

Agawam Catalyst
May 2012
Agawam's On-Line Hometown
News

Kathy Shepard, Editor
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<http://www.tinyurl.com/agawamcatavst>



Coffee House Benefit May 18th at Senior Center to Present Variety of Talent

On May 18th, 2012, Coffee House for Cool Cats will be held at Agawam Senior Center. The show begins at 6:30 pm and benefits Agawam Friends of Homeless Cats, a small group who bring water and food to abandoned, lost or feral cats while sometimes working with other rescue groups for spay/neuter/release or adoption. Coffee House for Cool Cats will include performances by Jerry Marchand, a Celtic harp player, songs by the trio What's the Buzz, and a rendition of "The Cat Came Back" by local musician Al Rosati. Verne McArthur will perform and engage the audience in a sing-along, a few standards will be performed by Joan Linnihan and Kate Shepard, and several songs will be donated by Jack Yourous, known as "Jack and His Guitar". A highlight of the program will be a brief history of the bugle by Darcy B. Davis, Jr., who was recently elected to the Buglers Hall of Fame. The program promises to offer a medley of musical delights. Plenty of coffee and decaffeinated will be available, with some refreshments. There will be a place to donate bags of dry cat food the night of the show, or bags of dry cat food can be left on the back steps at 184 Poplar Street, Feeding Hills anytime. Suggested ticket price is \$10. For ticket information call Agawam Friends of Homeless Cats at 413-786-3672 or Joan Linnehan at Agawam Senior Center, 413-821-0604, ext 1. Also contact by email at kshep873091@verizon.net. Tickets can be purchased in advance or will be available at the door.



SAVE THE DATE FOR KAYAK DEMO DAY – Hampton Ponds State Park, May 19

WESTFIELD, Mass. Have you been thinking about buying a kayak or maybe you're just curious to see what it's like to paddle one of these sleek craft? The Westfield River Watershed Association's Kayak Demo Day, happening Saturday, May 19, 2012, is a great chance for people to try out dozens of different kayaks on the water at Hampton Ponds State Park, 1022 North Road (Route 202) in Westfield. There will be demonstrations and instruction repeated throughout the day. (Rain date is Sunday, May 20.) There will be a raffle of great prizes including a Pelican Sound 120 kayak (MSRP:\$649) and paddling gear such as an Aquabound Eagle Ray kayak paddle (\$140); Stohlquist Trekker personal flotation device (\$100); Thule Hull-a-port car-top kayak rack (\$180) and a Legacy cooler bag (\$129). Raffle tickets are just \$5.00 each or six for \$20 and are available in advance at Wilderness Experiences Unlimited & Westfield Water Sports (www.weu.com), located in Southwick, Mass. All proceed benefit the Westfield River Watershed Association. At Demo Day, instructors will make sure participants are outfitted safely, help them into a boat and show them some basic paddling techniques and tips for getting back in the boat if it happens to flip. Experienced paddlers will demonstrate the Eskimo roll and whitewater freestyle tricks for observers on shore. For more information, visit www.westfieldriver.org or email westfieldriver1764@gmail.com. Contact Lynn Bannon, 413-454-5264 lynnbannon@verizon.net



Join us for a night at the races and celebrate the 138th running of the Kentucky Derby in style.

**Saturday, May 5th
4 pm
Hofbräuhaus
1105 Main Street - West Springfield, MA**

Enjoy all of the excitement of Churchill Downs: the dress, the hats, the food, "investing" in the horse of your choice, cash bar and dancing to the music of *The Bobby Darling Show!*

You can also look forward to the other "horse races" for sports memorabilia, weekend getaways, event tickets, movie passes and much more!

Tickets are \$50 each


For tickets and info call:
Hofbrauhaus: (413) 737-4905
Salvation Army on Pearl Street: (413) 733-1518

Net proceeds to benefit the Salvation Army Springfield Citadel family and youth literacy programs.



Strong families ~ Strong communities.

Media Contact: Denise Sinico Phone: (413) 568-6964
Giant Spring Tag Sale Westfield, MA – The Westfield Homeless Cat Project (WHCP) will hold a tag sale at 1124 East Mountain Rd, Westfield, MA from **Thursday, May 3rd through Saturday, May 5** from 9:00 AM to 5:00 PM. Items ranging from toys to tools and everything in between will be on sale at this bargain shopper's bonanza. All proceeds will benefit homeless cats and kittens that have been abandoned, abused and neglected. WHCP needs more donated items to make this event a success, so clean out that cellar today. Bring items to: 1124 East Mountain Road in Westfield any time. Email denisesinico@hotmail.com. Our hungry cats would appreciate donations of canned cat food, too!



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Town of Agawam- Agawam Public Access Provides New and Improved Television Channels

The Town of Agawam and the Agawam Public Schools in conjunction with Comcast and the Agawam Cable Television Commission are pleased to unveil the redesigned Agawam Public Access Television Channels. Our goal with the redesign is to offer two channels devoted to the needs of the community. The municipal channel will remain channel 15 and provides information and content that is relevant to the entire community. The Agawam Public Schools will now have its own channel, channel 12. This channel provides programming which highlights the activities of the Agawam School District as well as provides content devoted to the education of our community. Both channels have been upgraded to a new look which will go live on Thursday, May 3, 2012. The Town of Agawam and Agawam Public Schools are excited to expand the programming of both channels. Your input is vital as we work to provide rich content targeting each channel's audience with bulletins, shows and movies. The new video production studio at the High School, also developed during this expansion, allows us to develop custom programming including live broadcasts of Town and School events. Students will be able to participate in the process of program development as part of their curriculum instruction. Agawam also welcomes the involvement of the public. This is your station after all! We welcome any feedback that you have regarding these new cable channels. For channel 15, you can email feedback to channel15@agawam.ma.us or call 726-2833. For channel 12, you can email channel12@agawampublicschools.org or call 726-1640. The channel schedule will be a work in progress. We appreciate your patience as we step through the process of expanding our channel content using this new and exciting platform.

Contact: Michelle Abdow - Phone: 413-787-1133

Springfield Salvation Army to Host Kentucky Derby Fundraiser Horsing Around for a Good Cause

Springfield, MA- Excitement is running high in anticipation of the Springfield Salvation Army's 2012 fundraising Derby Party, to be held on Saturday, May 5th at the Hofbräuhaus in West Springfield starting at 4 PM. Guests will celebrate in true Churchill Downs style, with Derby-themed dress, hats, food, and sports memorabilia, and will have a chance to "invest" in the horse of their choice prior to the 138th running of the famous race. The race itself will be broadcast live at the event and prizes will be awarded, among them weekend getaways, event tickets, movie passes, and much more. One lucky guest will walk away a winner of the "Best Hat Contest." The evening will also include a silent and live auction. Dance to the music of the Bobby Darling Show. All net proceeds from the event will benefit the Springfield Salvation Army Citadel family and youth literacy programs. Tickets for the event are \$50 per person. To reserve a ticket call Hofbrauhaus at (413) 737-4905 or the Pearl Street Salvation Army at (413) 733-1518. For more information go to www.springfieldderbyparty.com.



4814 or
r.kadis@comcast.net

For more Information: Bob Kadis, 413-789-

Handler and Levesque - A musical trip around the world

Trio to present international music for guitar, mandolin, and bass

(Agawam, Mass.) The Agawam Cultural Council's popular Applause Series will conclude with a concert by Handler & Levesque on Friday May 11, 2012 at 7:30 PM at the Agawam Public Library. Husband and wife Judy Handler and Mark Levesque will be joined by Genevieve Rose for an energetic and entertaining program of music from around the world for guitar, mandolin, and bass. This special mix of music blends Latin, gypsy, jazz, Brazilian, classical and folk music influences. The program will include music from Spain, Italy, Ireland, Brazil, Latin America, the U.S., Eastern Europe, Cape Verde, Cameroon, Taiwan, Russia and more! Handler & Levesque have performed over 1,000 concerts throughout New England and the Midwest at arts centers, festivals, museums, universities and libraries and have developed an enthusiastic following. They are on the roster of Cantaloupe Music Productions in Manhattan, New England Foundation for the Arts, the Connecticut Commission on Culture and the Connecticut Library Consortium. Their CDs Passion, Acoustic Blend & Two Guitars Live! have received critical acclaim and have been sold in dozens of countries throughout the world. Passion was used by the Greater Hartford Arts Council as a gift to over 1,000 donors to their 2009 United Arts Campaign. Handler & Levesque have also been featured on numerous compilation CDs with other artists and many radio & cable T.V. programs. The Agawam Public Library is located at 750 Cooper Street in Agawam, Massachusetts and can be reached by phone at (413) 789-1550. This event is free and open to the public. Additional information on each of the Applause Series events is available at the Agawam Cultural Council web site, www.agawamcc.org. The Agawam Cultural Council is an all-volunteer local partner of the Massachusetts Cultural Council, a state agency, and is funded, in part, by the MCC. The ACC is charged with bringing engaging, entertaining, and educational events and opportunities in the arts, humanities, and sciences, to children and adults from Agawam and the surrounding communities. Phone: [413-789-4814](tel:413-789-4814) -Email: r.kadis@comcast.net ACC web site: www.agawamcc.org



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"Let Freedom Sing"
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Memorial Day featuring
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Sunday, May 27th
 3:00 p.m.
 Agawam Congregational Church
 745 Main Street, Agawam

Tickets: Adults \$10.00
 Children under 6 \$5.00
 (Tickets on sale on April 1st)
 Stop by the church office 8 a.m.—12 noon M-F

Sponsored by the Music Committee to benefit
turnace project.

PASTA & MEATBALL DINNER
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 FRIENDS of the AGAWAM SENIOR CENTER

WEDNESDAY, MAY 9, 2012
 SERVING 4:30-6PM
 Agawam Senior Center
 954 Main Street





OPEN TO THE PUBLIC
 DONATION : \$6 Adults
 \$3 Children 10 and under

ADVANCE TICKET SALES BY
MONDAY, MAY 7, 2012
 CONTACT
 Senior Center AT 821-0605

BAKE SALE WILL BE HELD
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*Former Selectman, Board of Health Chairman
and Town Attorney for the Town of Southwick, MA*

Legal Memo by Attorney Alan L. Ferrigno
36 Years Professional Experience

Retired Couple's Car Hit Head-On

The Plaintiffs, a husband and wife, were traveling north on a major route when they were hit head-on by the Defendant's vehicle. An investigation into the accident revealed that the defendant was completely within the Plaintiff's lane. The Defendant alleged that there was black ice on the roadway. The Plaintiff's were pinned inside their vehicle and required the Jaws of Life to be extricated. The husband suffered a fractured knee and arm, which required an open reduction with internal fixation, resulting in malunion. The wife fractured a dozen ribs and sustained a comminuted grade III-A open patella fracture with open reduction and internal fixation, which required a subsequent hardware removal. The Plaintiff's combined medical bills were approximately \$115,000.00. As they were retired, there was no claim for lost wages. The wife's residual disability was cut short by her involvement in a bicycle accident seven months after the car crash. The settlement included a payment of \$18,000.00 from the defendant driver and \$400,000.00 from insurers.

Plaintiff's settlement: \$418,000.00



left to right, Senator Scott Brown, Councilor George Bitzas, Vassos Bitzas, Philip Bitzas, Chris Bitzas, Cosmos Bitzas, Bobby Williams, Mayor Richard Cohen and Susan Longtin.

Senator Scott Brown was a guest at the home of George and Peggy Bitzas recently. Brown is one of the lead sponsors of a bipartisan postal reform bill. On his website, Brown states, "With this substitute, a bipartisan group of Senators has put forward a comprehensive reform plan that preserves the solvency of the U. S. Postal Service and ensures its long term survival. Brown also mentioned his Crowd funding Legislation, signed into law by President Obama as part of the JOBS Act. Mayor Richard Cohen asked about COLA, which could result in cuts to Social Security which would especially affect the senior population. No clear answer was given.

**Support Needed for Robinson Park School 5k Techno
Trot and 2-mile Family Fun Walk May 20th**

We are asking the community to register runners and walkers for our fantastic fundraiser. There's still time to sign up to run the 5k or to walk the 2 mile family fun walk. I am a proud member of an amazing parent committee at Robinson Park School, and we are organizing our first annual fundraiser to raise money for technology in our classrooms. Our goal is to put an Epson BrightLink in every classroom within the school. We are hopeful that by utilizing this engaging learning system and its interactive technology, our children will become more motivated to learn and will feel empowered to play an active role in their learning. **Participants can be seasoned runners, beginners, students and walkers.** At the conclusion of the race, more than a dozen fantastic items will be raffled off including 2 Red Sox vs. Yankees tickets; a Madeira Beach, FL condo escape; a full-size, pre-assembled Charbroil gas grill with LP tank and complementary first fill-up; Authentic Paul Pierce Autographed Basketball donated by the Boston Celtics; a Venetian gondola ride for 4 by Gondola di Venezia in Boston; a one-night stay at the Green Turtle Floating B&B, located in the historic Charlestown Navy Yard; and many more! Raffle tickets available at the event. The event committee was formed only a few months ago and is made up of highly dedicated and enthusiastic parents who were challenged to organize a fresh and exciting fundraising event. We are incredibly appreciative of the support we have received from the community, town service departments, local organizations and businesses.

"We are on our way to reaching our goal, but we still need a lot of help," said committee member Marie Ball. Contact mball@massmutual.com

EVENT INFORMATION: Sunday, May 20th at Robinson Park School on Begley Street. Rain or Shine -Check-In: 12:00pm Start Time: 1:00pm Runners and Walkers can pre-register by returning a completed registration form, completing an online registration form or by signing up at the school on race day. To register for our great fundraiser or to learn more about our event, you can visit our website: www.rpstechnotrot.com

Thank you for your Support!!!



Fun Freebies



By Nova Bonzek

iChange

As a new customer to a friend selling Herbalife healthy products, I was recommended this site to keep track of my nutrition, weight and measurements. It's one sure way to know if the product is working, if I'm getting all the nutrients, vitamins, proteins and so on, in my diet. But even if I wasn't an Herbalife customer, iChange is completely free. It has all kinds of ways of tracking your diet, and it's fun! There's a journal for talking about whatever you want, keeping you in touch and motivated. There are charts and graphs which become more detailed the more often you input your weight and measurements. It will show you pie charts of your carbohydrates, fats and proteins for the day, and let you know if you go over your caloric intake for the day. Many meals, or portions of meals are already in the database. And I don't mean special or diet meals, they have just about any food or beverage you could think of. If it's not there, you're able to input the product, as long as you include a few nutritional details from the label. It's simple and inspiring! Another highlight of iChange, is the ability to input how long you slept, how much (or how little) stress you had that day, and you can rate how well (or poorly) you handled that stress. You can also track mood, energy levels and how much willpower you were able to exercise that day. There's a list of different type of activities you can use to track how many calories you burned - even housework and gardening are listed, in addition to any yoga, dancing or other exercise and sports routines. Any food items you add to the database can also be added to your own personal "pantry" which is a simple way of finding the foods and beverages you consistently use, rather than having to sift through search results or add them all over again. You can also upload photos of yourself to further show your progress as you lose weight or become healthier! There are also privacy settings for all of the information about yourself that you input. You may let just your friends on iChange see your progress, or show the public, or if you prefer - keep it to yourself. You also have a profile for personal use, or public - whichever you choose, containing any, some or all the information you input about your health and weight. Also, there's a goal weight section to keep you further motivated. Overall iChange is just one of those sites you just want to keep going back to. There are even comments and "likes" similar to Facebook and it also connects with Facebook (so you can share your success!) iChange also rewards you with badges, based on progress or how often you use different parts of the site, plus any other positive changes you've made. One option that's super fun - the ability to give "motivation" to your friends. Overall it's a very fun and interesting - not to mention user-friendly - way of keeping track of, maintaining your weight or just a healthy diet and routine. Give it a try today: www.ichange.com and if you're interested in what Herbalife has to offer in the way of healthy products, please contact me at sapphireseseraphim@yahoo.com and I will get in touch with my friend and distributor.



The Agawam Cultural Council is sponsoring a "Plan Your Own Day" Bus Trip to New York City on **Saturday, May 5, 2012**. There are many possible activities such as museums, plays and other cultural events that are available to those going on the trip. A leader on each bus will be available to help with information and suggestions. The bus will make five stops in the City, along Fifth Avenue. The stops are the Metropolitan Museum, Rockefeller Center, the Times Square Show Ticket Booth, 34th Street, and the South Street Seaport. Riders may elect to get off at any of the stops. Buses will depart from the Roberta G. Doering School (formerly known as the Agawam Middle School), 68 Main Street, Agawam, Mass. parking lot in the rear of the building at 6:25 AM. The price is \$35 per person. This is a very popular trip, so reservations should be made as early as possible. The return trip will leave New York City at 6:30 PM and be back in Agawam between 9:30 and 10:00 PM. Jane Eitel and Walter Mantani are the Bus Trip Coordinators. If you have questions, call them at 413-789-1201. Please send self-addressed, stamped envelope with check made out to Agawam Cultural Council to: Agawam Cultural Council, 153 Anthony Street, Agawam, MA 01001

The Agawam Garden Club will hold its annual plant sale in the parking lot of Sacred Heart Church, 1103 Springfield Street, Feeding Hills, on Saturday, May 12th from 9:00 am to noon. Sale will take place rain or shine. There will be hundreds of perennials and some annual plants available, with prices from \$2.00 to \$4.00 in accordance with size and rarity. Proceeds will benefit the Agawam Garden Club scholarship fund.

Cinema Clips

By Peter Boadry

21 Jump Street---Schmidt and Jenko join the secret under cover unit of the police and use their youthful appearance to go undercover at the local high school. They must risk their lives to investigate a violent and dangerous Drug ring. 3 Stars Good*** (Funny in parts)

American Reunion---The American Pie characters return to East Great Falls for their 10 yr high school Reunion. In one long over-due weekend, they discover what has changed, who hasn't changed and that time and distance can't break the bonds of friendship. 4 Stars Very Good**** (If you loved American Pie so far this one doesn't disappoint)

Chimpanzee---The jungle is a playground for little Oscar and his fellow young chimps. But when Oscar's family is confronted by a rival gang of Chimps, he is left to fend for himself until a surprising ally steps in and changes his life forever. 3 Stars Good*** (4th Earth day movie)

Lucky one---A Marine returns home from Iraq with a photograph he found of a woman he doesn't know. He finds her and ends up taking a job at the kennel run by her family. Despite her initial mistrust and complications in her life, a romance develops between them. 4 Stars**** Very Good (compared to the Vow And the Notebook)

October Baby---19-year-old Hannah finds out she's adopted and is a survivor of an attempted abortion. She goes on a road trip to find her birth mother and discovers how powerful forgiveness is. 3 Stars Good ***

Three Stooges---Left on a Nun's doorstep, Larry, Curly, and Moe grow up finger-poking, nyuk, nyuking, and woo-woo-wooing their way through uncharted levels of knucklehead misadventures. Out to save their childhood home, only the three stooges could become embroiled in a murder plot...While also stumbling on a successful reality TV show. 4 Stars Very Good****

Titanic 3 D---An epic, action-packed romance set against the ill-fated maiden voyage of the R.M.S Titanic, She was the most luxurious liner of her era, which ultimately carried 1,500 people to their deaths in the ice cold water of the North Atlantic. 5 Stars Excellent ***** (3D adds more to the 1997 saga) (Must see in 3D!)



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MARY ANN MARZANO



**Hampden County
Chiropractic
Dr. Tami Nelson**

Dr. Nelson's Spring Column

MOVING AND FUNCTIONING PROPERLY TO
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- YOU LACK ENERGY
- YOUR SHOULDERS ARE AT THE LEVEL OF THE EARS
- THE SHOWER IS YOUR BEST FRIEND
- IT TAKES A LITTLE WHILE IN THE MORNING TO GET EVERYTHING MOVING
- YOU NEED TO TURN YOUR WHOLE BODY IN ORDER TO SEE BEHIND YOU
- WHEN YOU TURN YOUR HEAD A SHARP PAIN ZINGS DOWN YOUR BODY
- KNOTS HAVE REPLACED THE MUSCLES IN YOUR BODY
- THE THOUGHT OF GOING FOR A WALK SOUNDS LIKE RUNNING A MARATHON
- YOU WAKE UP VERY "UNREFRESHED"
- YOU CAN'T SLEEP AT NIGHT
- PUTTING ON A PAIR OF SOCKS IS A MAJOR YOGA MOVE
- IT FEELS LIKE A CELLPHONE IS GOING OFF IN YOUR BACK POCKET, EVEN THOUGH THERE'S NO PHONE THERE
- YOU JUST DON'T FEEL "RIGHT"



**My Office is located at:
546 Springfield Street
Feeding Hills, MA 01030
Phone# 413-786-4820**

IF YOU EXPERIENCE ANY OF THESE, IT MAY BE TIME FOR A CHIROPRACTIC "TUNE-UP". CALL OUR OFFICE TODAY FOR YOUR SPRING ADJUSTMENT! HERE'S TO A HAPPY AND HEALTHY SPRING!



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Parthena

The Agawam Community Artists and Artisans next meeting is Wednesday, May 9 at 6:30pm in the Agawam Public Library, 750 Cooper Street, Agawam, Mass. Guests are welcome. **MAY 9TH MEETING** features Geoffrey Houghton. See him create a Wistful World! Geoff Houghton will be demonstrating his melancholy character illustrations. His artwork includes elements of steampunk, pop surrealism and manga influences. The demo will consist of colorful watercolors, gouache and markers to portray a unique path of time, fashion and technology. He will show stages of how he creates his characters from the background, skin tones/techniques, and marker outlining. Check out his website www.WistfulWorld.com to see all his creations! Thank you. Bob Kadis *Email Correspondence & Membership*



