



# The REGISTER

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## Hubbard Library turns 'Frozen' in dress up and sing along

By Amanda Munson  
Staff Writer  
amunson@turley.com

LUDLOW – In the morning of Saturday, Feb. 21, the Hubbard Memorial Library Youth Room hosted a movie sing-along and dress up event that invited children, parents/guardians, and friends to step out of the cold and kick-off the weekend with some fun. Youth Services Assistant Librarian Kristin Santos was in charge of the movie screening and was ready with the karaoke machine when the songs were played in the movie.

Santos held the microphone for brave singers to perform in front of the crowd, and the dance floor was open to the young patrons who wanted to dance and twirl in their dresses. Parents were accompanying their children, equipped with snacks and drinks, with also cameras ready to take the perfect shot of their loved one.

Speaking further with Santos about the Youth Room, the annual egg coloring contest will be happening Mar. 9 to 23 for the 'Eggstravaganza' held on Apr. 4 at 10 a.m. The drop-



Singing her heart out, this young patron was happy to sing 'Let it go' from Disney's Frozen.

Turley photos by Amanda Munson

in activity can be completed anytime through those dates, completed at the library or at home, and the best ones picked will be

used in the Easter event.

The process is simple, children can visit the Youth Room and draw anything they would like on the egg-

shaped paper and return it before Mar. 23, Santos will then laminate them and at-

Please see **FROZEN**, Page 5

## Superintendent Tiano talks School Choice program in LPS

By Amanda Munson  
Staff Writer  
amunson@turley.com

LUDLOW – In the Feb. 24 School Committee meeting, Superintendent Dr. Frank Tiano shared an update on the School Choice program, which allows students from other communities to participate in Ludlow Public Schools.

In the state of Massachusetts, it allows parents to send their child(ren) to schools in communities other than the city or town in which they reside, allowing enrollment not in the child's home district. Participating districts, like LPS, use this program to fill empty seats and not create any new classrooms.

Tuition is paid by the sending district and students enrolled within School Choice have the same rights as resident students, with an important note that even if the district does not participate in School Choice, students can still opt in to attend other districts. Every year, Tiano shared that the School Committee reviews the program and affirm if they want to still be part of the program or not, the choice is up to the school committee.

Based on the presentation, in 2025, the School Committee voted to increase the number of choice-in spots from 107 to 110 students and currently in 2026, 74 spots are being used. "There's been variability. It's gone down a little bit in the last few years, and I think a lot of that has to do with the openings that we have. As you folks know, you vote on the number of slots. We look at our enrollment. We would never want to overcrowd any of our classes and so forth; I work with the building administrators on that," said Tiano.

Going back to the presentation, if the committee votes to continue participating in the program for Fiscal Year 2027, there would be 38 potential spots open next year. The breakdown is simple: the School Choice program offers 110 spots total; 74 spots currently enrolled, leaving 36 unfilled spots.

Considering the additional two potential graduates, in the school year of 2026 to 2027, there are 38 potential openings for the following school year. So, if the school committee votes to keep the 110

Please see **SCHOOL CHOICE**, Page 5

## Matusik talks heart healthy habits following 'Heart Health Month'

By Amanda Munson  
Staff Writer  
amunson@turley.com

LUDLOW – Following the month of February, the Town of Ludlow presented 'Heart Health Month' to help raise awareness of cardiovascular disease and promote preventable practices to help keep the community healthier. Speaking further with Health Department Director Paulina Matusik, The Register wanted to learn more about how to make every month in the future 'heart healthy'.

1. Why is it important to highlight heart disease in the

month of February?

"February is American Heart Month, and heart disease remains the leading cause of death in the United States. Highlighting it locally reminds our Ludlow residents that prevention truly starts at home.

Small lifestyle changes like improving diet, increasing activity, and monitoring blood pressure can significantly reduce risk. This month is about awareness, education, and encouraging our community to take proactive steps."

2. For heart health advice, what are some suggestions that you like to tell

residents?

"I like to share with residents to start small. A daily 20 to 30-minute walk, reducing sodium, cutting back on sugary drinks, and knowing your blood pressure numbers can make a big difference.

Through our local screenings and outreach, we've seen that once residents begin tracking their numbers and making simple changes, they often see improvements in both energy and blood pressure. Consistency is key."

Please see **HEART HEALTH**, Page 5

## School Committee talks superintendent search, Laing provides update

By Amanda Munson  
Staff Writer  
amunson@turley.com

LUDLOW – At the School Committee meeting held on Feb. 24, Chairman Jeff Stratton of the Superintendent Search Committee provided an update on the ongoing search and the number of candidates they have narrowed down to.

"Our work on the Superintendent Search Committee is winding to a close. We had a very good group of people, I think we've said that before, but we ended up with 21 applicants.

Then as a group, we whittled

down to nine that we were interested in talking to. A few more had fallen out thanks to being poached by other school districts and so forth; that's going to happen.

We've completed six interviews and we're working on one, one last one, and Friday, Feb. 27, I'll be contacting you, referring to Chairman Jeffrey Laing, to pass the names of some finalists," explained Stratton.

Laing stated that he hasn't had much communication with Stratton over the last few weeks, "All the work that he's had to do for this and I'm on the other end of the phone smiling, I remem-

ber how difficult it was but Stratton has gone above and beyond to accommodate these candidates. It's been a never-ending process, a lot of moving parts, snowstorms... when you have a 15-person search committee, there are a lot of things that happen.

I commend Stratton and the rest of the search committee on the work that you've done. We are eager to see these finalists," said Laing.

After acknowledging the work that has been done in

Please see **SCHOOL COMMITTEE**, Page 6

## Local singer Merrill Shepard to perform at 'Music in March'

By Amanda Munson  
Staff Writer  
amunson@turley.com

LUDLOW – On Monday, Mar. 8 at 2 p.m., locally known Singer Merrill Shepard, recognizable from the Senior Center, will perform at the First Church of Ludlow for the Cultural Council's 'Music in March' winter concert series! Offering a solo acoustic performance, Shepard shared how she began her music career, why continuing to pursue her passion is important, and what she hopes the Town gains from the concert.

Shepard said, "I like to think of the unofficial start of my musical career as being the time I was asked to sing 'Rainbow Connection' solo, at my kindergarten graduation. In other words, I've

been singing my whole life.

Between the musical tastes of my two parents, I grew up with Broadway musical soundtracks, 60's pop, 70's folk, jazz standards and carefully curated mix tapes playing around the house and in the car all the time. I ended up learning just about all of it by heart, which had me singing really passionately from a very young age.

Mom and Dad got me into piano lessons and I spent much of my childhood and adolescence singing in church choirs, under the thoughtful and loving guidance of brilliant music director Becky Rosendahl Isaacson at Trinity United Methodist Church, and participating in local theatre productions. When I turned 15, I was given my first guitar—a beautiful, red, Washburn

acoustic, and a copy of "Guitar for Dummies."

Enthralled and determined, I set about the task of learning my first chords and stringing them together into my very first cover song: Cat Stevens' "Where do the Children Play?." Giants like Celine Dion and Mariah Carey were my very first pop idols as a young teen, though my musical tastes would later evolve toward a preference for indie-folk/pop alternative artists like Neko Case, Regina Spektor, Imogen Heap, Eisley, and most of all, Jenny Lewis.

These are the singer-songwriters who have probably spent the most time in my listening rotations and who have most heavily influenced my own vocal stylings and especially my cover selections.

From my early-to-mid-20's, as I gained greater confidence and ability with my guitar, my interest in attending open mic nights grew and these essentially became the gateway to the start of my professional music career. By 27, I had amassed some rudimentary gear, learned enough cover material and secured my first weekly residency: Sunday afternoons on the patio for the whole summer of 2014 at Slainte in Holyoke.

This was my first big, local break. Also, during this time, I had the good fortune to be taken on as a protegee by late, family friend and professional musician, Anthony (AJ) Rubino, frontman for and leader of the Pecos River Band, the AJ Rubino Trio and founder of Swamp Guinea Studios, his own recording studio.



Submitted photo

Singer Merrill Shepard to sing for 'Music in March' on Mar. 8 at 2 p.m.

To say that AJ was instrumental in jumpstarting my music career would be an understatement. He became my musical mentor, encouraged me to find my own voice as a songwriter, helped me to create my first profession-

al recordings, handed down to me some key pieces of professional equipment and even introduced me to the man I would eventually marry.

Please see **SHEPARD**, Page 6

# LUDLOW

## Republican challenger to Gov. Healey visits

By **Amanda Munson**  
Staff Writer  
amunson@turley.com

LUDLOW – On Feb. 20, the Republican Town Committee held a meet and greet for Republican Candidate for governor Mike Minogue to discuss his goals and plans in the state. Held in the banquet room of Tony and Pennies, The Register spoke with Chairman of the Republican Town Committee Ron Saloio and understood the importance of bringing in government leaders to a local level, speaking with individuals and asking questions face-to-face, and getting real-time answers.

Saloio, who's been part of the Republican Town Committee for a couple of years and was involved in the School Committee in the past, shared that now that as chairman of the committee, he's happy to get the Town involved in events like these and was grateful for the attendance at the evening's meet and greet.

"It's great, a lot of the people that do a lot for the Town are here. That's a good thing and it just shows that people want to get involved and people want to make a change.



The room was packed with Republican Town Committee members, guests, and recognizable Townspeople.

That's the most important part; we can't let things happen to us anymore. We have to get out there and make things happen themselves, I'm really excited about this turnout," said Saloio.

When asked about future events, "If I can help in any way, I would love to help. The main thing is getting something done.

As far as the event goes, the Republican Town Com-

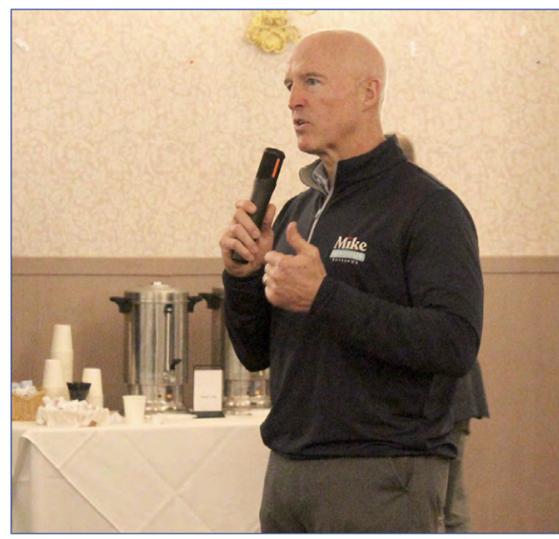
mittee is growing. When I first got in it there were only four people and it was building and building.

I hope that this will make people more aware of what's going on, and we get together, especially for the local elections. We do whatever we can do to support them.

For the community, we can't just sit and complain about things that are happening here, that's what's been

happening and we're in that position now we wake up and ask how did this happen? Because we let it happen. We didn't get out and do something so that's the most important part, is to get people involved," said Saloio.

Volunteer and Grassroots Coordinator Stephanie Mulroy shared what led her in support of Minogue as governor and stated, "It's not about shaking the right hand or



Republican Candidate for governor Mike Minogue talks about his values, family and work background, while highlighting his reasons for running against current Governor Maura Healey.

making the right back-room deal, it's about meeting the people and hearing them." Minogue was seen greeting guests and listening to their concerns and comments during the meet and greet with Ludlow residents.

The committee is involved in a variety of community outreach efforts like fundraising for candidates, trivia nights, and events like meet and greets. "It's a great

way to build a community. Our meetings revolve around what's happening, what we think we could do to help situations and ask why people are running, and what we can do to help them," ended Saloio.

To learn more about the Republican Town Committee, visit the Mills Tavern the first Wednesday of every month at 6:30 p.m.

## Senior Center to host celebration for new age-friendly designation

LUDLOW – On Mar. 27, the Ludlow Senior Center will proudly host a celebration recognizing the Town of Ludlow's Age-Friendly designation from AARP and its Dementia-Friendly designation from the Massachusetts Councils on Aging (MCOA). These designations highlight the community's commitment to supporting residents of all ages and fostering a welcoming, inclusive environment for everyone, according to Ludlow Senior Center Assistant Director Heather Jolicoeur.

The designations are the result of months of work

by a dedicated committee made up of Ludlow residents, town employees, local business representatives, and Becky Basch of the Pioneer Valley Planning Commission. The group conducted planning meetings and community listening sessions that engaged more than 100 Ludlow residents.

To ensure broad participation, a Portuguese interpreter from Peoples Bank assisted residents who wished to contribute in their language. Berkshire Bank and Peoples Bank also generously provided refreshments to encourage attendance and community

involvement.

"The working group was cohesive, efficient, and incredibly thoughtful," said Jolicoeur. "I was pleasantly surprised by the group's creativity, especially when it came to outreach and marketing. Local businesses were generous with both their time and financial support. Town employees, despite already having full workloads, attended meeting after meeting with valuable ideas and insight. The Council on Aging Board members were equally dedicated, consistently showing enthusiasm and determination to bring this initiative to fruition."

The initial goal of the planning and listening sessions was to develop a comprehensive community assessment and action plan. These documents, along with a signed pledge of commitment from the Chair of the Selectboard, were submitted to the Massachusetts Councils on Aging. After reviewing the materials, MCOA designated Ludlow as a Dementia-Friendly Massachusetts community.

Similarly, AARP accepted the Town of Ludlow's application, including the community assessment and action plan, and designated Ludlow as a member of the AARP Network of Age-Friendly States and Communities.

While the foundational work has been completed, the Age and Dementia Friendly designation represents an ongoing, long-term commitment for the Town. The projects outlined in the action plan will be implemented

over time; some may take years to complete and may evolve as community needs change. The working group will continue to meet quarterly to review progress, prioritize next steps, and pursue funding opportunities to support the initiative.

At the Mar. 27 celebration, the Ludlow Rotary Club will announce a special collaboration to help launch the first Age- and Dementia-Friendly community project. Cake and coffee will be served in the Senior Center's Corner Café at 10 a.m.

Residents interested in joining the working group or learning more about future planning and projects are encouraged to contact Heather Jolicoeur at the Ludlow Senior Center at 413-583-3564.

Editor's Note: This article was a follow to an article that appeared in last week's edition on page 3 that contained errors. We regret the errors.

## Dog licenses expire on March 31

LUDLOW – Dog licenses will expire March 31. All residents are required to license their dogs annually.

Licenses are available starting March 2 in the Town Clerk's office during normal business hours. You must have a valid rabies certificate to renew or obtain a new license.

Residents have the option to obtain a license in-person or by mail. A form is available on the Town of Ludlow's website for your convenience. Please include a self-addressed stamped envelope, valid rabies certificate, along with a check payable to the Town of Ludlow. Mail to: Town Clerk, 488 Chapin Street, Ludlow, MA 01056.

License fees are \$15 for neutered or spayed dogs; \$20 for not spayed or neutered. There will be a \$10 late fee starting July 1.

If you have any questions, please contact the Town Clerk's office 413-583-5600 ext. 1 or email clerk@ludlow.ma.us.

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# The Next Watershed Moments...

By Keith Davies  
Coordinator, Chicopee 4Rivers Watershed Council  
Guest Contributor

*Editor's Note: This is the third and final part in a multi-part series about the Chicopee 4Rivers Watershed Council.*

So, what's next for these four rivers: Swift, Ware, Quaboag, and Chicopee? C4R has got the ball rolling, but it won't keep rolling if there is no push behind it.

Who pushes? Leaders and volunteers, communities.

During 2026, C4R will hold a series of community information sessions to highlight our potential and vision. The first will be a spring kick-off event at the Palmer Historical Cultural Center, 2072 Main St., in Three Rivers on Sunday, March 22 at 2 p.m.

Throughout the year, C4R will have fun paddles, nature paddles, clean ups (suggested sites?), water quality monitoring, and more.

We hope to post on our website our events schedule by March 22. These events and the meetings will be a good opportunity to see our rivers, meet others and hear how we can together Care 4 rivers-C4R.

Our needs: we need to strengthen our leadership team, add qualified and committed people to help with organizational, communication,



Turley File Photos

**Chicopee 4Rivers Watershed Council Coordinator Keith Davies prepared paddlers for the inaugural launch on the Lower Ware River Blue Trail in spring 2023.**

database and financial management. People with water resource and aquatic biological savvy can also help. We have reached a point where we can do more as a community group to Care 4 rivers.

Our vision is to promote stewardship, conservation, enjoyment, and restoration of the rivers, ecosystems and wildlife habitats of the Chicopee-4 Rivers basin, while balancing and fostering river friendly city and town economies and community life.

We have planted the seed for this with our basic monitoring and paddling trails. But sprouts need more to grow.

We could go to the next

level by adding broader water quality monitoring (adopt a stream, macroinvertebrates), trail teams, storm water education and action efforts, wildlife monitoring, annual rivers report card, restoration

efforts, and perhaps a rivers celebration event!

We could be the source for Caring for our local 4 Rivers. Now we're talking!

Sounds inviting? Something inside you saying: "yes, I feel I want to help and make a difference!" Our local rivers are beautiful and magical places, places to discover – but also to care for.

Rivers have been the lifeblood of New England for centuries, likely thousands of years. They still are and can continue to sustain us and wildlife as we live in balance with them.

C4R is a means to gather us together to do that, albeit in a humble way. We invite you to join in the vision, let's C4R!

For more information about C4R and to get involved, people may visit [www.c4rivers.org](http://www.c4rivers.org), email [chicopeewatershed@gmail.com](mailto:chicopeewatershed@gmail.com), or mail C4RWC, P.O. Box 126, Three Rivers, MA 01080.



Cub Scouts are shown cutting the ribbon to officially open the Lower Ware River Blue Trail. Both of these Cub Scouts volunteered with C4R to establish the Robbins Road launch site and test the water quality



Cub Scouts worked to remove a tire from the riverbank.



Volunteers have helped to clean up the rivers in the Chicopee 4Rivers Watershed.

## Corned beef and cabbage dinner at First Church March 7

LUDLOW—St. Patrick's Day is fast approaching. You can begin the month by celebrating with a delicious Corned Beef and Cabbage meal to-go on March 7, 2026.

The meal includes corned beef, cabbage, potatoes, carrots, Irish soda bread, and dessert. All for only \$18.

Call now to make your reservations 413-547-8720.

Drive by First Church in Ludlow, 859 Center Street, Ludlow between 4:30 and 5:30 p.m. and we will deliver your meal right to your car.

Thank you for being so supportive of this fundraiser that helps us continue to reach out to our community.

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# OPINION

## GUEST COLUMN

### Trauma, ACEs, mental health and addictions

*The interconnection of substance use and eating disorders*

**By Suzanne Yerdon Lewandowski, M.Ed.**  
Guest Columnist, 32 1/2 years sober, 30 year tobacco free, 26 years eating disorder free

Up to 50% of individuals with eating disorders misuse alcohol or illicit drugs, a rate five times higher than the general population. (1)

Up to 70% of adults with bulimia nervosa and up to 18% with anorexia nervosa have a coexisting substance use disorder. Conversely, up to 35% of those with substance use disorders have a co-occurring eating disorder, a rate roughly 11 times higher than in the general population, confirming a strong, dangerous link.

These intertwined, often hidden, conditions share common risk factors like anxiety, depression, and trauma. (2)

Scientifically defined, "Addiction is a complex, chronic brain disease driven by a combination of biological, environmental, and developmental factors, rather than a mere failure of willpower or moral weakness."

Addiction is also a developmental disorder, usually beginning in adolescence as a result of what is identified as ACEs. Trauma and Adverse Childhood Experiences are the strongest predictors of addiction.

Trauma may be caused by a single stressful or dangerous event, or repeated and prolonged exposure to highly stressful events such as child abuse, bullying, or domestic violence.

Individuals with an ACE score of four or higher face significantly elevated risks for substance use disorders: they are seven to 10 times more likely to report illicit drug addiction, and seven times more likely to be alcoholics.

Research considers trauma as the "gateway drug." Trauma survivors struggle with anxiety, depression, PTSD, emotional dysregulation, shame and low self-worth. Many individuals use substances to escape, "not feel," or self-medicate for emotional, physical, or sexual abuse.

Because the brain does not fully mature until age

25, young people are more vulnerable to addiction; PTSD and trauma can have varying degrees of severity and long-term effects

SAMHSA 2024 data reveals that 16.8% of the U.S. population aged 12 or older (about 48.4 million individuals) met the criteria for a substance use disorder (SUD) and that 10.1% of youths aged 12-17 reported significant suicidal thoughts. 2.7% attempted suicide.

Prevention and intervention by friends, families, teachers, and professionals, at any stage of development, can reduce the risk of an individual turning down the very dangerous path of addiction.

Awareness and education are the best places to begin and why public and mental health agencies and advocacy groups designate certain months to encourage people to recognize the signs of trauma and associated mental health concerns.

January brings us National Mental Wellness Month as well as Substance Use Disorder Treatment Month. Teen Dating Violence Awareness Month and National Eating Disorders Awareness Month follows in February. All mental health conditions are intertwined!

Eating disorders, again scientifically defined, can be understood as a maladaptive coping mechanism. This means that they serve a function for people; an eating disorder may help someone feel safe or in control during challenging times.

Eating disorders in teens often emerge as a coping mechanism for control, trauma, or emotional pain stemming from unhealthy relationships. Eating disorders are serious mental illnesses, where one's relationship with food and eating is disturbed. This can also extend to preoccupation with movement and body size/weight/shape.

Early signs of an eating disorder include body dissatisfaction and feelings of unhappiness, rapid weight loss or weight gain, changes in body shape and size, or particular body parts/areas, an intense fear of gaining weight, fear, avoidance or lack of interest in food and certain types of foods, denial of being hungry, denial of being full.

Please see **HEALTH**, Page 9



## GUEST COLUMN

### I lost money as a widow and ex-spouse by not knowing the rules

Dear Rusty:

I just found out, as someone who was collecting widow's benefits on my second husband, a very small amount, for some time, that I was, all along, entitled to divorce benefits from my first husband, which are much more. I thought I had to wait until my first husband passed before I could collect anything from him. Now I learned I have the right to collect as a divorcee. All of these years I have been missing out on a bigger benefit because I didn't know this. Please make this clear and stress it for others in my position.

Signed: Lost Benefits

Dear Lost Benefits: I am truly saddened that you lost out on benefits from your first husband for such a long time. Although you could not collect an ex-spouse benefit from Husband #1 while you were married to Husband #2, as soon as your current husband died you again became eligible for ex-spouse benefits from Husband #1.

Basically, the rules say you cannot collect benefits from an ex-spouse if you have remarried and remain married. In other words, you cannot be "currently married" to collect benefits from an ex-spouse. But the death of Husband #2 meant that you were now eligible to collect ex-spouse benefits from your first husband - husband #1. I hope when you later filed for your ex-spouse benefits you asked for six months of retroactive benefits.

In your situation, when



maximum until the spouse reaches FRA, which is somewhere between age 66 and 67 depending on the spouse's year of birth.

your Husband #2 died, you actually had a choice - either collect your surviving spouse benefit from your recently deceased husband #2, or to collect a regular ex-spouse benefit from your first husband if that is more than your benefit as your second husband's widow. Regular ex-spouse benefits from your first husband are available even though he is still living (and, indeed, even if he remarried) because you are no longer married to husband #2.

This, however, is not always the way things work out for someone who has had multiple marriages. It all depends on the SS benefit each former spouse was entitled to. That's because your survivor benefit as your 2nd husband's widow is based on the full (100%) amount he was receiving from Social Security when he died.

In contrast, your benefit as your first husband's ex-spouse while he is still living will be based upon half (50%) of his full retirement age SS entitlement. And often, 100% of a deceased person's SS benefit is more than 50% of another living person's amount. But not always.

It's important to also know that if you claim any SS benefit before reaching your personal Rull Retirement Age, the monthly amount will be reduced. Benefits as a spouse (or a surviving spouse) do not reach

It's also important to know that if a surviving spouse is working, any SS benefit received will be subject to Social Security's Annual Earnings Test, which limits how much can be earned before SS benefits are affected. For 2026, the earnings limit for those collecting early SS benefits is \$24,480 and, if that limit is exceeded, Social Security will take away some of your benefits. Note that the earnings test goes away when you reach your full retirement age.

Finally, be aware that if your first husband also predeceases you, you will then become eligible for a surviving ex-spouse benefit from him, even if he has remarried.

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

## The REGISTER

### LETTERS TO THE EDITOR

Letters to the editor should be 250 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: The Register, 24 Water Street, Palmer, MA 01069 or email [theregister@turley.com](mailto:theregister@turley.com). The deadline for submissions is Friday at noon.

### SUBMISSIONS POLICY

Readers, local merchants, institutions, municipalities, non-profit groups, and civic organizations are strongly encouraged to send The Register your hometown news and photos. News items and press releases should be sent via email to [mharrison@turley.com](mailto:mharrison@turley.com) as an attachment AND pasted directly into the email message screen.

Please send photo captions identifying all subjects in your image(s) from left to right. We need first and last name, hometown, title if applicable, and a brief description of what subjects are doing in the photo. Email uncorrected, raw, RGB color digital photos at highest resolution directly off your camera to [mharrison@turley.com](mailto:mharrison@turley.com).

Publicity chairpersons are encouraged to send in news about upcoming fundraising or other calendar events at least three weeks before the event. If you are having difficulty with a press release or need help, please call (413) 283-8393.

To send submissions by regular post, mail to: The Register, 24 Water Street, Palmer, MA 01069.

## The REGISTER TEAM

### EDITORIAL

[theregister@turley.com](mailto:theregister@turley.com)



**STAFF WRITER**  
Amanda Munson  
[amunson@turley.com](mailto:amunson@turley.com)



**STAFF WRITER**  
Abigail McCoy  
[amicoy@turley.com](mailto:amicoy@turley.com)



**ADVERTISING SALES**  
Jocelyn Walker  
[jwalker@turley.com](mailto:jwalker@turley.com)



**SPORTS EDITOR**  
Greg Scibelli  
[sports@turley.com](mailto:sports@turley.com)

The Register is published every Wednesday by Turley Publications, Inc., 24 Water St., Palmer, Mass. 01069. Telephone (413) 283-8393, Fax (413) 289-1977.



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### WEB

[www.register.turley.com](http://www.register.turley.com)

**PATRICK H. TURLEY**  
CEO

**KEITH TURLEY**  
President



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### ELECTION LETTERS POLICY

The Register welcomes readers to participate in this year's election campaigns by writing letters to the editor for publication on these pages. Letters of up to 250 words from local residents endorsing candidates on the ballot or discussing campaign issues should be sent to The Register, care of Turley Publications, 24 Water St., Palmer, MA 01069, faxed to 413-289-1977 or emailed to [theregister@turley.com](mailto:theregister@turley.com). Please include a daytime telephone number for verification purposes (it will not be printed). Letters must be received by noon Monday to be considered for that Thursday's newspaper. No attack letters will be printed. No letters written by candidates supporting their own candidacy will be printed. If the volume of letters received is larger than the space available in the newspaper, or if the letters become repetitive, the newspaper reserves the right to print a representative sample. No endorsement letters will be printed in the last edition before the election.

For more information, call the editor at 413-283-8393.

### Campaign news

As part of its election coverage, the newspaper plans to print stories about contested races for Congress, state Senate, state House, district attorney and Governor's Council during the weeks leading up to the election, as well as a question-and-answer voters guide. In order to ensure fairness to all candidates, no political press releases will be printed, nor will reporters cover political rallies or fundraisers.

Candidates who wish to further publicize their candidacy, beliefs and events may contact advertising, 413-283-8393 about paid advertising in The Register.

## Spring Gardening Workshops coming up March 28

**By Kristin Rivers**  
[kristin@turley.com](mailto:kristin@turley.com)

WESTFIELD - The Western Massachusetts Master Gardener Association will be holding the 27th Annual "Let's Get Growing!" Spring Gardening Workshops on March 28 from 9 a.m. to 1 p.m. at the Westfield Middle School - South.

The festivities will include a marketplace fair, raffles, an Ask a Master Gardener table, refreshments, soil testing and 10 classes to help educate and empower attendees in gardening this spring.

This year's topics are "Using Trees and Shrubs for Year-long Interest," "Berry Delicious Gardens," "Practical Tips: Growing for a Changing Climate," "Gardening in Small Places," "From One Comes Many: Propagation Workshop (Hands-on)," "Invasive Species 101: Identification & Management," "Vegetables vs. Pests: How to Win!" "Design Your Own Water Feature," "Let's Go Native: A Sustainable, At-



Speaker Dan Ziomek presents "Trees and Shrubs for Year-long Interest."

tainable Approach," and Get your Hands Dirty: Creating a Succulent Garden (Hands-on)."

The hands-on workshops, it should be noted, are already filled.

The speakers include Dan Ziomek, owner of Sugarloaf

Gardens, Berry Specialist Laura Griffin McDermott, Plant Magic Garden Owner and Gardening for Hot People Podcast Co-Host Cheryl Rafuse, Master Gardener Chris Ferrero, Wistariahurst Gardens Master Gardener Toi Graham, Environmental Biologist at



Submitted photos Rosey Bonner

### Vendors offer a variety of produce.

the Massachusetts Department of Agricultural Resources Jennifer Forman, Master Gardener Ed Sourdiffe, Full Circle Garden Master Gardeners Margery Gerard and JoAnne Palmer and Kessa McEwen, horticulturist and landscape designer at Berkshire

Botanical Garden.

Anyone interested is encouraged to register quickly, as classes fill up fast. Mail-in registrations have to be postmarked and sent

Please see **GARDENS**, Page 11



Turley photos by Amanda Munson  
**Youth Services Assistant Librarian Kristin Santos holding the microphone for a brave singer, dressed up like Elsa.**



**The mother-daughter duo was happy to watch the movie with each other at the Hubbard Memorial Library.**

**FROZEN** from Page 1  
 tach sticks to then be found in the library lawn. The event is similar to the 'Eggstravaganza' held last year

where young patrons were excited to discover and find their eggs, as well as their friends. For more library events, visit the website.



**The Youth Room had chairs and the karaoke machine set up, along with ample room to dance and show off the amazing costumes.**

**SCHOOL CHOICE**  
 from Page 1

spots, there would be 38 potential openings. Tiano said students have the choice of choosing other schools than Ludlow, like Agawam, Belchertown, Chicopee, with others choosing virtual high schools. "Leaving LPS could be for a variety of reasons as we've

discussed in the past; parents could be working in another town, grandparents and so forth. Each individual case is its own individual story for students coming in or leaving. To note, this is only public schools participating," said Tiano. When Member Jeff Stratton asked if it was expected for the students to stay in Ludlow and graduate within

the Town, Tiano explained, "They become our students, they're not a Chicopee student that's here...they're LPS all the way until they graduate. The capacities are in the middle and high school; we try to keep our elementary classes as low as possible." More information about the School Choice program can be found on the LPS website.

**HEART HEALTH**  
 from Page 1

3. Raising awareness and education is vital. What do you hope the Town continues to offer for the residents to ensure a healthier community? (CPR/AED classes, school education, etc.) "Prevention and education are essential. I hope we continue offering CPR/AED training, blood pressure screenings, vaccination clinics, and community-based education (such as our Narcan trainings). Through our Mill Towns Shared Services collaboration, we're also expanding regional public health pro-

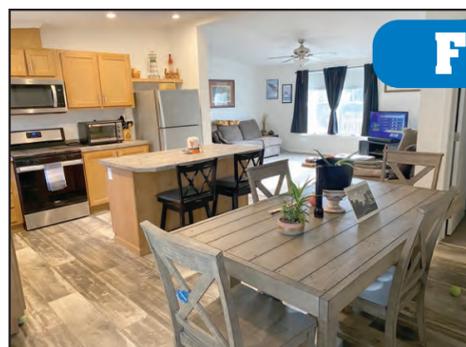
gramming. The more accessible our services are, the stronger and healthier Ludlow becomes." 4. Any recipes or brands that you like to swap for healthier options? "I recommend simple substitutions, for example whole-grain pasta instead of white pasta, olive oil instead of butter, and flavored seltzer instead of soda. One easy heart-healthy meal is salmon with roasted vegetables and sweet potatoes. It's less about specific

brands and more about reading labels and being mindful of sodium, added sugars, and saturated fats." 5. If you would like to share, how do you take care of your heart? "I focus on balance, staying active, cooking at home when possible, keeping up with preventive care, and managing stress. Heart health is both physical and mental, and small, consistent habits make the biggest impact over time."



**We don't only work here, we live here too!**

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*What's Happening*  
 at Hubbard Memorial Library

To register for programs or find out more information, visit ludlow.cwmars.org, or call (413) 583-3408. Weather-related announcements for outdoor events will be made on the library's Facebook page the morning of the program.

Library Hours: Mon 9-5, Tue 9-8, Wed 9-5, Thu 9-8, Fri 9-5, Sat 10-2. Closed Saturdays during the summer, Sundays and holidays.

Friends of the Hubbard Memorial Library, third Thursday of the month, 6:00 p.m. Get involved! Join the Friends of the Library for their monthly meeting and learn how you can help support the library.

**FOR ADULTS**

Seeking Local Artists Hubbard Memorial Library in Ludlow is seeking local artists, craftspeople and collectors who would like to display their wares in the library's display case. Exhibits remain in place for one calendar month. The display case measures 70 inches long by 42 inches high by 11 inches deep and has shelves which can be adjusted or removed to fit different sized items. For more information, or to arrange a showing, please contact the library at 583-3408 Ext. 4 during normal library hours.

Sound Energy Healing Series One Saturday per month 10:30 AM. Sound healing brings individuals into a state of relaxation and rest. Enjoy an hour of peace and calm while sitting or laying on a yoga mat, absorbing the healing vibrations from instruments such as the quartz crystal bowls, led by Mystic Willow. Bring a yoga mat, towel, or something to lay on during the program and a blanket to cover yourself up in. Dates: 3/28, 4/25, 5/23, 6/13.

Please register on our website or by calling the circulation desk. Sign-ups are for the individual session, not the entire series.

Mass Center for the Book Monthly Reading Challenge Each month, you'll

be challenged to read a book based on a chosen theme. Those who participate will be entered to win a free tote bag full of books! For more information and to sign up, please visit <https://www.mass-book.org/readingchallenge-2>

Chair Volleyball for Seniors, every Thursday, 1:30 p.m. Have some fun and join us for chair volleyball! No running or jumping required. Please sign up on our website or by calling the circulation desk at 413-583-3408. Walk-ins are welcome.

Who picked this book? Book Club Meeting, first Thursday of the month, 3:30 p.m. Join us for this month's Who picked this book? Book Club meeting! You can pick up a copy of the book at the circulation desk.

Happy Hour Book Club Meeting, last Thursday of the month, 6:30 p.m. Join us for this month's Happy Hour Book Club meeting! You can pick up a copy of the book at the circulation desk.

**FOR YOUTH**

Grow, Play & Learn Playgroup for 0-2 year olds, Thursdays, March 5,12,19,26: 9:45 - 10:30 am. Sponsored by Pathways for Parents CFCE. Please register.

Grow, Play & Learn Playgroup for 2-5 year olds, Thursdays, March 5,12,19,26: 10:45 - 11:30 am. Sponsored by Pathways for Parents CFCE. Please register.

Online Gaming Club for YAs, Thursdays, March 5,12,19,26: 3:30 - 5:00 pm. For ages 10-15. We have Minecraft! Please register.

Music with Mr. Liam, Friday, March 6, 10:00-11:00 am. Geared for preschool aged children. Please register. Sponsored

Please see **HUBBARD** Page 8

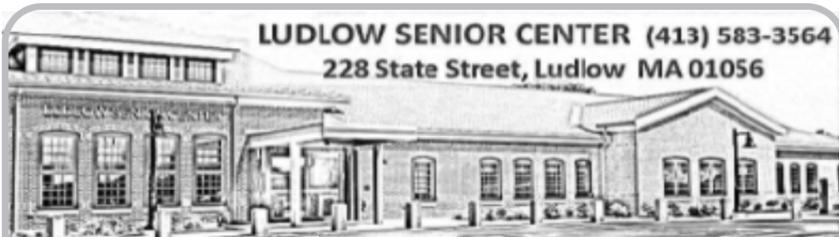
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	<p><b>MONDAY</b>                  \$15 Smash Burger:                  with fries and                  16oz Stella or Bud Light</p>
	<p><b>TUESDAY</b>                  \$20 Steak Night:                  10 oz strip served with                  mashed and veg</p>
	<p><b>WEDNESDAY</b>                  All Pastas \$20!                  Try one in our House Made                  Bread Bowls</p>
	<p><b>THURSDAY</b>                  Prime Rib Night                  served with potato, veg</p>

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**LUDLOW SENIOR CENTER (413) 583-3564**  
228 State Street, Ludlow MA 01056

## Welcome to the Ludlow Senior Center

Don't let winter keep you away from the Ludlow Senior Center! Gather with friends in the Center's beautiful dining room and enjoy a delicious lunch complete with coffee, tea, and dessert. To join us, call 413-583-3564 a day in advance to reserve your \$2 lunch (Call Friday for Monday lunch).

We have several new events and activities to keep you busy including a trip to the Flower Show, meeting the Animal Control Officer and her dog, Rozee, and a much deserved celebration. Pick up our monthly Newsletter at the Center or share your email with us to have it delivered straight to your inbox. You can also explore programs, find important forms, and learn more about what a Senior Center has to offer at [ludlow.ma.us/coa/](http://ludlow.ma.us/coa/). For the latest news and photos, be sure to "like" the Ludlow Senior Center on Facebook!

As the days grow brighter, we look forward to sharing warm meals, great programs, and good company. Please note that if the Ludlow schools are closed or have a delay due to inclement weather, the Center will be closed or have a delayed opening. Be sure to check News 22 or 40 for delays or closings.

### Activities Calendar:

Please register in advance for items with\*

#### Thursday, March 5

9 a.m. Tai Chi  
9:30 a.m. Dominos  
10:15 a.m. Mindful Meditation\*  
12:45 pm. Mahjong  
2 p.m. Writers Block  
2:30 p.m. Active Yoga

#### Friday, March 6

8:45 a.m. Boomer Bootcamp\*  
9 a.m. Reiki by Appointment\*  
10 a.m. Boomer Bootcamp\*  
10 a.m. Blood Pressure Checks  
1 p.m. Ceramics  
1 p.m. Healthy Bones & Balance\*  
1 p.m. Decorating Committee Meeting

#### Monday, March 9

9 a.m. Knitting  
9:30 a.m. Boomer Bootcamp\*  
10 a.m. Computer Help  
1 p.m. Scrabble  
1:15 p.m. Pitch  
1:30 p.m. Watercolor Pencil Class\*  
2:30 p.m. Zumba Gold

#### Tuesday, March 10

9 a.m. Quilting  
9 a.m. Line Dancing  
10 a.m. Cribbage  
10:30 a.m. Gentle Yoga  
1 p.m. Spring Flower Show Trip\*  
1:30 p.m. Bingo

4:30 p.m. Power Pump  
5 p.m. Movie: Secondhand Lions (2003)  
5:45 p.m. Guidance by Li Grief Support\*

#### Wednesday, March 11

8:45 a.m. Zumba Gold  
9 a.m. Ceramics  
9:30 a.m. Foot Care by Appointment\*  
10 a.m. Reclaim Your Hands\*  
10:30 a.m. Healthy Bones & Balance\*  
1 p.m. Ultra Beginner Line Dancing  
1 p.m. Dominos  
1 p.m. Movie: Secondhand Lions (2003)  
1 p.m. Healthy Bones & Balance\*

#### Thursday, March 12

9 a.m. Tai Chi  
9:30 a.m. Dominos  
9:30 a.m. Foot Care by Appointment\*  
10:15 a.m. Mindful Meditation  
10:30 a.m. Friends of the Center Meeting  
10:30 a.m. Senator Oliveira Office Hour  
12:45 p.m. Mahjong  
2:30 p.m. Active Yoga

\*PLEASE register for Boomer Boot Camp, Healthy Bones & Balance, Foot Care, and other programs as noted by calling 583-3564

#### Daily Events:

Café: Monday - Friday 8-11 a.m.  
Exercise Room: Monday - Friday 8 a.m. - 3:30 p.m. Open until 6:30 p.m. on Tuesday.  
Open Billiards: Monday - Thursday 8 a.m. - 11 a.m. Fridays 8 a.m. - 4 p.m. Tuesdays 4 p.m. - 7 p.m.

#### Menu:

Thursday, March 5: Chicken Patty Sand/Let & Tom/Tater Tots  
Friday, March 6: Mac & Cheese/Stewed Tomatoes  
Monday, March 9: Big Mac Salad  
Tuesday, March 10: Seafood Newburg/White Rice/Mixed Veggies  
Wednesday, March 11: Vegetable Frittata/Roasted Potatoes  
Thursday, March 12: Swedish Meatballs/Egg Noodles/Veggie

Reserve a delicious \$2 lunch by calling a day ahead. all on Friday to reserve lunch on Monday.

For allergy concerns, call the Senior Center to inquire about ingredients at 413-583-3564.

## Quiterio's celebrate 60th Anniversary



Submitted photo

**LUDLOW**—Antonio and Trindade Quiterio of Ludlow celebrated their 60th wedding anniversary on February 20, 2026. They have been Ludlow residents for over 50 years immigrating here from Portugal in June of 1966. They have four children, six grandchildren and four great grandchildren.

## Parish Mission at St. Elizabeth Parish

LUDLOW—Set sail with us for a special Parish Mission as we dive deep into the timeless story of Jonah. Jonah is a story packed with drama, suspense, divine plot twists, and yes... one very famous fish. From stormy seas to surprising second chances, Jonah's adventure

will keep you hooked from start to finish.

The mission will be held from March 16 till March 18, at 6:30 p.m. at

St. Elizabeth Parish in Ludlow.

Keith Messier (MAAT) will Captain us through our journey uncovering how Jo-

nah's epic voyage mirrors our own-complete with detours, wake-up calls, and God's relentless love chasing us down. Come and be renewed in faith as we discover that no matter how far we run, God's mercy runs farther. All are welcome-bring a friend!

## The Zonta Club helps women in need

REGION - The Zonta Club of Quaboag Valley announced that 600 feminine hygiene kits were assembled for women and girls in need by some amazing volunteers at the Venture Way Collaborative on Saturday February 21st. Special thanks to VWC, Jazzercise Amherst Fitness, Girls Inc. of the Valley, Palmer Public Library, Soul Shine Con-

signment Boutique, Making Waves Belchertown, The Polished Room, Blush Med Spa, Chamelions Salon, Wilbraham Tanning, Wilbraham Monson Academy and the Skin Studio Wilbraham for their support in collecting product donations. We also received heart-warming messages and cash to purchase needed products thanks to the publicity we got from local

publications. Amherst Survival Center was the only non-profit who showed up to get the kits, so they left with hundreds of kits and a trunkload of additional feminine products. Some of our members and volunteers will deliver the rest of the kits to the Care Center, Gray's House, local food banks, police departments, etc.

## Ludlow Lions present Murder Mystery Dinner

LUDLOW—Ludlow Lions Club will once again host A COMICAL MURDER MYSTERY DINNER, "One Slew Over the Cuckoo's Nest". As you dine, participate and interact with Dr. Frigmand Zoid, whose patients think they are superheroes and one is not too happy.

Become part of the best Murder Mystery party ever. Join the party on Saturday, March 7, 2026 at Tony and Penny's Restaurant located at 18 Canterbury St. in Ludlow.

Doors open at 6 p.m. Dinner will be served at 6:30 p.m. Cost is \$49 per person or 2 for \$90. Cash Bar and

Raffle. Tickets can be purchased through mail by sending a check, made out to Ludlow Lions Club, to 74 Ray St., Ludlow, MA or by visiting <https://bit.ly/LudlowLionsClub>, or through any Ludlow Lion. Thank you for your continued support.

## Ludlow Democratic caucus set for March 8

LUDLOW—The Ludlow Democratic Committee will be holding their caucus to nominate and elect delegates to the Massachusetts State

Democratic Convention. The caucus will be at 11 a.m. on Sunday, March 8 at the Ludlow Country Club. Registered Democrats

who reside in Ludlow are eligible to be an elected delegate. The caucus is following the LudlowDem Committee's annual breakfast.

### SHEPARD from Page 1

ry- Craig Mac Master- who was our faithful bassist at the time!

With their help, I continued to build my brand while

networking my way into the live music schedules of dozens of other bars and restaurants. Eventually, I was happily earning my living fairly evenly between working as a restaurant server and as a gigging musician.

I kept this up for about

six more years, right up until the 2020 lockdowns upended life as performers and service industry workers, and just about everyone knew it.

Shepard continued, "Post-pandemic, rebuilding my musical career amidst the cautious reopening of "the

new normal" was not easy. Personally, my work schedule and individual priorities had completely changed. I had restarted my pursuit of a bachelor's degree and my work hours were no longer gig-friendly.

This put a damper on

my music for several years. Nowadays, having graduated from Bay Path University, go, Wildcats! and begun working a full-time job I truly enjoy at the Ludlow Senior Center, I am finally playing out again with some regularity, if less often than I used to do.

With that said, I find that I enjoy these shows that much more, now that I no longer depend on them as a primary form of income. Instead of trying to book and play as many gigs in a month as humanly possible, my professional hobby is now just that. As a result, it's become an even more rewarding experience to bring my acoustic set to the places I most enjoy at a frequency that makes sense for me and mine. Working at the Ludlow Senior Center, I have gotten to know many of our town's residents and I am both pleased and flattered to say that along the way, many have expressed an interest in my music!

With that in mind, it felt like a very naturally fitting opportunity when I found out I could apply for a grant

through the Ludlow Cultural Council to put on a dedicated concert of my own at the First Church. I jumped at the chance and was thrilled when I was selected.

My plan is to put forth a set that will be about an even split between what I think of as being the most relevant covers in my repertoire and some of my own original pieces. I like to think that I have a unique and interesting take on each song I choose to cover, and hope that my own, original works will give the listener some idea of what makes me "tick," so-to-speak. I hope that those who come to see my "Music in March" set will come with a sense of curiosity about who I am as a person and as an artist and that they will leave with a better sense of who Merrill Shepard is outside of her administrative role at the Senior Center. I am very much looking forward to this show and am hoping to see many of our patrons there!" Shepard ended.

Don't miss Shepard's performance on Mar. 8 at 2 p.m.

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USDA INSP. S SMOKED PORK SHOULDER PICNIC..... <b>\$1.99</b> lb	USDA INSP. FROZEN RED EXPRESS 14" CHEESE PIZZA 35 OZ ..... <b>\$2.99</b> ea	<b>Lenten Specials</b>
<b>SLICED IN OUR DELI</b> USDA INSP. TURKEY BREST..... <b>\$3.99</b> lb	USDA INSP. FROZEN TALAPIA FILLETS ..... <b>\$3.99</b> lb	USDA INSP. IQF FROZEN COOKED SHRIMP 21/25 COUNT 2 LB BAG ..... <b>\$16.99</b> ea
USDA INSP. PROVOLONE CHEESE..... <b>\$4.44</b> lb	USDA INSP. GROUND FRESH DAILY 80% LEAN GROUND BEEF 7 LB BAG <b>\$3.99</b> lb	90 Avocado St. Springfield 413-737-1288 www.90meat.com

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# MMWEC offers Scholarships to Ludlow High School Seniors

LUDLOW—Applications are now open for the 2026 Massachusetts Municipal Wholesale Electric Company (MMWEC) scholarship.

MMWEC is offering two \$1,000 scholarships to qualifying seniors from Ludlow High School who are planning to attend either a two- or four-year college. Eligible students must plan to pursue a degree in engineering, environmental sciences, finance, accounting, or a related discipline.

Scholarship recipients will be awarded based on several factors including academic achievement, area of study, and need. All seniors

planning to pursue one of the specified academic areas are encouraged to apply, regardless of their class ranking.

This year, applications will be solely online at <https://www.mmwec.org/scholarship>. To be considered, students must submit all required documents including a letter of recommendation from their school counselor and a letter detailing their educational and professional goals. Application and submission details will be shared with students via their school counselors. The deadline to apply is Friday, April 3. Students can contact [mmwec@mmwec.org](mailto:mmwec@mmwec.org) with questions.

As part of its commitment to the community, MMWEC has awarded \$70,000 in scholarships to help local students defray the cost of higher education since the inception of the scholarship program in 1998.

MMWEC is the joint action agency for public power in Massachusetts, providing a variety of power supply, financial, risk management and other services to the state's consumer-owned, municipal utilities. MMWEC is the operator and principal owner of the Stony Brook Energy Center on Moody Street and has been a corporate resident of Ludlow for nearly 50 years.

# MMWEC presents annual safety presentation at senior center



Submitted photos

LUDLOW—Massachusetts Municipal Wholesale Electric Company (MMWEC) held an electrical and gas pipeline safety event at the Ludlow Senior Center. MMWEC's Michael Russell presented on gas pipeline safety and awareness and Ray Gouley of the R.F. Gouley Company covered the ins and outs of electrical safety. The annual event is sponsored by MMWEC.

# Wilbraham Public Library to hold Tiny Art Show

WILBRAHAM – The Wilbraham Public Library invites artists of all ages to participate in its upcoming Tiny Art Show, a creative community exhibit celebrating artwork on a small scale.

Community members are challenged to create an original work of art measuring no larger than 4" x 4" and return it to the library by Tuesday, March 31, 2026. All artwork will be displayed in the library from April 1 through April 30, 2026.

Important: Participants must use a library-issued 4" x 4" canvas to be included in the show. Canvases will be available for pick-up beginning Tuesday, February 17, 2026, and must be picked up

in person at the library. No registration is required. Supplies are limited and will be distributed on a first-come, first-served basis while supplies last.

Artists may use any style or medium—painting, drawing, sewing, collage, or small sculpture—as long as the artwork fits within the 4" x 4" dimensions (with no more than 2" additional depth). Objects and materials may be attached (except food), but no candles or electrical or battery-operated devices are permitted. This is a family-friendly exhibit; no vulgar content will be accepted.

There is no age limit and no residency requirement to participate. Only one sub-

mission per person or group will be accepted. Each artist must complete and attach a Tiny Art ID sticker to the back of their canvas before returning it to the library by March 31.

Artwork may be picked up beginning Monday, May 4, 2026. Any pieces not claimed by Saturday, May 30, 2026 will become property of the library.

The Wilbraham Public Library is located at 25 Crane Park Drive, Wilbraham, MA 01095. For more information, call 413-596-6141.

Stop by, pick up your canvas, and show the community how creative you can be—one tiny masterpiece at a time!

# Wilbraham Womens Club March General Meeting

WILBRAHAM – The Wilbraham Women's Club will hold their March General Meeting on Thursday March 12.

It will be a 11:30 a.m. Social then a noon Lunch, taking place at the St. Cecil-

ia Parish Center.

Fit After 60 with Erin Pincince from the Wilbraham Senior Center

Erin will provide lots of tips for keeping fit and healthy after 60. She will be incorporating some cog-

nitive and balance exercises in her demonstration. With many tips for taking care of our bodies and boosting our wellness in daily life. All welcome. Please give Pat Serra a call if you have any questions 413 530-3183.

# DATEBOOK

Do you have a local event or activity to publicize? Please send the information as either a Word doc or plain (no bold text or other formatting) email text (no PDFs, please and do not use all uppercase (i.e. UPPER CASE) by 5 p.m. Friday. At least two weeks prior to the event is encouraged. Send your community events to [theregister@turley.com](mailto:theregister@turley.com)

## March 7

**POLISH FOOD SALE** at Immaculate Conception Church, 25 Parker Street - Indian Orchard, Mass. on Saturday, March 7, 2026 from 9 a.m. to 1 p.m.

Golumbki (3) \$12; Kapusta (Large) \$10; Pierogi (1 dozen) Pierogi Available: Cabbage, Potato & Cheese \$14, Sweet Cheese, Blueberries \$15

**CORNED BEEF DINNER** at St. Elizabeth's Parish Center from 5:30 to 6:30 p.m. - Take-out available 4 to 4:45 p.m. corned beef & cabbage, potatoes & carrots, bread & butter, coffee and chunky apple cake with vanilla sauce (by Pat W.)

Tickets are \$30. (Dine-In), \$25. (Take-Out) if purchased by March 1 (\$5. more after), Tickets are Limited, live entertainment - Sarah The Fiddler from 6 to 8 p.m.

For more information contact: Jim Meehan 547-8822, Dave Bergeron 427-6584, Mike Trexler 219-0758, or Tony Silva 364-6518

## ONGOING

**PLAY CRIBBAGE IN INDIAN ORCHARD** - Cribbage players of all ages and ability are welcome to enjoy a fun time with other local cribbage players. Join us at Club #72, "Pegging Fools", Tuesdays at 6:30 p.m. at St. Gregory Armenian Church, 135 Goodwin St., Indian Orchard. For more information, contact Peter Setian, 413-552-6336.

**VOLLEYBALL** at E Street School began Sept. 16th at 5:30 p.m. They play Tuesday and Thursdays. Call the Ludlow Senior Center for more information 413-583-3564.

**I-MONTHLYFOOD DRIVE B** On the first Saturday of each EVEN month (February, April, June, August, October, December) First Church in Ludlow, 859 Center St, collects non-perishable foods. From 10 a.m. to 1 p.m., drive through the back parking lot. We will take your donations out of your car & bring them to the Community Survival Center to be distributed to those in need.

**FREE CLOTHING.** Every Tuesday from 9 to 11 a.m., in the school building located behind Crossway Christian Church, 2230 Main St., Three Rivers. Clothing from baby through adult. Current, seasonal clothes in all sizes. Bags are provided for easy shopping. For more information call Donna, (413)478-0768.

**SENIOR BINGO:** Hosted by the Indian Orchard Citizens Council 3:30-5 p.m. every Monday. Free to play with great prizes. For more information, call 413-209-8240.

**CHESS CLUB:** Open to residents of all surrounding communities 5:30 p.m. every Tuesday at the Indian Orchard Citizens Council, 117 Main St. For more information, contact the IOCC at 413-209-8240 or [indianorchardcitizenscouncil@gmail.com](mailto:indianorchardcitizenscouncil@gmail.com) or stop in during operating hours. Follow the IOCC on Facebook and Instagram.

**AQUACISE AT THE CLUB:** The Ludlow Community Center/Randall Boys & Girls Club, at 91 Claudias Way, continues to offer Aquacise throughout the week. Aquacise is a low-impact, full-body workout performed in the water to put

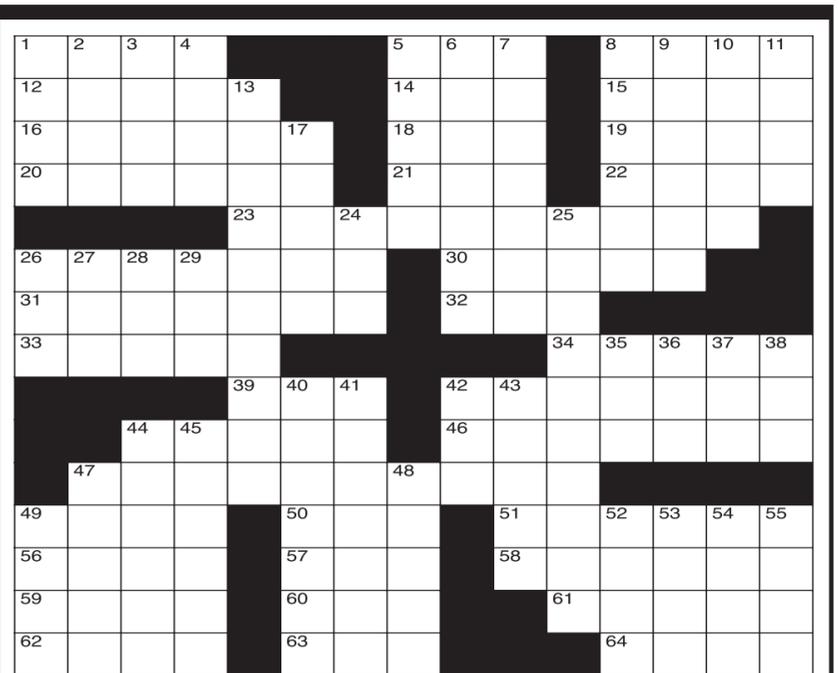
less stress on your joints and muscles while building strength. Classes are open to all members with pool-inclusive memberships and do not require prior registration. Classes are held 8:30-9:15 a.m., Tuesdays, Wednesdays and Thursdays. For questions, call 413-583-2072, ext. 124.

**SUPPORT FOR FAMILY MEMBERS:** The Michael J. Dias Support Group meets 6-7:15 p.m. on the second and fourth Tuesday of the month at Our Lady of Fatima Parish Center. Education, resources, peer support, and hope for parents and family members coping with a loved one with a substance use disorder. Anyone needing help is welcome to attend. Masks are required and we will be seated six feet apart. For more information, call Maureen at 413-563-6226.

**QUABBIN VALLEY TWIRLERS** If you missed the first lessons in the fall, now is the time to give yourself a gift of dancing enjoyment for the coming holiday time. Do you want some exercise, mental acuity, and lots of fun with great people? Try our national folk dance, square dancing with the Quabbin Valley Twirlers. They dance in Belchertown and Ludlow with Sunday and Wednesday evenings available. For more information, call Gloria or Fran at 413-467-3352.

**BIBLE STUDY:** A weekly Bible study led by Ludlow resident Hank Bastos takes place at 7 p.m. on Wednesdays at 485 East St., Ludlow. Call 413-348-6487 for more information.

**SHARE YOUR SIGHT:** Volunteer to read, shop or walk with a blind or vision impaired person in your community. Call the Massachusetts Association for the Blind and Visually Impaired at 1-888-613-2777 for details.



## CLUES ACROSS

1. Unit of dry measure
5. One who defies authority
8. Social media giant
12. Render holy
14. "Much \_\_\_ about nothing"
15. Computer manufacturer
16. Creed
18. Immoral act
19. Mountain pass
20. Winged nut
21. Don't know when yet
22. Elected officials
23. Corrupt tendencies
26. Popular adult beverage
30. Made a mistake
31. Morally correct
32. Type of whale
33. Portable conical tent

34. Native people of the Congo
39. More (Spanish)
42. Classroom implements
44. Cognizant of
46. One who tells
47. Free from bondage
49. Thick piece of something
50. Containing two adjacent nitrogen atoms
51. Removed from the record
56. Legendary singer Turner
57. Broke up the earth
58. Hunting expedition
59. Contributes
60. Unit of work or energy
61. Wreckage on the sea bed
62. Affirmative! (slang)

63. Witness
  64. Scrape (Archaic)
- ## CLUES DOWN
1. "\_\_\_ and flows"
  2. Humble request for help
  3. A position of leadership
  4. Continent
  5. Adherent of a particular religion
  6. Things that can be eaten
  7. Self-governing Netherlands territory
  8. Long-tailed crow
  9. Repeated
  10. Bluish greens
  11. Humanities
  13. Someone who serves in the armed forces
  17. Labor (Spanish)
  24. Zero
  25. Shared by involving three parties
  26. Queens ballplayer

27. Consumed
28. Rest here please
29. Men's fashion accessory
35. American time
36. Sound unit
37. They \_\_\_
38. Soviet Socialist Republic
40. Places to play video games
41. A sudden attack of illness
42. When you hope to arrive
43. Charges
44. Actress Seyfried
45. A tributary of the Ohio River
47. Omit when speaking
48. Armored fish
49. Remain
52. From a distance
53. Adventure story
54. Geological times
55. Eat dinner

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**HUBBARD** from Page 5

by Pathways for Parents CFCE.

Shamrock Slime, Saturday, March 7, 11:30 am. For ages 6-12. Please register.

Minecraft Club, Saturdays, March 7,14,21,28: noon to 1:50 pm. For ages 7-11. We have Minecraft accounts. Please register.

Storytime Series for ages 3-5; There's Magic in the Library, Monday, March 9, 10:00 am. Please register.

Youth Chess Club, Mon-

days (biweekly), March 9, 3:30-4:30 pm. Ages 9-17. Please register.

Paper Egg Coloring Contest, March 9 to 23. For youth of all ages. Color an egg to be included in our Eggstravaganza Egg hunt in April! Drop-in.

Anime Club, Tuesdays (biweekly), March 10, 24: 3:30-5:00 pm. For middle and high schoolers. Registration recommended.

Youth Crochet Club, Tuesdays (biweekly), March 10, 24: 5:30-6:30 pm. For ages 10-17. Please register.

Sing With Me, Tuesdays, March 10,17,24,31: 10:30 to 11:00 am. For 0-5s. Drop-in.

Lunch Bunch, Wednesday, March 11, 11 - noon. For ages 15-36 mos. Please register. Sponsored by Pathways for Parents CFCE.

Lego Build Challenge, Wednesdays, March 11,18,25: noon to 5:00 pm. All creations will be put on display in the Youth Room for the week. Drop-in.

Massachusetts Children's Book Award Book

Group (MCBA), Thursdays (monthly), March 12, 6:00 - 6:45 pm. Read 5 nominated books and vote! Celebration with ice cream and photos in the Register in April! Please register.

Tween Chaos Boardgame Club, Fridays (biweekly), March 13,27: 3:15 - 4:45 pm. For ages 10-14. Please register.

Paper Mache Pie Plates, Saturday, March 14, 11:00 am. For ages 8-17. Please register.

Nintendo Switch Night, Tuesdays (monthly), March

17, 6:00 - 8:00 pm. For middle and high schoolers. There's pizza! Please register.

Pokemon Club, Wednesdays (biweekly), March 18, 3:30 - 4:45 pm. For grades 3-8. Please register.

Music and Movement, Wednesdays, March 18,25: 11:00 am. For ages 15-36 mos. Please register. Sponsored by Pathways for Parents CFCE.

Sewing Clinic, Thursdays (biweekly), starting March 19, 5:30 pm. For middle and high school age. See the items you'll be making on

the website! Please register.

Spongebob Scavenger Hunt, Friday, March 20, all day. For youth of all ages. Drop-in.

Daily Drop-In Crafts, all ages. DIY crafts available in the Youth Room daily. New craft each week.

Young Adult Volunteer Program, ongoing. For 6th grade through high school. Volunteer one hour a week in the youth room. Please see our website calendar for more information and to submit an application.

**HEALTH** from Page 4

ceptive behavior around food (hiding or tossing out food), avoiding food and eating in social situations, excessive or compulsive physical activity, cutting out particular food groups, developing food rituals – such as always using the same bowl, cutting food up into tiny pieces or eating very slowly.

These in turn can bring on behavioral changes such as social withdrawal, or not engaging in activities once enjoyed, sleep difficulties, low self-esteem, moodiness, and/or irritability.

Binge Eating Disorder (BED) is defined by recurring episodes of eating large quantities of food, often quickly and to the point of discomfort, accompanied by a feeling of a loss of control and shame.

Bulimia Nervosa is characterized by frequent episodes of binge eating followed by vomiting, using laxatives, or exercising to excess to avoid gaining weight. Your hungry body responds to its need for food with powerful cravings and another binge ensues. To feel (short-lived) relief and regain control, you purge, but purging only reinforces binge eating and a vicious cycle of bulimia begins.

Anorexia Nervosa is a restrictive eating disorder, characterized most notably by weight loss and nutrient deficiency. Those with anorexia have difficulty maintaining an appropriate weight for their

size and shape. In addition to restricting calories, compulsive exercise, use of laxatives, and/or purging is used to keep their weight low.

There are other specified feeding disorders (OSFED) that are subcategories of eating disorders that do not fit into the diagnostic criteria. A few include:

- Atypical Anorexia is a disorder that despite food restriction, the person's weight is average or above for their height, not under

- Rumination disorder (habitual regurgitation of food after eating, which may then be re-chewed, re-swallowed, or spit out) avoidant or restrictive food intake

- Pica (the persistent eating of non-food substances with no nutritional value, such as dirt, hair, paint chips, or soap)

- Orthorexia (an obsession with healthy eating with associated restrictive behaviors)

- Drunkorexia (skipping meals or excessive exercise along with heavy alcohol consumption.)

- Diabulimia is a life-threatening eating disorder specifically affecting individuals with Type 1 diabetes, characterized by the intentional restriction or omission of insulin to induce weight loss.

- Avoidant/Restrictive Food Intake Disorder (ARFID) is similar to picky eating in children or restricted intake in adults, this involves limiting food intake based on a lack of interest in food, avoidance of sensory characteristics (texture, smell), or

fear of negative consequences (choking, vomiting).

In addition to affecting mental health, addictions can seriously damage the physical health systems: gastrointestinal, endocrine, nervous, cardiovascular, immune, respiratory problems, as well as liver damage and kidney disease.

It doesn't take long for tolerance to increase with substance use; more of the drug/alcohol is required to have the same effect. Dependence follows, and the body needs the substance to function normally.

Addiction takes time to develop but soon the cravings and compulsions are stronger than the consequences that follow. If you try to quit, the negative physical and mental health symptoms of withdrawal take over.

Recovery from substance use disorders and eating disorders have many similarities but also a big difference. Abstinence is the goal for many recovering from SUD, but for anyone with an eating disorder, abstinence becomes an eating disorder.

Never in your right mind would you even think about telling an alcoholic to have a beer for breakfast, wine for lunch, cocktails for dinner and a few shots for snacks. One sip, one drug, or one cigarette and the body and mind crave the substance – substance reuse ensues!

For an eating disorder, food is both the enemy (drug) AND the cure. The body and mind crave food in the same way as a SUD, but eating is

essential for recovery.

One must eat to regain both mental and physical health, yet EVERY SINGLE BITE triggers intense emotions, anxieties and potential knee-jerk bingeing/restriction reactions. One must sit with those overwhelming negative feelings day in and day out.

You can only imagine what it is like for those 35%-50% with dual diagnosis to abstain from substance use while relearning what is the right amount of food to provide the best nutrition for healing. What is good for the body will not feel good to the mind and the person resists!

The interplay between physical health and mental health is intense.

With food disorders, there is an interplay of the endocrine and nervous system constantly trying to keep the body at equilibrium whether a person is suffering from bingeing, purging or starvation caused by anorexia nervosa.

Once you're in recovery, it can take three months or more to heal metabolism after an eating disorder. This includes unwanted weight gain, digestive issues, thyroid and hormone problems, and fatigue.

Like alcoholism, anorexia can have fatal consequences without medical intervention. Typical eating disorder recovery takes three-six years.

Marilyn Barrett, author of "Creating Eden: The Garden as a Healing Place" encapsulated my recovery when she wrote:

"Come into the garden with me. Don't worry about not knowing your way: Your heart remembers, even if your head has forgotten. When you were small and first had time to create your dreams, you were at one with the earth you played in and with each leaf, bird, and cloud you saw. This is the garden to which I invite you to return.

Imagine a place to which you can bring stress, sorrow, loneliness, and confusion and from which you can leave with a sense of resolution, understanding, and calm. Imagine a place where you can express your own unique nature, create beauty, grow pure food, and gain control over your life. In my life, the garden has been such a place."

Marilyn so aptly penned that the garden is a place for clearing away anger, confusion, and pain, the trash of the past. She added this clearing is a prerequisite to achieving inner peace, balance and harmony and people must sort through the emotional rubble of the past they have inherited, and they must get to the roots of attitudes and behavior patterns that have stunted their growth.

Getting to the roots of attitudes and behavior patterns that have stunted growth doesn't have to be in the garden. Return to what you loved as a child – sports, art, music, writing, hiking. Find a safe place to face the past.

If you are able, volunteering can be crucial in recovery addiction because it provides structure, fosters a renewed sense of purpose, provides new skillsets, builds a supportive sober community, and improves mental health by reducing depression and anxiety.

It helps individuals replace the self-centered nature of addiction with empathy and structure, ultimately reducing relapse risk by providing meaningful, productive activity.

Additionally, employers value volunteers because they demonstrate key, transferable skills like initiative, teamwork, and leadership, while also signaling a strong work ethic and passion. On a resume, it fills gaps, shows practical experience, and indicates a proactive, community-minded employee.

For every addicted individual, the descent into dependency is uniquely complex as is the journey of recovery. Professional treatment makes for a more successful outcome, so please insist that all your symptoms and conditions are addressed.

Be honest so that you can understand your past and how it affects today's choices.

Joy and well-being will return with each little success!

National Eating Disorders Association: <https://www.nationaleatingdisorders.org/>

Multiservice eating Disorders Association: <https://www.medainc.org/>

Online Eating Disorder Treatment: Equip <https://equip.health/>

Quaboag Hill Substance Use Alliance: <https://qhsua.org/>

Recovery Center of Hope: <https://www.facebook.com/RecoveryCenterofHOPE-Ware/> 52 Main Street, Ware. RCH is run by people in recovery and helps those reach goals through a strengths-based and community-based approach.

(1 National Eating Disorders Association (NEDA), 2 National Institute of Health)

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# SPORTS

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## Ludlow hockey defeated in state tournament



SCITUATE – Last week, Ludlow High School ice hockey, which co-ops with Belchertown High School, was defeated on the road during the Division 3 State Tournament.

Ludlow drew the opening matchup on the road at Scituate High School. The Lions would lose 7-4 last Wednesday evening at Hobomock Ice Arena. With the defeat,

Ludlow hockey's season ends with a 9-12 overall record.

Turley photos by David Henry  
www.sweetdogphotos.com

**Evan Dias controls the puck during action this season.**



**William Mitus sends a pass away.**



**AJ Stupak takes over possession.**



**Liam White heads in to take a shot.**



**Teddy Iwasinicki tries to corral the puck.**

## HCC Women celebrate final home game

Headline: HOLYOKE – Women's basketball played their last regular season game on Friday evening, Feb. 20, hosting regional opponent Bunker Hill CC. The Lady Cougars defeated their opposition 67-56 to earn their seventh straight win. Holyoke's two second-year players, Emily McGrail (Ware, MA / Ware HS) and Erin Bullough (South Hadley, MA / South Hadley HS), were honored with a sophomore night that included a pregame ceremony recognizing the athletes and their accomplishments. Posters, photos and decorations were hung on the walls and in the stands around Golas Court.

McGrail led the Cougars

Please see **HCC**, Page 10



**Erin Bullough, of South Hadley, tries to overcome pressure.**



Turley photos by David Henry www.sweetdogphotos.com  
**Johany Andrade goes for the layup.**



**Annastacia Dixon gets the short jumper away.**



**Mileidy Rosado avoids a block and gets a shot.**



**Tatiyana Zuniga passes in transition.**

## Lions boys basketball defeated in state playoffs

LUDLOW – Last Wednesday night, Ludlow High School boys basketball started the Division 3 state tournament with a road matchup at Lynnfield High School. Ludlow got out to a great first half and only trailed by three points at halftime.

But the offense was shut down after halftime as Lynnfield made adjustments limited the Lions to just single digits in the third and fourth quarters en route to a 57-47 victory.

Ludlow boys basketball got 11 points from Tyler Tatro to lead the team. Jackson Mateus and Cameron Lyman had nine points each.

With the loss, Ludlow's season ends with a 12-9 overall record.

## T-Birds score much-needed win over Checkers

SPRINGFIELD – The Springfield Thunderbirds (21-25-5-2) overpowered the Charlotte Checkers (30-18-4-0) on Saturday night before a sellout crowd of 6,793 inside the MassMutual Center on Military Appreciation Night, coming away with a 5-1 victory.

Zach Dean provided instant offense on Friday night, and the third-year pro experienced deja vu on this night, jabbing home a 2-on-1 pass from Hugh McGing just 2:20 into the action to give Springfield a 1-0 lead.

Unlike a night earlier, Steve Ott's team was able to build upon its early lead with two successful penalty kills, followed by a power-play re-direction by Matthew Peca at 18:57 of the first, as the captain tipped a Calle Rosen shot through Kirill Gerasimiyuk.

The T-Birds' offense proved to be far from finished, as Alek Kaskimaki took a breakaway pass from Otto Stenberg at 4:30 of the second and stayed with his initial shot to cash in on a rebound past Gerasimiyuk, extending the lead to 3-0.

Charlotte finally got on the board just 52 seconds later when Noah Gregor crashed the net to chip a Brian Pinho pass over the shoulder of Will Cranley, but it proved to be just a small blip on the T-Birds' radar in what would evolve into a firestorm of offense for the home team.

Only 1:03 of game time passed before Springfield had restored its three-goal advantage, as Jakub Stancl circled the offensive zone to the right circle before firing the puck back toward the goal mouth. Dylan Peterson parked himself right outside the crease and allowed the puck to ricochet off his skate and past Gerasimiyuk to make it a 4-1 game, chasing Gerasimiyuk from the game in the process.

Charlotte backup Louis Domingue did not fare much better, as McGing revved up the ice on a breakaway 55 seconds later. McGing was tripped and may have earned a penalty shot, but as he was falling, the puck continued on a straight line path under Domingue's legs, giving

Please see **T-BIRDS**, Page 11

# Different name, but OT win for Worcester

WORCESTER – Did anyone in the city see their front door blow open unexpectedly at about 5:30 Sunday afternoon?

If so, it had nothing to do with the weather. It was the entire staff and roster of the Worcester Monkey Wrenches exhaling in unison after veteran Drew Callin scored what up to now is their biggest goal of the season.

It came at 4:27 of overtime to give the home team a 1-0 victory over the Adirondack Thunder, one of the four teams ahead of them in the North Division standings. The goal snapped a four-game losing streak on home ice and allowed Worcester to earn four of a possible six points for the weekend.

The game marked only the second time in team history it was 0-0 after 60 minutes. Worcester won the last one, as well, on March 21, 2018 at Wheeling in a shootout.

The goal was Callin's 20th goal of the season. Anthony Repaci set it up by stealing the puck in the left circle. Callin was alone on the right side, moved in on Thunder goalie Jeremy Brodeur and beat him with a backhand fake.

"Patch made a great pass over," Callin said, "that gave me some free space. I just picked my head up, saw (Brodeur) sliding over and I figured I'd go the other way."

The overtime victory was the home team's seventh of

the season, fifth at the DCU Center.

The goaltending was great, as it often is in this division.

Brodeur stopped 27 shots. Worcester's Parker Gahagen made 25 saves for his second 1-0 victory in 29 days.

The Monkey Wrenches killed five penalties and had just one power play. They killed them beautifully to keep the game scoreless.

Worcester's penalty kill featured some excellent work by Cole Donhauser, who played a major role in Sunday's victory.

"We have a little bit of plan going into it," Donhauser said, "but the main thought is to deny the seams, don't let the puck get going east to

west, deny the one-timers, try to protect the house and our D-men did a great job blocking shots."

Gahagen's presence has made a huge difference in all the close games Worcester has played recently. Throughout the back-and-forth havoc, especially in the third period and overtime, he looked like the calmest person on skates.

And the home team is playing nothing but close games these days.

"I think everybody deems it important this time of year to play the right way," Tuzolino said.

Callin became the 14th player in team history to score 20 goals. He joins brother Anthony who had 24 last season.

HCC from Page 9

in blocks during Friday's game and was second in rebounds, tallying six of each. She leads Holyoke in blocks this season with 59 and blocks per game, averaging 3.5. McGrail is sixth in NJCAA Division III in blocks and third in blocks per game. Bullough sunk the Lady Cougars first basket of the game on Friday. She leads Holyoke in three-point shooting percentage this season and is second in three-pointers made. Bullough has made 41.3% of the three-point shots she has attempted this year, ranking her fourth in NJCAA Division III. She has drained 31 total shots from long range

on the year. Annastacia Dixon (Keene, NH / Keene HS) had an outstanding game in the regular season finale, leading Holyoke in points with 24 and rebounds with eight.

Women's basketball closes out the regular season with a 10-3 regional record and a 14-7 overall record. They are the second-place team in the New England (Region XXI) standings and will be the #2 seed entering the regional tournament. This will be HCC women's basketball's first postseason appearance in over 15 years. The Lady Cougars will get a bye to the tournament semifinals and will host the winner of one of the two quarterfinals.

Support your local sports teams

# PET PAGE



## PET OF THE MONTH Meet Barney!



He is a 6 1/2 year old Jindo – Husky mix. He loves riding in the car, playing tug of war, and fetching a ball or a Frisbee. But most of all he loves children and people. He lives with Richard Zaranek.

### ATTENTION READERS!

Send in your pet picture for our "Pet of the Month" and receive a FREE weekend get-away or spa package for your pet courtesy of Porter Road Pet Care. Email your photos to: [jwalker@turley.com](mailto:jwalker@turley.com). Please include your name and your pet's name.

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For Information or to Register  
Call (413) 355-0553  
[eastlongmeadowdogobedience.com](http://eastlongmeadowdogobedience.com)  
**We Teach You How to Train Your Dog!**

**Porter Road Pet Care**  
141 Porter Road  
East Longmeadow MA  
413-525-3532

[www.porterroadpetcare.com](http://www.porterroadpetcare.com)

- Day Care
- Boarding
- SPA Services Available

Web Cams  
Heated  
Large  
Indoor/Outdoor Accommodations  
Playtime Available - Fenced in  
1/4 Acre Lot

Bathing  
Haircuts  
Mancures

**Save \$5 on Daycare, Grooming or Boarding Services**  
Limit 1 coupon per pet.  
Expires 3/31/26

**PACK WALKS**

- Every Saturday in Post Office Park Wilbraham at Noon.
- Every Sunday in Bechertown behind the Police Dept. at 10 a.m.

All Ages And Breeds Welcome  
\$20 Each - Weather Permitting

**COMING IN APRIL!**  
**NEW Wednesday Evening Obedience Class**

- Private Training in Your Home
- Introduction to Your Puppy or New Rescue Training
- Basic Obedience, Manners & Life Training
- Behavior Modification

413-246-0859 • AKC Certified

## Understanding Cat Behavior

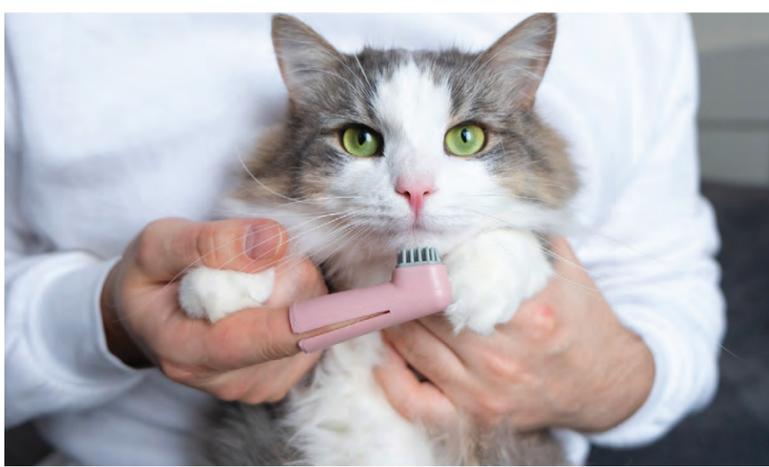
**When a Cat Turns Away**  
When a cat shows you her backside, with tail held high, it's not an insult. It's actually a friendly greeting. So, appreciate the cat butt!

**The Purpose of Purring**  
Most people think a purring cat is a euphoric cat, and that certainly is true sometimes. But what is less well-known, is that purring can also mean the animal is hurt, ill or stressed.

**Tummy Time**  
When a cat rolls onto her back and shows you their belly, it's seldom a request for a belly rub. It's just a display of trust (after all, she's exposing the most vulnerable part of her body—the soft underbelly). Take note: there are cats who love belly rubs, but most decidedly

do not. Backs, legs and tails can also be problematic. But even when you're petting the generally safe areas of the cheek, chin and head, stick to the 3-second rule, caress for 3 seconds, and then stop. If she moves in for more, go for 3 more seconds. If not, move along! Cat parents who do not take hints are usually the ones talking about how their cat is all lovey-dovey one minute, and then "out of nowhere," bites.

**Nuzzling Might Be a No-No**  
Getting right up in a cat's face for a nuzzle is not as appealing to them all those cat food ads would make it appear. In fact, it makes many cats downright uncomfortable. Within about a foot of their faces, cats' vision is extremely poor. The best advice is to wait for them to nuzzle you.



# PUBLIC NOTICES

## LUDLOW ZONING BOARD OF APPEALS LEGAL NOTICE

The Ludlow Zoning Board of Appeals will hold a public hearing in the Ludlow Town Hall, 488 Chapin Street, Selectmen's Conference Room on **Wednesday, March 11, 2026, at 6:00pm** on the application of **Anthony Wheeler Construction LLC** for the property located at **0 Kirkland Street, Ludlow MA (Assessors' Map 15A, Parcel 184A, Zoning: Residential A)**. The subject of the hearing is for a Special Permit for a single-family home on a non-conforming lot. Original Special Permit for a single-family home on this property has expired.

Manny Lopes, Chairman  
02/25, 03/04/2026

## LUDLOW PLANNING BOARD LEGAL NOTICE SITE PLAN

The Ludlow Planning Board will hold a public hearing in Ludlow Town Hall, Select Board's Conference Room on **Thursday, March 12, 2026, at 7:15 p.m.** on the application of **Nikkie Pollis, Ludlow, MA West St. Solar LLC** for the property located at **155 West Street, Ludlow, MA (Assessors' Map 2D, Parcel 1-1)** for the purpose of: construction of large-scale ground mounted photovoltaic (PV) energy system. Approximately 9 acres of the 12.2 acres are located in Ludlow.

If for any reason this hearing is cancelled, it will be rescheduled

to Thursday, March 26, 2026.  
Raymond Phoenix, Chairman  
02/25, 03/04/2026

## LUDLOW PLANNING BOARD LEGAL NOTICE SPECIAL PERMIT / HOME OCCUPATION

The Ludlow Planning Board will hold a public hearing in Ludlow Town Hall, Select Board's Conference Room on **Thursday, March 12, 2026, at 7:00 p.m.** on the application of **Alexis Smith of 29 Sunset Ridge, Ludlow, MA (Assessors' Map 25, Parcel 27A)** for: **home office for doula services**.

If for any reason this hearing is cancelled, it will be rescheduled to Thursday, March 26, 2026.

Raymond Phoenix, Chairman  
02/25, 03/04/2026

## LUDLOW PLANNING BOARD LEGAL NOTICE SPECIAL PERMIT / HOME OCCUPATION

The Ludlow Planning Board will hold a public hearing in Ludlow Town Hall, Select Board's Conference Room on **Thursday, March 12, 2026, at 7:05 p.m.** on the application of **Nicholas Gomes of 72 Westerly Circle, Ludlow, MA (Assessors' Map 33, Parcel 31)** for: **home office for painting business**.

If for any reason this hearing is cancelled, it will be rescheduled to Thursday, March 26, 2026.

Raymond Phoenix, Chairman  
02/25, 03/04/2026

# OBITUARIES

## Donald (Don) K. Mayou Sr.

Donald (Don) K. Mayou Sr., 96, of Ludlow, died peacefully on February 19, 2026, while residing at the Holyoke Veterans' Home, where he received outstanding care. Born in Indian Orchard on November 11, 1929, he was the son of the late Henry and Alvina (Peets) Mayou. He lived in the Indian Orchard section of Springfield and was educated in the Springfield Public Schools.

In his youth, he was a member of Boy Scout Troop 40 Bugle and Drum Corps and an outdoor enthusiast who shared many adventures with his lifelong friends. Donald proudly served his country during the Korean Conflict in the United States Army. He was a member of the 242nd Chemical Supply Detachment in the Canal Zone, Panama, and attained the rank of Corporal. He was a longtime employee of Pioneer Valley Knitting Finishing, where he worked for 25 years; he retired from Monsanto Chemical Company in 1991 after 17 years of service.

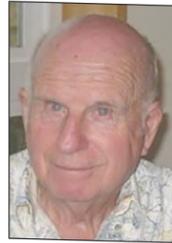
Don will be remembered as a talented and well-respected beekeeper for over 40 years. He served as President of the Hampden County Beekeepers Association and was an active member. Don was a devoted father, volunteered faithfully at his parish, made friends wherever

he went, enjoyed playing checkers, and loved going to the casino for a day of fun.

A longtime resident of Ludlow, he was a faithful communicant of St. Elizabeth Church and a member of the League of the Sacred Heart. Don was the beloved husband of the late Claire M. (Stebbins) Mayou for 61 years. They shared a love of travel and made annual trips to Aruba for more than 23 years.

He leaves his six children: Donald K. Mayou, Jr. and his wife Abby of Hardwick; Nancy A. Mayou and her partner Ruth Nave of Clayton, NC; David F. Mayou and wife Diane of Belchertown; Diane M. Netherton and her husband Mark of Ludlow; Brian M. Mayou of Anson, ME; and Lisa C. Groth and her husband John of Monson.

He was the adoring "Pepe" to twelve grandchildren — Donald K. Mayou III, Rosa Kramer Frank (Michael), Alissa Kramer Briggs (Kevin), and Ethan Kramer (children of Donald Jr.); Rebekah Clough (Bryan), Sarah Williams (Robert), and Heather Mayou (children of David); Melissa Netherton, Amie Netherton, Crystal Duval (Derrick), and



Mark Netherton (Yasmeen) (children of Diane) — cherished "Great Pepe" to Mira, Ezra, Jillian, Bryce, Riley, Kaelyn, Owen, Ellianna, Olyvia, Ayden, Deyton, Josalyn, Taytem, Zachary, Zoe, Lily, Naomi, Paisley, and Lilah; and "Great-Great Pepe" to Kingston.

He also leaves his devoted sister, Shirley Beaudoin of Wilbraham; his sister-in-law, Theresa Sideleau, and her husband, George; along with many loving nieces and nephews. Don was predeceased by his adored granddaughter, Brittany Mayou; his sisters, Pearl McDonough, Lillian Talbot, Anita Auffrey, and Theresa Masley; and his brother, Francis Mailloux.

Funeral services for Don will be held at Ratell Funeral Home on Monday, March 9 from 4 to 7 p.m. A Mass of Christian Burial will take place at St. Elizabeth's Church in Ludlow on Tuesday, March 10 beginning 11 a.m., followed by burial at Massachusetts Veterans' Memorial Cemetery in Agawam at 1 p.m. Memorial Contributions can be made in his name to Holyoke Veterans Home, 110 Cherry Street, Holyoke, MA 01040.

## DEATH NOTICES

**Donald (Don) K. Mayou Sr.**  
Died Feb. 19, 2026  
Services  
March 9, 2026  
Ratell Funeral Home

## The Ludlow Register OBITUARY POLICY

Turley Publications offers two types of obituaries. One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place. The other is a **Paid Obituary**, costing \$275, which allows families to publish extended death notice information of their own choice (with a word limit of up to 500 words) and may include a photograph.

**Death Notices & Paid Obituaries** should be submitted through a funeral home to: [obits@turley.com](mailto:obits@turley.com).

*Exceptions will be made only when the family provides a death certificate and must be pre-paid.*

## GARDENS from Page 4

in by March 16 at \$35, online registration is through March 26 for \$35 and walk-ins are the day of at \$40 cash only.

Rosey Bonner, a member of the WMMGA and part of the Planning Committee for the event, expressed excitement for this year's workshops and said attendees have an opportunity to take two of them during the day.

"The sessions are an hour and 15 minutes long. The speaker usually speaks for an hour and then gives them a good 15 minutes because they usually have lots of questions that may not have come up in what we were talking about," Bonner said.

On the topics, Bonner explained, "our whole mission is sustainability and good practices" and community feedback also guides this, with evaluations at the end of the workshops. A couple of this year's workshops, for example, came to be through those evaluations.

"We didn't have anything on trees and shrubs last year, so a lot of people said, 'Can you bring back something else in trees and shrubs?' So, the person we have doing it this year is Dan Ziomek and he's been in the industry for 20 plus years. He's currently the manager of the Sugarloaf Gardens

in Sunderland," Bonner said. "He has a wealth of information. He will bring his truck loaded with shrubs and trees and his focus this year is make sure if you're going to use trees and shrubs, it's just like flowers. You just don't have them look good one season, you have them look good four seasons. So, he's really going to talk about what trees or shrubs might be featured for your garden or landscape over the year long. So, it's just good biodiversity, but it also makes pretty art too."

Another topic Bonner highlighted was "Vegetables versus Pests: How to Win!" as attendees always seek a topic on vegetables.

"They talk about some common vegetables that you grow and pests or diseases that take them over. Number one, how to prevent it and number two, how to manage insects and diseases if you get them. It's practical, useful ideas that really work," Bonner said. "I say they really work because the two presenters, Margery Gerard and Jo-Anne Palmer, are both master gardeners, but more important than that, their expertise in this area comes from the fact that they are two of the people that oversee the South Hadley garden called Full Circle Garden. It's a vegetable garden and they raise way over 2,000 pounds

of food in the summer for the food pantry there, so not only are they master gardeners, they have such practical, hands-on experience."

Bonner said another concern gardeners have is invasive species in "how to identify it and what to do about it," with the focus on spotted lanternflies, jumping worms, Japanese Knotweed and more.

"The person doing it is very careful to say manage, not completely eradicate, because sometimes, once you get these

invasives in here, you can't get rid of them, but you could at least manage them. Others you catch them early enough because you've identified them early enough you can really get rid of," Bonner said. "She is the point person for Massachusetts that watches over what plants or insects that go on the invasive list, so she's really got her hands into this part."

After Bonner expressed gratitude to the Western Mass community for supporting the event year after year and, also,

for this year's raffle, as many community members donated items too, she added that she hopes attendees take away inspiration and ideas to help better understand biodiversity.

"They're an important part in saving our world and making a difference, and it's not mammoth things they have to do. It's small, little changes that they can do. Whether it's adding a little water feature or adding a native or addressing that invasive or adding a bush with berries for the birds, there's some-

thing that they're going to walk away with that they truly will make a difference in helping to save our world," Bonner said. "They're taking care of our environment and that's really what we need is everybody doing a little piece."

Bonner's message was this. "If you're looking to get energized, inspired, get out of this humdrum of winter, come to our workshops. We guarantee you'll walk away with a smile and feeling spring is here!" Bonner said.

## T-BIRDS from Page 9

McGing credit for the third T-Birds goal in a 2:50 blitz, extending the lead to 5-1.

There would be no more goals in the final half of the game, but the fireworks were far

from done, and with just eight seconds remaining and tempers flaring, Cranley and Domingue met at center and dropped the mitts for a goalie fight, the first in T-Birds history, which left the sellout crowd in an uproar to close out the victory.

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# Church DIRECTORY

### THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

584 West St., Ludlow  
413-583-8454  
Sunday services  
Sacrament Meeting 10- 11 A.M.  
Sunday school for adults,  
Young single adults( 18-30) and teens ( 11-18 )  
1st & 3rd Sunday of the month from 11-12 noon  
Adult Religious/Marriage and Parenting for Women- 2nd & 4th Sunday of the month from 11-12 noon  
Adult Religious/Marriage and Parenting for Men- 2nd and 4th Sunday of the month from 11-12 noon  
Classes for Single Adults(18-30)  
2nd & 4th Sunday of the month -11- 12 noon  
Classes for Young Men( 11-18 )  
2nd & 4th Sunday of the month 11-12 noon  
Classes for Young Women ( 11-18 )  
2nd & 4th Sunday of the month - 11-12 noon  
Children's classes: Sunday school & singing time every Sunday( 3-10 ) 11- 12 noon  
Nursery provided for ages 18 month- 3 yr

### CHRIST THE KING CHURCH

41 Warsaw Ave., Ludlow  
413-583-2630  
Pastor Rev. Raymond A. Soltys  
Saturday Vigil Masses - 5 p.m. and 6:30 p.m.  
Sunday Masses - 7:30 a.m.; 8:45 a.m. (Polish); 10 a.m. and 11:15 a.m.  
Sunday Evening Mass - 5:30 p.m.

### IMMACULATE CONCEPTION CHURCH

25 Parker St, Indian Orchard,  
413-543-3627  
Very Rev. Piotr Calik  
Office Hours: Monday, Tuesday, Wednesday, Thursday, 9 a.m. - 1 p.m.  
CLOSED FRIDAY  
MASS SCHEDULE  
Monday 8:00am  
Tuesday 8:00am  
Wednesday No Mass  
Thursday 6:00pm  
Friday 6:00pm  
Saturday 4:00pm  
Sunday 8:30am (English) 10:15am ( Polish )  
Confessions: Saturday - 3:15-4 p.m.

### ST. ELIZABETH PARISH

191 Hubbard St., Ludlow  
413-583-3467  
Pastor - Rev. Msgr. Homer P. Gosselin  
In Residence - Rev. Norman Bolton  
Deacons: Normand Grondin, Keith Davies  
Office Hours: Monday - Friday 8 a.m. - 4 p.m.  
Visit our website at [www.stelizabethludlow.org](http://www.stelizabethludlow.org)  
Like us on Facebook Check out our Parish App  
Wednesday, March 4 - Daily Mass - 7:30 AM (C)  
Holy Mother Choir - 4:30 (C), Scouts - 6 PM (ER)  
Cub Scouts - 6 PM (FLBH)  
Bible Study - 6:30 PM (JR)  
Thursday, March 5 - Daily Mass - 7:30 AM (C)  
Friday, March 6 - Daily Mass - 7:30 AM (C)  
Stations of the Cross - 12:30 PM (C)  
Stations of the Cross - 7 PM (C)  
Saturday, March 7 - Confessions - 2:30 PM (C)  
Saturday Vigil Mass - 4 PM (C)  
Corned Beef Dinner take-out - 4 PM (FLBH),  
Corned Beef Dinner seating 5:30 PM (FLBH)  
Sunday, March 8 - Daily Masses at 7:30 AM, 9:15 AM, 11 AM and 5 PM (C)  
Confirmation Class - 8 AM (JR)  
Faith Formation - 10:15 AM (FLBH/ST)  
Lifeteen - 6 PM (JR)  
Monday, March 9 - Daily Mass - 7:30 AM (C)  
Ladies Auxiliary of K of C - 1 PM (JR)  
Faith Formation - 6 PM (JR)  
Womens Bible Study - 6 PM (ER)  
Tuesday, March 10 - Daily Mass - 7:30 AM (C)  
Middle School Youth Ministry - 3 PM (JR)  
St. Rita Choir - 4 PM (C)  
Pasta Supper - 4:30PM (FLBH/K)  
Faith Formation Adult Confirmation - 6 PM (JR) -  
Bereavement Support Group - 6:30 PM (ER)  
Finance Council - 6:30 PM (R)

### FAITH COMMUNITY CHAPEL

A Church of the Nazarene  
485 East Street, Ludlow  
(413) 583-7875  
Email: [FCCPastorLisa@gmail.com](mailto:FCCPastorLisa@gmail.com)  
Lead Pastor: Rev. Lisa Morrison  
Associate Pastor: Gary Coombs  
Sunday Morning Discipleship Groups meet at 9:45am  
Worship service meets at 11am  
OTHER MEETINGS  
Tuesdays: Zoom Bible Study 7pm  
Fridays: After School Club for Children 5pm  
AA Group 7pm

### STS. PETER AND PAUL UKRAINIAN CATHOLIC CHURCH

45 Newbury St.  
Ludlow, MA 01056  
Phone: 413-583-2140  
Pastor: Father Andriy Krip  
Liturgy schedule:  
Wednesday 9 a.m., Friday 9 a.m.  
Rosary for Peace in Ukraine on Wednesday at 6 p.m.

### OUR LADY OF FATIMA PARISH

438 Winsor St., Ludlow  
413-583-2312  
Father Pedro DeOlivera  
Office hours: Monday - Thursday 9:00 a.m. to 5:00 p.m., closed 1:00 p.m.-2:00 p.m.  
Sunday Masses - 9 a.m. (Portuguese); 11 a.m. (English)  
Monday and Wednesday Morning Masses - 8:30 a.m. (Portuguese)  
Tuesday and Friday Masses - 5:30 p.m. (Portuguese)  
Saturday Vigil Mass - 4 p.m. (English)  
First Saturday of the Month - 8:30 a.m.  
For more information, visit [ourladyoffatimaparish.org](http://ourladyoffatimaparish.org).

### FIRST CHURCH IN LUDLOW

859 Center St. Ludlow  
413-583-3339  
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Sunday worship at 10 am alternating weekly with Grace Union Church, Wilbraham  
Call or check Facebook or the website for the schedule of worship and events  
Service live-streamed at 10 am on Facebook <https://www.facebook.com/firstchurchludlow>  
Website: [www.ludlowfirst.com](http://www.ludlowfirst.com)

### ORCHARD COVENANT CHURCH

95 Berkshire Street  
Indian Orchard, MA 01151  
413-543-4204  
Revs. Karen and Nick Munn, pastors  
Sunday School for all ages, 9:45 a.m.  
Worship in person, 11 a.m.  
Or watch our livestream.  
See our website for more information: [orchardcovenant.org](http://orchardcovenant.org).

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**413-531-5381**

## WANTED

### WANTED TO BUY

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Donald Roy **(860) 874-8396**

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The Town of Oakham is seeking an experienced certified municipal **TOWN CLERK.** 10 hours a week. \$31.82 - \$40.30 depending on experience.

Email [admin@oakham-ma.gov](mailto:admin@oakham-ma.gov) for a full job description and town employment application.

The Town of Oakham is seeking an experienced working **HIGHWAY SUPERINTENDENT.** The Highway Superintendent serves as the working department head responsible for the planning, administration, and day-to-day operations of the Town's Highway department. Pay rate is \$31.82 - \$40.30/hr depending on experience.

Email [admin@oakham-ma.gov](mailto:admin@oakham-ma.gov) for a full job description and town employment application.

## REAL ESTATE

### FOR RENT



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

This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings 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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**OUR CLASSIFIEDS REACH 50 COMMUNITIES EVERY WEEK!**

# Holyoke Community College scholarship season open for 2026-2027

HOLYOKE - The Holyoke Community College Foundation is now accepting scholarship applications for the 2026-2027 academic year.

The application deadline is Friday, March 13, 2026.

Last year, the HCC Foundation awarded 410 scholarships worth about \$364,000 to 379 incoming, current, and transferring HCC students.

Some students received multiple scholarship awards. The average scholarship award is typically around \$900.

Students must be currently enrolled at HCC or have been accepted for the upcoming academic year to be eligible for scholarships.

Applicants only need to fill out a single online form

to be automatically matched with the scholarships they are most qualified to receive. There are scholarships for new students, current students and students transferring to other institutions, scholarships based on financial need, scholarships for students in specific majors, scholarships for residents of certain communities, and scholarships

that recognize academic achievement.

To view scholarship opportunities and begin the application process, please go to: [www.hcc.edu/scholarships](http://www.hcc.edu/scholarships).

The HCC Scholarship Resource Center, on the first floor of the Donahue Building (Room 158), is open Monday through Fri-

day, 9 a.m. to 5 p.m., to help current and incoming students navigate the process of applying for scholarships.

The HCC Foundation is a 501(c)(3) that works to advance the college's mission, vision, and values. Founded in 1968 as the Friends of Holyoke Community College, in response

to a devastating fire that forced the college to rebuild on a new campus, the Foundation now manages assets of more than \$20 million, the largest community college foundation endowment in Massachusetts.

Questions should be directed to the HCC Foundation office at 413-552-2182, or by email to [scholarships@hcc.edu](mailto:scholarships@hcc.edu).

## Local Emmanuel College students make Dean's List

BOSTON—In recognition of their outstanding academic achievement, Emmanuel College has named more than 950 students to the Dean's List for the Fall 2025 semester. The following lo-

cal students were named to the Dean's List:

Sydney Germain, of Ludlow. Germain is majoring in Criminology & Criminal Justice.

Madeline Brown, of Ludlow. Brown is major-

ing in Psychology.

To earn a spot on the Dean's List, Emmanuel students must achieve a grade point average of 3.5 or higher for a 16-credit semester.



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# SUMMER CAMP

## Check Out These Great Camps!

## summer@HCC

### Holyoke Community College Summer Youth Programs for Ages 8-16



**Save your spot and register today for summer fun!**

**July 27-31**, Minecraft Designers (ages 8-10, 11-14)  
**August 3-7**, Python Programmers (ages 8-10, 11-14)  
**July 20-24**, Make Your First Video Game (ages 8-10, 11-14)  
**July 13-17**, ROBLOX Coders (ages 8-10, 11-14)  
**July 6-10 and 13-17**, Fun Bites with Chef Swanigan (ages 9-16)  
**July 20-24 and 27-31**, Around the world with Chef Swanigan (ages 9-16)  
**July 6-10 and 13-17**, Cooking without Borders with Chez Vargas-Gonzalez (ages 9-16)  
**July 20-24 and 27-31**, Passport to Flavors with Chef Vargas-Gonzalez (ages 9-16)

**HOLYOKE COMMUNITY COLLEGE**

Check out our adult enrichment courses, too! [hcc.edu/bcs](http://hcc.edu/bcs)

## Make the most of the summer camp

Summer camp season will soon be here, and throngs of children will board buses each morning or pack their parents' cars full of essentials to survive a few weeks away from home.

Looking back, many adults who experienced summer camp have fond memories of their adventures — whether they all went according to plan or there were some hiccups along the way. Parents want their children to make their own summer camp memories. Even if the canoe capsizes or the cabin leaks during a summer thunderstorm, such experiences can build character and strengthen friendships.

According to RegPack, an online registration software company, more than six million American children participate in some form of camp each year, including sleep-away camp or day camp. The American Camp Association says that number is closer to 14 million, with the most popular camp session length around one week or less. Families getting prepared for camp can follow these guidelines to ensure the experience is one kids won't soon forget.

### Search for an accredited camp

Accredited camps must meet more than 300 standards related to program quality, safety and health, according to the ACA. An accredited camp will likely give parents the most peace of mind.

### Consider children's readiness

There's no magic age when a child may be ready to go to camp, but generally kids who are ages seven or eight may be fine to start a resident sleep-away camp. Day camp kids can begin as early as age three, the same age kids often begin preschool programs. Gauge whether the child has spent time away from home at friends' or family members' homes to decide if a resident camp will be the right fit or if a day camp is a better fit.

### Connect with fellow campers

If possible, attend a meet-and-greet prior to the start of the season. Neighborhood day camps tend to draw kids from local communities, so there's already a chance kids will know a few fellow campers.

### Get to know camp counselors early on

Campers can introduce themselves to camp counselors and other program directors and are urged to ask questions about specific programs. Counselors can direct campers toward activities they may enjoy.

### Make the most of all situations

Much of summer camp will likely be smooth-sailing, but it's reasonable to expect some bumps along the way. Campers shouldn't expect perfection, but use the situations that may go awry as learning experiences on how to handle adversity — trying to find the fun in them anyway. Even a medical situation can be overcome, particularly because camps staff qualified medical personnel to ensure campers are safe and well.

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WEEK 2: JUNE 22-26	Taylor Swift Camp	STEM Challenges!
WEEK 3: JULY 6-10	Soccer Club	Mission Monadnock
WEEK 4: JULY 13-17	D&D Camp	History Hunters
WEEK 5: JULY 20-24	Counselor in Training	Flag Football & More
WEEK 6: JULY 27-31	Soccer Camp	PE Games & Sports
WEEK 7: AUGUST 3-7	Spanish Explorers	



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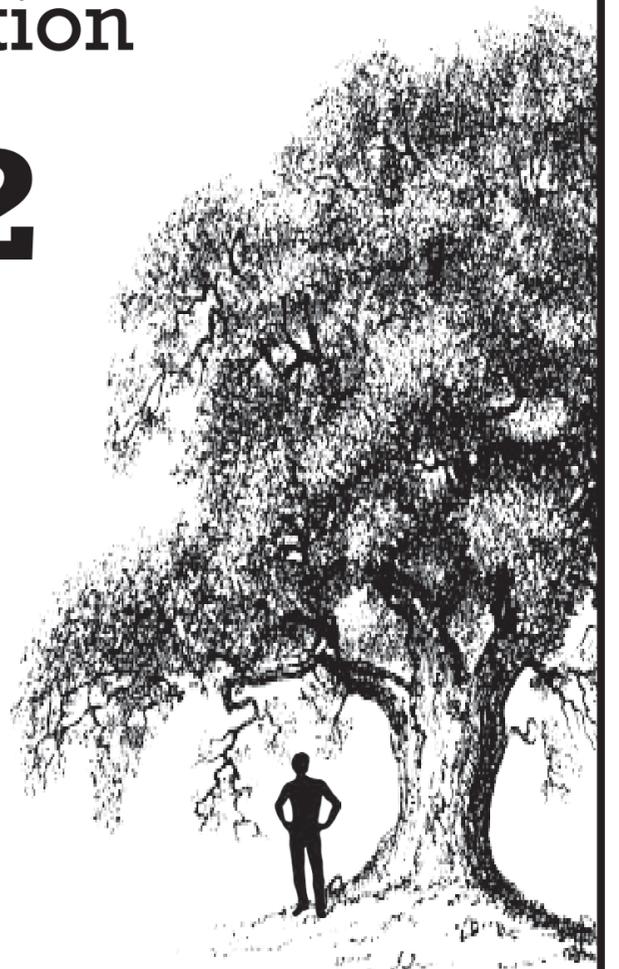
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