

Gigantic Guiro!



Sandra Morales holds up a Guiro, a farm specialty. For more photos from the Nuestras Raices Harvest Festival, turn to page 12

Turley Publications Photo by Dennis Hohenberger

Casino confab curbed for City Council

Mayor waiting for Governor's signature on legislation

By Dennis P. Hohenberger
Turley Publications Correspondent

HOLYOKE – The mere mention of casinos triggered a public relations rush the last few days as casino proponents and opponents released a slew of press releases.

With the Massachusetts Legislature recent approval of a bill that would grant licenses for three resort-style casinos, with one slotted for Western Mass., potential casino developers and those who oppose them, forged ahead with their public relations efforts

Earlier this week, Mayor Elaine A. Pluta asked that the City Council "table any requests for action on any casino related initiatives until after the Governor has signed any final casino legislation."

The Massachusetts Senate has yet to vote on the casino bill and must reconcile their version with the House's before Gov. Deval Patrick can sign the legislation.

"For the last 15 years, the city of Holyoke has thoughtfully supported a resort and casino project that would generate good paying jobs, protect our neighborhoods and quality of life, and generate tax revenues for critical city services," said Pluta.

As legislation continues through the legislature, Pluta said several developers have approached her about being the "preferred developer" for a resort project in the city.

See CASINO, page 7

City politics pique youth interest

Youth Commission hosts candidates forum

By Dennis P. Hohenberger
Turley Publications Correspondent

HOLYOKE – The Holyoke Youth Commission sponsored a candidates forum last Wednesday at Holyoke High School, which featured candidates for mayor, City Council and School Committee.

While teens under 18 lack the vote, issues like jobs, education, public safety and quality-of-life are important to them, too.

Holyoke Youth Commissioner Nicholas Alger monitored the mayor's debate between incumbent Elaine A. Pluta and challenger Alex Morse. The day before, the two candidates defeated Daniel C. Boyle and Daniel Burns in the primary, with Morse edging out Pluta by three votes.

To lighten the mood, Alger asked Pluta and Morse what their victory song would be if elected. Pluta said Queen's "We are the Champions," because "If I win, I will be the champion for the City of Holyoke and all its citizens and residents. That would be good thing so that we could all successful and have a great city."

See POLITICS, page 7

Peck students find 350 million ways to save the planet

By Dennis P. Hohenberger
Turley Publications Correspondent

HOLYOKE – William R. Peck School students completed a three-week program which explored the effects green house gases have on the planet. The program was part of 350.org, a global effort to reduce Co2 emissions from 392 part per million to a more sustainable 350 parts per million.

Climatologist believe the reduction will greatly reduce occurrences of natural and

man-made disasters induced by global warming. The program not only made Peck students aware of potential calamities caused by global warming, but how they can help reduce carbon emissions.

Through a video, short skits and music, students learned how human behavior impacts the environment and what can be done to save it.

Principal Paul Hyry said he wanted students to acknowledge the importance of climate change and include them in the global, 350 movement. A team of educators lead by

Darcy Dumont, an art teacher, developed course work that combined scientific practice with art education.

"The idea is that we have to be building consciousness constantly about issues of climate change and global warming. This is a way to put in pretty firmly into the kids consciousness," said Hyry.

Enchanted Circle Theater worked with students on their performance pieces.

Dumont said the 350 movement provided a "good learn-

See STUDENTS, page 7



Photo courtesy of Celine Hamilton Quill, Enchanted Circle Theater

Student and staff at the Dr. William R. Peck School form 350, which is part of global effort to reduce carbon emission.

Reflections

Turley Publications Submitted Photo

Michelle Simmard of Granby spotted this beautiful hawk perched on the roof of a car staring at its reflection.

Wild about wildlife? Send your photos to Editor Kristin Will at kwill@turley.com with a caption for a chance to appear in an upcoming issue of the paper!



Fire & Iron donate to city teachers

Annual fundraiser held this Sunday

HOLYOKE - On July 2nd, 2011 at Pilsudski Park in Holyoke, Fire & Iron M/C Station 109 Holyoke had a pig roast in celebration of its one year together on the road as a firefighter motorcycle club. From that event they raised \$1,500 to be donated to the teachers of Holyoke who dedicate their time and efforts to the children of Holyoke with autism.

A check will be presented to this organization on Sunday Oct. 2 at the Dam Cafe on Northampton Street at their annual fundraiser walk which kicks off at 11 a.m. Fire & Iron Station 109 will roll in on motorcycles for this event. The club has raised money for various charitable organizations and felt compelled to earmark these funds for this cause because Holyoke firefighters have autistic children in the Holyoke school system.

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Significantly fewer 18- to 25-year-olds uninsured in U.S.

Percentage of uninsured 26- to 64-year-olds increasing

WASHINGTON, D.C. - Fewer young adults in the U.S. reported lacking health insurance coverage in each of the three quarters since the new healthcare law in September 2010 began allowing young adults to stay on their parents' plans up to age 26. About one in four (24.2 percent) 18- to 25-year-olds reported being uninsured in the second quarter of this year, down from 28 percent in the third quarter of 2010, and nearly the lowest Gallup has measured at any point since it began tracking health insurance coverage rates in 2008.

The declining number of uninsured young adults is slowly reversing the trend that Gallup and Healthways documented starting in the fall of 2008. At that time, the uninsured rate for this age group -- and all age groups -- began to increase as the economy was collapsing and unemployment rising.

The percentage of uninsured 26- to 64-year-olds, however, continues to increase, rising to a high of 19.9 percent in the second quarter of this year. Among all Americans, 17.4 percent reported being uninsured in the second quarter of the year.

The increase in the percentage of all Americans who were uninsured in the second quarter of 2011 coincides with Gallup's decision to include more cell phone-only respondents in the U.S. beginning April 1. Thus, some of the increase in the uninsured could reflect the greater representation of cell phone-only respondents -- who tend to be younger -- in Gallup samples. Gallup does not

expect the change in survey methods to affect the estimates of insurance rates among specific age groups.

Bottom Line

The provision of the Affordable Care Act that allows children up to the age of 26 to remain on their parents' plans appears to be having an immediate effect on the number of Americans who report they have health insurance. Since it went into effect in September 2010, the percentage of 18- to 25-year-olds who report being uninsured has significantly declined by four percentage points.

Gallup and Healthways track adults' health insurance coverage daily in the U.S. as part of the Well-Being Index. The uninsured rate initially increased in the fourth quarter of 2008, amid the financial crisis, and has remained elevated since. Whether the overall percentage of all Americans who lack healthcare coverage declines will depend not just on uninsured rates for 18- to 25-year-olds, but also on what happens to 26- to 64-year-olds over the next several years.

About the Gallup-Healthways Well-Being Index

The Gallup-Healthways Well-Being Index tracks U.S. and U.K. wellbeing and provides best-in-class solutions for a healthier world. To learn more, please visit well-beingindex.com.

Survey Methods

Results are based on telephone interviews conducted as part of the Gallup-Healthways Well-Being Index survey April 1-June 30, 2011, with a random sample of 89,857 adults -- and a similar number in previous quarters -- aged 18 and older, living in all 50 U.S. states and the District of Columbia, selected using random-digit-dial sampling.

For results based on the total sample of national adults, one can say with 95 percent confidence that the maximum margin of sampling error is ± 1 percentage point.

Interviews are conducted with respondents on landline telephones and cellular phones, with interviews conducted in Spanish for respondents who are primarily Spanish-speaking. Each sample includes a minimum quota of 400 cell phone respondents and 600 landline respondents per 1,000 national adults, with additional minimum quotas among landline respondents by region. Landline telephone numbers are chosen at random among listed telephone numbers. Cell phone numbers are selected using random-digit-dial methods. Landline respondents are chosen at random within each household on the basis of which member had the most recent birthday.

Samples are weighted by gender, age, race, Hispanic ethnicity, education, region, adults in the household, and phone status (cell phone only/landline only/both, cell phone mostly, and having an unlisted landline number). Demographic weighting targets are based on the March 2010 Current Population Survey figures for the aged 18 and older non-institutionalized population living in U.S. telephone households. All reported margins of sampling error include the computed design effects for weighting and sample design.

In addition to sampling error, question wording and practical difficulties in conducting surveys can introduce error or bias into the findings of public opinion polls.

For more details on Gallup's polling methodology, visit www.gallup.com.

Evening of all-Russian music is featured on opening night at Springfield Symphony Orchestra Concert

Maestro Kevin Rhodes to present music of Rimsky-Korsakov, Tchaikovsky and Shostakovich Oct. 1

By Charles F. Bennett
Turley Publications Staff Writer

Maestro Kevin Rhodes opens the classical music season leading the Springfield Symphony Orchestra in an all-Russian program on Saturday, Oct. 1 at 7:30 p.m. in Springfield Symphony Hall. (Note the starting times of concerts this year is 7:30 p.m. not 8 p.m.)

"The great romantics have always played a big role in our programs and our 11th season is no exception, with works by Rimsky-Korsakov, Tchaikovsky and Shostakovich," said Rhodes.

Rhodes has led the orchestra in Russian music in the past but this is the first time that the entire concert will feature the masters of Russian music.

Western Massachusetts audiences are well known for their love of Russian classical music. "It is one of our strong suits," said Rhodes. "So I am pleased to be beginning my second decade with the orchestra on an opening night featuring a high level of Russian compositions," he said.

"From a musical historical perspective there is a wonderfully clear line of influences and tradition extending from Tchaikovsky's incredible sense of lyricism and dramatic timing combined with Rimsky-Korsakov's unbelievable pallet of orchestral colors which find their 20th cen-

tury voice in Shostakovich's music," said Rhodes.

The concert consists of "Russian Easter Overture," by Nikolai Rimsky-Korsakov. The composer uses the music to transition from the solemnity and mystery of Passion Saturday to the unbridled celebrations of Easter Sunday morning".

Reunited With Violin Soloist

The concert provides the opportunity for an exciting reunion between violinist Axel Strauss, Rhodes and the orchestra. They will play Tchaikovsky's "Concerto for Violin and Orchestra".

Alex was the soloist in the Mendelssohn "Violin Concerto" on the very first concert I did with the symphony as a candidate for this position 11 years ago in the fall of 2000," said Rhodes.

"It seems like just yesterday that I was in Symphony Hall for the first time and met with him to go over the piece before our first rehearsal together. We've tried to coordinate a return engagement in the past but it hasn't worked out till now and I'm super excited to work with this great artist again!" he said.

The sweep and vastness of the steppes of Russia will be represented by the 20th century composition "Symphony No. 5" by Dmitri Shostakovich. Its first performance was in November, 1937, in Leningrad by the Leningrad Philharmonic Orchestra. The premiere was a huge success, and received an ovation that lasted well over half an hour.

Champagne Reception

An informal half-hour discussion about the evening's concert, "Classical Conversations," will be held at 6:30 p.m. in the hall with Maestro Rhodes.

The opening night gala includes a complimentary Champagne reception in the Mahogany Room to meet Maestro Rhodes, Axel Strauss and the musicians.

For tickets call the Box Office at 413-733-2291 or go on-line at SpringfieldSymphony.org.



TURLEY PUBLICATIONS photo submitted
Guest soloist Axel Strauss will play with the Springfield Symphony in Tchaikovsky's "Concerto for Violin and Orchestra" Saturday, Oct. 1 at 7:30 p.m. in Symphony Hall.

National Depression Screening Day held at Holyoke Mall

HOLYOKE - In recognition of National Depression Screening Day, Holyoke Medical Center and River Valley Counseling Center will offer a depression screening and distribute informational material on a range of mental health issues on Thursday, Oct. 6, from 11 a.m. to 4 p.m. at the Holyoke Mall at Ingleside.

The depression screening is brief, anonymous, and conducted by mental health professionals. Referrals and resources to mental health treatment will be offered as needed.

For further questions including the exact location where the screening will take place in the mall, call C. Baxter Chandler, LICSW, manager, PHP/IOP & Outpatient Services, Center for Behavioral Health Holyoke Medical Center at 413-534-2653.

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Ongoing...

CRAFTERS NEEDED - The Mater Dolorosa School PTO is hosting its third annual Holiday Hooplah Crafter and Vendor Fair on Saturday, November 5 from 9 a.m. to 4 p.m. in Holyoke. Table pricing is \$30 / 6' table and \$50 / 10' table. Crafters are asked to donate a raffle prize (approx. \$25 value). Call Beth at (413) 540-9867 or via e-mail at vendorfair2@mater-dolorosa.com

Your link to local happenings



www.holyoke.sunonline.com

CRAFTERS WANTED. Holiday Harvest Fair, Sat., Nov. 12. Father Burns Parish Hall, St. Theresa's, 9 E. Parkview Dr., South Hadley. Contact, Nancy Jez 538-7746.

CRAFTERS WANTED. Fall Family Festival Craft Fair, Saturday, Nov. 12, 9 a.m.- 3p.m. St. Paul's Episcopal Church, 465 Appleton St., Holyoke. \$20/table and donation of your craft for raffle. Space limited. Call 532-5060.

Saturday, Oct. 1

HIKE THE QUARRY TRAIL. Two hour hike, travel on the QUARRY TRAIL at Mt. Tom. The terrain will be mostly easy with some harder spots. The pace will be moderate so we can talk about the geology of the range along the way. Saturday, Oct. 1, 1 p.m. Mt. Tom State Reservation. Free / open to public. \$2 parking fee week-ends.

Sunday, Oct. 2

BIRDING FOR BEGINNERS. 10:30 a.m. This one hour program will help beginners to learn the basics of birding. We will use bird guides, lists and binoculars to learn about the local feathered inhabitants of Mt. Tom State Reservation. Meet at the Visitor Center, Sunday, Oct. 2, 10:30 a.m. Free / open to the public. \$2 parking fee.

SUNDAY AFTERNOON FAMILY PROGRAM. " MAKING A BIRD FEEDER". Everyone will get a chance to make a simple milk carton bird feeder. Mt. Tom State Reservation. Meet at the Visitor Center, Sunday, Oct. 2, 1 p.m. Free / open to the public. \$2 parking fee.

Monday, Oct. 3

SENIOR HIKE. People age 55 and up can join in on this easy paced one hour hike. The terrain will be mostly easy and the nature talk will be abundant. Monday, Oct. 3, 1 p.m. Meet at the Visitor Center, Sunday, Oct. 2, 1 p.m. Free / open to the public.

Tuesday, Oct. 4

SPAGHETTI SUPPER TO BENEFIT SISTERS OF ST. JOSEPH. Knights of Columbus, 460 Granby Rd., Chicopee. Tues., Oct. 4, 4:30-6:30 p.m. Dinner includes salad, roll, spaghetti and meatballs, coffee, tea, lemonade and dessert. Adults: \$5; seniors and students: \$4; children under 5: free.

THEOLOGIAN TO SPEAK - SOUTH HADLEY. Weds., Oct. 5, 7:30 p.m. Gamble Auditorium, Mount Holyoke College. "Where Do We Go From Here: Spirituality for the 21st Century". Free & Open to the Public - Handicap Accessible. Matthew Fox (b. 1940) is an internationally acclaimed theologian who was a member of the Dominican Order for 34 years. He holds a doctorate, summa cum laude, in the History and Theology of Spirituality from the Institut Catholique de Paris. Rev. Fox is the author of 30 books that have been translated into 46 languages. For more information call 413-538-2054.

Walk for Autism this Sunday

HOLYOKE - Walk from Dam Café to Nick's Nest along Northampton Street. All proceeds to benefit children with autism in Holyoke. Sunday, Oct. 2. Registration starts at 9:30 a.m. Walk starts at 11 a.m. Adults \$15, children 12 and under \$10.

Thursday, Oct. 6

NATIONAL DEPRESSION SCREENING DAY. Holyoke Medical Center and River Valley Counseling Center will offer a depression screening and distribute informational material on a range of mental health issues on Thursday, Oct. 6, from 11 a.m. to 4 p.m. at the Holyoke Mall at Ingleside. The screening is brief, anonymous, and conducted by mental health professionals. Referrals and resources to mental health treatment will be offered as needed. For information, call C. Baxter Chandler, LICSW, manager, PHP/IOP & Outpatient Services, Center for Behavioral Health Holyoke Medical Center at 413-534-2653.

Friday, Oct. 7

RIB EYE DINNER. The Holyoke Creative Arts Center will be hosting its First Annual Benefit Dinner on Fri., Oct. 7 from 5-8 p.m. at the Holyoke Lodge of Elks, 250 Whitney Avenue in Holyoke. The proceeds from this dinner will be used to help support local students interested in the Arts as well as the many other daily activities offered at the Center. The \$15 dinner ticket can be obtained by calling the Center at (413) 532-0465.

Saturday, Oct. 8

ADVENTURES OF BELLE SKINNER. Wistariahurst Museum, 238 Cabot St., Holyoke. One-woman performance. Saturday, Oct. 8, 7 p.m. Tickets \$12/\$10 seniors & students. 322-5660.

Sunday, Oct. 9

ADVENTURES OF BELLE SKINNER. Wistariahurst Museum, 238 Cabot St., Holyoke. One woman performance. Sunday, Oct. 9, 1 p.m. Performance & luncheon tea. Tickets \$20; \$15 seniors & students.

Tuesday, Oct. 11

BREAST HEALTH FAIR. Stop by Holyoke Medical Center's Main Lobby between 9 a.m. to 2 p.m. for a Breast Health Fair! Whether you are looking for preventative information on breast cancer or are currently being treated, you'll find it here! Refreshments will be served.

Wednesday, Oct. 12

GARDEN TALK. Herbs in the garden & kitchen. Cooking demonstration on how to enhance the flavor and healthfulness of meals every day using garden herbs. Techniques and recipes included. Weds., Oct. 12, 6:30 p.m. Wistariahurst Museum, \$5 donation. 322-5660.

Thursday, Oct. 13

PASTA DINNER. United Congregational Church, corner Appleton and Maple Streets, Thurs., Oct. 13 5-7:30 p.m. Pasta with sauce, meatballs, rolls, salad, beverage and dessert. \$6 adults, \$3 children 4-12. Children 3 and younger free of charge. All proceeds from the dinner will be contributed to the renovation and expansion of the Holyoke Public Library.

Monday, Oct. 17

HISTORICAL LECTURE SERIES. Sandstone Marble, Granite: An Introduction to gravestones in the Lower Pioneer Valley, c. 1650. Historian Bob Drinkwater will offer an introduction to gravestone art., discuss history, materials, and variety of workmanship. Wistariahurst Museum. \$5 suggested donation. Mon., Oct. 17 at 6 p.m. 322-5660.

Thursday, Oct. 20

OPENING RECEPTION. Carlos Vega Collection of Latino History in Holyoke. Thurs., Oct. 20, 6-8 p.m. Wistariahurst Museum. Admission into the gallery is free.

Friday, Oct. 21

SPAGHETTI SUPPER. St. Paul's Nursery School's 3rd Annual Spaghetti Supper, Friday, Oct. 21, 4:30-6:30 p.m. \$3 kids, \$5 adults, \$15 max per family. Take out available / tickets available at the door. Free Face Painting, kids crafts, 50/50 raffle, bake sale.

Saturday, Oct. 22

PASSPORT HOLYOKE. Discover the City of Holyoke. Explore the city's exciting and abundant cultural, recreational, and educational venues and sites all in one day. Participating visitors enjoy ongoing events throughout the city for \$1. Kicks off at 10 a.m. at Wistariahurst with cider & donuts, bagpipers and more. Wistariahurst will offer guided bus tours of the city on the hour beginning at 10:30 a.m. Day long events, 10 a.m.-4 p.m.

Tuesday, Oct. 25

HISTORIC CEMETERY WALKS. Join city Historian Penni Martorell for an insightful walking tour through Forestdale Cemetery, established in 1862. Reservations necessary. Admission \$7. Tues., Oct. 25, 6 p.m. Call Wistariahurst Museum, 322-5660.

Saturday, Oct. 29

HISTORIC CEMETERY WALKS. Join city Historian Penni Martorell for an insightful walking tour through Forestdale Cemetery, established in 1862. Reservations necessary. Admission \$7. Sat., Oct. 29, 3 p.m. Call Wistariahurst Museum, 322-5660.

CALENDAR POLICY

Our calendar section is intended to promote "free" events or ones that directly affect a volunteer-driven organization that benefits the community. Paid events that are not deemed fund-raisers or benefits do not qualify. Non-charitable events that charge the public for profit are not allowed as we consider that paid advertising. The deadline to submit calendar items in the mail, by fax, or emailed in Word document format is Tuesday at noon or sooner. We usually print one week in advance of an event, and the listings should be brief, with only time, date, location, brief activity explanation, and contact info. All future listings appear weekly online. Send all events to kwill@turley.com or 138 College St. - Suite B, South Hadley, MA 01075.

Your link to local happenings



www.holyoke.sunonline.com

Willie Ross School for the Deaf sponsoring one-day conference

HOLYOKE - --Willie Ross School for the Deaf is partnering with Baystate Health Continuing Education in sponsoring "Educating Deaf and Hard-of-Hearing Children: From Research to Practice," a one-day conference being held on Tuesday, Nov. 15 at Baystate Education Center, 361 Whitney Avenue.

The conference is geared toward physicians, nurses, audiologists, speech language therapists and educators of the deaf and hard-of hearing. Families of deaf or hard-of-hearing children are also encouraged to attend.

Registration begins at 8:30 a.m. and the program adjourns at 3 p.m. Tuition through Nov. 1 is \$50 online and \$60 by mail (after November 1 is \$60 online and \$70 by mail), which includes continental breakfast and lunch. Those who are interested can register by mail or online at baystatehealth.org/learn. Tuition is waived for parents of deaf or hard-of-hearing children, who can register on the Willie Ross website at www.willierossschool.org.

The goal of "Educating Deaf and Hard-of-Hearing Children: From Research to Practice" is to support ideal care for the deaf or hard-of-hearing child by increasing the knowledge and ability to apply current research to practice. The seminar will offer perspectives on the development and education of deaf and

hard-of-hearing children and provide information and guidance in educational placement decisions, amplification choices and early intervention.

Presenters include C. Tane Akamatsu, PhD, co-founder of Reach Sudbury School in Toronto, Canada; Daniel Koo, PhD, Assistant Professor-Department of Psychology at Gallaudet University; Marc Marschark, PhD, Professor and Director of National Technical Institute for the Deaf; Connie Mayer, EdD, OCT, Associate Professor of Education at York University in Toronto, Canada; and Linda Spencer, PhD, CCC-slp, Assistant Professor-Department of Communication Disorders and Special Education at New Mexico State University.

The Willie Ross School for the Deaf provides a comprehensive educational program stressing academic excellence that focuses on the development of students' intellectual, social, and emotional growth. The school provides a comprehensive educational program from the early childhood level through high school. Willie Ross serves students at its main campus in Longmeadow and at its partnership campus located in the East Longmeadow Schools. Mainstreaming opportunities are provided at the partnership campus.

MHC professor receives government recognition

Katherine Aidala named one of country's top young scientists

By Jason Cook
Turley Publications Correspondent

SOUTH HADLEY - It is rare that government awards go to smaller schools like Mount Holyoke College. The Harvards, Yales, M.I.Ts of the world usually snatch them all up. But excellence is not exclusive.

Katherine Aidala, assistant professor of physics at Mount Holyoke College, recently received the top honor bestowed by the U.S. government to the scientific community. The recipient of The Presidential Early Career Award for Scientists and Engineers [PECASE] is chosen from a nominated field of individuals in the science and engineering fields. The recipients are selected based on "their pursuit of innovative research at the frontiers of science and technology and their commitment to community service."

Aidala called the recognition "very exciting" explaining that it is the biggest award the government gives to the sciences. She is one of only 21 in the National Science Foundation portion of the PECASE and one of less than one hundred total individuals to receive this year's award. President Obama called the work of those honored "not only personally rewarding, but invaluable to the Nation" in a Sept. 26 press release.

An undergraduate at Yale, Aidala double-majored in applied physics and psychology. This is her sixth year at Mount Holyoke College, after receiving her B.S. From Yale and an M.A. and Ph.D. from Harvard. This is also not the first time Aidala has been recognized on a national level. In 2010, she earned the National Science Foundation's Early Career Development award for her proposal which focused on clean energy solutions. This is also the second time an MHC professor has earned the award, with Becky Wai-Ling Packard of the psychology department being recognized in 2005.

"To be from a small college, it's very satisfying," she said. Aidala joins members of Boston University, Princeton, Cornell, and Johns Hopkins on this year's list of recipients. The award - which was established by former President Clinton in 1996 - honors not only achievement in scientific research, but also mentoring and teaching. "They are both equally parts of my job," Aidala said of her research, as well as shaping young minds.

Aidala also highlighted the importance of being an educator at an all-women's college. "Only twenty percent of physics bachelors are given to women," she said. Aidala reinforces her passion in guiding women in this often male-dominated field by teaching Physics 211, Women and Gender in Science.

Geriatric Authority hosts Arthritis Foundation Exercise Program

HOLYOKE - On Tuesday, Oct. 4, The Geriatric Authority of Holyoke will kick-off an innovative Arthritis Foundation Exercise Program that decreases arthritis pain and relieves stiffness while increasing flexibility, and range of motion.

The program, which is open to the public, will begin at 11 a.m. at the Geriatric Authority of Holyoke, 45 Lower Westfield Road, Holyoke, MA. The kick-off is an informational meeting with an opportunity to sign-up for the program. Refreshments will be served.

Developed by physical therapists specifically for people with arthritis, the program is a low-impact, joint-safe exercise program that can build stronger muscles and overall stamina through balance and endurance exercises.

Pre-registration for the Arthritis Foundation Exercise Program is necessary and enrollment is limited. Classes will be held on Tuesdays and Thursdays from 11:00 am to noon, beginning October 11 and ending November 17. A \$3 donation to the Arthritis Foundation for each class is suggested. For more information contact Justine Weaver, 413-536-8110, ext 102. Before starting any exercise program, always check with your physician.

The program is taught by Arthritis Foundation-certified instructors, each of whom has completed in-depth training on arthritis and the Arthritis Foundation Exercise Program. During the six week course, participants will go through a series of gentle movements and activities designed to increase mobility and range of motion. This low-impact class is suitable for every fitness level and can be done while sitting, standing or on the floor. Recent program additions also allow for the incorporation of resistance bands and weights for an added workout as well as interactive health education lessons and stress-reducing relaxation techniques to help participants better manage their arthritis.

"In addition to reducing pain and stiffness, the Arthritis Foundation Exercise Program helps people with arthritis keep joints flexible, maintain muscle strength

and build overall stamina," said Sue Nesci of the New England Chapter of the Arthritis Foundation.

Results are backed by research studies. In one study, individuals who attended the class for four months reduced their pain by 24 percent and increased confidence in their ability to continue activities by 22 percent.

If you think you have arthritis, the Arthritis Foundation urges you to seek an early and specific diagnosis. With more than 100 forms of arthritis and related diseases, a specific diagnosis is critical because each form requires a different treatment plan.

The Arthritis Foundation Exercise Program is one of several arthritis health education and exercise programs in the Arthritis Foundation Life Improvement series to help people take greater control of arthritis. For a listing of programs in your community, contact the Arthritis Foundation at 617-244-1800 or visit the Arthritis Foundation Web site at www.arthritis.org.

The Arthritis Foundation is committed to raising awareness and reducing the impact of arthritis, which strikes one in every five adults and 300,000 children, and is the nation's leading cause of disability. To conquer this painful, debilitating and unacceptable disease, we support education, research, advocacy and other vital programs and services.

The Geriatric Authority of Holyoke is an agency that includes an 80 bed nursing home, adult day care programming for 80 clients, as well as a transportation program. The nursing home provides long-term care, as well as short-term rehabilitation for those recovering from knee or hip replacement or other medical procedures or conditions and who need help regaining function before returning home. For over a century we have served people from Holyoke and the surrounding communities giving the highest quality of care emotionally, physically and spiritually for seniors whose medical needs prevent them from living in the community.



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3. Multiply #2 by \$15.37*	
4. This is your new monthly payment with HCU	

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*Refinance cannot exceed 100% of the book value of the car, pay-off amount, or 100% of the NADA "blue book" value. APR as of 9/1/11. For 71 monthly payments at 2.95% APR the repayment amount would be \$15.37 per \$1,000. Minimum loan amount is \$10,000. Offer subject to change at any time. Subject to credit approval and income verification. Membership eligibility requirements apply. Existing Holyoke Credit Union auto loans not eligible for refinance.



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Editorial

Get your flu shot today!

With temperatures dropping, so drops the mosquito population, taking with it the risk of West Nile Virus and Eastern Equine Encephalitis (see story, Page 1). But another bug is lurking right around the corner, the flu bug, and public health officials are urging you to get your flu shot now.

Influenza kills about 36,000 people in the U.S. each year, and complications from the flu hospitalize more than 100,000 annually.

This year, roughly 166 million flu shots are being produced to fight what can be a deadly disease. Ample supplies are available, and the best time to get your shot is now – before flu arrives. The flu season is typically October through May with peaks in January and February.

According to Dr. Sarah Haessler from the Infectious Disease Division at Baystate Medical Center, the strains of flu expected to circulate during this year's flu season are identical to last season, including the H1N1 virus (swine flu).

Who should be vaccinated? Just about everyone, says the U.S. Center for Disease Control, including infants and children six months and older. Babies and children will require two shots this year unless they were vaccinated last year. Flu shots are especially recommended for people who are at risk for complications, including young children, pregnant women, people 50 years or older, people with diabetes, and heart, lung and kidney disease, and those who live in nursing homes.

And don't worry – despite persisting rumors and misinformation – the flu shot DOES NOT give you the flu. The vaccine is made with inactivated virus, and if you do get sick after receiving the shot, blame it on the common cold and other infections prevalent this time of year.

The flu shot will protect you from all those lousy flu symptom, including fever, headache, tiredness, a dry cough, sore throat, runny or stuffy nose, muscle aches, nausea, vomiting and diarrhea. Still, if you do get bit by the flu bug, you will be able to differentiate it from all the other illnesses floating around out there because when the flu hits, it hits fast and hard. Symptoms come on very quickly and are more severe than common seasonal illnesses.

Remember, even if you are vaccinated, you should still do your part to stop the spread of flu: wash your hands thoroughly and often, especially after you cough or sneeze; get plenty of sleep; drink lots of fluids; eat nutritious meals; do not touch your eyes, nose or mouth, and avoid contact with people who are sick.

And for heaven's sake, if you are sick with flu, stay home! No one will be applauding your strong work ethic if you are spreading your flu germs around the office, workplace or school.

Better still, avoid the flu by getting your flu shot today!

THE HOLYOKE SUN

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Letter to the Editor

Congratulations to the Cottage

To the Editor,

Congratulations to Kathy, Estelle, and Wendy, co-owners of The Cottage in Holyoke, for the great job they did hosting the first Holyoke Nostalgia Night, Sept.15.

Your staff,
Susan Francis, Ann, Jen, and Patty
Holyoke

A Quote OF NOTE

"We should try to make the world a better place. Maybe 50 years from now, we won't have all this bad weather, littering and polluting."

- Angel Ortiz, garde 8, in the article "Peck students find 350 million ways to save the planet."

The Garden Lady answers the first questions of fall

"How do I remove wild violets from my lawn? Every year there are more and more and it drives me nuts. Does my soil lack some type of fertilizer or nutrient? It's odd where they grow because in some areas of my lawn there is a distinct dividing line where they profusely flourish and a matter of three feet away there are none in sight. What can I do without tearing up the lawn?" – Matt

Like you, I am plagued with lots of wild violets in my lawn. I have researched the subject a bit and found that they thrive in soils that are overly acidic and deficient in calcium. Get a soil test and specify on the order form that you wish to grow grass, as results for flower or veggie gardening may differ. Based on the results of your test, recommendations will be made as to the type of lime to use and at what application rate. For more information, contact the UMass Extension or www.umass.edu/plsoils/soiltest. Herbicides tend to be ineffective with this weed in particular. You can try to remove the violets by hand – getting all the rhizomes is tough – but it can be done. Fill the hole with a bit of compost and a sprinkling of grass seed. Most of my research suggested that instead of trying to eliminate weeds on your turf, concentrate on growing better grass. Mow higher than you might think – to about three inches – to develop strong roots and a dense stand. Water deeply and less often. If all else fails, pick the violets and add them to your salad; they are edible!

"I enjoy your articles. One question: growing dahlias has been a longtime hobby of mine. I never had a problem storing them in the same spot in my cellar every year. However, this past year, quite a few of the bulbs dried out. Nothing had changed in the cellar, temp or location. Someone told me to box them in sand. Well, I have too many of them and would need lots of sand. Another question: Can I dig them up before the first frost? Thank you." – Portia

I'm sorry to hear that many of your dahlias dried out over the winter months. Let's try to prevent that from happening this year. Wait until the first frost to dig up the tubers – this signals the plant to begin to go into dormancy. After they have been dug up, experts recommend

that you give them a shower to remove excess soil. Once complete, they should be positioned upside down to dry thoroughly for several days. If you notice any tubers that have cracked or bent all the way through, you can cut those away – they will not sprout next year and will only increase the likelihood of rot for the rest of the bunch. Fibrous roots can also be removed at this time. Now that the tubers have dried, they can be labeled and stored in sand, vermiculite, or peat moss in a dark spot that ranges in temperature from thirty-five to forty-five degrees. Gardeners approach dahlia storage in all sorts of creative ways: Some use a bit of peat in plastic bags that have a few "breathe" holes poked in them. Others place them in a single layer in wooden boxes full of clean sand. Your goal is to keep them dry enough to prevent rot, but not so dry that they wither and die. You should monitor your tubers at least once a month and destroy those that have started to rot. If, on the other hand, you notice that the tubers have shrunk, spritz them with a squirt bottle and dampen the "bedding" ever so slightly. With any luck, a careful eye will keep your collection of dahlias growing!

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For the last 19 years, she has held the position of staff horticulturalist at Old Sturbridge Village. She enjoys growing food, as well as flowers. Have a question for her? Email it to journalregister@turley.com with "Gardening Question" in the subject line.

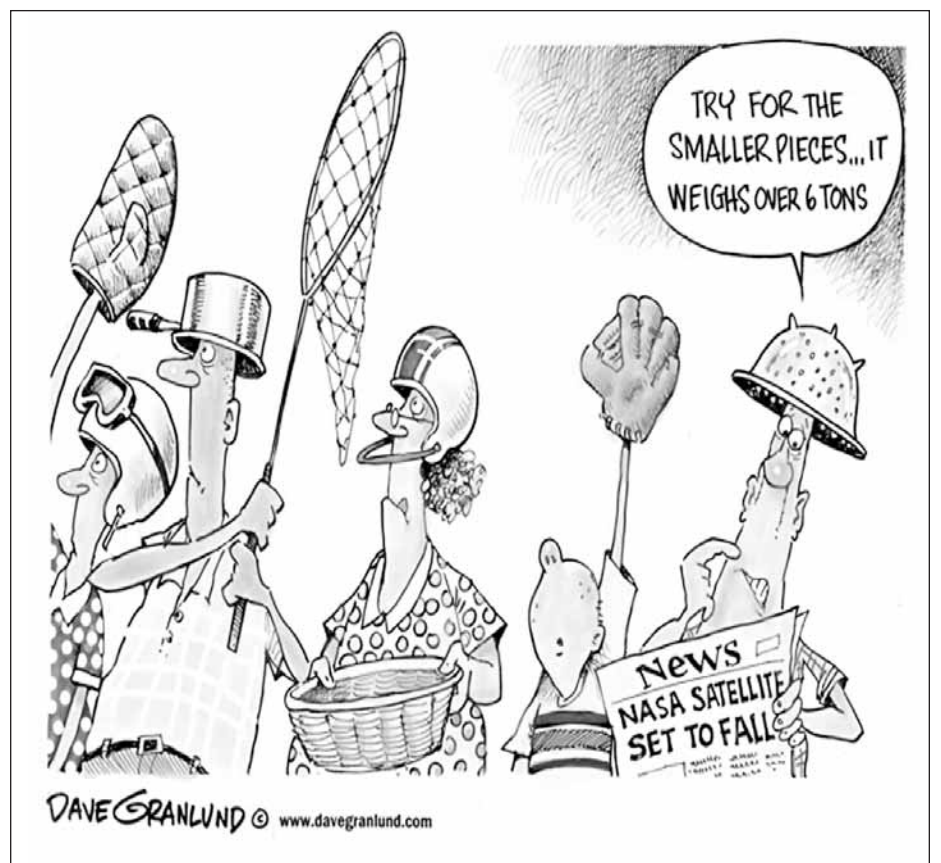
In The Garden



Roberta McQuaid
Columnist

Turley Publications Letters to the Editor Policy

Letters to the editor should be 350 words or less in length. No unsigned or anonymous opinions will be published. We require letter writers to include his or her town of residence and home telephone number. We must authenticate authorship prior to publication. We reserve the right to edit or withhold any submissions deemed to be libelous or contain unsubstantiated allegations, personal attacks, defamation of character and offensive language. All unknown or alleged facts and quotations offered by the author need to cite credible, unbiased sources. Send letters to: 138 College Street - Suite B, South Hadley, MA 01075, or via email to townreminder@turley.com. The deadline for submissions is Tuesday at noon.



Residents take part in Boston Brain Tumor Walk

HOLYOKE – Residents of Holyoke are joining with people from around the country to raise a united voice in the fight against brain tumors. Holyoke residents are taking part in the Boston Brain Tumor Walk, one of the nine walks that take place throughout the year to support the fight against brain tumors through the National Brain Tumor Society. The 5K walk will take place on Saturday, Oct. 1 on Castle Island in South Boston. Registration begins at 8 a.m. and programs and activities run from 9 a.m. to noon.

Holyoke walkers will join other families, friends, and co-workers at the inspira-

tional, all-ages fundraising walk and community day to support the brain tumor cause. The event will include a scenic walk, fun family activities, food, prizes and more. Proceeds support transformative research to accelerate the discovery of new therapies for adult and pediatric brain tumors as well as support services for brain tumor patients and their families.

"We are thrilled that the brain tumor community will be coming together to support the fight against brain tumors at the Boston Walk," said N. Paul TonThat, Executive Director of National Brain Tumor Society. "The funds raised from the Walk will enable us to fund innovative

research and support for those already coping with a brain tumor diagnosis.

National Brain Tumor Society is a non-profit organization inspiring hope and providing leadership within the brain tumor community. It exists to find a cure and to improve the quality of life for those affected by brain tumors. This is done through funding strategic research, delivering trusted information, and advocating for those affected by brain tumors. In the last three years, NBTS funded more than \$10 million in brain tumor research throughout North America.

Each year, more than 210,000 adults and children in the United States are diag-

nosed with a brain tumor. Brain tumors are the leading cause of solid tumor cancer death in children, under age 20, and the second leading cause of cancer death in young adults age 20 to 39.

To donate to a Holyoke Walker or to participate in the Boston Brain Tumor Walk, go to www.BrainTumorWalk.org/Boston. For more information email BostonWalk@braintumor.org or call toll free, 866-455-3214. Learn more about the National Brain Tumor Society at www.braintumor.org.

CASINO, from page 1

"I will not allow any rush to action that jeopardizes my core commitment to involve our community, our neighborhoods and the best and brightest minds in our city to do what is best for Holyoke, and as a result, respectfully ask the council to suspend any action from any casino group until after we have reviewed the final legislation, and the City prepares to lead any development project."

Paper City Development, LLC, [PPC] a group staking its claim on Wyckoff Country Club, asked that Councilor Kevin Jourdain, the chairman of the Redevelopment Committee, hold all motions related to environmental and traffic issues.

A committee meeting was scheduled for Wednesday night

The group, led by Anthony Cignoli and Anthony W. Ravosa Jr., said they want more time to prepare more in-depth studies "In addition, conversations between PPC's engineers and the Massachusetts Department of Transportation have yielded some completely new options on the transportation

plan being developed for Wyckoff, providing potentially easier access to the site from I-91," stated Cignoli.

The group said their plans continue to "develop and evolve" after continued input and advice from the mayor, City Council, residents and neighbors who border Wyckoff.

The group said a survey was completed by Heritage Surveyors on the Wyckoff parcel, but want to expand the work to include adjacent parcel, which would include "access and egress options." PPC said the survey is related to an I-91 interchange "that will ultimately be required to develop a resort casino at Wyckoff."

The group said a 4.5 acre parcel was needed to "accommodate a key element" of their transportation infrastructure plan. This was in answer to critics, especially nearby residents, who do not want a casino in their backyard.

Neighbors who live in Ward 7, Wyckoff Country Club's location, planned on attending Wednesday's meeting and voice their opposition to the casino idea. Residents were successful earlier in the year in slowing growth at Mountain Park.

STUDENTS, from page 1

ing" opportunity for students to know more about the issue. She said curriculum was created for K-8 students. The younger students, she said, learned about the "stewardship of the earth," or their role in taking care of the planet.

Students in the upper grades learned what they as individuals can do to reduce carbon emissions. She said either way, students will face a different world ten years from now. "We have a responsibility and that we, as the Western Hemisphere, we're using a lot of the resources," said Dumont. "We have to take responsibility for that and make some changes quick."

Angel Ortiz, an 8th grader, said he became better aware about what constitutes a safe Co2 level, and what can be done to reduce those levels. In the future, Ortiz said he wants to see a cleaner planet, one that isn't fouled by Co2 emissions or litter.

He said to help the planet, people should use public transportation more, unplug unused appliance and turn off lights in empty rooms, "We should try to make the world a better place," he said.

"Maybe 50 years from now, we won't have all this bad weather, littering and polluting."

Librarian Fiona Creeds said the program emphasized that students "can have in impact on their worlds and that it brings science alive." They're seeing what's happening in terms of the Co2 levels in the world and seeing how humans have impacted that, the macro-level. Then on the micro-level they can actually do something," she said.

Creed said students and staff agreed to find ways they can reduce their "carbon footprint" throughout the school year. She pledged that a bank of computers and lights in the school's library will be turned off when not in use.

Some students, said Creed, will walk to school rather than get a ride, not waste school supplies and use recycling bins. "This a really great way to see what they can do." She plans to monitor if energy demand over the next few months at Peck.

At the end of the assembly, students and faculty formed a giant 350 on the school's playing field. The Holyoke Fire Department provided assistance.

POLITICS, from page 1

Morse said his campaign is about creating a "good quality of life," and added that "It's going to be bright, bright, sun shiny day," for Holyoke if elected.

Alger asked how the candidates would increase job opportunities for adults and teens. The unemployment rate in Massachusetts is 7.4 percent, while nationally the rate still hovers over nine percent. Among teens, though, the job opportunities are slim, as an entire generation has been squeezed out of the job market.

Pluta, who took office two years ago, said she has worked "diligently" on behalf of adults and teens in creating job opportunities. She said the city added 129 new jobs and 74 new businesses with more on the "horizon." She said Big Y Supermarket and other large developments will be coming in the next few years.

Pluta said she has consulted with Youth Works and other organizations to ensure that "anyone" who desires skills training, a GED or college degree has those resources available, are better prepared to enter the workforce.

"You can have all the jobs in the world, but if you don't have the training or the education, you won't have a chance to have those jobs," she said. "Having a high school diploma or GED is very important to be able to get most jobs."

Morse said for the past four years he has worked as a youth career counselor and job developer for young people. "I look around the room today and I helped some of you find a job, go back to school, sign up for GED class or and English language class," said Morse. "Those are the things that make our community a better place."

He said when he spoke to youths, they talked about how they "couldn't wait to leave the city," as few saw a future for themselves in Holyoke. "Every time I hear that, it hurts me a little bit inside, because I have a deep love for the city. We need to make it a place where all young people can get great jobs."

Morse added that early entry into the workforce creates a more responsible individual, someone who will more likely be gainfully employed over a lifetime. He said the federal stimulus bill created hundreds of summer jobs for teens, as well as job programs managed by the city.

Alger said Holyoke has the highest teen pregnancy rate in the Commonwealth and he asked what strategy the candidates would implement to lower the rate.

Morse said in the past, fingers were pointed at certain genders, races or classes. "We need to throw those obstacles and those labels aside, because this is a challenge that affects all our young people in the community," he said.

Stigmas, said Morse, are attached to young mothers, who lack support and opportunities. "But at the same time, we need to make sure that young people think that they have choices," he said. He wants young adults to have access to education and employment opportunities.

He said education is the "number one anti-poverty program," and without it, a young parent faces a lifetime of economic hardship.

Pluta said she has been involved with the issue since her days on the City Council, where she formed a committee to examine how to reduce the city's teen pregnancy rate. She said outreach to youth is necessary, who must be aware of the choices they make.

"That if they make good choices, they will have good quality of life and be pro-

ductive members of the community, or if they made the decision to have a child, what are the responsibilities and the different kind of life they will have because of that," said Pluta.

After becoming mayor, Pluta said she formed the Teen Pregnancy Prevention Task Force, which examines education and outreach to teens. She said the task force looks at teen parents who get caught in an endless cycle of poverty, which can also lead to increased dropout rates.

Last year, said Pluta, she introduced a new curriculum for the city's 9th graders, which explored sexual health education. "It was something that was sorely lacking from our curriculum in the schools," she said.

The two candidates were asked about the high dropout rate in city's schools and what programs they would introduce to lower the rate.

Morse said he attended Morgan Elementary School and graduated from Holyoke High School. He said he wants the same opportunities that were afforded him available to his niece and nephew. Neither of his parents, he said, went on to college, but they stressed the importance of an education.

"We need to send a message to all our children, in our public schools and out of our public schools, that you can go to college, you can graduate from high school," said Morse.

A few months ago, said Morse, he introduced his education program outside Morgan, not only because he attended there, but because the school was classified by the state as Level IV or under-performing.

He said school children must be guaranteed a quality education. Beside a program to increase graduation rates, he said he will focus on Dean Vocational High

School, which also was classified as Level IV.

Pluta said a recent survey conducted by the School Committee showed students dropped out because they were behind in their grades, missed too many schools days, problems at home or had emotional or physical conditions

She said the survey explored how to "recapture" those students and bring them back into the school system. "It's very important that they get on a good path and get back into school. They need to understand that they need to get a high school diploma or GED, at least, to get a decent job," Pluta said.

She wants to increase graduation rates and said there are initiatives in place to address the issue, including support services for students and their families.

Alger asked if either candidate supported a non-voting seat for one youth delegate on the City Council. Morse spoke in favor of the seat, while Pluta responded in the affirmative.

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Westmass Eldercare ombudsman program seeking volunteers

REGION - The Long Term Care Ombudsman Program at WestMass ElderCare is currently seeking volunteers to visit area nursing homes each week and assist residents. Ombudsman Volunteers speak with residents, elicit their questions and concerns and work with nursing home staff to help ensure quality care. An Ombudsman, (Scandinavian word meaning "representative of the people"), is trained and certified by the State Executive Office of Elder Affairs.

The Ombudsman Program is part of the Older Americans' Act, federal legislation that has been in place for over 40 years. When a nursing home resident, family member or friend expresses a complaint the Ombudsman intervenes to resolve the problem. S/he also may seek assistance from the WestMass ElderCare Ombudsman Director who may contact State and local organizations. The success of the Ombudsman Program depends on its volunteers. They become a link between the nursing home resident and his/her former life in the community.

Please call Robert Cochrane, Ombudsman Program Director, for more information about the WestMass ElderCare Ombudsman Program at 413-538-9020 (x331).

Class Reunions

Chicopee Comprehensive High Class of '86

Chicopee Comprehensive High School Class of 1986 will hold its 25th class reunion on Friday, November 25, 20 at the Castle of Knights, 1599 Memorial Drive, Chicopee. Social hour from 6:30-7:30 p.m.; dinner buffet served at 7:30 p.m. Music and dancing will follow; dress is casual. Checks can be made out to "CCHS Class of 86" and mailed to: Maura (Smith) Goulart, P.O. Box 472, East Longmeadow, MA 01028. RSVP before 11/1/11 \$50 per person; RSVP by 11/11/11 \$60 per person. If you updated information (i.e. addresses, emails, phone/cell #s, please feel free to contact John Griffin at

jgriffin@chicopee.k12.ma.us and friend us on Facebook on our website at www.complclassof86.webs.com

Classical High Class of '71

Classical High School Class of 1971 reunion plans are underway and we want to contact as many classmates as possible. Scheduled events are Friday, November 4, 5 - 7 p.m., cash bar and Saturday, November 5, a buffet dinner, both locations to be announced. If you have not been contacted already, contact Keith Ingalls at kingalls@spfldcol.edu as soon as possible. Please forward other classmates' contacts that you may also have.

Holyoke Council on Aging Calendar of events

HOLYOKE - The Council on Aging is located at the War Memorial Building, 310 Appleton St., Level B, Holyoke. Hours are Monday-Friday 8:30 a.m.-4:30 p.m. For information about the following programs please call 322-5625.

Monday, Oct. 3: Arthritis Foundation Program 9:30 a.m.; Writing For Fun 1:30 p.m.; Senior Band 2 p.m.

Tuesday, Oct. 4: Osteo Exercise 9:30 a.m.; Men's Coffee Group 10 a.m.; Movie 12:15 p.m.; Zumba 1 p.m.

Wednesday, Oct. 5: Knitting 8:30-11 a.m.; Arthritis Program 9:30 a.m.; Golden Senior Club 1 p.m.

Thursday, Oct. 6: Tai Chi I / QuiGong 9 a.m.; Osteo Class 9:30 a.m.; Tai Chi II 10:20 a.m.; Reunion Social 1-3 p.m.

Friday, Oct. 7: Ceramics w/Instructor 9 a.m.-noon; Exercise w/Nitza 9 a.m.; Chair Yoga 10 a.m.; NO Bingo today.

WHIST PARTY. Oct. 11. Fun-filled afternoon of card playing hosted by the Friends of the COA. Beginners welcome. \$5 donation. COA dining room 1:30 p.m.

"NEVER GET SMART WITH AN ANGEL". Newport Playhouse. Thursday, Dec.1. \$77 per person. Contact Phyllis 534-0524.

BLUE CROSS BLUE SHIELD INSURANCE. Nancy McCarthy from Blue Cross and Blue Shield Health Insurance will be presenting a program on the 2012 Health and Prescription Drug Plans that the company offers. The presentation will be held at the Holyoke Council on Aging, 310 Appleton St., on Oct. 17, at 1 p.m. Please call Magdaly or Dottie at 322-5625 to pre-register for this important program. Please note that open enrollment this year is Oct. 15 through December 7.

PRESCRIPTION DRUG COVERAGE. Join us on Oct. 11 at 1 p.m. at the Holyoke COA, 310 Appleton St. We will be explaining the changes to the Prescription drug Plans. Each year monthly premiums, co-pays and formularies change. Your current plan may not be the best plan for 2012. Please call Magdaly or Dottie at 322-5625 to PRE-REGISTER for this FREE program.

Tripping

NYC shopping trips

South Hadley Recreation Department will be going to New York City on Saturday, Nov. 19 and Saturday, Dec. 3. The trip will include motor coach transportation from South Hadley to New York City. The cost is \$35 for residents; \$40 for non-residents. Please check out our website www.southhadleyrecreation.org or stop by the office for details.

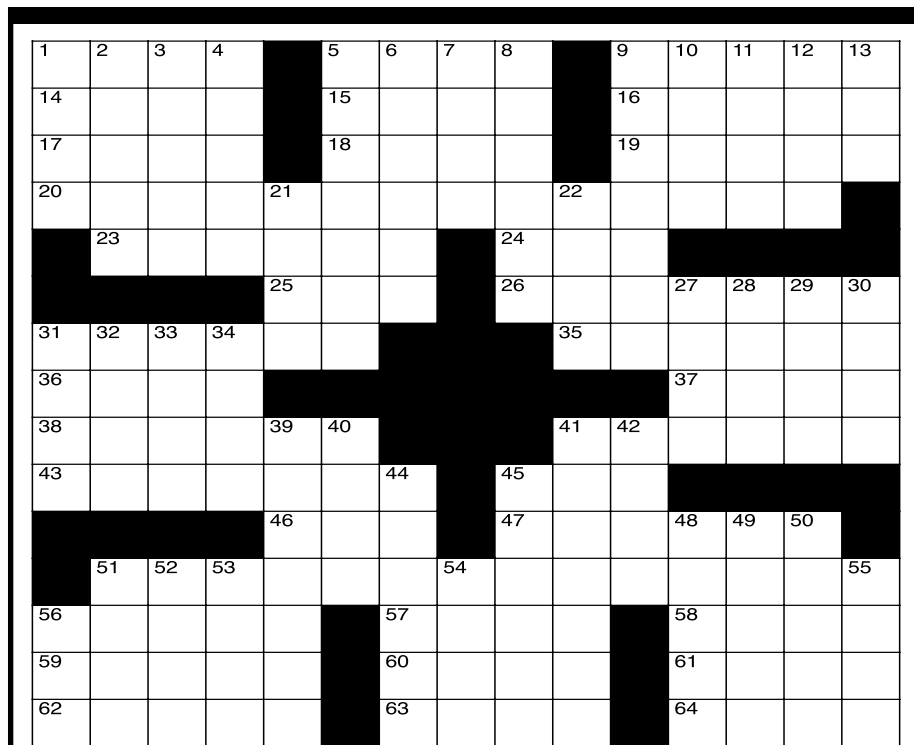
and tasting before we proceed to dinner at the well known restaurant Torches on the Hudson, located on the banks of the Historic Hudson River in Newburg N.Y. \$99/pp. Two pickup and drop off sites: Quality Inn, Riverdale Road, West Springfield and Holy Name Parking lot, 53 Alderman Street, Springfield. Reservations can be made by contacting Ed or Ann Gosselin at 413-733-7524

Premier Outlet Mall / Winery

Nov. 5, 2011. The Men's Club of Holy Name Church Springfield MA. is sponsoring a bus trip to Woodbury Commons Premier Outlet Mall in Central Valley N.Y. The cost of the trip includes round trip bus fare. After shopping we will head to the Brotherhood Winery for a guided tour

New York City

The Chicopee Chamber of Commerce is hosting a bus trip to New York City on Saturday, Dec. 10. The bus leaves the Chicopee Chamber parking lot at 7 a.m. and returns at 9:30 p.m. For more information or to purchase tickets at \$45 each, please call 594-2101.



CLUES ACROSS

- 1. Microelectromechanical system (abbr.)
- 5. Performs in a play
- 9. Adventure stories
- 14. ___ Ladd, actor
- 15. Restore to health
- 16. Seize and hold by force
- 17. Capital of Latvia
- 18. Short whip used in riding
- 19. Lasso
- 20. Glass master Louis
- 23. Second sign of the zodiac
- 24. Macaws
- 25. Not night
- 26. Fastens
- 31. Group of natural steroid alcohols
- 35. Fire-Chief gasoline brand
- 36. Exclamation of movement joy
- 37. Upon
- 38. Pine pillow smell
- 41. "Music Man" librarian
- 43. A cloth for washing dishes
- 45. Adult female chicken
- 46. Actress Farrow
- 47. Less difficult
- 51. US Sec. of State
- 56. ___ Antoinette, last Fr. Queen
- 57. Norse god of discord
- 58. Flat topped cluster of flowers
- 59. Establish by law or with authority
- 60. Nothing to do
- 61. Current units
- 62. Pitch sounds
- 63. Bono's ex-wife
- 64. 19th C. political cartoonist Thomas

CLUES DOWN

- 1. Latin singer Anthony
- 2. Poet T.S.
- 3. Earth's molten rock
- 4. Goof
- 5. Accumulation
- 6. Introductory bob
- 7. A pace of running
- 8. Reddish browns
- 9. Outer boundary of an object
- 10. Continent
- 11. Cracidae bird
- 12. Imitative of artists
- 13. A fashionable hotel
- 21. R.C. church booklet
- 22. Guitar ridge
- 27. Wife in latin
- 28. Wife of a rajah
- 29. Prefix meaning outside
- 30. Anon
- 31. Switchboard (abbr.)
- 32. A native of Bangkok
- 33. Snakelike fishes
- 34. 20th Hebrew letter
- 39. Arm bands
- 40. Mother of Hermes
- 41. More farinaceous
- 42. Am. Nat'l. Standards Inst.
- 44. Popular cloved herb
- 45. Taunt a speaker
- 48. South American Indian
- 49. Word origins
- 50. Frolics
- 51. Tewa Village
- 52. Tehran is the capital
- 53. Tiny skin feeders
- 54. 10th Hebrew letter
- 55. Bird home
- 56. Was introduced to

Benefit concert

CHICOPEE - A benefit concert for Community Resources for People with Autism will be held Sunday, Oct. 16 at Hu Ke Lau in Chicopee. Featuring The Glamour Girls, Jimmy Mazz, Moose and The Hightops, and Joe Periera. The doors open at 5 p.m. Concert will begin at 6:30 p.m. Tickets are \$15 and \$20 per person and are available at Hu Ke Lau, 705 Memorial Dr., Chicopee, or by calling 593-5222, Ted Hamel 262-0303 or Joe Periera 330-1755.

Hidden/Private Side of artists shows unknown side of local creative talent

EASTHAMPTON - Twelve selected artists/artisans will exhibit in "Hidden/Private side of artists" in the Easthampton City Arts+ gallery from Oct. 8 through Nov. 9. An artists' reception will be held on Saturday, Oct. 8, from 5-8 p.m. during Art Walk Easthampton. Artists included in the exhibition include Mark Brown, Frank Cressotti, Susan, Halls, Alix Hegeler, Natania Hume, Juli Kirk, Silas Kopf, Burns Maxey, Marcia Reed, Justin Thomas, and Susanna White.

The exhibit is free and open to the public. The ECA+ gallery is located at 43 Main Street, Easthampton.

ANSWERS TO LAST WEEKS PUZZLE

C	E	L	T		C	A	M	A	Y		C	O	C	A
E	P	E	E		B	R	A	G	A		A	D	A	R
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R	Y	A	N		U	N	D	I	G		I	M	P	S

Please see next week's Holyoke Sun for answers.

American Red Cross welcomes WNEU interns

HOLYOKE - The Pioneer Valley Chapter of the American Red Cross welcomes David Aldinger of Medfield, and Meghan Shewchuk of Holyoke as the new Marketing and Communications interns for the fall 2011 semester. David and Meghan join the Red Cross team hoping to enhance their skills and gain experience in the Marketing Communication field. They will be assisting with the daily operations of the Pioneer Valley Chapter, while learning about chapter support and development. David and Meghan will be combining their talents to develop new social media projects, while implementing marketing campaigns throughout the semester.

Both interns come from the AACSB Accredited College of Business, where

they are currently finishing their last year studying

Marketing Communications/Advertising. Both David and Meghan will Bachelor of Science degrees in Business Administration upon graduation this May. They have taken the related courses Consumer Behavior, Promotional Strategies, Public Relations, and Campaign Planning and Management. Although new faces at the Red Cross, David and Meghan are no strangers to one another, as they have worked together on projects at Western New England University. They agree with one another that David will bring creativity and fresh input to the Red Cross, while Meghan will bring her organization and inquisitiveness to the marketing plans.

Prior to interning at the Red Cross, Meghan worked as a local figure skating instructor, while holding a retail position at the Holyoke Mall. David's work experience includes local pharmacies and thrilling amusement park positions. They each express how inspired they are as the new interns at the Red Cross. "I am thrilled to have the opportunity to intern here and to have my work recognized under the Red Cross name" says Meghan. While David "...Believes the Red Cross is a great organization to be a part of; all of their efforts are pointed in the right direction."

Western New England University students have continued to create a positive image for the school here at the American Red Cross Pioneer Valley

Chapter. Many students have had the rewarding opportunity to contribute to the organization, showing solid skills built from Western New England. "There is no doubt David and Meghan will continue the strong relationship between Western New England and the Red Cross," says Dawn Leaks, Assistant Director of Chapter Support. "They work great together as a team and both have strengths in what we are looking for here at the Red Cross. We are excited to welcome the both of them to our team."

For more information about the American Red Cross Pioneer Valley Chapter or to learn more about internship opportunities call (413) 737-4306.

Project Green Lights' school sweepstakes offers chance to upgrade

\$50,000 given in energy efficient products

REGION - NorthEast Electrical Distributors' Project Green Lights 2011, a program designed to promote energy efficiency, has announced this year's community sweepstakes for K-12 schools across New England. This contest will give cities and towns from all over New England the chance to win \$50,000 in energy efficient products and

installation.

The Project Green Lights Sweepstakes is open to any public schools in all cities and towns in Massachusetts, New Hampshire, Vermont, Maine, Rhode Island and Connecticut. Entry into this contest, which began on Sept. 6, and runs through Oct. 24, will only be accepted from an authorized town or city school representative such as school principals, school district representatives or superintendents.

Authorized Representatives may nom-

inate more than one school within their jurisdiction but each must be a separate entry in this contest. To be a valid entry in this contest, the online entry form must specifically identify the one (1) specific public school (by name) being nominated by that entry a completing a brief questionnaire and paragraph describing why their school deserves to win the energy efficiency products. All final prizes must be accepted by the Superintendent's office.

For complete rules and entry form visit www.projectgreenlights.com. Remember the deadline to enter your school is Oct. 24.

On or about Nov. 1, one winner will be randomly selected from all entries received to be the potential Grand Prize winner, subject to verification of eligibility and completion of all required paperwork. The Authorized Representative who is listed on the winning entry form will be contacted by phone by a Station representative on or about Nov. 1.

NorthEast Electrical Distributors operates 32 strategically located branch locations throughout the six New England States in order to make available exceptional customer service to their customers.

African Children's Choir to perform

NORTHAMPTON - The Academy of Music Theatre is proud to be hosting the African Children's Choir Friday, Oct. 14 at 7:30 p.m. The Choir joins us as a part of their Journey of Hope, a full-length high-caliber musical production that shares the history of

the Choir while continuing to highlight Africa's culturally rich music, dance, and drumming traditions. The performance is suitable for all ages and backgrounds.

The Choir's 7-11 year old members are some of the neediest children in their respective countries; many have lost one or both parents to poverty or disease. The African Children's Choir is committed to

helping its members develop physically, spiritually, emotionally and academically. In addition, a portion of the proceeds from every Choir performance goes toward the education and welfare of children all across Africa. Currently, over 7,000 children are supported by money earned by the Choir.

Tickets are \$18 students/seniors and \$20 general and are available at the Academy Box

Office, 274 Main Street, Northampton, Tuesday through Friday from 3 p.m. to

6 p.m. and online at www.academyof-musictheatre.com

Holyoke Public School Lunch Menu

Paid lunch \$2.25; all schools, except Holyoke High and Dean Technical High School \$2.50; Reduced Lunch \$.40; Milk \$.50; Additional entrée \$2.25; Additional Side item \$.50.

Grades K-8

Monday, Oct. 3

Chicken Fajita wrap or deli turkey on wheat or chef salad.

Tuesday, Oct. 4: Cheeseburger on bun or deli turkey on wheat or chef salad.

Wednesday, Oct. 5: Spaghetti & meatballs or ham & cheese on wheat or chef salad.

Thursday, Oct. 6: Beef nachos w/cheese or chicken salad on wheat or crispy chicken salad.

Friday, Oct. 7: Cheese pizza or tuna wrap or chef salad.

High Schools

Monday, Oct. 3

Creations: Chicken fajita wrap.

Grill: Cheeseburger or ham & cheese melt.

Pizza: Cheese; pepperoni; tomato & broccoli.

Deli: Buffalo chicken salad or egg salad sandwich.

Tuesday, Oct. 4

Creations: Breaded pork cutlet.

Grill: Hot dog bar

Pizza: Cheese; pepperoni; sausage.

Deli: Antipasto salad or buffalo chicken wrap.

Wednesday, Oct. 5

Creations: Pasta & meatballs.

Grill: Chicken patty or BBQ Rib-A-Que.

Pizza: Cheese; pepperoni; vegetable.

Deli: Chef salad or deli turkey sandwich.

Thursday, Oct. 6

Creations: Salisbury steak w/gravy.

Grill: Chicken patty or cheeseburger.

Pizza: Cheese; pepperoni; chicken bacon ranch.

Deli: Tuna salad w/roll or chicken Caesar wrap.

Friday, Oct. 7

Creations: Whole grain fish sticks.

Grill: BBQ cheeseburger or chicken patty.

Pizza: Cheese; pepperoni; meat lovers.

Deli: Chicken Caesar salad or Italian sub.

What do you get when you mix
Broadway and Rock n'Roll?

HAIR • LITTLE SHOP OF HORRORS

JESUS CHRIST SUPERSTAR

THE ROCKY HORROR

PICTURE SHOW • GODSPELL

and so much more...

with Kevin Rhodes and the Springfield Symphony



Rock On! Broadway

Music of the 60s, 70s and 80s!

Saturday, October 15 at 7:30pm

Tickets available at **413-733-2291** or

SpringfieldSymphony.org

Starting at \$22 • Youths half price



Paine appointed as FieldEddy IT Manager

HOLYOKE - FieldEddy Insurance has announced the appointment of Terry Paine as Information Technology Manager. He previously served as a Systems Specialist at Netlogix.

A resident of Holyoke, Paine graduated from Branford Hall Career Institute with a specialty in IT and Network Management. He also holds a Bachelor of Arts degree from the London College of Music & Media in London, England.



SUBMITTED PHOTO
Terry Paine has been appointed as Information Technology Manager at FieldEddy Insurance.

Mt. Tom State Reservation events Oct. 1-4

HOLYOKE - These programs are sponsored by the Department of Conservation and Recreation and are free and open to the public. For more information please call 534-1186. Mt. Tom State Reservation is located on the Holyoke / Easthampton line with entrances on Rts. 5 and 141. Unless noted all programs start at the Stone House visitor center which is about 3 miles from either entrance. There is a \$2 per car fee on weekends and holidays.

Saturday, Oct. 1, 10:30 a.m. Life Around The Lake. Meet at Lake Bray. Our walk around Lake Bray will focus on the WILDFLOWERS of this aquatic habitat. Learn which flowers are coming and which are dying off as the seasons start to change.

Saturday, Oct. 1, 1 p.m. Hike the Quarry Trail. This two hour hike will travel on the QUARRY TRAIL here at Mt. Tom. The terrain will be mostly easy with some harder spots. The pace will be moderate so we can talk about the geology of the range along the way.

Sunday, Oct. 2, 10:30 a.m. Birding for Beginners. This one hour program will help beginners to learn the basics of birding. We will use bird guides, lists and binoculars to learn about the local feathered inhabitants of Mt. Tom.

Sunday, Oct. 2, 1 p.m. Sunday Afternoon Family Program. "MAKING A BIRD FEEDER". Everyone will get

a chance to make a simple milk carton bird feeder. We will discuss where to put the feeder, what birds will come by and what seed to use. Some seed will be provided to start everyone off.

Monday, Oct. 3, 1 p.m. Senior Hike. People age 55 and up can join in on this easy paced one hour hike. The terrain will be mostly easy and the nature talk will be abundant.

Monday, Oct. 3, 2:30 p.m. Teatime at Tom. Come have free tea and cookies as we sit outside the visitor center in a beautiful nature setting. The talk will focus on nature and many other topics along the way.

Tuesday, Oct. 4, 10 a.m. Moms Exercise Hike. OK Moms it's time to get back in shape. Join in on this one hour quick paced exercise walk up the paved road here at Mt. Tom. The heart rates will be pumping and the fresh air will help the lungs as we strive for our target heart rate zones. Strollers are welcome. MEET AT LAKE BRAY.

Tuesday, Oct. 4, 2 p.m. Advanced Hike for Seniors. People age 55 and up who want more of a challenge than the regular senior hike this program is for you. We will travel on all the terrains that are available here at Mt. Tom, just at a slower pace. The hikes will be anywhere from 1-2 hours long. Bring water and bug spray

Valley Press Club to hold annual Valley Roast

The Valley Press Club will be holding their annual Valley "Roast" at the John Boyle O'Reilly Club on Cottage street in Springfield on Oct. 14. This event pokes good fun at area and regional politicians and celebrities in skits and entertainment put on by VPC members. Host for the evening is Brad Shepard. There will also be a raffle, h'orders, and a cash bar. Net Proceeds benefit the Valley Press Club

Scholarship Fund for students going into a career of Journalism and other forms of media.

Tickets for the event are \$10 and can be purchased by making your reservation online at the Valley Press Club website. www.valleypressclub.com. Or contacting Peter Goonan at 413-885-7041 or Pgoonan@charter.net.

City Beats

To see your event in the City Beats section email kvill@turley.com with the date, time, place and function schedule. All submissions are due by noon the Tuesday before publication.

Grandma's Attic sale

HOLYOKE - Grandma's Attic Thrift Store at First Baptist Church Holyoke on the corner of Northampton and South Street will be having a winter clothes sale on Oct. 1 from 9:30 a.m. til 1 p.m. All the clothes will be 25 cents a piece and there will be some new items in the thrift store also. Also watch for our next sale that will be on Nov. 5.

Come and check out the wonderful clothes that we have for winter.

Saturday workshops at Creative Arts Center

HOLYOKE - The Holyoke Creative Arts Center, located at 400 South Elm St., Holyoke, is offering a fantastic series of Saturday Workshops that are sure to please everyone beginning with Quilt Til You Wilt and Jewelry Design on Oct. 15.

One Stroke Painting will be offered on Oct. 12 and Oct. 19.

Who can resist Creating Spooky Cupcakes on Oct. 17?

Creative Story Telling is sure to mesmerize on Oct. 18.

Paint Til You Faint is happening on Oct. 22, and Miniature Quilts will take place on Oct. 22 and Oct. 29.

The Center has a very limited number of openings in the following classes: Exercise Jazz, Decorative Glass Painting, Sewing Details, Beyond Sewing Basics, and Painted Furniture.

Join the Center on Facebook, Twitter and You Tube or visit the Center's website at www.holyokecac.org for additional information.

Free Adoption programs to find families for children in foster care

SPRINGFIELD —The Massachusetts Adoption Resource Exchange (MARE) and the Department of Children & Families (DCF) invite adults interested in adoption from foster care to attend an informative event in Oct.. The Providence Behavioral Health Hospital, 1233 Main St., Holyoke hosts an Adoption Pre-Party evening on Wednesday, Oct. 12. Anyone interested in adoption, from beginners to experienced adoptive parents, is welcome to attend either or both free events.

This Pre-Party Information Meeting is designed especially for those new to the idea of adoption. The program gives adults the opportunity to learn about adoption from experienced adoptive families and talk with social workers from the area. Attendees will be able to gather information about some of the children in the region available for adoption. Social workers will also explain the adoption process, the various ways to help families find the right child for them, and the support services available for adoptive families and children. Refreshments are included. Waiting children will NOT attend this Pre-Party.

National Depression Screening Day

HOLYOKE - In recognition of National Depression Screening Day, Holyoke Medical Center and River Valley Counseling Center will offer a depression screening and distribute informational material on a range of mental health issues on Thursday, Oct. 6, from 11 a.m. to 4 p.m. at the Holyoke Mall at Ingleside.

The depression screening is brief, anonymous, and conducted by mental health professionals. Referrals and resources to mental health treatment will be offered as needed.

For further questions including the exact location where the screening will take place in the mall, call C. Baxter Chandler, LICSW, manager, PHP/IOP & Outpatient Services, Center for Behavioral Health Holyoke Medical Center at 413-534-2653.

Merry-Go-Round offers fall fun!

HOLYOKE - The Holyoke Merry-Go-Round is in full swing this fall season! The leaves are changing and the colors of fall are happening at the Heritage State Park and with the backdrop of all these colors, what is more fun that taking a ride on "Holyoke's Happiness Machine"? Come on down to the merry-go-round Sunday, Oct. 2nd and make sure you wear your pink to show your support of "Breast Cancer Awareness Month" and we will treat you to a 1/2 price ride.

On Sunday, Oct. 9th, we will honor all of our firefighters with a free ride to kick off "National Fire Prevention Week." And of course we will be open on Monday, Oct. 10, 12-4 p.m. for Columbus Day. Rides are still only \$1 per person or 6/\$5.

The Holyoke Merry-Go-Round is located in Holyoke's Heritage State Park along with the Children's Museum, Volley Ball Hall of Fame and Visitors Center. Our Fall hours are Saturdays and Sundays, 12-4 p.m.

Girls Inc. ranked among top high impact nonprofits for youth

Holyoke, MA (September 23, 2011) – Girls Inc. was selected as the fifth most impactful youth serving organization in the country following a review of 178 national nonprofits serving youth. Nine organizations were chosen for this distinction by a panel of 88 experts for Philanthropedia, a division of the Guide Star organization. Girls Inc. was the sole organization that exclusively serves girls.

At Girls Inc. of Holyoke, we provide the tools needed to overcome economic, social, and gender barriers. Girls have the opportunity to participate in life-changing programs and experiences so that they may grow up healthy, educated, and independent.

Fall programs begin soon! If you would like to sign up a girl who is between the age of 5-18, contact us at (413) 533-0796. For more information about Girls Inc. of Holyoke.

Midwives work to empower women

National Midwifery Week held Oct. 3-10

Provided by Baystate Medical Center

REGION – Midwives don't just deliver babies anymore. They teach, they counsel, they offer gynecological care and family planning, and they offer women support.

"The word is spreading about the benefits of midwifery," said Susan DeJoy, CMN, PhD, chief of the Division of Midwifery and Community Health, Baystate Medical Center, about the growing number of babies delivered by midwives.

"There are more midwives today and many women seem to prefer female care providers. Also, many midwives are also mothers who share their experience firsthand with their patients," added DeJoy.

Every year, more than 300,000 U.S. women partner with midwives to navigate birth, puberty, menopause, and other normal life stages.

Last year about 20 percent of the babies born at Baystate Medical Center in Springfield were delivered by midwives, and at Baystate Franklin Medical Center in Greenfield, midwives deliver the majority of babies.

Oct. 3-9 is National Midwifery Week and a good time to recognize the contributions midwives make toward women's health within our community.

"Midwifery Week is a chance for midwives and the women they serve to reflect on their experiences and midwifery's contributions to women's health care, including attending births and providing well-woman care," said DeJoy.

Midwives provide similar care to that provided by doctors. Women have the same laboratory work and same schedule of office visits as patients in physician practices. Midwives offer a very cost-efficient level of care for low-risk women. There is

less risk of a surgical delivery and they utilize less costly interventions when needed.

"Midwives tend to focus on keeping women very healthy, so they don't need

interventions. This practice is now becoming especially attractive to insurers and physicians who are adding midwives to their practices," said DeJoy.

"Some differences are that midwives spend more time teaching and counseling women. They spend time talking to their patients to see how they feel, to help them understand things, and to provide them with information and options they might not ever know they want or need.

The origins of midwifery at Baystate Health date back to 1980 with one credentialed nurse-midwife (CNM). Today, Baystate Medical Practices now employ 23 midwives in four programs. Baystate Midwifery and Women's Health is a full-scope practice in Springfield. The Midwifery Triage Group provides urgent care to pregnant women in the Baystate Women's Evaluation and Treatment Unit located in the Wesson Women and Infants' Unit. In a third program, obstetrics team midwives teach labor and delivery care to residents and medical students.

Also, the Baystate Midwifery Education Program, granted accreditation in 1991, trains nurses to become nurse-midwives. Since 1992, 87 midwives have graduated from the program and most are practicing in communities throughout the Northeast.

"I believe what motivates someone to become a midwife is the idea of women caring for women during pregnancy and childbirth," said DeJoy.

She noted other reasons include a belief in the normality of childbirth, wanting to empower women through the experience of pregnancy, birth and reproductive health care, and a desire to support different cultural and family beliefs for their health care.

Caring for women during labor and birth is the centerpiece of the professional experience of many certified nurse-midwives. Other career options include education, administration, research, or involvement in policy and legislative affairs.

The American College of Nurse-Midwives, headquartered in Silver Spring, MD, is the official organization for some 12,000 certified nurse-midwives and certified midwives throughout the United States, and is the official sponsor of National Midwifery Week.

The theme for this year's National Midwifery Week is "Team Up for Midwives" and the American College of Nurse-Midwives has an ambitious vision – by 2020 they want 20% of births in the United States to be attended by midwives.

For more information on midwifery, visit baystate-health.org/midwifery.

Mental Health First Aid to be offered next month

SOUTH HADLEY – A three-part workshop titled Mental Health First Aid will be offered in South Hadley on Oct. 22, 29, and Nov. 5. The South Hadley Community Coalition to Prevent Suicide, The Holyoke Youth Task Force, and clergy in South Hadley and Granby are cosponsoring the workshop, which will be offered from 9 a.m. to 1:30 p.m. each day. Mount Holyoke College will host the program.

The suicide prevention coalition was formed in 2010, and sponsored training in "Question, Persuade and Refer" suicide prevention last September. Sarah Etelman, a Coalition member said, "The Mental Health First Aid curriculum will build on last year's session to help anyone to recognize the signs of depression and anxiety."

Mental health professionals report that the average person is more likely to encounter a person in an emotional or mental crisis than someone having a heart attack, and that mental disorders are more common than heart disease and cancer combined. Mental Health First Aid training is coordinated by the National Council for Community Behavioral Healthcare, which trains and certifies instructors to deliver the twelve-hour course in communities nationwide.

The Rev. Lori Souder of the First Congregational Church of South Hadley, one of the clergy members endorsing the workshop, said, "This subject is as essential as CPR because within many families there exists a

mental health issue in need of identification, attention and understanding."

The interactive certification class will be instructed by Maureen Dimock and Meg Mastriana of the Behavioral Health Network, which serves South Hadley, Holyoke, Granby and other communities in western Massachusetts.

Rebecca Masters of the Holyoke Youth Task Force said, "This is an amazing opportunity to increase one's knowledge on an issue that affects all of our communities. The Holyoke Youth Task Force is proud to be a part of this initiative."

The public can register for the workshop by sending an email to SHPreventSuicide@gmail.com. The cost to participants is a single contribution of \$15, which will be payable with cash or check at the first session. Registrations for the workshop will be accepted on a first-come, first-served basis.

Bob Judge, a coalition member, said, "We thank Mount Holyoke College President Lynn Pasquerella and the College's Community-Based Learning Program for their financial support of this program."

For more information, go to <http://southhadleycoalitiontoprevent suicide.wordpress.com/>, or phone Bob Judge at 413-532-5792 or Sarah Etelman at 413-532-6674.

Homeowner heating safety law requirements take effect this month

REGION – The Massachusetts Department of Environmental Protection (MassDEP) reminds homeowners who heat with oil of a new requirement under the Massachusetts Homeowner Heating Safety Law. The law mandates that all oil-burning heating systems either have an oil-safety valve or a protective sleeve on the oil supply line if the oil supply line is in contact with concrete, the earth, or other floor surfaces. The measure also gives homeowners the ability to voluntarily purchase oil leak insurance coverage.

The deadline for homeowners to bring their heating oil systems into compliance with the leak prevention requirements is September 30, 2011.

"Taking a simple, preventive measure now will reduce the number of leaks and spills of home heating oil from residential heating systems, and result in fewer costly cleanups across the state," said MassDEP Commissioner Kenneth Kimmell. "It will also result in fewer releases that have the potential to impact homes and contaminate our soil and groundwater resources."

The law applies to owners of 1-to 4-unit residences heated with oil. These residences must already have or must install an oil safety valve or oil supply line with a protective sleeve for any oil supply line that is in contact with floor surfaces.

The cost of the leak prevention upgrades generally range from \$150 to \$350 per system, and must be installed by a licensed oil burner technician. Licensed technicians are employed by home heating oil delivery companies, or companies that service oil heating systems or are self-employed.

Homes constructed since 1990 with oil burners are likely to already have one of the oil safety devices consistent with the fire safety code on new construction. Also,

many older homes where the heating system has been substantially repaired or upgraded, or where a new oil tank has been installed, may also already be in compliance.

In addition to preventing costly, environmentally-damaging oil spills, a key benefit of the Massachusetts Homeowner Heating Safety Law – passed by the legislature in 2008 and amended in 2010 – requires insurance companies that write homeowner insurance policies to make available to all homeowners in compliance with the safety provision, coverage for leaks from home oil heating systems. There is no requirement for homeowners to buy the insurance, however homes with the proper leak-protection must be given the option to buy this insurance coverage.

Preventable residential oil leaks occur each year in Massachusetts. In recent years the number of these leaks has been steadily declining; which may indicate the success of the oil safety valve or oil line protective sleeve installations in preventing such leaks. For example, during a 12-month period of 2010-2011, there were 145 such leaks compared to 183 during the same period in 2009-2010. Home heating spills can disrupt the lives of residents and in some cases neighboring property owners. In addition, the costs of cleaning up these spills can range from \$15,000 to as high as \$250,000 or more.

For more information on the Homeowner Heating Safety Law, turn to: <http://www.mass.gov/dep/cleanup/laws/hhsl.htm>

MassDEP is responsible for ensuring clean air and water, safe management and recycling of solid and hazardous wastes, timely cleanup of hazardous waste sites and spills, and the preservation of wetlands and coastal resources

Red Cross seeks Hometown Heroes nominations

REGION – The American Red Cross Pioneer Valley Chapter serves greater Hampden, Hampshire and Franklin Counties assisting families affected by disaster; helping military families relay emergency communications to their deployed loved ones; and providing lifesaving training programs.

Each year the Hometown Heroes Breakfast honors local individuals (or group of individuals) who have shown courage, kindness, and unselfish character when a friend, family member or stranger faced a life threatening situation; or who have had an extraordinary impact on his/her community or fellow man. This year's event will take place on Thursday, March 15, 2012 at the MassMutual Center in Springfield.

Members of the community are invited to nominate a local hero for consideration. With the various disasters our communities experienced over the summer we are certain that there are many wonderful

stories of heroism and kindness that you can share with us. Honorees will be selected by a committee of individuals from our community, including former American Red Cross Pioneer Valley Chapter Hometown Heroes.

We welcome the submission of nominations from throughout our three-county area. Nomination forms and criteria are available on the Chapter website at www.redcrosscw.org. Nominations must be submitted online or postmarked no later than November 30, 2011.

Sponsorship opportunities are also available. Hometown Heroes is our largest annual fundraising event—providing the resources necessary to serve our communities.

For further information, contact Dawn Leaks at leaksd@usa.redcross.org or 413-233-1006.

2011 Nuestras Raices Harvest Festival - A Spirit Renewed



Vendors sell their end of season produce. The farm suffered a massive flooding during Tropical Storm Irene

HOLYOKE – A Harvest Fest was held in Holyoke last week to support Nuestras Raices after its farm was devastated by Hurricane Irene. To help, donations can be sent to: Nuestras Raices, Attn: Kevin Andaluz, Subject: Farm Relief, 329 Main Street, Holyoke, Ma, 01040

Turley Publications Photos by Dennis Hohenberger



Virgen Vierra joins in on some family fun with Aramis Serrano and Xienna and Zabiam Bonilla



Aenores Lopez, of Nuestras Raices, prepares a slowly cooked pig



A family takes a break from touring the farm.



Journalist Manuel Frau-Ramos and Hilda Colon, executive director of Nuestras Raices



Sela Kenen and Hannah Winn requests that donations to rebuild the farm.



Paso Fino rider Eddie Ortiz of Westwind Acres



Ponce Puerto Rico natives Mara Borrero and David Velez tour the farm



Friends (l-r) Yolando Nogue, Sandra Morales and Ado Pino



Zumba Time! (l-r) Cartagena, Kate O'Donnell and Damaris Segarra show off their moves



Classifieds

Turley Publications' Community Marketplace ♦ www.turley.com ♦ Call us toll free at 1-800-824-6548

For Sale

11 PC SET wrought iron sunroom furniture. Excellent condition. \$800 or best offer. Purchased new \$4,000. Call after 6PM. (413)786-3711.



A public service announcement presented by your community paper

ANTIQUE AND PERIOD chairs – Restored with new woven seats – Many styles and weaves available. Call (413)267-9680.

BEAUTIFUL VATICAN STAMP COLLECTION \$50. Stamp collections wanted. Will evaluate or buy. Stamp questions??? Call Ron (413)896-3324. Excellent references.

USED CONSTRUCTION EQUIPMENT. Buy—Sell. Good quality. Best prices. Call Phil. 315-723-4559.

Tag Sale

HUGE TAG SALE. Downsizing. Tools, luggage, household goods. Saturday Oct. 8th, 8-4, 60 Searle Rd., South Hadley. Raindate Sunday 10/9.

KEV'S BARNYARD FLEA MARKET

Also Furniture
Wednesday - Sunday
10AM - 4:30PM
#185 Route 202,
Granby, MA
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DEALER SPACE
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OCT. 1 & 2, 9-4 BLOWOUT SALE Large variety- 3 family \$50 and under tables. Re: Craig's List Garage Sale. 3065 S. Main St., Bondsville.

OCT. 1ST 1-4. Hampden VFW 190 Main St., Hampden. Christmas and Halloween decorations and other misc. items.

SOUTH HADLEY 10/1. Back porch tag sale. Potpourri of good stuff. 6 West Cornell St. Bring your own bags.

SOUTH HADLEY, 40 Hadley Village Rd. Indoor sale. 9/30, 10/1; 9-4. Furniture, sundries, electronics, collectibles. Nice things. Everything must go!

Antiques

EASY STREET ANTIQUES. Buying antique & vintage glassware, pottery, humpels, jewelry, watches, military, toys, Legos, hunting, fishing, stringed instruments, clothing, books, tools, & more. We also provide estate sale services.
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or (413)626-8603.

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Seasoned cut & split \$220.00
All hardwood.

*Also have seasoned softwood for outdoor boilers (Cheap).
Quality & volumes guaranteed!!
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Firewood



DEBARKED FIREWOOD
\$180 PER CORD
Ready to burn this Fall
Delivery Available
Rocky Mountain Wood Co.
413-596-2348

DRY FIRE \$200 per cord, cut, split, delivered. Green wood also avail. Call Kevin Blaine (413)244-0035.

FIREPLACE FUNPAK 1/4 cord, mixed hardwoods, 16" pieces, split, seasoned, delivered, \$60. Short lengths available. Palmer and bordering towns (413)386-7805.

FOUNTAIN FIREWOOD \$200 SEASONED Red & White Oak, Mixed Hardwood. Cut, split. Delivered same day. 1,2,3,4 cord loads. Monson (413)657-6143.

LOG LENGTH FIREWOOD for sale. Approx. 7 cords per truck load. \$650 delivered locally. Price subject to change. Also specialize in heat treated kiln dried firewood. Insect free. Dryness guaranteed Premium Hardwood Pellets \$235 per ton. Cash and Carry. 1-800-373-4500.

RED & WHITE Oak, C/S/D. Over a cord guaranteed \$175. Call D & D Cordwood (413)348-4326, (413)348-2486. Prompt delivery.

SEASONED OAK & HARD WOODS. Cut split and delivered. 2, 3 & 4 cord loads. R.T. Smart & Sons. 1-413-267-3827.

Health/Beauty Aids

IF YOU USED the antibiotic drug Levaquin and suffered a tendon rupture, you may be entitled to compensation. Call Attorney Charles Johnson (800)535-5727.

Miscellaneous

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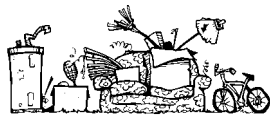
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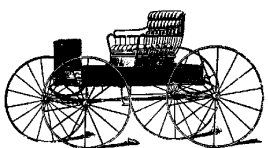
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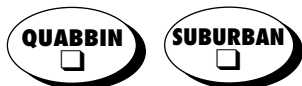
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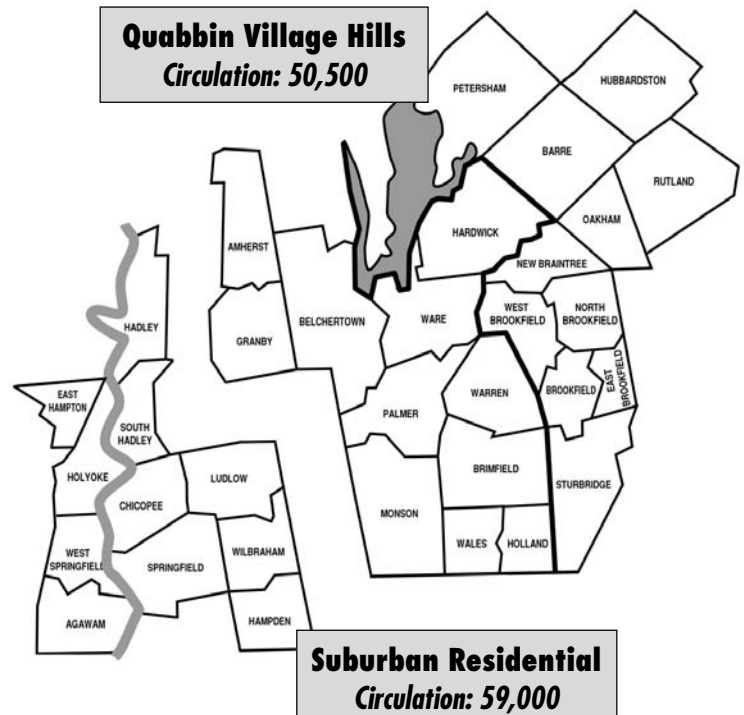
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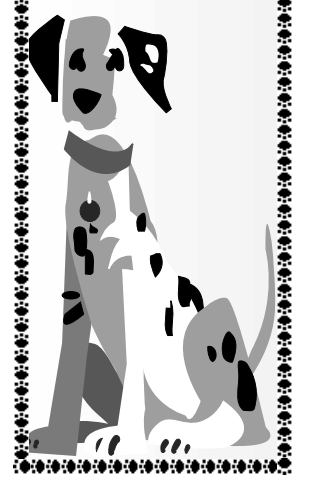
WARE - OPEN HOUSE SUN 10/2 11-1, 16 WESTBROOK DR, This 2000+ sf cape has a lot to offer. Four bedrooms, garage, pool, nice neighborhood, minutes to major routes. Check out the 900sf master suite. Many updates. \$232,000

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This Home is newly painted and has new carpeting. FNMA property-financing may be available with as little as 3% down. (71274080) **\$315,000**



BELCHERTOWN - Just like new, Condo offers 2BR, 2BA & central air! Flex room on 2nd floor may be used for office/den. Tile kitchen and bathrooms. Vaulted ceilings. (71107925) **\$189,900**



BELCHERTOWN - Contemporary Home located in quiet neighborhood. Open floor plan, newer kitchen, wood floors, 3 bedrooms and 2 baths. Needs a little TLC but well worth the effort! (71280982) **\$225,000**



BELCHERTOWN - Enticing multi-level. Come feel the hospitality of this engaging 3BR/2BA home nicely set on 0.96 acres. Central vacuum system. Garage, deck. (71215634) **\$235,000**



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LUDLOW 4 ROOM TOWNHOUSE apt. w/2 bdrms, 1.5 baths, central A/C, gas heat, stove & refrig. \$875 monthly rent plus utilities. No pets or waterbeds. First, last and security deposit required. (413)583-3097 or (413)583-6424.

For Rent

FOR RENT



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

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

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Public invited to learn about freemasonry in Massachusetts

SOUTH HADLEY - Mount Holyoke Lodge is inviting all the community to learn more about Freemasonry at an open house to be held from 9 a.m. to 3 p.m., Saturday, Oct. 15 at Mount Holyoke Lodge. The open house is sponsored by Mount Holyoke Masonic Lodge of South Hadley Massachusetts.

Freemasons in North America contribute more than \$2,000,000 each day to charity. Freemasons operate the Shriners Burns Hospital in Boston where more than 750 severely

burned children are admitted each year and treated at no charge. Some 3,700 children are treated each year in the hospital's clinic, again at no charge. They also operate the Shriners Orthopedic Hospital in Springfield where children are treated at no charge

. Mount Holyoke Lodge was chartered on March 30, 1869, by Most Worshipful William Gardner, Grand Master of the Massachusetts Grand Lodge, with the Reverend George E. Fisher as its first Worshipful Master. Prior to the granting of this charter, Masons residing in South Hadley were obliged to attend meetings at the Mount Tom Lodge in Holyoke by crossing the Connecticut River by boat, sometimes under the worst possible weather conditions, due to the fact that there were no bridges connecting the two towns at that time. The new lodge was first organized in an old school building on School Street, and has since been in six locations over the past 131 years.

On Sept. 5, 1886, meetings were held at "Dudley's Hall" at the corner of Main and Bridge Streets, when the building and most of its contents were destroyed by fire, except for the lodge jewels, which fell off the wall face down, and were thus protected from the enveloping fire. Soon after that the lodge was moved to the "Carey Building" which it continued to use until 1913 when the Mount Holyoke Masonic Association was formed and bought a building on land previously held by the Carew heirs and the Congregational Church. The corner stone for the present building on North Main Street was laid in September, 1914, and the following March the first meeting was held at this present home. In 2014 the lodge will celebrate 100 years at the North Main Street Location. Currently

there is a drive on to raise money for work that needs to be done in the building. Any and all donations for this cause will be greatly appreciated.

In 1969, on the 100th anniversary of the lodge, a large celebration was held by the lodge members who were presided over by Worshipful Wilfred O. Hatch as Worshipful Master of the lodge.

Upon the retirement of Bro. Samuel J. Somerville as Secretary of the lodge, a number of different brothers served in this post until it was stabilized by the election of R. W. Ronald E. Jackson, who is still serving as our present lodge Secretary.

During the lodge year of 1970-1971 under Wor. Albert D. J. Asprey, Master, the lodge voted to sponsor a DeMolay Chapter.

The following year, 1971-1972 under Wor. Richard B. Scott, Master, there was a fraternal visit to the lodge by R. W. Robert H. Edwards, who had planned to talk on "Lack of Candidates and Attendance", however, he had to change his subject matter for the address when he found to his agreeable surprise that the meeting was held before 48 members in attendance and three new candidate applications were read and balloted upon.

While in 1979-1980 under Wor. Robert W. Tucker, Master, Wor. Ronald E. Jackson presented a Masonic Road Sign which was placed on Memorial Drive to

inform visiting brethren and potential members of our lodge location. This sign is still in place.

During Masonic year 1984-1985 Wor. Eugene G. Anderson, Master, announced that R. W. Ronald E. Jackson of the Mount Holyoke Lodge was appointed Deputy Grand Master of Masons in Massachusetts. The Scholarship Fund was established during the term of Wor. Eugene G. Anderson.

It was during the 1991-1992 Masonic year under Wor. Henry A. Fusari, Master, that the Thanksgiving Food Basket Program started. Freemasons are responsible for collecting more than 70% of the blood collected by the Red Cross in Massachusetts—more than 20,000 pints annually. They also provide more than \$200,000 in scholarship assistance annually. Masonic Lodges promote child safety through statewide Child Identification Programs. To date, over 200,000 children have participated in this highly successful program. Massachusetts Freemasonry membership is open to all men, age 18 and over, regardless of race or religion and offers a wide range of opportunities for community service, personal improvement, leadership and fun. Mount Holyoke Lodge currently meets the first Thursday of the month. For more information, contact the Lodge Secretary, Ronald E. Jackson at (413)533-5414

Clothing Historian Demonstrates 1860s Women's Fashion

AMHERST - On Sunday, Oct. 16, at 2 p.m., clothing historian Lynda Meyer will discuss fashion of nineteenth century America and how it reflects the culture in which Emily Dickinson lived. During this program, Meyer will demonstrate how the many layers of 1860s women's dress went together to conceal and reveal the ideal silhouette. She will explain the social and cultural importance of the "Belle" look of the mid-nineteenth century. Several articles of clothing from the Emily Dickinson Museum will be displayed for the first time.

Participants are invited to bring items from their own collection for Meyer's appraisal. She will examine

each piece to determine how, when, and where it was made, its value, and its historical context. The program takes place at the Amherst College Alumni House, 75 Churchill Street in Amherst. The basic program fee is \$10 per person (\$7 for members); there will be an additional fee of \$10 per item appraised.

To register, please contact Nan Fischlein, program coordinator, at nfischlein@emilydickinsonmuseum.org or 413-542-2034.

The Emily Dickinson Museum is located at 280 Main Street in Amherst.

LEGALS

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT Probate & Family Court Dept. HAMPDEN Div.

HD11E0026PP
To **James Canata** of Holyoke in the County of Hampden, and to all other persons interested.

A petition has been presented to said Court by **John B. Canata** and **Donna L. Dempsey**, both of said Holyoke, representing that they hold as tenants in common an undivided part or share of land lying in said Holyoke and briefly described as attached, praying that this Court:

- Determine the fair market value of said land;
- Determine the fair market value of the share of said land held by each tenant in common;
- Order **James Canata** to sell his share to the petitioners, **John B. Canata** and **Donna L. Dempsey**, for the fair market value of **James Canata's** share, or, in the alternative, order said land sold at private sale for not less than one hundred twenty-two thousand, six hundred (\$122,600.00) dollars; and
- If a private sale of the land is ordered, order distribution of the net sale proceeds in such a manner as to make the partition just and equal.

The Petitioners and Respondent are the owners, as Tenants In Common, under and pursuant to the Last Will and Testament of **Teresa Canata**, Hampden County Probate Court Docket No. 07P2256EP1, of certain real estate commonly known as 19 Francis Avenue, Holyoke, Hampden County, Massachusetts more particularly bounded and described in a deed dated June 19, 1979 recorded in Hampden County Registry of Deeds Book 4784, Page 390, a copy of which is annexed hereto and made a part hereof. Said premises are described as follows:

The land in Holyoke, in the County of Hampden and Commonwealth of Massachusetts, bounded and described as follows:

BEGINNING at a point on the Westerly side of Francis Avenue, one hundred and seventy-six and

00/100 (176.00) feet northerly from the southeasterly corner of Lot #80 (eighty) on plan of lots of Maple Terrace Building Sites, recorded in Hampden County Registry of Deeds, Book of Plans L, Page 58, and running thence

NORTHEASTERLY along said Francis Avenue, fifty and 00/100 (50.00) feet to the northeasterly corner of Lot #83 (eighty-three) on said plan, and running thence

WESTERLY at a right angle, one hundred forty-three and 98/100 (143.98) feet to the northwesterly corner of said Lot #83 (eighty-three) and running thence

SOUTHERLY fifty and 07/100 (50.07) feet to the southwesterly corner of said Lot #83 (eighty-three); thence

EASTERLY one hundred forty and 99/100 (140.99) feet to the place of beginning.

BEING Lot #83 (eighty-three) on said plan.

If you desire to object thereto you or our attorney should file a written appearance in said Court at Springfield before ten o'clock in the forenoon on the twenty-eighth day of October 2011, the return day of this citation.

Witness, **Anne M. Geoffrion**, Esquire, First Justice of said Court, this sixteenth day of September, 2011.

Thomas P. Moriarty, Jr.
Register of Probate & Family Court

9/30,10/7,10/14/11

Commonwealth of Massachusetts The Trial Court Probate and Family Court Department HAMPDEN Division Docket No. HD06E0006GC1

NOTICE OF TRUSTEE'S ACCOUNT

To all persons interested in the estate of **JOSHUA BERRIOS** late of HOLYOKE, HAMDPEN County.

You are hereby notified pursuant to Mass. R. Civ. P. Rule 72 that the Substituted Third, Substituted Fourth and Substituted Fifth Accounts of The Bank of New York Trust Company, N.A., Trustee of The **JOSHUA BERRIOS** Trust dated January 8, 2002 have

been presented to said Court for allowance.

If you desire to preserve your right to file an objection to said accounts you or your attorney must file a written appearance in said court at Springfield on or before the eleventh day of October, 2011, the return day of this citation. You may upon written request by registered or certified mail to the fiduciary, or to the attorney for the fiduciary, obtain without cost a copy of said accounts. If you desire to object to any item of said accounts, you must, in addition to filing a written appearance as aforesaid, file within thirty days after said return day or within such other time as the Court upon motion may order a written statement of each such item together with the grounds for each objection thereto, a copy to be served upon the fiduciary pursuant to Mass. R. Civ. P. Rule 5.

Witness, Hon. **Anne M. Geoffrion**, First Justice of said Court at Springfield this twelfth day of September, 2011.

Thomas P. Moriarty, Jr.
Register of Probate

9/30/11

LEGAL NOTICE

Notice is HEREBY GIVEN, under Chapter 138 of the General Laws, that

The Holyoke License Board Commission will be holding a hearing on **Thursday, October 13, 2011 at 5:30 P.M.** in the City Hall Council Chambers. The hearing will be for the purpose of acting upon the proposed application for the transfer of a Package Store, Annual License from **Swami Shreeji Corp d/b/a Cantin's Corner to Trak II Convenience, LLC d/b/a Racing Mart Fuels** said License to be exercised at 330 Main St., Holyoke MA 01040 pursuant to Massachusetts General Laws.

Eileen B. Leahy, Chair

9/30/11

LEGAL NOTICE CITY OF HOLYOKE GAS & ELECTRIC DEPARTMENT SWITCHGEAR ASSEMBLIES

Sealed proposals for furnishing Switchgear Assemblies will be

received by the Holyoke Gas & Electric Dept. **until 2:00 p.m., October 25, 2011** at the office of the Manager, 99 Suffolk St., Holyoke, MA 01040, at which time proposals will be publicly opened and read.

Additional information may be obtained from:

Yocelyn F. Delgado
99 Suffolk St.
Holyoke, MA 01040
(413)536-9308

The right is hereby reserved to reject any or all proposals, or to accept any proposal that in the opinion of the Manager may be for the best interest of the City of Holyoke.

Please marked sealed envelopes "Proposal for Switchgear Assemblies" and address them to:

James M. Lavelle, Manager
Holyoke Gas & Electric Dept.
99 Suffolk St.
Holyoke, MA 01040

9/30/11

Commonwealth of Massachusetts The Trial Court Probate and Family Court 50 State Street Springfield, MA 01103 (413)748-7758 Docket No. HD11P1836EA

In the Estate of:

GENEVA RYAN CHRISTENSEN otherwise GENEVA RITA RYAN Late of: Holyoke, MA 01040 Date of Death: 02/14/2011

NOTICE OF PETITION FOR PROBATE OF WILL

To all persons interested in the above captioned estate, a petition has been presented requesting that a document purporting to be a copy of the last will of said decedent be proved and allowed and that **JAMES P RYAN** of Holyoke, MA be appointed executor/trix, named in the will to serve Without Surety.

If you desire to object thereto, you or your attorney must file a written appearance in said court at: Springfield on or before ten o'clock in the morning (10:00 a.m.) on 10/14/2011.

In addition, you must file a written affidavit of objections to the petition, stating specific facts and grounds upon which the objection is based, within (30)

days after the return day (or such other time as the court, on motion with notice to the petitioner, may allow) in accordance with Probate Rule 16.

Witness, Hon. **Anne M. Geoffrion**, First Justice of this Court.

Date: September 19, 2011
Thomas P. Moriarty, Jr.
Register of Probate

9/30/11

Commonwealth of Massachusetts The Trial Court Probate and Family Court 50 State Street Springfield, MA 01103 Docket No. HD11P1865GD

In the matter of: BORIS SAKS Of: HOLYOKE, MA RESPONDENT

Alleged Incapacitated Person CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF GUARDIAN FOR INCAPACITATED PERSON PURSUANT TO

G.L. c. 190B, §5-304

To the named Respondent and all other interested persons, a petition has been filed by **HOLYOKE REHABILITATION CENTER** of Holyoke, MA in the above captioned matter alleging that **BORIS SAKS** is in need of a Guardian and requesting that some suitable person of Holyoke, Ma (or some other suitable person) be appointed as Guardian to serve Without Surety on the bond.

The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 a.m. on the return date of 10/19/2011. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be

taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. **Anne M. Geoffrion**, First Justice of this Court.

Date: September 21, 2011
Thomas P. Moriarty, Jr.
Register of Probate

9/30/11

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All legal notices to be published in "paper name here" should be sent directly to klanier@turley.com. Karen Lanier processes all legals for this newspaper and can answer all of your questions regarding these notices. Please indicate the newspapers and publication date(s) for the notice(s) in the subject line of your email. For questions regarding coverage area, procedures or cost, please call Karen directly at 413-283-8393 x271.

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VOLLEYBALL, from page 20

2011 Volleyball Hall of Fame Class

Lorenzo Bernardi was elected co-FIVB Volleyball Player of the Century in 2001 (along with USA's Karch Kiraly) as a multi-talented hitter, excellent passer and one of the great all-around performers. He played in three Olympic Games (1988, 1992 and 1996), leading Italy to the silver medal at the 1996 Olympic Games in Atlanta. Bernardi also helped Italy to two FIVB World Championships in 1990 and 1994, highlighted by being named Best Player of the 1994 World Championship. He posted 306 CAPS for Italy, winning two European gold medals (1989 and 1995), three FIVB World League titles and the FIVB World Cup (1995). Bernardi was named most valuable player of the 1992 FIVB World League and elected best player of the 1995 European Championship. He played professional club volleyball for many years in Italy winning the prestigious league championship nine times.

Magaly Carvajal, regarded as one of the best blockers of all-time, was a huge part in Cuba's domination for so many years. She led Cuba to gold medals at both the 1992 and 1996 Olympic Games. She also paced Cuba to the gold

medal at the 1994 FIVB World Championship. Carvajal collected three FIVB World Cup gold medals in 1989, 1991 and 1995. Carvajal was named as one of the top three players in the world in 1996. As a naturalized citizen of Spain in 1998, she competed on Spain's national team in 2001 and 2002. In addition, Carvajal became a dominant player in the Spanish professional volleyball league. She helped Spar Tenerife Marichal to the European Champions League title in 2003-04. In September of 2010, she agreed to serve as coach and player for Feel Volley Alcobendas in Spain's Superliga second division.

Hugo Conte competed in three Olympic Games for Argentina, resulting in a sixth-place finish at the 1984 Olympic Games, bronze medal at the 1988 Olympic Games and a fourth-place finish at the 2000 Olympic Games. Conte was an instrumental part of the Argentina team that was in contention for podium finishes in every major international competition for nearly a 16-year period. He helped Santal Parma of the Italian professional league win the 1984 European Champions League. Conte has played professionally in three different countries – Argentina, France and Italy – but predominantly in the Italian league

with Parma (1983-84, 2000-01), Ugento (1984-86), Acqua Pozillo Catane (1987-90), Modena (1990-93), Cuneo (1993-94), Milan (1994-95), Catania (1995-98). Overall, his club playing career spanned 23 years, starting with Ferro Carril Oeste in his native country and ending in 2007 playing and winning a tournament alongside his son Facundo who is now a member of the Argentina Men's National Team.

Rita Crockett was a member of the 1980 and 1984 U.S. Women's Olympic Teams, helping USA to the silver medal at the 1984 Olympic Games. She was one of six players selected to the All-World Team in 1981 as she led the U.S. team to the 1981 FIVB World Cup bronze medal. Crockett assisted the United States to the bronze medal at the 1982 FIVB World Championship in Peru. For 17 years, she played and coached in the United States, Japan, Italy and Switzerland. From 1982 to 1986, she played for the Daiei Team in Kobe, Japan, helping the team to the Japan V-League title and being named MVP in 1986. From 1988 to 1993, Crockett played for Matera and Rome in Italy. In 1990 she was named most valuable player of the Italian League and helped Rome win the European Championship in 1993. Crockett was the first African-American to win a beach volleyball World Championship in 1986 alongside Volleyball Hall of Fame partner Jackie Silva.

Vladimir Grbic led the Yugoslavia men's team to the 2000 Olympic Games gold medal and the bronze medal at the 1996 Olympic Games. In addition to the Olympic Games, his trophy case includes medals from many major international events such as the gold medal at the 2001 European Championship, silver medal at the 1997 European Championship, silver medal at the 1998 FIVB World Championship, silver medal at the 2003 FIVB World League, bronze medals at both the 1995 and 1999 European Championships, bronze medal

at the 2001 FIVB World Grand Champions Cup and bronze medals at the 2002 and 2004 FIVB World League. The Yugoslavia Olympic Committee declared Grbic the best Sportsman of the Year in 1996 and 2000. He also received the Golden Badge in 1999 and 2000 as Yugoslavia's best athlete. Grbic served on the Athletes Commission of the Olympic Committee of Serbia and as President of the Fund of the Olympic Committee of Serbia. Grbic is currently a member of FIVB Development Commission and vice-president of the Volleyball Federation of Serbia.

Dr. Frantisek Stibitz was one of the founding fathers of the FIVB, representing Czechoslovakia at the inaugural FIVB organization meeting in April 1947. He was truly one of the fathers of the FIVB and world volleyball. In 1966 he was named a member of the FIVB Rules of the Game Commission (RGC), which he then headed from 1978 to 1980. Among his many ideas, the FIVB approved his proposal for using paddles for substitutions that is still used today. In 1977, Dr. Stibitz submitted to the FIVB a first draft of a completely new guide that explained in detail all the rules and the terminology to be used while carrying out any volleyball competition. This document was approved during the 1980 Olympic Games. In 1950 Dr. Stibitz started working actively as a member of various commissions in charge of defining both the rules and the terminology for various disciplines, namely basketball, volleyball and judo. In 1998 he was appointed as an honorary member of the Czech Volleyball Federation and simultaneously inducted into its Hall of Fame. He devoted his last years to the establishment of the Czech Volleyball Hall of Fame. In addition to his leadership roles, Dr. Stibitz led the Egyptian volleyball team to two gold medals at the Pan-African and Pan-Arabic Championships in 1965 and 1966, respectively. Dr. Stibitz passed away on March 3, 2008.

Western Mass Football Power Rankings

DIVISION 1

SCHOOL	RECORD	POINTS	AVERAGE
Minnechaug	3-0	34	11.33
Westfield	2-0	22	11
West Springfield	2-1	22	7.33
Chicopee	2-1	20	6.67
Longmeadow	2-1	20	6.67
Northampton	2-1	18	6
Central	1-2	10	3.33
Holyoke	1-2	10	3.33
Agawam	0-3	0	0
Chicopee Comp	0-3	0	0

DIVISION 3

Drury	3-0	34	11.33
Belchertown	3-0	32	10.67
Mt. Greylock	3-0	32	10.67
Greenfield	1-1	10	5
Lee	1-1	10	5
Frontier	1-1	10	5
St. Joe's	1-1	10	5
Cathedral	1-2	12	4
Mahar	1-2	10	3.33
Athol	0-3	0	0
Monument	0-3	0	0

DIVISION 4

Turners Falls	3-0	38	12.67
McCann Tech	3-0	36	12
Mohawk	2-1	22	7.33
Pathfinder	2-1	22	7.33
Pioneer Valley	2-1	22	7.33
Palmer	2-1	20	6.77
Franklin Tech	1-2	10	3.33
Dean Tech	0-2	0	0
Easthampton	0-3	0	0
Ware	0-3	0	0



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The Beane Pot

by Carl Beane

Plenty of blame to go around for Sox

Hello ladies and gentlemen boys and girls and welcome to the Beanepot. This week's effort is written in anger, disgust and admiration. This is a strange mixture to be sure but read on and you'll understand it all.



is over and call it what it is which unless they win it all, a total failure they need to identify what's wrong and fix it, now.

The Boston Red Sox are about to complete one of the most total meltdowns in baseball history. This team with its \$170 million payroll has embarrassed the owners, the manager, the general manager, the fans, and themselves with this less than acceptable month. The last three weeks when it was needed the most this team spit the bit. When they hit they didn't pitch, and vice versa. There will be casualties to be sure, but one of them cannot and should not be the manager. This is not to say Terry Francona should be blameless in this mess, but he is not the problem. Anyone who is the skipper cannot force these pitchers to only be able go six innings after throwing 100 pitches, to fix a bullpen that is sinking like the Bismarck, that guys like John Lackey and Carl Crawford have had horrible seasons. Some guys have been ok, David Ortiz, Dustin Pedroia, Gonzo, and the best of the lot, Jacoby Ellsbury, who will get many votes for MVP. As soon as this miserable season

slow, and in disarray. We, including this typist, were completely incorrect. Give New York credit, whatever their issues were or are, once on the field it was all business, they didn't yap about it, they just go out and do it. A lesson should be learned here.

Why is it that year after year, the Yankees field a competitive team? They fixed their bullpen, the old guys found a way to get it done even though they might have had average seasons? There must be something to this Yankee mystique, whatever it is, it must be admired. And I congratulate them for once again putting themselves in a position to win it all. The Boston Red Sox need to learn how to get the most out of their players AND keep them healthy. The Red Sox have a lot of great players, but they need to become a team, again. Amen.

Please contact me at my website www.carlbeane.com or email me at cbeane@carlbeane.com.

THE WEEK AHEAD

Friday, Sept. 30

Football

Cathedral at Agawam 7 p.m.
 Monty Tech at Dean Tech 7 p.m.
 Holyoke at Amherst 7 p.m.

Golf

Boys Soccer

Holyoke Catholic at Mohawk 3:30 p.m.

Girls Soccer

Central at Holyoke 4 p.m.
 Athol at Holyoke Catholic 4 p.m.
 Girls Volleyball
 Holyoke at Longmeadow 7 p.m.

Saturday, Oct. 1

No games scheduled.

Sunday, Oct. 2

No games scheduled.

Monday, Oct. 3

Field Hockey

West Springfield at Holyoke 7 p.m.

Golf

Chicopee Comp and Holyoke at
 Chicopee 3 p.m.

Boys Soccer

Holyoke Catholic at Putnam 4 p.m.

Girls Soccer

Holyoke at Sabis 4:15 p.m.
 Holyoke Catholic at Turners Falls 3:30 p.m.

Tuesday, Oct. 4

Boys Cross Country

Northampton at Holyoke Catholic 4 p.m.

Co-ed Cross Country

St. Mary's and Sci-Tech at Holyoke 4 p.m.

Field Hockey

Agawam at Holyoke 7 p.m.

Girls Soccer

Holyoke at Chicopee Comp 7 p.m.
 Holyoke Catholic at Mahar 3:30 p.m.

Girls Volleyball

Dean Tech at Sci-Tech 4 p.m.
 Amherst at Holyoke 6 p.m.

Wednesday, Oct. 5

Boys Soccer

West Springfield at Holyoke 7 p.m.
 Holyoke Catholic at Mahar 3:30 p.m.

Girls Volleyball

Ludlow at Dean Tech 5 p.m.

Thursday, Oct. 6

Field Hockey

Holyoke at Pioneer Valley Regional 4:15 p.m.

Golf

Holyoke at Westfield 3 p.m.

Girls Soccer

Monson at Holyoke 7 p.m.

Girls Volleyball

Holyoke at Agawam 6 p.m.

For up to date schedule change and postponements, go to facebook.com/pages/Turley-Sports.

KNIGHTS, from page 20

Costello attempted a running play of his own and was stuffed before he could break the plane of the end zone, ending the game in disappointment for the home team.

Connor Laraway's interception helped charge a Westfield offense in the second quarter after the Bombers had scored two touchdowns to take the lead. Laraway caught an attempted pass by Costello and ran 75 yards for the touchdown.

The Purple Knights would respond in the fourth quarter with two touchdowns, both from Costello on quarterback keeper plays. Holyoke would then give the ball back to Westfield with 4:39 left in the game, more than enough time to score, but the Bombers blew a chance to grab a late lead and make Holyoke try to beat the clock in a two-minute drill.

Holyoke also got a touchdown from Mark Girard, who made a five-yard run to give Holyoke the lead in the first quarter. Austin Keeler kicked two extra points for Holyoke in the game.

On offense, Costello went 0-for-4 in pass attempts when he was brought into the game for Justin White. Costello did more with the running game, going 44 yards on eight carries, but scored two key touchdowns.

Girard ran for 90 yards to lead the team. Joey German made one reception on a White pass for 20 yards to lead the team's receivers.

Holyoke is 1-2 on the season and will play Friday at Amherst at 7 p.m. Amherst is 0-2 this season.

Gregory A. Scibelli is a sports correspondent for Turley Publications. He can be reached at gscibelli@turley.com.

Panthers shut down by Northampton

By Nate Rosenthal

Turley Publications Sports Correspondent

FOOTBALL

CHICOPEE - Cathedral, partnering with Holyoke Catholic and Sci-Tech, lost a 20-0 decision to Northampton. It was a defensive battle for a half, 6-0 in favor of the a Blue Devils, but a pair of third quarter touchdowns broke this one open and dropped the Panthers to 1-2 on the season

SOCCER

The Holyoke Catholic girls got their week off on the wrong foot with a 6-1 loss to Gateway, where the Rams got five of those goals before the break. They got a second half goal from Jillian Pirog, but were not able to make a dent in the Gateway lead.

They recovered nicely with wins in their next two games — a 3-1 win over St. Mary's and an 8-0 shel-

lacking of Commerce. Two first half goals were all they needed in the St. Mary's win — Danielle Easton, Maddi Aponte and Gillian Cassidy-Payson had the scores for the Lady Gaels.

CROSS COUNTRY

Both Holyoke Catholic teams continued their excellence with double wins over Turners Falls and Mohawk. The boys beat both teams with scores of 19-42. Sam Powell, Adam Sutton and Tyler Cox finished one, two, three overall.

The girls were a bit closer with Mohawk, winning 24-32, but well ahead of Turners at 15-50. Staci Rezendes was the top finisher, while Audrey Boraski took second.

Nate Rosenthal is a sports correspondent for Turley Publications. He can be reached at dforbes@turley.com.



Turley publications photo by David Henry sweetdogphotos.com
Holyoke's Taylor Choquette (9) looks to play the ball with her right leg.



Turley Publications photo by David Henry sweetdogphotos.com
Holyoke's Rachel Brochu steps into a free kick with her right foot.

SOCCER, from page 20

Holyoke would score the lone goal in the game when O'Neill took a high free kick headed toward the right post and redirected it into the net. The redirected shot fooled South Hadley goalkeeper Abby Kusek (six saves) to give the Purple Knights a rare lead.

The Holyoke defense played very well in the game and was nearly matched by good defensive play by the Tigers to keep the game close.

The Purple Knights also played two others game during the past week, losing a tough 1-0 defeat against Palmer and tying West Springfield 1-1.

Against West Springfield last Wednesday afternoon,

the teams each scored second half goals to remain even. Walker made 13 saves in the game and the Purple Knights goal was scored by Megan Scanlon.

The Purple Knights were shutout by Palmer, 1-0, on a second half goal by Madison Martriani. Walker made seven saves. The Holyoke offense did threaten to score on several occasions and made Palmer keeper Devyn Bryar work hard for the win. She made 15 saves in the game.

Holyoke will try to get back on the winning track when they play next at Sabis Monday at 4:15 p.m. They also hosted Central yesterday afternoon.

Gregory A. Scibelli is a sports correspondent for Turley Publications. He can be reached at gscibelli@turley.com.

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TEAM HOLYOKE

ALL ABOUT HOLYOKE SPORTS

The deadline for submissions for this sports section is the Tuesday before publication by 12 p.m. To send in information, contact Sports Editor Dave Forbes at 413-283-8393 ext. 237, send an e-mail to dforbes@turley.com or send it through the mail to : Turley Publications c/o Sports Editor Dave Forbes, 24 Water St., Palmer, MA 01069.

Lady Knights turn back South Hadley



Holyoke goalkeeper Nyomi Walker makes a full extension save on a penalty kick in the first half.

By Gregory A. Scibelli
Turley Publications Sports Correspondent

HOLYOKE – The Holyoke girls soccer team picked up a much-needed victory Saturday afternoon during a tripleheader of games as they shutout South Hadley, 1-0, at the Roberts Sports Complex.

Though Kristina O'Neill's first half goal was the difference maker in the game, the credit must also go to Holyoke goalkeeper Nyomi Walker, who stopped a late first half penalty shot to keep the game 1-0.

With South Hadley pressuring near the Holyoke goal, a defender plowed into a South Hadley forward leading to the penalty kick for Abby Foster.

Foster made a hard kick toward the upper right of the goal, but Walker made a full extension and blocked the ball. The ball was tipped to the side and vulnerable. During in-game penalty kicks, once the goalie has touched the ball, it is in play. Walker was able to scramble out to pounce on the ball and keep the game at 1-0.

The Tigers would pressure throughout the second half, but would not manage to get another major threat on Walker, who despite the Purple Knights 1-5-1 record, has had an excellent season. Walker made seven saves total in the game, most of them coming during the first half.



Turley Publications photo by David Henry weetdogphotos.com

Holyoke's Kristina O'Neil (8) chips the ball forward with her left foot.

See **SOC CER** page 19

Knights drop tough one in OT

By Gregory A. Scibelli
Turley Publications Sports Correspondent

HOLYOKE – The Holyoke football team lost a thriller in the rain as they lost to Westfield, 28-20, in overtime thanks to a late Bombers rally in the game held at the Roberts Sports Complex.

The game had an interesting dynamic to it as Westfield scored all 20 of their regulation points during the second quarter of the game, scoring three touchdowns, one off an interception.

Three scores allowed Westfield to take a 20-7 lead to halftime. But the Purple Knights would rally back, silencing Westfield in the second half only for the Bombers to come alive in overtime.

The Bombers took the ball in overtime, and eventually, Anthony Nomakeo would make a 4-yard run into the end zone to pick up the win. Westfield also notched a two-point conversion to make things difficult for Holyoke to counter, but the Purple Knights did make a spirited drive downfield in order to make things interesting.

Holyoke put together a series of runs led by Justin White, but in the end, quarterback Connor

See **KNIGHTS**, page 19

Volleyball Hall of Fame announces Class of 2011 inductees

HOLYOKE – The Volleyball Hall of Fame recently announced the names of six volleyball greats who will be inducted as the Class of 2011 into its hallowed halls on Oct. 28 in Holyoke, the sport's birthplace.

The newest induction class consists of women's indoor players Magaly Carvajal of Cuba and Rita Crockett of the United States, men's indoor players Lorenzo Bernardi of Italy, Hugo Conte of Argentina and Vladimir Grbic of Serbia, and volleyball leader Dr. Frantisek Stibitz of the Czech Republic, who has passed away.

The induction class is elected via a vote of current Volleyball Hall of Fame inductees. A total of 20 different countries are represented in the Volleyball Hall of Fame with at least one inductee. All told, 106 individuals will have been inducted into the Volleyball Hall of Fame after this year's enshrinement ceremony.

"The six inductees for the 2011 Volleyball Hall of Fame are remark-

able individuals who have brought distinction to the sport either as a player or leader, and in some instances, in both areas," said Doug Beal, co-chair of the Volleyball Hall of Fame Selection Committee. "This induction class honors the legends of the game through both diversity of gender and country representation. Vladimir Grbic and Hugo Conte enter the Volleyball Hall of Fame as the first representatives from their respective countries, and this continues the Hall's mission to showcase the international spectrum being memorialized forever within its walls. Volleyball is truly a global sport, not only with its six countries representing the 2011 inductees, but the almost 220-plus national federations associated with the FIVB making our international federation the largest sports body in the world."

The Volleyball Hall of Fame induction activities continue to grow in celebrating the accomplishments of the top volleyball players

and leaders from around the world. FIVB President Jizhong Wei attended last year's Volleyball Hall of Fame induction ceremony, which was video streamed for the first time to a worldwide audience. The Hall, incorporated in 1978, continues to create a more representative institution with inductees of both genders and disciplines – indoor volleyball and beach volleyball – coming from a wide range of countries.

The Class of 2011 will become inductees 101 to 106 in the Volleyball Hall of Fame. The induction festivities include a VIP reception on Thursday, Oct. 27, at Wistariahurst Museum, followed by a free public "Meet and Greet" on Friday, Oct. 28, with the formal enshrinement dinner and ceremony taking place the evening of Oct. 28.

Tickets to the dinner can be ordered online at the Hall's website (www.VolleyHall.org) or by calling the Hall directly at 413-536-0926.

See **VOLLEYBALL**, page 18