: Eric Friesner

Friesner has served on the School Committee for three and a half years now, and as



Paul Dobosh Municipal Light Board



Jackson Matos School Committee



Robert Szklarz Planning Board



Michael Wozniak District 1 Water Commissioner

Chair for two years. He has two children who attend our public schools and is motivated by dedication to them and their classmates. "I try to make sure that

the committee does what it can to make sure that all students have access to the education and programming that they deserve," Friesner said. "I think our greatest achievement over the last year is our work toward a new elementary school."

"I'd most like to improve funding being allocated to public schools. In my opinion, this isn't something we can achieve as a community on our own," said Friesner. "We need advocacy for all public schools, and South Hadley's needs in particular, at the state level. I'd like to continue advocating for South Hadley schools, and furthering ties with other school districts and state leaders.'

Friesner has been volunteering in the school district since 2020 and is ready to "continue to work collaboratively with other boards

and committees in town. The wellbeing of our schools impact the entire community, not just students and parents of students.'

Friesner is looking forward to the chance at the three-year term for the School Committee.

School Committee: Jackson Matos

Matos has served on the School Committee over several years and is a licensed 5-12 ELA teacher and faculty member at Mount Holyoke

"The enterprise of public education is facing direct threats on financial and philosophical fronts," said Matos. "I feel that every resident should take an active role and interest in the future of public education as the investment in our students, and the teachers who support them, impact us

"Our district's greatest successes continue to be our students and their teachers,' said Matos. "Moving forward, I would like to have South Hadley be a destination district for those families seeking a quality education for their young people."

"As we became wellaware of this budget cycle, it is important to work toward a long-term goal of fiscal health," said Matos. "I would like to create opportunities for families and neighbors to bring their best ideas on how we can become more innovative in this endeavor, and to work toward making our district a model for the Commonwealth."

Matos is looking forward to the chance at the one-year term for the School Commit-

Board of Health: Charles Scott

Charles Scott is a local property manager and has shared his interest in joining the Board of Health and has a strong focus on the local business owners in town.

"As a property manager, I understand firsthand how Board of Health regulations affect landlords, business owners, and the community. I will be a strong advocate for fairness, safety, and practical solutions that benefit everyone. With my experience, I'm committed to working hard, listening to concerns, and making a positive impact," said Scott.

"The true strength of our town lies in its people-both residents and local business

> Please see **CANDIDATES**, page 2



Regina Zebrowski, Town Administrator Lisa Wong, and John Anz excitedly welcoming people to the Spring Forward event.

Showcase South Hadley preview event was great success

By Emily-Rose Pappas Staff Writer epappas@turley.com

SOUTH HADLEY - Our town has a long history of diversity and a wide variety of different art forms, from delicious food to breathtaking art, there is no end in sight.

The town has created a new way for these artists to have their food, music, and art celebrated, and that is through a semiannual event called Showcase South Had-

The event will take place all across town on Saturday and Sunday, April 26 and 27 and will feature all of South Hadley's talent in one giant, free, event for all.

There was a preview event last Friday where people came to listen to three different group performances, eat some food, and learn about some businesses and organizations in the town that work to support our flourishing community.

'We are most excited to see the many facets of the South Hadley community come out and come together

Please see **SHOWCASE**,

Q & A session offers information on \$15.7 million Granby project

By Emily-Rose Pappas Staff Writer epappas@turley.com

GRANBY - The West Street Building Committee hosted a Q&A session about the upcoming WSB Project and took the time to answer questions from the public.

Chair Lynn Mercier held the March 25 gathering along with Micheline Turgeon, Jim Trompke, Dayle Clark, Jen Silva, and Police Chief Kevin O'Grady.

Also in attendance were Project Architect Tim Widman, OPM Neil Joyce, and Selectboard Chair Crystal Dufresne.

The West Street School Building was vacated and closed in 2017, and has been vacant since then, and served as the elementary school until they received funding from the MSBA for the other elementary school in town.

'Back in 2018, it was looked at by another committee, and the suggestion at that point was for the Selectboard to raze the building, and to build two smaller new buildings in phases for town offices and the COA, but no further action was taken after the recommendation," said Mercier.

The Selectboard five years later then created a new committee to look into options that will serve for reusing the space.

The project of the West



The posters at the meeting depicting the new floor plan and a computer-generated image of the new building from the outside.

Street School Building was taken on by the newly formed committee, and they began to spend time looking over the best and most cost-effective way to create the space needed for the town.

"There were several months of detailed planning, hours of meeting, and after multiple drafts and revisions... everything was done with financial constraints in mind," said Mercier.

The renovated building will include the Council on Aging, its larger size providing more safety, space, and combined activities, one location for all municipal offices, and space for town meetings and elections, and

a community kitchen for food security.

It will also provide a warming and cooling center, community use of conference rooms, after school programs, performing arts, youth groups, and more.

The current total cost is estimated to be about \$15.7 million for the 22,000 square foot building, and upon completion, it will provide the town with more much-needed space.

"We have put in a tremendous amount of work to ensure that the cost is as low as possible through the work of our architect and OPM," said Mercier.

Please see **Q&A**, page 3

Dance club representatives address Planning Board concerns

By Walter Hamilton Correspondent

SOUTH HADLEY - Representatives of a New Ludlow Road adult entertainment venue vowed Monday to address Planning Board concerns that dozens of incidents have jeopardized the safety of employees and customers and have

Police Department. Anthony's Dance Club management and legal coun-

strained the resources of the

sel appeared before the board in a hearing to discuss issuance of a one-year Special Permit for the business described in its application, as required by town zoning bylaws, as an "adult entertainment club with live nudity,"

Addressing safety concerns, board member Joanna Brown, citing three years of police logs - 2022, 2023 and 2024, said Anthony's had more than 50 calls that were

disturbances by nature, such as alarms and parking lot crashes.

The number of calls at Anthony's were twice the number of calls about "disturbances" than any of the other eight establishments in town, Brown said.

Several of the town establishments reported none or fewer than five such incidents in that time period,

"The residents of the town not of a non-criminal or not need an explanation about the

number of police calls," Brown said.

"That's why we are here," said Zoe Zeichner, an attorney representing Anthony's. She was joined by Todd Marion, owner of the establishment's building and grounds, and manager Edward Tourangeau. The company is structured as a corporation with Helen Santaniello as its sole shareholder, according to its submitted business plan.

incidents regarding alleged thefts can be found anywhere people are drinking alcohol in the evening.

She also addressed concerns that in the past, the owners classified some employees as independent contractors. She said all performers are now classified as employees, and provided a confidential list of Social Security numbers to the board.

Police Chief Jennifer Gun-Zeichner responded that dersen, joining the meeting remotely on Zoom, said in the past six years she has been in that position, the bar's classification of some employees as contractors complicated police investigations. She said the department has requested that the establishment install cameras at strategic locations inside the venue, and that they are maintained to work properly at all times.

Please see **CONCERNS**,

page 3

South Hadley

All Saints' Church Grab 'n **Go Lent Lunch Continue**

SOUTH HADLEY -Please join neighbors as Lenten Lunch Fridays continue, March 28 and April 11 at All Saints' Church South Hadley. This is All Saints' 55th year of this community fundraiser, and since 2021, they have collaborated with St. Patrick's Parish in town, serving Grab 'n Go lunches during Lent on alternating Fridays. In years past, with the community's support, proceeds have been directly distributed to fund high school scholarships, and support local community outreach and non-profits, such as The Food Bank of Western Mass.

You are invited to support this endeavor. Please

Monday-Thursday, via email (AllSaintsChurchOffice@ gmail.com) or call 413-532-8917, between 1-5 PM. This year's menu has three choices: #1 Lobster Roll*, soup, chips and Brownie*; #2 Tuna Salad Roll*, soup, chips, and Brownie*; #3 A Cup of Clam Chowder or Vegetable Soup, crackers, and Brownie*. (*gluten free rolls and brownie are available on request, for a \$1 upcharge) Prices will be available on request.

Orders will be ready on March 28 and April 11 using convenient drive-thru pickup between 11:30 a.m. to 1 p.m., at All Saints Episcopal Church, 7 Woodbridge Street., back parking lot (off place orders in advance, Rt. 116 and Dunlop Place).

St. Patrick's offers final Grab & Go Lenten meal April 4

HADLEY— The ladies of the St. Patrick's Ladies Guild will be preparing their third and final Grab & Go Lenten meal on Friday, April 4. Choices are lobster roll, tuna croissants, clam chowder or minestrone soup. Order forms are available on the rectory

This group has been pre-

paring this lunch since 1982. Since covid it has evolved into a drive thru event. We have worked with All Saints Church in the center to offer meals on alternating Fridays during Lent. St. Patrick's will offer their last meal on Friday, April 4.

Profits from this event are used for scholarships and local charitable giving.



Photo courtesy Dawn Berard

Tessa and Dawn Berard, of South Hadley are all smiles with the JFK Award winner Bridget Moynahan of tv's "Blue Bloods" Sunday at the Holyoke St. Patrick's Day Parade. Bridget is from Longmeadow and still has family there.

Early Voting by mail

SOUTH HADLEY—All registered voters in South Hadley may apply to vote by mail in all elections, with no excuse required.

Step 1: Apply for a mail-in ballot

Ballots are not automatically mailed to voters. Voters must apply online, in person in the Clerk's office, or by mail. Applications are good for one calendar year. The deadline to apply for a mailin ballot is the 5th business day before the election.

In person: Applications are available in the Town Clerk's office during regular office hours Mail: An application may be mailed to 116 Main St, South Hadley, MA 01075

Online: Apply online at https://www.sec.state.ma.us/ MailInRequestWeb/MailIn-Ballot.aspx

Applications must be in the Town Clerk's office by 5 p.m. on Tuesday, April 1, 2025 to receive a mail-in ballot for the April 8, 2025 Town Election.

Step 2: Vote when your ballot arrives

The Town Clerk's office

begins mailing out ballots as soon as they arrive from the State or the printer. This is

typically several weeks before the election. Once you complete your ballot, you will place it into

the "Early Ballot" envelope,

sign where indicated, and

seal the envelope.

Step 3: Return your completed ballot

Options for returning your ballot:

Mail: Place your sealed envelope into the postage pre-paid white envelope and place it in your mailbox

In person: Ballots are accepted in person during regular office hours

Drop box: Leave your sealed ballot in the secure drop box located behind the Police Station at 42 Bridge St, South Hadley, MA 01075

Once your ballot has been returned, you may track its status online at www.trackmyballotma.com.

Contact the Town Clerk's Office by phone: 413-538-5030, ext.6183 or email: elections@southhadleyma. gov www.southhadley.org/ elections



CANDIDATES from page 1

owners. As a Board member, my goal would be to improve our interactions with local establishments, ensuring we only request essential information and, more importantly, position ourselves as a valuable resource for the community.'

Scott's main goal is to see that business owners and landlords are able to see the Board of Health as an ally and hopes to gain the votes for the three-year position.

Municipal Light Board: Paul Dobosh

Paul Dobosh is a retired professor from Mount Holyoke College, where he taught Computer Science. He served in one term already and has found a deep appreciation for the work that SHELD has accomplished.

Two successes of South Hadley, from a SHELD perspective, are our superb fiber optic network and our low electric rates compared to the

state average. My first goals in this next term are to continue those successes," said Dobosh.

"Beyond that I am eager to see implemented a battery system to shave peak load demand (and cut our costs), a new building to move us away from a flood zone into a modern building, expansion of our fiber network to more multiple-dwelling unit neighborhoods, and the gradual shift to more heat pump heating in town."

Dobosh is looking forward to the chance of re-election to the South Hadley Electric Light Department for a threeyear term.

Library: Gail Scanlon

Gail Scanlon works as a professional librarian currently, and has been working with the SHPL since 1989, and served on the Board of Trustees from then until 2010.

"If re-elected as a Library Trustee I intend to: Continue to support the Library Director in his role as the dayto-day administrator of our

Library; Regularly review library policies, procedures and long-range plans; Advocate for a budget that supports the materials, programs, services and staffing that meet our community's needs," said Scanlon.

Scanlon has served for four years as an elected member of the Western Massachusetts Regional Library System's Executive Board, and six years on the Massachusetts Board of Library Commissioners' State Advisory Council on Libraries. She has also worked on design and renovation projects, and

Scanlon is looking for Trustee for the Free Public re-election to the trustees for another three years and is looking to stand in support of the ALA Library Bill of strategic planning, event and Rights.

Trustee for the Free Public Library: Kelly Woods

Kelly Woods moved to South Hadley about twenty years ago and has spent much time recognizing the impor-

don@cameronpainting.com

tance of the Library within the community.

"Over the years I have personally accessed diverse resources and participated in programming designed to serve a wide range of populations and community needs - for example early childhood story times, guest reader programs, inter-library loans to support research for school and work, summer reading, and more recently, teen programming and community information sessions on a wide range of topics," said Woods.

Woods has also served in a variety of other community committees and organizations and has collaborated with Library staff for programming.

"My professional background includes elements of program design/ management, fund development, volunteer management, and outreach communications that I hope will also be helpful."

"As an avid library user and active proponent of our South Hadley Public Library, I would be honored to support

this important community resource as a Library Trustee."

Planning Board: Robert Szklarz

Szklarz has been a resident of South Hadley for many years and holds a love for the town and its history, moving to look at running for the three-year position on the Planning Board to "be a part of that in a responsible man-

"My love for the town and the history of the town, I feel qualifies me for this position. I know the town needs to move forward with changes to zoning to better serve the town's future," said Szklarz.

"As a business owner of a home improvement company, which has worked on a number of historic homes in the town, I feel it is important to keep in mind the individual areas of the town and how any development might impact those areas," said Szklarz.

He has also a desire to work on and improve zoning bylaws "in a manner that we would modify lot sizes to be more fitting to the individual areas and eliminate the number of non-conforming properties in town."

He added that he wants to accomplish more in the implementation of Route 202/33 Corridor Recommendations and see more redevelopment in South Hadley Falls.

District 1 Water **Commissioners:** Michael J. Wozniak

Michael Wozniak has served in the town of South Hadley over many different capacities and roles and has served as a Town Meeting Member since 2014, as well as on many other boards and committees.

"First and foremost, I believe in public service and making a difference in my community," said Wozniak, who has diligently worked hard at working in our community.

Wozniak has served also in the US Navy and is a decorated Vietnam Veteran and received several medals for his service

Wozniak wants to serve the community in many more ways, and with his experience as a previous clerk for the District 1 Fire Department, knows the area well, and is very committed to it.

Wozniak is looking forward to the chance for a term on the District 1 Water Commissioners.

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South Hadley Democrats to elect state convention delegates

HADLEY— Democrats in South Hadley will convene in-person on Saturday, March 29, 2025 to elect 10 delegates and 4 alternates to represent our town at the 2025 Massachusetts Democratic State Convention. The caucus, which is hosted by the South Hadley Democratic Town Committee, will take place in the Community Room of the South Hadley Public Library, 2 Canal Street in South Hadley. The library is handicapped accessible. Caucus sign-in opens at 12

p.m. and the caucus will start at 12:30 p.m. Registered

and pre-registered Democrats in South Hadley who **DEMOCRAT** are 16 years **DELEGATES** old by March 29, 2025 may vote and be elected as delegates or alternates during the caucus. Qualified Democrats who are unable to attend the caucus in person may apply in

advance to be nominated for delegate and alternate slots in the event there

> nations a m o n g those present at the caucus. To apply, email: southhadleydem-

are not suf-

icient nom-

ocrats@gmail.com. All candidates must consent to nomination.

Opportunities are available for youth (age 16 to 35), people with disabilities, people of color, and members of the LGBTQ+ community not elected as delegates or alternates to apply to the State Democratic Committee to be add-on delegates.

The 2025 Democratic State Convention will be held in-person on Saturday, September 13, 2025, at the Mass-Mutual Center in Springfield. This year, delegates will gather to discuss and decide our Party's Platform. Convention

and delegate information is available at: https://massdems.org/massdems-convention/.

For more information or to get involved with the South Hadley Democratic Town Committee, visit southhadleydems.com or email the Committee at southhadleydemocrats@gmail.com. Massachusetts voters may register to vote or check registration online at: www.RegisterTo-VoteMA.com.

Voting by mail for the 2025 **Annual Town Election**

Page 3

SOUTH HADLEY -Voters must apply to receive a ballot. Applications may be submitted online, in person in the Clerk's office, or by mail. Postcards are not mailed to voters during the years without a State/ Presidential Election, as all Cities and Towns have different election dates.

Applications are only good for one calendar year and must be re-submitted annually.

How to Apply for a Mail-in Ballot:

In-person: Applications are available in the Town Clerk's office during regular office hours

Mail: An application may be mailed to 116 Main St, South Hadley, MA 01075

Online: Apply online at www.VoteinMA.com under "Apply to Vote by Mail"

Applications must be in the Town Clerk's office by 5 p.m. on Tuesday, April 1, 2025, to receive a mail-in ballot for the April 8, 2025 Town Election.

Please direct all questions to the Town Clerk's office by phone at 413-535-5030, ext. 6183 or by email at elections@southhadleyma.gov.

Calling all fiber artists - yarn sale!

GRANBY-The Friends of the Granby Public Library and the Library Knitting Group are sponsoring a Yarn Sale on Saturday March 29, 2025 at 11 a.m. Stop by and find amazing discounts on quality yarn as well as tools, notions, bags, pattern books and more.

All proceeds benefit the Friends of the Granby Library, who support Library Programming. For more information please call the library at 413-467-3320.



CONCERNS from page 1

We found that the (current camera) system has not been functional," Gundersen said. The Planning Board has also supported installation of functioning cameras.

Gundersen said a call of a disturbance requires response of two or three officers, at a time of night when those are the only officers on duty, resulting in "the rest of the town not having coverage."

"Security is on the ownership. Cameras are a step in the right direction," Gundersen said.

Gundersen reported that, after conferring with counterparts in Springfield, that the situation at Anthony's is in line with "the nature of the business because of the clientele... there's not much difference between all places."

"The environment is discouraging to reporting. And cameras that are down can't

do anything," Gundersen

"We welcome suggestions of the chief," Zeichner said. "Cameras will be placed in 16 locations inside and outside (the building) and we will provide monthly testing (of the camera system)," she said. She added that Antho-

ny's can hire security guards. Tourangeau added that patrons must turn over any metal objects at the door and before passing through a metal detecting device. Security personnel use a wand to detect metal objects and patrons are "patted down" before entering.

The hearing was continued to May 5.

In other business, the board voted to seek complete Town Meeting repeal of the local bylaw governing state-required Accessory Dwelling Units, and replace it with a bylaw that confirms to current state law.

The current state law allows ADUs by-right on all parcels of land in every Massachusetts community's zoning districts that allow single-family homes. The local bylaw was passed by Town Meeting last year, but was superseded by the state ADU

The new proposed ADU bylaw will retain its current provisions with the following changes:

law in February of this year.

- Delete owner-occupancy requirements in the town's current ADU bylaw

- Delete limits on the number of occupants and bedrooms.

 Allow ADUs on lots with a preexisting nonconforming structure if the ADU meets dimension and offstreet parking standards.

 Add a rule that allows prohibition of more restrictive ADU dimensional standards than those required for single family dwellings

or ADUs in the same district whichever results in more permissive regulation.

- Add a rule that a principal dwelling on a lot that is not a single-family dwelling, the ADU will not have more restrictive dimensional standards than those required of the single family residential or accessory structure within the same zoning district, whichever results in more permissive regulation.

- Allow ADUs on a lot with a preexisting nonconforming structure without discretionary measures, so long as the ADU conforms to the state building code and state regulations.

Other changes would clarify the definitions of "gross floor area" to include the habitable portion of basements in calculating the allowed dimensions of an ADU; bus stops are transit stations; and allow only one ADU per lot.

Q&A from page 1

"A major factor in the increase in cost is compliance with MA building codes for accessibility and energy efficiency," said Mercier.

Additions to heating and cooling systems and ventilation upgrades are needed within the building, as well as electrical services, plumbing, and HVAC changes in the estimated amount of \$3 million.

These unforeseen costs led to massive increases from the original proposed \$5 million to \$15.7 million estimated costs that are being seen

"All of our municipal offices will be in one building rather than spread out, including the COA," said Mercier. "We will also have a commercial kitchen to be used by the community, and by abating the entire building now, it will give us the ability to expand to other parts of the building in the future."

The project's cost has increased for a number of reasons, most of which were unforeseen and due to costs increasing nationally.

The amount of square footage of the plan has increased from the original plan, and the building upgrades required to meet current building codes and accessibility in Massachusetts.

The change in cost is also from the upgrades that were required in order to be in compliance with current energy codes, and to install a new standby generator and fire pump and water cisterns, as well as to take into consideration market conditions like construction prices, labor, and other factors that have all increased in price.

During the Q&A, Mercier also took some time to answer some questions she had received recently in order to maintain open communication.

The first question was about demolishing the WSB, but in order to do this, the town still has to pay off a \$160,000 bond on the roof, and abatement and demolishing the building would cost over about \$2.9 million.

"As for keeping offices in the annex, we currently spend over \$54,000 to use it in rent and maintenance costs," said Mercier. "Our lease expires in June of this year."

Another question was about buying the annex. Several years ago, the asking price was \$400,000, but with the increase in market prices, the price has most likely increased. The town turned down this offer because the

building did not meet the needs of our municipal offices and storage needs.

fices to be under one roof, so people don't have to travel all over town for what they need," said Mercier.

The town also plans to COA building currently costs \$49,000 for the town in annu-

Between rent and maintenance between both of the buildings.

"If we are able to sell the COA building, any moneys will help to pay down the bond, and will also generate property tax revenue for us," Mercier said.

is not known vet, it is estimated that if the town bonds \$10 million at a 5% rate for 25 years, and your home is valued at \$350,000, your tax will increase by \$236.44 over those 25 years unless the bond is paid off earlier.

"The tax increases are all guesstimates right now, because the bond is unknown,

"We want all of our of-

sell COA building which currently houses more municipal offices in addition to the senior center and use proceeds towards the WSB project. The al upkeep.

properties where the town offices are, the town has to spend over \$100,000 annually to maintain the use of both

Because the bond rate



Turley Photo by Emily-Rose Pappas

The Senior Center was packed as the residents all came to ask questions of the West Street **Building Committee.**

and may go down to \$7 or \$8 million depending on what the town is able to approve for funding," said Mercier.

"I hope you see this project as an investment in the future of Granby," said Mercier.

Attendees got the chance to ask questions of the board directly, expressing concerns and pushbacks on the project, as well as encouragement for the project.

The committee answered these questions, and you can find a GCAM recording of the session on their YouTube channel.

On Tuesday, April 8 at East Meadow Elementary School, the town will hold a Special Town Meeting for the approval of the warrants for

the town to put forward an additional bond of about \$10 million, and will take place at



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Will my Medicare premium change because I sold investment property?

Dear Rusty:

I have questions concerning the deduction of money from my Social Security benefit amount as relates to the sale of investment prop-

I am 66 years old and have been drawing Social Security since I turned 62. My wife is 56 and is a housewife and has no taxable income. Our income comes from our rental property and my Social Security benefit. I have decided to liquidate two of our properties, one was sold in December 2024, and one is in Escrow and is scheduled to close in March

Mv normal Adjusted Gross Income has been running about \$30K-\$32K. However, last year with the sale of the property I will receive a long-term capital gain profit of about \$255,000. I did a rough calculation on what my AGI will be for 2024 and it looks to be about \$318,000. How will this affect my Social Security benefit and will it have an effect on the amount I pay for my Part B Medicare Plan going forward? I have a Medicare Advantage

My next question is about 2025, after the next property closes and I file taxes), my AGI with the long-term capital gain profit could be between \$700,000-\$800,000. How will this affect my benefits going forward?

Signed: Prudent Investor

Dear Prudent Investor:

Actually, the gross amount of your Social Security benefit will not be affected by these transactions, but the net amount of your SS benefit payment will change due to a provision known as Income-Related Monthly Adjustment Amount. IRMAA affects the Medicare premiums you pay from your Social Security benefit and a higher Medicare premium will result in a lower net Social Security payment.

Here's how this will work for you: Your Medicare premiums each year, typically for Medicare Part B and Part D are determined by looking at your "Modified Adjusted Gross Income," or "MAGI" from two years prior. MAGI is your normal AGI plus any non-taxable interest you may have had. Since the property you sold in 2024 will be reflected as part of your 2024 income, IRMAA will cause your 2026 Medicare

premiums to be higher than the standard monthly 2026 amount. How much higher depends on how much you exceed the income level for your IRS filing status. Using 2025 rules, if you file as married/jointly and your taxable income (MAGI) is more than \$212,000 but less than \$334,000 then, instead of paying the standard 2026 monthly Part B premium, you'll each pay \$370 per month for Medicare Part B and likely a supplemental amount of \$35.30 if your Advantage plan includes prescription drug coverage.

Your Medicare premiums are recalculated every year, again based on income from two years prior. Thus, in 2027, IRMAA will also affect your Medicare premiums and your net Social Security payment because of your 2025 real estate transaction. If your MAGI in 2025 will be over \$750,000, then IRMAA will increase each of your 2027 Medicare Part B premiums to \$638.90 and likely also add a supplement of \$85.80 per month each to your Medicare Advantage premium for prescription drug coverage.

The good news is in 2028 all of this will be behind you and your Medicare premiums will revert to whatever the standard monthly premiums are for that year because your income levels thereafter will presumably be below the then-IRMAA thresholds).

For reference, here is a link to Medicare's information on the Income-Related Monthly Adjustment Amount, or "IRMAA:"

https://www.cms.gov/ newsroom/fact-sheets/2025medicare-parts-b-premiums-and-deductibles

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.

Early spring questions for the Garden Lady

Lisa, who gardens in know your raspberries. Do Belchertown, had this ques-

tion for the Garden Lady: "T saw video online of someone using

weed

to cut down their raspberry plants. Why would they be doing that now? Aren't they cutting off all of the fruiting

It's sure interesting that you mention this particular topic! My husband and I stared at our raspberry plants and talked about getting out there to prune as well.

Before you grab the weed whacker and head out, though, you have to

you have "summer bearing"

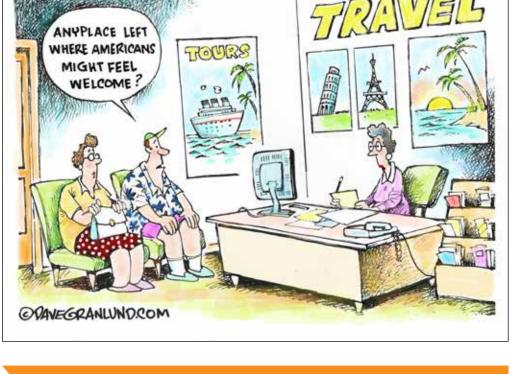
er-bearing? f you have raspberry plants

that bear one crop e a c h summer, you would not cut them down to the ground now because you would be removing all of the fruiting

canes that are a year old. All you would do to summer bearing raspberries now is prune out the canes that fruited last year if you haven't already done so. They

buds. The berries grow on

Please see **GARDEN**, page 7



LETTER TO THE EDITOR

Electric cars are wonderful

To the editor:

Electric Cars most important feature is that they do not pollute our atmosphere! Internal combustion engine (ICE) cars put from 4 to 9 tons of carbon into the atmosphere each year. Greenhouse gas emissions from transportation on account for about 28 percent of total U.S. greenhouse gas emissions. ICE cars also put out other nasty stuff, including methane and nitrous oxide.

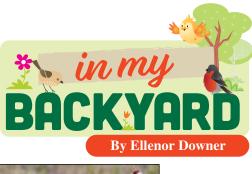
EVs are also fast and fun to drive. Plus, they're quiet.

Electric Vehicles are becoming less expensive to purchase and run. Today you

can buy an EV for \$35,000. The tax incentives are up to \$11,000 plus your trade in. These incentives are still available because it will take an act of Congress to get rid of them. The federal tax incentive (\$7,500 on some) is available at point of sale so that there is no danger of you buying a car and not getting the rebate if the law has changed. The Massachusetts rebate (\$3,500) it's available from Mor-EV.

If you live in a town with a municipally-owned electric utility, EVs are a great deal because electricity in MLP towns is generally less expensive. Plus, EVs are more efficient than ICE cars. They don't require as many repairs as an ICE car, such as oil changes, muffler replacements, new water pumps or tuneups. If you are concerned about range, you can buy a plug-in EV. But as electric charging stations proliferate, it is becoming easier to recharge on the road. For dayto-day use, if you can charge at home, you will actually save time by never having to visit a gas staton.

Sustainability and Energy Commission of South Hadley John Howard South Hadley





Sandhill cranes

I received an email from a Worthington resident, who saw two sandhill cranes on Sunday, March 16.

It was most likely was just a coincidence. However, the next day March 17, I spotted a pair of sandhill cranes in my hayfield, a first ever sighting at that location.

Several people reported seeing sandhill cranes at various locations in town last year. There is a breeding pair, who successfully raised young, in nearby Hardwick.

The sandhill crane is a tall, 45," gray, heron like bird. It has a dark red patch on its forehead and a black bill. Some of the feathers on the sandhill crane's back are iron stained due possibly to preening from mud rich in that mineral.

Immature cranes are grayish with more rust stained feathers. They keep this plumage for two years. The female sandhill crane lays one to three olive eggs with dark marks in a mound like nest of weeds, grasses and marsh like plants placed on the ground or in shallow water. They migrate in flocks, feed on agricultural fields and roost in the center of shallow lakes or rivers. They display courtship

jumping off the ground during their migration. They feed seeds, on agricultural grains and small mals.

Common mergansers

I received reports of seecommon mergansers. My daughter saw common mergansers in Hardwick. A Hubbardston couple also saw common mergansers. A Brimfield resident, who sends bird reports on a regular basis, saw common mergansers at a pond in Warren last week. There was a large section of open water. He also saw lots of mallard, Canada geese, a few black ducks and a hooded merganser.

Bald eagles

The Brimfield resident in an email on March 8 said, "Yesterday in Ludlow I visited an eagle's nest on the bank of the Chicopee River. Eagles have nested in this area for over ten years with four different nest locations. I first found a nest across the Chicopee River in Springfield that was visible from Ludlow. Then the nest was on the Ludlow side of the river for one year. I lost track of the nest for a few years when it was in a tree that subsequently fell down. I was told about the fourth and current nest three years ago. If the bird on the nest is the female that has been nesting in this area and had at least one young two years ago she is banded and is twenty years old."

Two of my grandchildren and I saw a mature bald eagle perched in a tree at the edge of my hayfield on Saturday, March 15. I stopped the car and my granddaughter, Lizzie, got out of the car to take a photo with her cellphone. I

behavior of said the eagle will probably fly away. As she approached, the eagle turned its head to watch her. As she approached it bent down, opened its tail feathers displaying the white feathers and then took off. She got a photo of its white tail.

> The Brimfield resident saw two bald eagles at a pond in Warren, an adult and an immature. The immature eagle flushed up some ducks while flying around the pond. On another day he saw four eagles, two adult and two immature. An Oakham resident also saw a bald eagle recently.

Other birds

The same person saw a great blue heron, hooded mergansers, three ringed bill gulls and a small flock of red-winged blackbirds. Earlier this month, he said, "Two fox sparrows showed in the afternoon, always nice to see them. A pair of blue birds are irregular visitors as are sharpshinned hawks. Last week an adult chased juncos into a quince bush without success. And this week an immature sharpie was in the yard for awhile."

He said he takes in his feeders at night as bears should be out and about. He read an article that the skunk cabbage is up and is a sign that so are the bears. Black bears eat skunk cabbage leaves in the spring when they first emerge from the dens to "kick start" their digestive system. They also return to their favorite feeding grounds, often back yard bird feeders.

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

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

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.

Turley Election Policy

This newspaper will print free self-submitted statements of candidacy only four weeks or more out from the election. All candidates running in both contested and uncontested races are asked to submit their statements to the editor to include only biographical and campaign platform details. Total word count for statements is limited to between 300-500 words maximum. Please include a photo. We will not publish any statements of candidacy inside the four weeks from election threshold. To publish any other campaign publicity during the race, please contact our advertising representatives. We also do not allow personal attacks against other candidates or political parties in statements of candidacy, nor do we publish for free any information about key endorsements or political

Letters to the editor of no more than 250 words from supporters endorsing specific candidates or discussing campaign issues are limited to three total per author during the election season. No election letters will appear in the final edition before the election. We reserve the right to edit all statements of candidacy and letters to the editor to meet our guidelines.



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support community journalism

SHOWCASE South Hadley



Mary Lu Guarnera and Julie Gentile with Neighbors Helping Neighbors serving delicious mac and cheese and steak and cheese egg rolls from The Boathouse.



Sara Williams and David Solender-Clark having fun serving chicken cordon bleu bites and Cajun chicken pasta from Delaney's.



Bob Adam, owner of Tower Theaters with Stacey Velez, handing out information on the theater, and popcorn generously donated by Dave's Natural Garden in Granby.



Gracie Williams and Carly Peterson showing off the beast puppet that will be used for the school's upcoming Beauty and the Beast performance.

around two full days of cultural engagement and entertainment programming," said John Anz. "Even more, how the quality and diversity of our program offerings appeal to our many neighbors in nearby communities and beyond."

SHOWCASE from page 1

The event offered a time to get to know some local restaurants, which brought samples of delicious food to try while listening to some classic jazz hits.

"This gives us an opportunity to bring the town together to show what we have for arts and bring all the businesses together for one cause for all ages," said Regina Zebrowski, a member of the Chamber of Commerce. "It's wonderful to share this without community and others around it."

'We have already received great support from the town, businesses, cultural council, and individuals to help ensure that Showcase South Hadley is not only the best it can be, but also sustainable thanks to the great support of so many," said Anz.

The Spring Forward Preview for Showcase South Hadley was a wonderful event full of smiles and laughter as friends got together like one big happy family, ready to treasure and reminisce on what makes this town so spe-

"South Hadley has a lot of hidden gems, and Showcase is a way to expose music, food, art, experiences, and most of all connecting people back to each other," said Town Administrator Lisa Wong. "This is a volunteer-driven event done by the people who are really involved in this comented musicians, making the evening wonderful.

The performers that featured that evening included the South Hadley High School and the Pioneer Valley Performing Arts Charter School giving a wonderful performance. Also there to give a performance were The Bad News Jazz and the Blues Orchestra.

"Being able to feature our young and aspiring artists and musicians was a magical moment and is truly what events like Showcase are all about," said Anz. "Great art, music, crafts, and other diverse talents don't last long if there is no next generation to carry it forward, appreciative audiences to create for, or great teachers and mentors to inspire and lead the way."

Follow the Showcase South Hadley Facebook page to get ready for the event.



What's your favorite jazz song?



veggie noodles from Johnny's Bar and Grille.



Turley Photos by Emily-Rose Pappas The COA was packed with people enjoying some snacks and good music.



Photo by Julie Pearce Macie and her dad Dan and grandfather Leonard Pease having some fun and enjoying some popcorn from Dave's Natural Garden.





SPORTS

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Suburban League starts new award in honor of late coach

By Tim Peterson Sports Correspondent

CHICOPEE—The Pioneer Valley Girls Suburban Basketball League was always very special to Eileen Monaghan.

Growing up in Chicopee, Monaghan played for a Suburban League basketball team. She then coached her daughter's Suburban League teams. In recent years, Monaghan was one of the referees in

Monaghan most likely would've been back on the basketball court refereeing Suburban League games this winter, but she was tragically killed last April.

Suburban League Commissioner Joe Ciejka, who's from Ware, couldn't recall another person who played, coached and was a referee in the Suburban League during the past 40 years.

"I believe Eileen is the first person to play, coach, and has been a referee in the Suburban league," Ciejka said. "Eileen brought an incredible spirit to the Suburban League and the kindness of hearts. Even though her heart has been silenced, we're not going to let her spirit ever die."

The inaugural Eileen Sportsman-Monaghan ship Award was given to the Gateway 5/6th grade basketball team prior to the start of the 5/6th grade Division 2 championship game between Easthampton and Hampshire, which took place at Chicopee Comp on March 9.

"I think the sportsmanship award is very special because it shows how many lives that my mom touched," said Kathleen Brooks, who is Eileen's youngest daughter. "She just loved girls sports, especially basketball. She probably would've been very proud of this award."

Brooks, who presented the sportsmanship award to Gateway, graduated from Chicopee Comp in 2019 where she played soccer, basketball, and lacrosse.

Her older sister, Ashley Rouleau, played two sports at Comp.

The Gateway Suburban League basketball team didn't win any games this season, but the players celebrated small victories and kept a positive attitude on the court.

Being selected as the first sportsmanship award winner in the Suburban League is very special," said Gateway head coach Peter Sadler. "We didn't have a lot of experienced players this year, but we kept improving throughout the season. We came close to winning a couple of games. We just focused on doing one thing to get better in each game. The girls never gave up and kept a positive attitude."

Please see **AWARD**, page 7

Sun shines bright on 48th Road Race

By Gregory A. Scibelli gscibelli@turley.com

HOLYOKE – For the first time in several years, it was gorgeous weather for the Holyoke St. Patrick's Road Race last Saturday afternoon the city streets.

More than 6,000 people participated in this year's event, with nearly 5,000 participants finishing the 10K, or 6.2-mile course.

This year, it was Samuel Whittaker of Salem, CT, who finished the race in 31:24. Alex Corbett, who placed second in last year's race, came in 23 seconds later at 31:47.

The top female finisher was Angelia Rafter at 34:13 and she placed 12th overall. Rafter is from Glastonbury,

Among local finishers, Matt Provost of Monson was 19th overall at 35:09. Ryan Davis of South Hadley was a close 20th at 35:10. Lindsay Smith of South Hadley finished 22nd at 35:12.

While the race course, commonly known as a "hilly" course throughout downtown Holyoke ending with a turn off Beech St. and up the hill

finish line remained largely the same, there was one noticeable change in this year's

Presidential Timing took over the official timing duties after 4RUN3 went out of business last year. Those looking for more results from the events can go to www. presidentialtiming.com to look at more specific results from the race. Like previous timers, you can look up people by name and bib number to get more specific results.

The road race once again kicked off an excellent week-

on Hampden St. toward the end celebrating the St. Patrick's Day holiday and also helped to prepare several participants in this year's event for future races in the coming months, including the Boston Marathon, which will take place on Monday, April 21.

> With the weather being much warmer, there were less participants in costumes, though plenty of harriers were wearing the green tutus that are often a part of each year's race.

> The city also had excellent cooperation from the Holyoke Police Department, Holyoke Fire Department, the Mas

sachusetts State Police, and Cataldo Ambulance, which provided public safety services for the event this year.

The race was kicked with a beautiful rendition of the Star Spangled Banner sung by Kate Caligaris and JFK Award winner and celebrity Bridget Moynahan shot the opening gun.

This year, there were four waves of runners followed by the fifth wave, which included walkers on the course.

Among the participants, there were nearly 400 participants in the race who were under 18-years-old.



Ryan Davis, of South Hadley, places 20th at 35:10.



Gareth Buckley comes in at



Joseph Harris gets to the finish at 38:59.



Adam Kobialka gets to the finish line at 40:42.



Gabrielle Powell checks her watch as she crosses the finish line at 41:03.



The participants are off in the 48th running of the Holyoke St. Patrick's Road Race.

Turley photos by Gregory A. Scibelli

Alex Corbett takes second in the race for the second year in a row.

Tigers fall to Cathedral in state finals

By Tim Peterson Sports Correspondent

LOWELL—The Tsongas Center, which is located on the UMass-Lowell campus, has hosted the MIAA state championship basketball games since 2022.

The South Hadley and Cathedral High School of Boston girls' teams have faced each other in the Division 4 state finals under the bright lights of the 27-year old arena during the past two years.

Just like they did a year ago, the top-seeded Panthers took home the championship trophy with a 68-37 victory over the third-seeded Lady Tigers, last Sunday afternoon.

"We didn't come here for a moral victory," said longtime South Hadley head coach Paul Dubuc. "We came here wanting to win the game. We competed very well in the

first half, and we did some real good things. They just hit shot after shot after shot. They didn't miss too many shots. The last four years we've lost to the state champion in the tournament."

The Lady Tigers, who suffered a twenty point loss to the Panthers in last year's state finals, finished the 2024-25 campaign with a 22-4 overall record. They lost to Amesbury in the 2022 semifinals. They also lost to the Panthers in the round of 16 the following season.

"We had high hopes this year," Dubuc added. "We had them scouted well, we thought our game plan was pretty good. And then they just hit shots, a lot of them contested."

Cathedral (19-5) has won seven state titles since 2016, including the last three. They'll be moving up to Division 3 next year.

"We're not going to miss them being at the end of the road in the future," Dubuc said. "Any team from Western Mass. would probably have difficulty beating them. They play a Division 1 schedule during the regular season."

The six South Hadley seniors who played in their final high school basketball game in this year's state finals are Maddie Soderbaum, Ava Asselin, CC Gurek, Tahila Asarese, Caitlin Dean, and Sophia Butler.

The seniors made two appearances in the state finals and won the Western Mass. Class B title in 2024.

"The seniors left a legacy, and you can't ask for anything more from them. They mean everything," Dubuc said. "The freshmen are going to have to go to four state finals to be better than they

are. And don't count us out, because we've got some horses coming back. We're going

to work at it and get better." Dean and Gurek are scheduled to play in the annual/ Western Massachusetts Senior High School All-Star Game at the Basketball Hall of Fame in Springfield on

March 20. Sophomore Cara Dean led the Lady Tigers with 19 points in this year's state final game. She scored ten points during the third quarter and has scored more than 500 points during her first two seasons playing for the varsity team. Sophomore Kate Phillips scored six of her seven points before halftime and Asselin added five points. The trio of freshman Olivia Athas, sophomore Taylor Bullough, and Gurek each scored two points. Bullough, who was injured, played in her first game

since February.

The only time that South Hadley held a lead was at 2-0 following an inside hoop from Phillips less than a minute into the opening quarter.

Cathedral, who was led offensively by senior Hijjah Allen-Paisley with 20 points,

scored the next eight points. The Panthers other two double-digit scorers were junior Tamia Darling (16 points) and senior Malani Smith (14 points).

Cara Dean hit a foul-line jumper, which put a halt to the Panthers run. She then converted an old fashion three point play which closed the gap to 8-7 with 4:20 remain-

ing in the first quarter. It was the Lady Tigers final points of the first quarter. They entered the second stan-

> Please see **FINALS**, page 7

South Hadley

Library to screen Indie Lens Documentary 'Free for All: The Public Library'

SOUTH HADLEY—Indie Lens Pop-Up, presented by ITVS, Independent Lens, and the South Hadley Public Library will host an event featuring a shortened, preview version of "Free for All: The Public Library" on Wednesday, April 9 at 6:30 p.m., followed by a discussion on the current state of local public libraries.

"Free for All: The Public Library" tells the story of the quiet revolutionaries who created a civic institution where everything is free and the doors are open to all. The public library is one of America's most valued yet endangered institutions. Director Dawn Logsdon travels the United

States, discovering historic and modern-day figures, especially women, who contributed to the library's integral position within democracy. "Free for All: The Public Library" chronicles the evolution of the nation's public libraries, tracing the battles over who can enter, what belongs there, and who makes these decisions, while exploring how public commons are defined and defended.

For more information, contact South Hadley Library Director Joseph Rodio at 413-538-5045. "Free for All: The Public Library' will debut on April 29, 2025, at 10 p.m. on PBS. Check local listings.

HCC gallery hosting 2025 high school art show

HOLYOKE High school art students from western Massachusetts will see their work displayed in the Taber Art Gallery at Holyoke Community College during the 2025 Pioneer Valley High School Art

The show runs for one week only, starting today, Monday, March 24. It concludes Thursday, March 27, with a reception for artists and their families from 4:30 to 6:30 p.m. in the gallery.

This is the first time the Taber Art Gallery has hosted the biennial high school art show since 2017.

"This exhibition highlights the creativity and resilience of our regional students, showcasing their growth and unique perspectives," said Taber director Rachel Rushing. "We are thrilled for both the artists and the community to reconnect through this celebratory

Participating high schools include Agawam, Belchertown, Granby, Minnechaug Regional, St. Mary's, South Hadley, West Wilbraham Springfield, and Monson Academy, and Westfield.

The Taber Art Gallery, located off the lobby of the HCC Library on the second floor of the HCC Donahue Building, is free and open to the public Monday through Thursday, 10 a.m. to 5 p.m. during regular school ses-

Renew your dog license before April 1

SOUTH HADLEY— All dogs over 6 months old must be licensed annually in South Hadley, as per Massachusetts General Law. Dog License renewals must be submitted by March 31 to avoid the \$5 late fee. The late fee does not apply to new dogs or puppies that turn 6 months older after April 1st.

Licensing fees:

Spayed/Neutered dog: \$15 per dog (\$20 if renewed after March 31st)

Not spayed/Not neutered dog: \$20 per dog (\$25 if renewed after March 31st)

How to Apply:

Online: Use the Town of South Hadley OpenGov portal at https://southhadleyma.portal.opengov.

com/categories/1084/record-types/6425

In-person: Stop by the Town Clerk's office at 116 Main St, South Hadley, MA, during office hours. Please bring cash or check for the fee and a current copy of the rabies vaccination certificate.

Mail: Please mail a check or money order paid to the Town of South Hadley to the Town Clerk's office at 116 Main St, South Hadley, MA 01075. Please include a copy of the current rabies vaccination certificate and a self-addressed envelope.

Please direct any questions, comments, or concerns to the Town Clerk's office by phone at 413-538-5030, ext. 6183, or by email at townclerk@southhadleyma.gov.

Friends of the GFPL Spring **Book Sale from May 1-31**

Book lovers and bargain hunters

GRANBY—The Friends of the Granby Free Public Library will host their annual Month-Long Spring Book Sale during the month of May in the Community Room of the Library. You will be able to choose from a large assortment of used and like-new hardcover, softcover, paperback books, teen books and children's books, along with a selection of CDs, DVDs, video games and audiobooks. The Library is now accepting donations of hardcover and paperback books, DVDs, music CDs, playable video games, and audiobooks in good condition acceptable for

The Library does not accept donations of: Textbooks, encyclopedias, Reader's Digest books, or books with smoke, mold, mildew, or water damage.

Page 7

Donations are accepted at the Library during open hours. Please do not leave donated books outside the library or in the book return. Donations accepted until April 29.

The Granby Free Public Library is located at 297 E. State St. in Granby. The Book Sale will be held during open library hours throughout the month of May.

All proceeds benefit the Friends of the Granby Library, who support library programming.

Call for more information 413-467-3320 or visit granbylibrary.org.

GARDEN from page 4

will look old and the bark will be shedding a bit. Another giveaway is that when you cut into them there is no green "living" tissue.

Very thin canes, or canes that are growing closer than six inches apart can also be cut down to the ground.

Pruning is a bit different for those of us that have "ever-bearing" raspberries. You must decide if you want two smaller crops - one in the summer and one in the fall or one bumper crop in the fall.

Chances are that the video you saw was of someone turning their "ever-bearers" into "fall bearers" instead, by cutting the canes that fruited in the fall all the way down to the ground. New canes will grow and in late August-early September they will fruit, in abundance, hopefully.

If you like the idea of two crops, then do not prune away the canes that fruited last fall. but do cut off the tops of these canes. You'll see evidence of old berry clusters. Cut just below that point, leaving the rest of the cane.

New buds will form here, and these will be your first, summer crop. Do also cut away any remaining dead canes, and thin or too close together canes as mentioned above.

Christi wrote in with this question about her Rhododendrons, "I noticed that parts of my rhododendron (as well as others in my neighborhood) are curled and perhaps dead. They normally curl when it gets really cold, but unfurl when it gets warm. Today is

65 degrees and parts have still not unfurled. I was wondering why this happened and what suggestions you might have."

Rhododendrons curl their leaves in the cold as a defense mechanism to reduce the overall surface area of the leaf in an effort to curb moisture loss. Sometimes it works and sometimes it doesn't work as

Take, for example, if the plant was already stressed when it entered winter; then this process may not have the same effect. Perhaps we didn't have sufficient rain and supplemental water wasn't provided, then the plant's efforts of curling their leaves may not get them through the winter unscathed, especially the incredibly windy winter we had.

Once the ground thaws,

give the shrubs a drink and if indeed these branches don't respond as spring weather continues, it may be time to do some corrective pruning. Oftentimes, stems that are cut back to well within the shrub respond with new growth that will rejuvenate the rest of the plant, making it look better and better. Good luck!

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.

AWARD from page 6

The members of the Gateway girls' basketball team are Victoria Barnes, Riley Chornyar, Liv Dulude, Lila Castro, Senavieve Rosseau, Fiona Hallowell, Faith Chretlen, Eveyln Sadler, Abigail Alyvia Kaynowski.

The Suburban League referees voted for the Sportsmanship Award.

Unlike her daughters, Monaghan graduated from Chicopee High School. She played soccer and basketball for the Lady Pacers. She was inducted into the Chicopee Athletic Hall of Fame in 2013. Monaghan also played soccer and basketball at Western New England College. She was inducted into the WNEC Hall of Fame in

told us that she loved playing sports," Brooks said. "She didn't score 1,000 career point in high school, but she did at WNEC. She always worked very hard and that's what she wanted everyone else to do."

graduated Monaghan from college with a bachelor's degree in management. She was the Chief-of-Staff for Chicopee State Repre-"My mom was always sentative Joseph Wagner for very humble, but she always twenty-one years. She was

also the Executive Assistant to Sheriff Nick Cocchi at the Hampden County Sheriff's Department.

Monaghan was also a summer league soccer coach. Her older brother, John, coached the girls' summer league soccer team at that same time. The two siblings battled against each other several times.

"It was a lot of fun coaching against my sister's summer league soccer team," John Monaghan said. "Having the Suburban League name their sportsmanship award in her honor really means a lot to the family. She put a lot of time and effort into sports. She just wanted to help the kids get better."

A high school girls varsity basketball team will also be receiving the Eileen Monaghan Sportsmanship Award on March 20.

"We had high school Sportsmanship Award for

about six or seven years, but then it stopped due to the COVID-19 Pandemic," Ciejka said. "We're going to be bringing the high school sportsmanship award back in Eileen's name at our referee's banquet on March 20."

The Gateway players didn't get to play in the Suburban League finals this year, but it was still a very special day for them.

FINALS from page 6

za trailing 14-7.

At the start of the second quarter, Allen-Paisley buried back-to-back 3-pointers helping her team build a double digit lead (20-9).

The Panthers' largest lead of the first half was 30-14 and they held a 30-17 halftime advantage.

Dean began the second half by knocking down a jumper in the lane and she made two 3-pointers, but the Lady Tigers were trailing, 51-32, entering the final eight minutes of the contest and the

South Hadley's only points of the fourth quarter

HADLEY PUBLIC SCHOOLS

were a pair of Asselin's inside hoops and Dean made a free throw.

If South Hadley does make another trip to the UMass-Lowell campus in March of 2026, they won't be playing the Cathedral Panthers in the Division 4 state finals for the third consecutive year.

South Hadley Public Library

2 Canal St., South Hadley • www.shadleylib.org • 413-538-5045

APRIL EVENTS

Adult Programs

Outdoor Cannabis Garden and Pollinator Plants Wed. April 2 from 6 - 7:30

An informative and engaging talk for your community on the benefits and techniques of creating cannabis gardens that support pollinators.

West African Drumming and Dance for All Ages Sat. April 5 at 11

If you have a heartbeat, you can drum! The drummers of Ammaya Dance & Drum encourage participants to jam out and express their rhythms creatively. Sponsored by the South Hadley Cultural Council.

Film Screening: Free For All: The Public Library Wed. April 9 at 6

From the pioneering women behind the "Free Library Movement" to today's librarians who service the public despite working in a contentious age of closures and book bans, meet those who created a civic institution where everything is free and the doors are open to all.

Local Author Talk: Martha Johnson: Musings Along the Way Wed. April 16 at 6

In this set of books she reflects in poetry on her 11-year journey (1997-2008) to hope and healing. Interestingly enough, folks grappling with the changes, challenges and temporary despair of the world situation AND their own aging transitions, may find them an encouraging resource. We are not alone!

The Great Falls of South Hadley with Leo Labonte Wed. April 23 at 6

We will take a journey on the river from Hadley past the Falls on our way to Springfield.

On our ride Down the river, we will see artifacts from 1794 into the 1900's, and see how the canal and dams changed life in the Pioneer Valley with a focus on the life-cycle of America's first profitable canal in the United States. Funded by the Project and Festivals of the Massachusetts Cultural Council.

SCHOOL CHOICE OPENINGS 2025-2026

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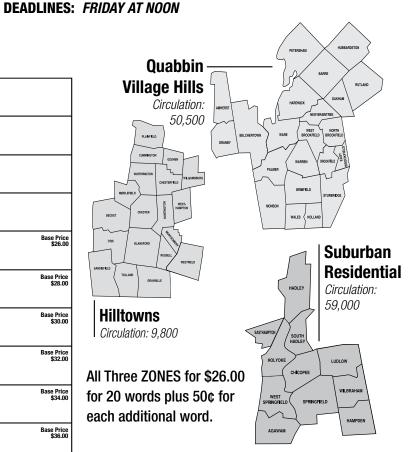
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Kevin Welsh is raising awareness for Long COVID

By Kristin Rivers krivers@turley.com

WILBRAHAM - Kevin Welsh is raising awareness for Long COVID, letting others know they are not alone.

Welsh, 33, is a lifelong resident of Wilbraham and got COVID for the first time on October 1, 2023. He was an academic advisor and professor at Southern New Hampshire University at the time and, before the pandemic, was a teacher at Minnechaug Regional High School.

'I went the whole time without getting it. We had been keeping up with our vaccinations, we were doing everything we were supposed to be doing, but it gets ya. It gets everybody at some point, so I got it," Welsh said. "I wasn't hospitalized, but I was mostly really sick and it just never got better. Usually people with a COVID infection, a week to 10 days they're back on their feet. We got three, four, five weeks down the line and the only thing that was better was I wasn't testing positive anymore."

Welsh still had all the symptoms, including loss of taste and smell, fever, body aches, debilitating fatigue, cough and respiratory and cognitive problems. He, also, experiences vocal problems as due to the inflammation from the virus, the vocal folds in his throat "are actively closing off my airway covering my voice box."

"I've had three rounds of Botox injections into my throat to try to help and they haven't helped. I have another one set for the end of the month and that's the maximum they can do," Welsh said.

He elaborated on the debilitating fatigue he experiences.

"I now get what is called nonrestorative sleep which means I'm asleep but my body does not recharge its batteries essentially. In order to get through the day I have to take several naps and there is almost a narcolepsy aspect to it as I will fall asleep mid-conversation, mid-bite of food or really any random time," Welsh said. "I went from someone that just needed a few hours sleep to have a great day, to someone that would sleep 24 hours a day if I could. Since I've been battling Long COVID I crave sleep like people crave food."

Other symptoms include developing blood problems he never had before, high blood pressure and becoming B12 anemic

After many visits to his primary care, Welsh said it got to the point where they said "We can't really help you," sending him to a Long COVID clinic in Hartford, CT. There, he tried medications and nebulizers, physical therapy, speech therapy and cognitive therapy, which didn't work.

"So I started there around December 2023 and thenand now--it's still so new that there's still not, really, a ton that's known about Long COVID. It's mostly just trying to treat symptomatically and it doesn't really work," Welsh said

He later got a phone call from the physical therapy that the clinic in was closing after "the doctor put in her resignation and didn't tell any of the patients."

After searching throughout Connecticut, New York, Rhode Island and the Boston area, Welsh went to Massachusetts General Hospital where he's been ever since, with a team of seven or eight doctors who are heads of their departments. He now goes there several times a month to try to find answers, taking part in studies and experimental trials.

"Once we got into Boston with these doctors, they were very clear from day one that if I was not fully vaccinated and boosted, then my infection would have killed me," Welsh



Photo courtesy of Kevin Welsh

Kevin Welsh, pictured right, stands with his father outside Gillette Stadium, the home of the New England Patriots, with a sign reading "I'm Fighting Long COVID. Pats Inspire Me!" that was signed by numerous players. Welsh is raising awareness for Long COVID.

said.

After getting Long COVID, Welsh shared he had to resign from his job at SNHU and could no longer do things such as going out to a restaurant.

"Life has paused. Everybody, the world, has gone back to normal. My world has not and we don't know when it will. There's a good chance these are things I deal with for the rest of my life," Welsh said.

Another difficult thing for Welsh is when he wears a mask when going to the grocery store, sharing the reactions he and others experienced.

"The looks, comments, that I get for wearing a mask in public and coughing and being winded. COVID is still so politicized that people--anyone who goes out in public with

a mask--whether it's me, my family, other people, we get criticized for it and it's terrible. It shouldn't be that way. At the end of the day, how does somebody doing something to protect themselves impact somebody else's everyday life?" Welsh said.

Welsh added he kept this to himself "for a long time," but decided to share his story to raise awareness.

"There's 30 million people in the country dealing with Long COVID. Some people have been sick since COVID began in 2020. So, it's something that needs to be talked about more, researched more, supported more," Welsh said.

Since sharing his story, people have reached out to Welsh with their own stories

and wristbands in the gray and teal LONG COVID colors that read, "Team Welsh" on one side with a ribbon and "Fight Long COVID" on the other side, were created by him and his former team at SNHU to stay connected and garner support. His doctors at MassGeneral also wear the wristbands and have had people reach out to them to learn more.

They are also sponsored

They are also sponsored by a local insurance agency owned by his father.

"It means the world to me that people want them, that people want to wear them, people want to show me the support in what I've done," Welsh said. "Everybody that's gotten one has taken a picture of themselves wearing it, so I have a collage at home full of pictures that shows me I'm not doing this alone."

This support has also expanded to the New England Patriots, who partnered with Team Welsh last summer after Welsh reached out to the team about his story and wanting to do something for his father's 70th birthday. The team hosted the family during training camp "and went above and beyond to make sure I was safe" from a personal valet to a special roped-off area so people weren't around him.

After the practice, the players came over to Welsh, who had a sign saying, "I'm fighting Long COVID. Patriots Inspire Me!" Numerous players signed it and also gave him a signed football, later spending time talking with him.

When Welsh reached out to the team again to thank them and shared about the wristbands, they responded within an hour asking for 50 to 75 wristbands for the players and staff

"So, the entire Patriots roster, the coaching staff, the Kraft Family--the owners--all have these wristbands and a letter from me expressing my appreciation for their support

and telling them my story so everyone there knows my story," Welsh said. "In the next week or so, we're sending out enough for the roster of the Celtics."

To date, Welsh added, almost 300 of these wristbands have been distributed, with more sought as people learn his story. The prior and current presidential administrations have, also, received these wristbands.

"It has nothing to do with politics. It's about the position in the country, to have the most powerful person in the country aware of Long COVID and the fight that goes along with it. I don't care what party you're on. Just to have that support is incredible," Welsh said.

He, also, has a goal of doing a fundraising event with the wristbands and community to support Long COVID research, expressing gratitude to his family--including his parents--the community and supporters for their love and support.

One thing Welsh wishes people knew about Long COVID was this: the impact on every person is different.

"I have met many people through this that have developed things like Type 1 Diabetes from Long COVID. I've met people that had to get pacemakers because of Long COVID, but they don't have the cognitive issue, they don't have the vocal issue, they don't have the blood problem. So, it's going to present itself differently to every person that has it, which is why it's so hard for people to diagnose it," Welsh said.

He also encouraged people to keep pushing for support from their doctors or to seek a specialist to get the support and help they need.

"It's going to take you time to find the doctors, but there are doctors out that will be-

Please see **COVID**, page 10

TOWN OF SOUTH HADLEY PLANNING BOARD NOTICE OF PUBLIC HEARING

The Planning Board will hold a public hearing on Monday, **April 14, 2025 at 6:30 p.m.** to consider an application for Site Plan Review filed by Mount Holyoke College c/o Karla Youngblood, 50 College Street, South Hadley, MA 01075; to develop a new energy center to include a new 6,158 SF building with associated site improvements including utility, stormwater management, and parking upgrades at 9 Woodbridge Street, Map 49 Parcel 53, pursuant to the Zoning Bylaw Article XII (Site Plan Review); and the Zoning Use and Dimensional Regulation Schedules

The public hearing will be held in the multipurpose room of the South Hadley Senior Center, 45 Dayton Street South Hadley MA 01075.

The project location is within the Residence B Zoning District and is an existing parking lot with a small building, proposed to be demolished.

The application is on file in the Planning & Conservation Department Office (Room U6) in Town Hall and is posted at www.southhadley.org on the Planning Department page under 'Permit Applications'- 'Site Plan Review' under section 'Woodbridge Street (9) - Mount Holyoke College Energy Center' or can be viewed at: https://www.southhadley.org/1179/Site-Plan-Review. Any person interested in, or wishing to be heard, should appear/join the hearing at the time and in the manner designated.

Joanna Brown, Clerk South Hadley Planning Board 03/21, 03/28/2025

TOWNOF SOUTH HADLEY PLANNING BOARD NOTICE OF PUBLIC HEARING Zoning Map Amendment Request

The South Hadley Planning Board will hold a public hearing on **Tuesday, April 22, 2025 at 6:30 p.m.** to consider a petition by Christine J. Walton to amend the Town of South Hadley Zoning Map regarding a 1.5949+/-acres parcel from Business C to Residence A-1. The subject property is described as follows:

Beginning at the southwest corner of Parcel 133 on Assessors Map #8; Thence, running westerly a distance of approximately 740+/- feet to a point on the west line of Parcel 1 on Assessors Map #8; Thence, running

southerly along the west line of said Parcel 1 to a point at which the Business C and the Residence A-1 zoning districts abut (a distance of approximately 175+/feet); Thence, running northeasterly along a line which marks the existing division between the Business C and Residence A-1 zoning districts to the point of beginning at the southwest corner of Parcel 133 as shown on Assessors Map #8. The subject property is part of a tract with frontage along the west side of Old Lyman Road.

The public hearing will be located in the multipurpose room of the South Hadley Senior Center, 45 Dayton Street South Hadley MA 01075.

The materials relative to the petition are available on the Town's website at the following link: https://www.southhadley.org/1477/Zoning-Amendment-Requests. Alternatively, hard copies of the documents may be viewed at South Hadley Planning and Conservation Department office.

Any person interested in, or wishing to be heard, should appear/join the hearing at the time and in the manner designated.

Joanna Brown, Clerk South Hadley Planning Board 03/21, 03/28/2025

TOWN OF SOUTH HADLEY PLANNING BOARD NOTICE OF

PUBLIC HEARING Zoning Bylaw and Zoning Map Amendment Request

The South Hadley Planning Board will hold a public hearing on **Tuesday, April 22, 2025 at 6:30 p.m.** to consider a petition by the Center Redevelopment Corporation to amend the Town of South Hadley Zoning Bylaw in § 255-11, Article VII, Attachment 1, and Attachment 2 to create a new zoning district – "Village District" and amend the Zoning Map to change the zoning of the subject property from Business A-1, Residence A-2, and Residence A-1 to the new

"Village District" zoning district.

The subject property is a 7.810+/- acre parcel generally referenced as "The Village Commons", depicted on the ANR Plan endorsed by the Planning Board at their January 13, 2025 meeting (and recorded in the Hampshire County Registry of Deeds on January 24, 2025 at Page 77 in Book 257), and more particularly described with boundaries as follows:

• On the east by Hadley Street (Route 47)

• On the south by "College Street" for approximately 389 feet;

• On the south and west by parcels owned by Mount Holyoke College and depicted on Parcels 85 and 86 on Assessors Map 49 and Parcel 65 as depicted on Assessors Map 47; and,

• On the north by Parcel 64 as depicted on Assessors Map 47 and Parcels 63, 64, and 68 as depicted on Assessors Map 49.

The public hearing will be held in the multipurpose room of the South Hadley Senior Center, 45 Dayton Street South Hadley MA 01075.

The materials relative to the

petition are available on the Town's website at the following link: https://www.southhadley.org/1477/Zoning-Amendment-Requests Alternatively, hard copies of the documents may be viewed at South Hadley Planning and Conservation Department office.

Any person interested in, or wishing to be heard, should appear/join the hearing at the time and in the manner designated.

Joanna Brown, Clerk South Hadley Planning Board 03/21, 03/28/2025

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Upcoming events for April 2025

SOUTH HADLEY— Thank you to our volunteers - this month and always.

Our volunteers are the heart and soul of our Senior Center, bringing warmth, kindness and enthusiasm to everything they do. Thanks to their commitment, our Senior Center remains a welcoming and vibrant place for all who walk through the doors.

In honor of National Volunteer Month, we are hosting a special a Volunteer Appreciation Luncheon at the end of April. Invitations will be sent to all our incredible volunteers – this is just a small token of our gratitude for everything they do.

We truly couldn't do it without them.

Community Office Hours Monday, April 14 from

Thursday, April 24 from 4 p.m. to 6 p.m.

SHPD – Chief Gundersen will be holding Office Hours at the Senior Center

Monday, April 21, 10 a.m. State Rep Homar Gomez will be holding Office Hours at the Senior Center

Events:

Thursday, April 10, 2:30 *p.m.* – Chef's Demo: Smokey Mountain Simple Fare.

Join Chef Maggie for a taste of country cooking at this best. Demo is FREE and open to all, includes samples and cooking suggestions.

Thursday, April 10, 5 p.m. - Song and Stories of Appalachia and Rural America.

Michael and Carie Kline will present an immersive journey through Appalachian life. Sponsor by the Mass Cultural Council and the

10:30 a.m. to 12 p.m. and South Hadley Cultural Coun-

Fridays, April 11 to May 9, 2:30 p.m.

NEW! Intro to Mosaics series —in this five-part series, you will learn about the history and techniques of mosaic art from Brian Schrauf. Mr. Schrauf has 50 years of experience. You will complete a project of either a house number or a gardening steppingstone. All supplies included. Total cost is \$20 per person.

Fridays, April 11 to May 16, 3 to 4 p.m.

NEW! Learn Conversational French \$3 per person.

conversation-Learn al French with Mrs. Ingrid Vega, M.Ed., World Language Department chair and French teacher from Holyoke High School- North Campus. This group will meet weekly in this size-part series.

Mark your calendars – for the events scheduled for the end of April.

Thursday, April 24, 2 p.m. to 6:30 p.m.

Senior Living Options Fair: Meet staff from local Long-Term Care, Assisted Living and Independent Living communities, and learn about the services and programs they offer. Plus enter for a chance to win a raffle prize.

Monday, April 28, 1:30 to 3:30 p.m.

Navigating Through 'the last chapter of Life

Gain expert guidance on end-of-life care from medical professionals and holistic practitioners. From Hospice to palliative approaches and beyond. Our panel will provide practical insight and compassionate discussion to help you navigate this sensitive journey.

Spring 2025 yard waste curbside collection

SOUTH HADLEY— South Hadley's 2025 spring yard waste curbside collection will take place from April 21 to May.

Paper bags or open top containers only; must be curbside by 7 a.m. on your collection day. Each route will have one collection, brush must be tied in bundles (no metal) of not more than four (4') foot lengths, leaves, grass and brush only no plastic bags.

Please keep yard waste barrels separate and apart from trash barrels

Questions, please contact The DPW at 538-5030 ext. 6500, www.southhadleyma.gov.

COVID from page 9

lieve you, what you're fighting and they will. They will help you," Welsh said.

His message for the community was this: to be kind and to remember the kindness that was shown during the pandemic "to everyone that was putting their lives in jeopardy for us" from the Amazon and UPS drivers to the grocery store workers.

Also, remember and support those struggling with COVID or Long COVID today and not to leave them behind.

"COVID has impacted our lives forever, and per-

sonally, for the community, I just know what this community is capable of. I've lived here my whole life. I've seen this community rally behind any number of great people and worthy causes and to know that there's some people already who now know the story are now getting my story out," Welsh said. "I know that once it's read and out there, that I'm going to have the whole community supporting someone who's been raised and lived here for my entire life."

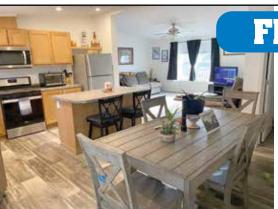
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Carl G. Johanson Scholarship Fund

Eligible applicants must be a resident of South Hadley, a graduate, or soon to be graduate, from South Hadley High School and enrolled or accepted in a college Engineering Program. This Scholarship Award is limited to Two Thousand Dollars (\$2,000.00).

Applications for the Scholarship Fund may be obtained at the High School or the South Hadley Electric Light Department. Completed applications must be returned no later than Friday, April 11, 2025 to the South Hadley Electric Light Department,

Attn: Johanson Scholarship, 85 Main Street, South Hadley, MA. Successful applicants will be notified.



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