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# The REGISTER

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## Town Election is set for March 23

By Amanda Munson  
Staff Writer  
amunson@turley.com

LUDLOW – The following reviews open seats for the Annual Town Election and who is running for each term, with only one contested race for the Board of Health.

For three-year terms, the Assessor, Board of Health, Library Trustee, Recreation Commission, Select Board, Town Clerk, and the Town Moderator all have one seat open. The School Committee has two seats open for three-year terms.

The Housing Authority and the Planning Board have one seat open for a five-year term, along with the Planning Board having another one seat open for a four-year unexpired term. The Town-wide office nomination papers were previously signed by at least 50 registered voters in Ludlow, and candidates were advised to collect more than 50 signatures to ensure the requisite number of certified signatures.

Town Meeting member nomination papers were

previously signed by at least 10 registered voters of the precinct in which the candidate resides, and the voters in each precinct elected five Town Meeting members for three years.

Precincts one through six had five openings for three-year terms, with Precinct One having one opening for a two-year unexpired term and Precinct Two having three openings with one-year unexpired terms. Precinct Five had one opening for a one-year unexpired term.

Please note the following 2026 candidates for the Annual Town Election occurring Mar. 23.

For the Select Board: Antonio Leano Sanches.

For the Town Clerk: Kim M. Batista.

For the Moderator: Michael A. Szlosek.

For the Board of Assessors: Michael S. O'Rourke.

For the Board of Health, the only contested race in this election: Timothy Fontaine and Lauren Yelinek.

For the Library Trustee:

Please see **ELECTION**, Page 3

## Ludlow teachers receive Excellence in Teaching Award

By Amanda Munson  
Staff Writer  
amunson@turley.com

LUDLOW – The Ludlow Public Schools congratulated the following recipients of the Harold Grinspoon Pioneer Valley Excellence in Teaching Award this past month, an acknowledgement and reward to unseen heroes who quietly make a difference in our lives and our communities, to Stephanie Fernandes of Ludlow High School, Kevin DaSilva of Paul R. Baird Middle School, and Krystal Cortinhas-Rego of East Street Elementary School.

Philanthropist Harold Grinspoon's goal in 2003 was to launch the Pioneer Valley Excellence in Teaching Awards, which annually honors hundreds of outstanding Western Massachusetts educators

including Hampden County. Since its inception, over 2,000 educators have been recognized and active participation of school districts is critical to the program's success; based on the Harold Grinspoon website.

Connecting with Fernandes, DaSilva, and Cortinhas-Rego about their recent recognition, they all shared how they began teaching and personal backgrounds on why they chose to work in the Town of Ludlow, and speaking about their shared values of continuing to support education within the community.

Beginning with Fernandes, "I graduated from LHS in 2008, attended Emmanuel College where I received my degree in English communications in 2011, and received a MA in English from WNEU in 2014. I began teaching in Aug. of 2011 at Bellamy



Kevin DaSilva



Krystal Cortinhas-Rego



Submitted photos  
Stephanie Fernandes of Ludlow High School with LHS Principal Lisa Nemeth and Superintendent Dr. Tiano.

Middle School in Chicopee, MA and was hired here at LHS in 2012 which was the end goal.

Being a former graduate of the school I work at has been really special. My peers

are often teachers I once had, they were in the beginning, now my peers are often students I once had.

Please see **TEACHERS**, Page 3



Turley photo by Amanda Munson

School Age Assistant Director Jennifer Kania and School Age Director Bri Lewicki were proud to show off their photo wall for the members.

## Boys & Girls Club celebrates 76 years of serving the Town

By Amanda Munson  
Staff Writer  
amunson@turley.com

LUDLOW – During the week of Mar. 2, the Ludlow Boys & Girls Club held a birthday week-long

celebration that highlighted various programs, special events and gatherings, and opened the community center for residents interested in joining. Offering classes like aquacise, teen and adult open gym times, adult

yoga, functional movement, pickleball, senior bootcamp, to total fitness, anyone was able to check out the classes

Please see **BOYS AND GIRLS CLUB**, Page 8

## Green Communities program was highlighted at Select Board meeting

By Amanda Munson  
Staff Writer  
amunson@turley.com

LUDLOW – At the Mar. 3 Select Board meeting, Deputy Director Mark Rabinsky of Massachusetts Department of Energy Resources, DOER, visited to

present Green Communities and Stretch Code.

Rabinsky said, "Our division is the hub of all Massachusetts cities and towns, so if you have matters that are related to energy, and if you're having trouble with somebody at the Department of Energy Resources,

contact your regional coordinator which would be myself.

We can help answer your questions, not just the municipalities actually design-

Please see **GREEN COMMUNITIES**, Page 6

## Health Department offers updates in spring newsletter

By Amanda Munson  
Staff Writer  
amunson@turley.com

LUDLOW – Last week, the Ludlow Health Department launched its Spring Newsletter, a quarterly edition of helpful information, health tips and tricks, local services and offerings, and more.

With the help of Health Director Paulina Matusik, The Register reviewed and highlighted key points and information for residents who may not be able to access the newsletter online. Beginning with an employee spotlight and retirement announcement, Registered Nurse Caitlin Hertz joins the staff this month and is the

first Regional Public Health Nurse supporting the Mill Towns Shared Public Health Collaborative.

Public Health Nurse Angela Kramer, RN, officially retired in Dec. of 2025 and the Health Department thanked Kramer for her com-

**HEALTH DEPT.** from Page 6

## Cheerleading officially recognized as a sport beginning Fall of 2026

By Amanda Munson  
Staff Writer  
amunson@turley.com

LUDLOW – In the Fall of 2026, previously known as the "Girls Varsity Sideline Cheer", the cheerleaders will

now officially be recognized by Ludlow High School as a sport. Students, athletes, and parents have been waiting for this recognition within the school and the community for a long time and with the help of local community

partners, the sports team has been able to represent this accomplishment with style.

Sheila Rubin talked about the accomplishment.

"On behalf of the team and thanking Pioneer Valley Financial and past sponsors for their ongoing support for the sports team. "One photo is a picture with P.V.F., who generously sponsored the Ludlow Cheer team and purchased letterman jackets for the athletes. The squad has had so many wonderful opportunities this season, and that is truly because of the incredible support from P.V.F. and all our sponsors this past fall.

Varsity coach Adelei Bernard and Athletics Director Tim Brillo are very excited to announce that cheerleading will officially be recognized as a sport in the fall of 2026. This has been a long time coming, and we are thrilled about this exciting step forward for the team.

This has been going on

Please see **CHEERLEADING**, Page 5



The Ludlow Gameday team.

# LUDLOW

## Ludlow Hockey Association squirt team enjoyed tourney



Ludlow Hockey Association U10 Squirt Goodreau team in their latest trip to Glen Falls, NY. The team earned bronze in the Adirondack Thunder & Lightning Tournament. Pictured above front row L to R: Parker Pollawit, Ruby Mateus, Dylan Cacula, Owen Smolinski, and Penny Goodreau. Back row L to R: Brody Forte, Vince Morin, Cristiano Magalhaes, Kit Demaio, Bentley Patry, and Ava Bielanski. Team is coached by Jim Goodreau, Anthony Demaio, and PJ Pollawit.



Players from Ludlow Hockey Association Ruby Mateus, Ava Bielanski, Penny Goodreau brought the Ludlow Register to their tournament in Glen Falls, NY.

## Drama Club to present Lion King, Jr. musical

LUDLOW—The Harris Brook Elementary School Drama Club is about to perform The Lion King, Jr. musical on March 14 at 6 p.m. and March 15 at 2 p.m. at Ludlow High School.

We have over 110 students in grades 2 through 5 performing this year! This is our second show after a long hiatus; last March our production of Finding Nemo, Jr. sold out the Ludlow High auditorium.

Students have been working very hard memorizing lines, learning songs, and

perfecting choreography for the play. We would love it if The Register could run a story on our play and highlight our students. Please let us know if this is a possibility and how we can help make it happen. Below is a summary of The Lion King, Jr. musical.

Join Rafiki in the Pridelands as we welcome Simba, the newborn cub of King Mufasa, and Queen Sarabi along with trusty Zazu and all the prideland animals. As Simba grows into a curious young lion, Mufasa

tries to explain the Circle of Life and how one day he will be King of the Pridelands. Simba's Uncle Scar is planting a very different adventure in Simba's mind: one of an exciting yet dangerous elephant graveyard. Will Simba's curiosity and need for adventure lead to the 'The Mourning' of the Prideland and an uprising of the hyenas? -OR- Will Simba overcome his problems with the help of a few 'worry free' friends and take his place as King to continue The Circle of Life?

## 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 op-

tion 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.

Licence 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.

## "Cabaret Jazz" concert to be presented at Ludlow Community Center April 16

LUDLOW—Mary Jo Maichack, professional vocalist, and pianist Stephen Page will present an hour's program of songs from the Great American Songbook, "Cabaret Jazz—The Songbook Voice and Piano" for adults (free and open to the public) at Ludlow Community Center on Thursday, April 16 from 6:30 to 7:30 p.m. The concert is free and open to the public.

This program is supported in part by the Ludlow Cultural Council, a local agency supported by the Massachusetts Cultural Council, a state agency.

Ms. Maichack has spent

decades as a full-time singer and storyteller. She is known for her beautiful vocals and as a storyteller, attention to the nuances of lyrics.

"I longed to sing these tunes that I grew up hearing and meant so much to my family, as they did to others. To interpret the standards--songs loved by Sinatra, Ella Fitzgerald, Barbara Streisand and their peers--is a moving experience.

The composers of the day from Gershwin to Rodgers and Hart were superb, creating sublime music and lyrics. Many of the greats

were immigrants to America, for whom English was a second language, making their accomplishments even more staggering."

Mr. Page of Amherst offers decades of experience as a jazz pianist. An exciting improviser, he has performed and taught in countless venues, accompanying legendary Sheila Jordan at the Iron Horse, playing with bass player Avery Sharpe and others, and in solo concerts. He teaches piano performance at Amherst College, Deerfield Academy and in his private studio.

## Vote-by-mail ballots are now available

LUDLOW – All registered voters may request a vote-by-mail ballot for the March 23, 2026, Annual Town Election. You may apply for a Vote by Mail ballot online through the Secretary of States office. Applications are available on the Town of Ludlow website or in the Town Clerk's office.

Last Day to Register to Vote Friday, March 13, 2026, by 5 p.m.

Last Day to Request a

Ballot by Mail Monday, March 16, 2026, by 5 p.m.

Voting on Election Day is from 10 a.m. to 8 p.m. at your precinct. If you are unsure of your precinct, please contact the Town Clerk's office (413) 583-5600 Ext. 1.

Ludlow: Annual Town Election is Monday, March 23, 2026. Polls are open 10 a.m. to 8 p.m. Polling locations are as follows:

Precinct 1 HARRIS

Brook Elementary School, Fuller St.

Precinct 2 PAUL R. Baird Middle School, Rooney Rd.

Precinct 3 LUDLOW High School, Chapin St.

Precinct 4 EAST STREET School, East St.

Precinct 5 FIRST Church of Ludlow, Center/Church St.

Precinct 6 PAUL R. Baird Middle School, Rooney Rd.



By Barb Turcotte

By Barb Turcotte

Adele Lapointe has made many transformations this last year, some pleasant and some not so much. The most heartbreaking change was losing her husband Frank a year ago in January. Within 4 months she made some life altering choices; downsizing her home, her son and his family moving into her home and she moving to an independent/assisted living community. This change immediately felt comfortable, like the close-knit neighborhood she'd moved from.

Adele has lived a very full life from not just be-

ing the wife of a State Rep and the responsibilities that came with that, but many of her own accomplishments as well.

Being the only girl with six brothers she was not only protected but learned how to stick up for herself. She and Frank met the year after she graduated from high school when he'd become a teacher at that high school. Frank then acquired a one-year fellowship in physics at UCLA, so they traveled cross country for their honeymoon. While in CA, they were members of a church that had a group that did Random Acts of

Kindness. Adele loved it! After their year was done, they moved back to the area to be closer to family and start their own. That's when Frank decided to run for the Massachusetts legislature as a State Rep. He won and held that position for ten years.

This made huge changes in Adele's life as a stay-at-home mom. Since there were no cell phones or answering machines in those days, she spent a lot of time answering phones and listening to issues. Frank was the face people saw, but Adele was the behind-the-scenes organizer. Instead of her quiet family weekends, she was expected to accompany her husband to all the social gatherings held in Holyoke and Chicopee. Many of these gatherings being formal they required formal attire, so with her

Please see **RANDOM ACTS**, Page 11

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*Welcome Dr. Meunier*

We are excited to introduce the newest addition to Ludlow Family Dentistry, Dr. Zachary D. Meunier. Dr. Meunier is returning to Western Massachusetts and is a general dentist who has earned his D.M.D. degree from Midwestern University in Illinois.

During dental school Dr. Meunier presented research nationally at the American Association for Dental, Oral, and Craniofacial Research (AADOCR) conference in Portland, Oregon through the Academic Dental Career Fellowship Program (ADCFP). He also lectured and taught dental students reflecting his dedication to both excellent patient care and continued dental education.

Dr. Meunier has shadowed and trained alongside specialists across every dental discipline and completed one-on-one implant training through the Implant Pathway program. As a general dentist, he provides endodontics, implant dentistry, and oral surgery while referring highly complex cases to specialists to ensure the best outcomes for his patients.

He believes in listening carefully to his patients to fully understand their needs and concerns, allowing him to provide personalized, high-quality care for every individual.

Outside the office, Dr. Meunier and his wife, Joyce, share their home with their three loving cats. He enjoys cooking, mountain climbing, hiking and camping.

Dr. Meunier looks forward to partnering with you in achieving a lifetime of excellent oral health.

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# Ludlow Lions Club scholarship applications available

LUDLOW—The Ludlow Lions Club is pleased to announce that it is accepting applications for the James and Mary O'Neil Scholarship \$40,000 paid over 4 years, the S. Louis Marceau and the Paul R. Baird scholarships \$1,000 each.

Eligible applicants must be residents of Ludlow, re-

gardless of the high school attended, and entering freshman year at an accredited college or technical school in the fall. The James and Mary O'Neil scholarship is available only to students who will be attending the University of Massachusetts Amherst campus.

Applications may be ob-

tained from the Guidance Departments of Ludlow High School, or Pope Francis Preparatory School, by using the "Scholarship" button on the Ludlow Lions Club Web page ([https://e-clubhouse.org/sites/ludlow\\_ma/index.php](https://e-clubhouse.org/sites/ludlow_ma/index.php)), on our club Facebook page (<https://www.facebook.com/ludlowlionsclub/>) by re-

quest at LUDLOWLIONS@YAHOO.COM or by contacting a Ludlow Lions Club member.

The Scholarship applications must be postmarked by March 31, 2023. Mail applications to the Ludlow Lions Club, Attn: Scholarship Committee, P.O. Box 72, Ludlow, MA 01056-0072.

## TEACHERS, From page 1

I live in Ludlow with my husband David and my children Lucia and Lourenco. I am a distance runner, which is a pretty significant part of my identity.

Most people in town have seen me running at some point, though most recently my runs happen before school when very few people are awake."

Cortinhas-Rego followed, "My name is Krystal Cortinhas-Rego or Mrs. Rego as I'm known at East Street School. I have been teaching for 14 years now and have been teaching preschool for seven years.

Previously, I taught in Springfield for seven years as a kindergarten teacher. When I'm not in the classroom, I love to spend time with my husband, Tim, daughter, Daisy, and our pup Axel.

I grew up in Ludlow and graduated from LHS in 2004. I went to Westfield State College and graduated with a bachelor's in early childhood education, and quickly followed up with a Master's degree from Elms College."

### 1. What does this recognition and award mean to you as an educator?

"I have been nominated for this award several times before, which means a lot to me. Being nominated means my coworkers recognize and appreciate the work they see me doing with the students.

Most people in this profession have imposter syndrome from time to time so just being recognized by other teachers helps to validate the work I do. Winning the award has an entirely different sort of pride attached.

Not only are my peers recognizing my efforts with the students, but the administrators appreciate my efforts as well. While I've never loved the spotlight, it was an appreciated surprise," Fernandes said.

"Receiving this award means a lot to me as a second-year teacher. I'm continuously learning and growing every day, so being acknowledged in this way is very meaningful.

I don't think I would be successful without my amazing colleagues at BMS. From the day I started working, so

many of my colleagues have offered support and guidance whenever I've needed it.

Being able to lean on my building, my team the Yellowjackets, and my grade-level counterpart, Jennifer Donovan, has been instrumental in my success so far," DaSilva said.

"When Mr. Tiano, Mrs. Limoges and Alison Morgan came into my classroom to let me know that I would be receiving this award, I was taken completely by surprise. It means so much to be honored by my colleagues, especially since I work with the most amazing team of teachers and para-professionals.

### 2. Why is it important to continue supporting teachers?

"We really need the support of the community. Students have attention spans of squirrels nowadays and if our community isn't invested in what we do every day, the kids sense that. We are struggling for respect some days and we need families to buy into what we are selling: an education," said Fernandes.

"Supporting teachers means supporting our students. As I mentioned earlier, I'm only in my second year of teaching, and the support I receive from colleagues, friends, and students' families truly makes a difference in the classroom. When we feel supported, we're better able to focus on what matters most, which is helping our students grow and become better learners," said DaSilva.

"I believe that supporting teachers is equivalent to supporting students. Our students can do amazing things when we support them when they need it, and the same is true for teachers!" said Cortinhas-Rego.

### 3. Why did you choose to teach at Ludlow Public Schools? What makes it unique?

"This sort of goes along with what I said earlier. This was where I imagined ending up when I decided to teach.

I had an amazing experi-

ence going through LPS and coming back here felt like coming home, which it literally was. We have good kids, we have cultured families, and we have fun traditions that people want to be a part of," said Fernandes.

"I chose to teach in LPS because I grew up in Ludlow and I still live here. I've gone through the schools in town and being able to teach in the town you grew up in is something special to me.

I graduated from LHS in 2014, and I still have very fond memories of being a student in the LPS system. Many of my teachers have had a huge impact on me growing up, and I hope I can have that same kind of positive influence on future students," said DaSilva.

"I chose to teach in Ludlow because this is where I developed my own love of learning!

At East Street School, I have great memories of author visits in the library while sitting in the reading well, making the state bird quilt that is still on display in our main foyer, and playing kickball out on the baseball diamond. It is an amazing full circle moment to be walking in the same halls now, but as a teacher where I do my best to give my students some fun memories of their own," said Cortinhas-Rego.

### 4. What do you hope this award shows to future teachers/people pursuing a career in education?

"While this award is nice to have, it's not something that I was aiming for. I'm thankful that I was nominated by my peers, but I'm still learning every day and trying to improve in any way I can. I think that people can see that you don't need to be a veteran teacher with years of experience to make an impact.

You can be early in your career and make a positive impact on students, and that goes a long way," said DaSilva.

"I hope this award shows future teachers that while our work is not always easy, it is impactful. Lead your classroom with love and compassion, make learning fun, and truly believe in your students...if you can do those three things you will make a difference that reaches far

beyond your classroom," said Cortinhas-Rego.

### 5. Share your favorite memory/part about your job.

"I have so many favorite memories. Connecting personally with students: learning their stories, learning their goals, hearing about their families and interests, and then keeping in touch with them once they graduate is one of my favorite things about this job.

When you asked about my favorite memory, one specific moment came to mind. I had a student, over 10 years ago, who was failing at the end of the first term.

I asked him what was going on and what he planned to do with himself, thinking I could convince him that school was important. He responded with "not go to jail" which made me laugh so hard that he started laughing and it was understanding his humor in that moment that built our relationship.

He ended up passing the year, graduating on time, and becoming a Marine. I just love that memory because sometimes it is the smallest moment that builds a connection that will help a kid get through," said Fernandes.

"The best part about my job is being able to make connections with students. I've had students leave little thoughtful notes behind about how much they enjoy my class, which is heartwarming to see," said DaSilva.

"My favorite part of being in preschool are all of those little classroom moments...the random hugs that always seem to come when it's needed most, the funny comments that preschoolers make out of nowhere but always in good comedic timing, their big smiles when they finally get their coat on all by themselves, the giggles between friends, the excited faces when their favorite learning center is available that day, the concern and empathy they show when someone is out, the way they cheer and encourage one another to do their best. I absolutely love teaching preschool and cannot imagine being anywhere else," said Cortinhas-Rego.

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## TOWN ELECTION.

from Page 1

Linda J. Collette.

For the Housing Authority: Michele Augusto.

For the Recreation Committee: Edward Garbatic.

For the School Committee: Amanda E. Codding and Jeffrey A. Laing.

For the Planning Board for a five-year term, Raymond E. Phoenix II; for the four-year unexpired term, William Ellison.

To vote for the Annual Town Election that will occur on the fourth Monday in Mar., beginning at 10 a.m. to 8 p.m., the following locations with the corresponding precinct will be available for voting. Please note that the last day to register to vote for the Town Election is Mar. 13 from 9 a.m. to 5 p.m. and the last day to request an early

and absentee ballot by mail is Mar. 16 by 5 p.m.

For Precinct One: Harris Brook Elementary School on Fuller Road.

For Precinct Two: Paul R. Baird Middle School on Rooney Road.

For Precinct Three: Ludlow High School on Chapin Street.

For Precinct Four: East Street School on East Street.

For Precinct Five: First Church on Center Street/Church Street.

For Precinct Six: Paul R. Baird Middle School on Rooney Road.

To learn more about the Annual Town Election, visit the Town website and search for election information.

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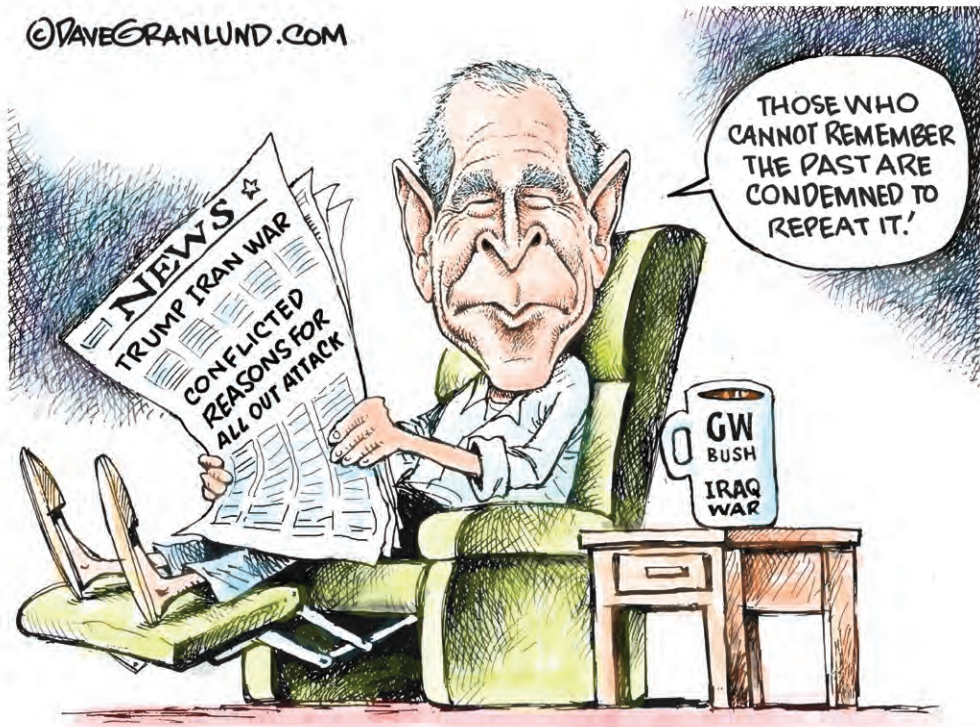
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# OPINION

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## GUEST COLUMN

### Is there income tax on Social Security benefits?

Dear Rusty:  
The Trump Administration is saying that now there will be no taxes on Social Security benefits. Since we're getting ready to start our 2025 income tax return, can you explain how this all works?  
Signed: Confused Taxpayer



is over \$32,000 as a married couple filing jointly or more than \$25,000 if you file as an individual. If your provisional income is below the threshold for your IRS filing status, you will pay no income tax on your received 2025 SS benefits.

Dear Confused Taxpayer:  
You are obviously referring to the so-called "One Big, Beautiful Bill" and how that bill affects income tax on your Social Security benefits. And this is because of the publicity surrounding the so-called "one big, beautiful bill" enacted last year, which claims to "eliminate income tax on Social Security benefits." Well, that bill did, yet technically didn't, fully eliminate income tax on benefits. Allow me to explain.

The OBBB does eliminate income tax on most SS benefits, but it does so in a somewhat unique way – by providing an additional \$6,000 (per person) deduction to your federal taxable income as reported to the IRS. Thus, you will pay less total income tax when you file your taxes with the IRS because of that additional deduction to your taxable income.

The extra deduction is available to those over age 65 and is meant to offset the income tax which will still be levied by the IRS on the SS benefits you received in 2025. Essentially, the rules governing income tax on Social Security benefits have not changed.

The IRS will still levy income tax on your SS benefits if your combined income from all sources (known as your "provisional income")

(or more than \$75,000 as a single filer).

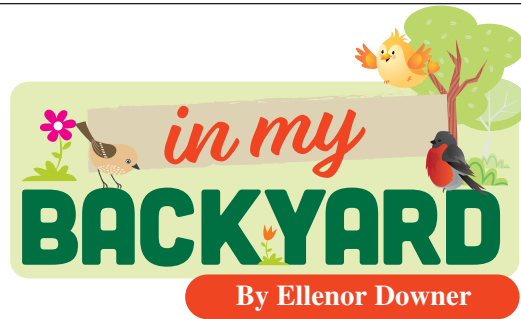
Be aware, though, that the OBBB is temporary tax accommodation which expires after tax year 2028. And that's because the process used to pass the bill in Congress (a "budget reconciliation" process) didn't actually change SS law; rather it provided a way around it to offset income tax paid on SS benefits.

So, to recap, the IRS can still levy income tax on your received Social Security benefits but, because of the OBBB, you will likely also (depending on your provisional income level) receive an extra deduction which offsets any taxes calculated on your Social Security benefits.

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-advisor](http://amacfoundation.org/programs/social-security-advisor) or email us at [ssadviser@amacfoundation.org](mailto:ssadviser@amacfoundation.org). Russell Gloor is a Social Security advisor for AMAC.*

## GUEST COLUMN



By Ellenor Downer



Male red-winged blackbird

On March 2, I received an email from a Worthington resident that he just saw a red-winged blackbird.

Male red-winged blackbirds arrive before the females. They are one of the first birds to return to northern breeding grounds, arriving in late February or early March.

Red-winged blackbirds are abundant songbirds, who inhabit marshes, wetlands and fields. The male is glossy black with bright red and yellow shoulder patches or epaulets. Females have streaked brown plumage.

The highly territorial males often sit on high perches, singing and displaying their epaulets. Their "conk-la-ree" is heard frequently. They are known for "dive bombing" crows, hawks and even humans to defend their territory. They primarily eat insects such as beetles, dragonflies and moths during the breeding season and seeds and grains during fall and winter.

They nest in loosely associated colonies in shrubs or cattails and are found across most of Northern America. They are polygamous and a single male may mate with up to 15 different females in his territory. Red winged blackbirds can form huge roosts during the winter of up to a million birds.

#### Brimfield resident

A Brimfield resident sent an email recently. He said, "On Saturday I was driving to West Springfield to put up some picture at the library for an exhibit. Some members of the Allen Bird Club are displaying photographs there for the month of March. On the way I stopped by a nest in Ludlow that bald eagles have used for at least three years."

In Brimfield, he said,

"Lately we have been seeing a Cooper's several times in the yard and a broad-winged hawk was seen on Feb. 22. The broad-winged hawk sat in a tree in front of the house for over an hour. Last year a pair of broad-wings had a nest on the next door neighbor's property. They could see the nest from their deck, but I was never able to see the nest walking around near where they described its location."

#### Turkey vultures

On Feb. 11, the Brimfield resident saw a turkey vulture in the center of Palmer near the intersection of Routes 20 and 32. This week, his wife saw 25 turkey vultures flying above that area. They often see vultures soaring over that area and the first of the year shows up in mid-February. He said, "I believe the vultures nest in the area, possibly on or near Mount Dumlplin that is just north of the turnpike ramps."

#### Other birds and more

The Brimfield residents still has lots of junco about as well as a healthy the gray squirrel population. Recently they saw two and sometimes three red squirrels. He is enjoying the longer days and looking forward to warmer temperatures.

#### Red-tailed hawk

A Rutland couple saw a red-tailed hawk quickly grab a gray squirrel her husband shot. They watched it hungrily consume a "warm meal" in the yard. They moved their feeder nearer to the house due to the deep snow. They have lots of black-capped chickadees and woodpeckers come to the new location

#### Bluebirds

An Oakham resident sees bluebirds on a daily basis. She enjoys watching them.

People may report a bird sighting or bird related experience by emailing [mybackyard88@aol.com](mailto:mybackyard88@aol.com) or [edowner@turley.com](mailto:edowner@turley.com) or mailing to Barre Gazette, P.O. Box 448, Barre, MA 01005. The Palmer office has a new phone system and I will be getting an extension where messages may be left. I will publish the number as soon as it is set up.

## 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.

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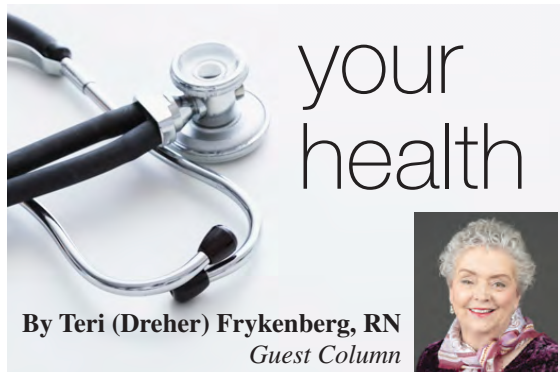
The Register welcomes readers to participate in this year's election campaigns by writing letters to the editor for publication on these pages. Letters of up to 250 words from local residents endorsing candidates on the ballot or discussing campaign issues should be sent to The Register, care of Turley 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.



By Teri (Dreher) Frykenberg, RN  
Guest Column

## your health

### What is "lifestyle medicine"

We've known for decades that the foods we choose to eat and the habits (good and bad) we develop have a profound impact on our quality of life and health. At your regular appointments with your primary care provider, you are probably quizzed about your diet, alcohol consumption, drug use and level of activity.

Typically, doctors don't have the time during the 1/2

minutes they spend with you to connect the dots and help you make meaningful changes in those aspects of your life. It's not their fault; most of them are at the mercy of insurers and corporate overlords.

So, it's usually up to us to change our lifestyle.

A branch of medicine emerged about 30 years ago – lifestyle medicine – in which an integrated group of

practitioners, from internists to gastroenterologists to psychologists to nutritionists to pharmacists, supports people on this journey.

Lifestyle medicine gained momentum in the 2010s because of the explosion of chronic diseases, rising health-care costs, stronger long-term data linking lifestyle to health, and dissatisfaction with medication-only approaches.

By the 2020s, many major health systems began integrating lifestyle medicine clinics.

There are several lifestyle medicine practices in Massachusetts, including at Massachusetts General.

In 2004, the American College of Lifestyle Medicine (ACLM) was founded, and earlier this year it launched a certification program for health-care professionals who want to bring the practice to their patients.

Lifestyle medicine focuses on what it calls six "pillars" to address the root causes,

not just the symptoms, of chronic illness. Those pillars are

**Optimal nutrition:** A whole-food, plant-predominant eating pattern.

**Physical activity:** Regular, consistent movement.

**Restorative sleep:** Prioritizing quality sleep for recovery.

**Stress management:** Techniques to manage and reduce stress levels.

**Avoidance of risky substances:** Quitting tobacco, limiting alcohol, and avoiding harmful substances.

**Connectedness:** Maintaining positive, supportive social relationships.

Their goal is to treat, reverse and even prevent chronic diseases such as diabetes, obesity and cardiovascular disease using evidence-based methods that may be used in conjunction with medication.

As long as you have a diagnosis of a chronic disease and are treated by a licensed

health-care professional, it's likely your insurance company will cover care from a lifestyle medicine practice. Services like "wellness coaches" or "lifestyle programs" may not be covered.

Now, if all of this sounds a bit like Make America Healthy Again (MAHA), the signature program of our current health and human services secretary, Robert F. Kennedy Jr., you're not wrong. Kennedy is a proponent of people exercising and eating healthier in order to take control of their own health.

So, there are areas where MAHA and lifestyle medicine overlap, but the ACLM emphasizes that it's a health-care approach, not a political movement.

Lifestyle medicine supports vaccines, research-based conventional treatments and standard med-

Please see **YOUR HEALTH,** Page 11

# What's Happening at Hubbard Memorial Library

To register for programs or find out more information, visit [ludlow.cwmars.org](http://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 pm** Get involved! Join the Friends of the Library for their monthly meeting and learn how you can help support the library.

## FOR ADULTS

**Soil Blocking Workshop, Saturday, March 28, 12:00-1:30 pm.** Learn how to start seeds indoors without plastic trays in this intriguing workshop for adults led by Paulina Borrego of the Mass Aggie Seed Library. Materials will be provided for you to make several soil blocks of your own! Please register on our website or by calling the circulation desk: 413-583-3408.

**Burial Grounds of Ludlow, Tuesday, March 31, 6:30-7:30 pm.** Join us for a unique and informative presentation on the cemeteries of Ludlow, given by Robert Comeau. This event will appeal to anyone interested in genealogy, ancestry, and local history. Please register on our website or by calling the circulation desk: 413-583-3408. Sponsored by the Ludlow Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

**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.massbook.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

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

**Grow, Play & Learn Playgroup for 0-2 year olds, Thursdays, March 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 12,19,26, 10:45 - 11:30 am.** Sponsored by Pathways for Parents CFCE. Please register.

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

**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.

**Music with Mr. Liam, Friday, March 13, 10:00-11:00 am.** Geared for preschool aged children. Please register. Sponsored by Pathways for Parents CFCE.

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

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

**Nintendo Switch Night, Tuesdays (monthly), March 17, 6:00 - 8:00 pm.** For middle and high schoolers. There's pizza! Please register.

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

**Lego Build Challenge, Wednesdays, March 18,25, noon to 5:00 pm.** Drop-in.

**Pokemon Club, Wednesdays (bi-weekly), 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.



Submitted photos

Cheer Sports Team posing for photos with Pioneer Valley Financial and their donation of letterman jackets.

## CHEERLEADERS, from Page 1

for years. This has been something students, athletes, parents have brought up and fought for. We are all looking forward to cheerleading officially becoming a sport.

The girls have received so many compliments on their jackets already," said Rubin.

The Ludlow Cheerleading Coach is Adelei Bernard with the following cheerleaders: Maddy Marques, Alexis Rodriguez, Ariana Malave, Giani Perez, Amanda Miller, Mason O'Connell, Angely Burgos, Iklm Citlak, Lola Rafael, Mayia Natal, Jayla Clark, Michaela Murphy, Ezgi Ibas, Ana Monteiro, Aubrielle Chappel, Madelyn Henriques, Myleigh Rubin, Berra Capkin, Ava Carattini, Avalina Esteves, Violet Kingsley, Callie Kokosa, Brielle Lassalle, and Ava MacDonald.

"The Ludlow Cheer team



The Ludlow Performance Co-ed Team.

continues to move forward with fundraising efforts. We are currently working on our first Designer Bag Bingo fundraiser, which will take place on Mar. 20 at 6 p.m. at the Ludlow Elks Lodge," said Rubin.



**MONDAY**  
\$15 Smash Burger:  
with fries and  
16oz Stella or Bud Light

**TUESDAY**  
\$20 Steak Night:  
10 oz strip served with  
mashed and veg

**WEDNESDAY**  
All Pastas \$20!  
Try one in our House Made  
Bread Bowls


**THURSDAY**  
Prime Rib Night  
served with potato, veg

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SAT 9:00am-10:00pm

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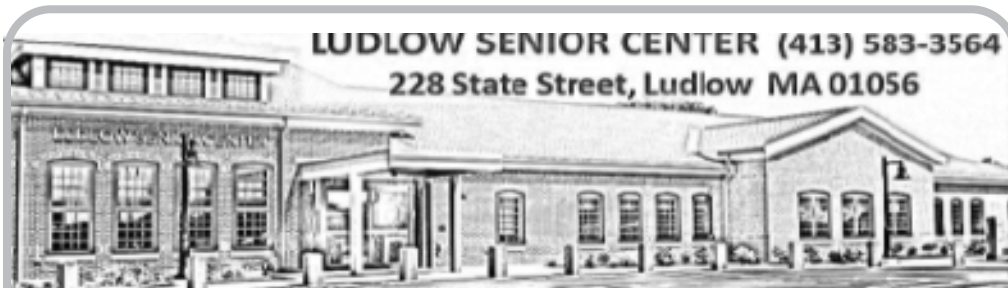
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**LUDLOW SENIOR CENTER (413) 583-3564**  
228 State Street, Ludlow MA 01056

## Welcome to the Ludlow Senior Center

LUDLOW—Spring is just around the corner! Come 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 12

9 a.m. Tai Chi  
9:30 a.m. Dominos  
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

### Friday, March 13

8:45 a.m. Boomer Bootcamp\*  
9 a.m. Reiki by Appointment\*  
10 a.m. Boomer Bootcamp\*  
10 a.m. Blood Pressure Checks  
10:30 a.m. Trivia  
11:30 a.m. Chew with the Chief  
1 p.m. Ceramics  
1 p.m. Healthy Bones & Balance\*

### Monday, March 16

9 a.m. Knitting  
9:30 a.m. Boomer Bootcamp\*  
10 a.m. Computer Help  
10:30 a.m. Shamrock Shakes  
10:30 a.m. Rep. Saunders Office Hour  
1 p.m. Scrabble  
1 p.m. Painting with Trish Pilon\*  
1:15 p.m. Pitch  
2:30 p.m. Zumba Gold

### Tuesday, March 17

9 a.m. Quilting

9 a.m. Line Dancing  
10 a.m. Cribbage  
10:30 a.m. Gentle Yoga  
1 p.m. Brown Bag Pick Up\*  
1 p.m. Ultra Beginner Line Dancing  
1:30 p.m. Bingo  
4:30 p.m. Power Pump  
4-6 p.m. Tech Help by Appointment\*  
5 p.m. Movie: Letters of Love (2025)

### Wednesday, March 18

8:45 a.m. Zumba Gold  
9 a.m. Ceramics  
9 a.m. Dental Hygiene Clinic by Appt.\*  
10 a.m. Opera  
10:30 a.m. Healthy Bones & Balance\*  
1 p.m. TED Talk Hour\*  
1 p.m. Dominos  
1 p.m. Movie: Letters of Love (2025)  
1 p.m. Healthy Bones & Balance\*  
4:30 p.m. COA Board Meeting

### Thursday, March 19

9 a.m. Tai Chi  
9:30 a.m. Dominos  
9:30 a.m. Foot Care by Appointment\*  
10:15 a.m. Mindful Meditation\*  
12:45 p.m. Mahjong  
1 p.m. Art of Cardmaking\*  
2 p.m. Writers Block  
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 12: Swedish Meatballs/Egg Noodles/Veggie  
Friday, March 13: Veggie Burger/Special Sauce/Let & Tom/3 Bean Salad  
Monday, March 16: Chicken & Veggie Primavera/Pasta/Roll  
Tuesday, March 17: Corned Beef & Cabbage  
Wednesday, March 18: Asian Chicken Salad  
Thursday, March 19: Cowboy Burger/Pasta Salad

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.

## 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 Jonah'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!

### GREEN COMMUNITY, from Page 1

nated green communities, but really any municipality. We want to work with you and help you out.

We have 298 green communities out of the 351 cities and towns in Massachusetts. In the next month or so, we'll be designating another one, so it would be really exciting if Ludlow were going to come in and they could be number 300 in the state.

We have another designation for green communities that we've re-launched in the past year called climate leaders. We have 28 and about five are in Western Mass. Since 2010, we've awarded close to \$200 million in grants through the Green Communities program," explained Rabinsky.

### HEALTH DEPT., from Page 1

mitment to the Town, wishing her a long and healthy retirement. The month of March is Women's History Month and is the leader in the field of public health, comprising about 76% of all healthcare workers.

Stated in the newsletter, "There are countless women who have paved the way for modern public health but a few of these trailblazers are: Dr. Elizabeth Blackwell who became the first woman in the United States to earn a medical degree in 1849, and later co-founded the New York Infirmary for Women and Children with her sister Dr. Emily Blackwell and colleague Dr. Marie Zakrewska."

During the week of March 8 through the 14, it is recognized as 'Sleep Awareness Week' and the Health Department has a free sleep wellness kit to help residents get a restful night's sleep; while supplies last. A few of the tips shared by the department were to avoid heavy meals, nicotine, caffeine, and alcohol before bedtime and when winding down, use a

The Green Communities Division, GCD, based on the Mass.gov website provides grants, technical assistance, and local support from regional coordinators like Rabinsky to help municipalities reduce energy use and costs by implementing clean energy projects in municipal buildings, facilities, and schools. This helps towns and cities find clean energy solutions that reduce long-term energy costs and strengthen local economies.

Rabinsky explained that once a town or city becomes a green community, the location will receive a designation grant based on the population size and medium income, with the lowest being \$125,000 and up to \$1 million, if it's a city. After the designation, the town and city can apply for competi-

tive grants. The presentation led on to the topic of a Stretch Code, which emphasizes energy performance and designed to result in cost-effective construction that is more energy efficient than that built to the 'base' energy code. Chairperson Manuel Silva did not want this stretch code in Ludlow and stated it's more expensive, harder to get a building permit, and said the following.

"Everytime you turn around there's a new code, and you know who it costs, the consumer."

Silva also brought up the struggles of building new apartments in Town, affordable housing, and the minimum amount to build a home; the meeting concluded and Rabinsky hoped to work with the Town in the future.

consistent routine to help get the seven to nine hours of sleep needed for most adults.

Green Exercise was defined as any physical activity that's done outside and has been shown to improve physical and mental health, suggesting a 20 minute walk a day to help aim for the 150 minutes per week CDC recommendation. The Health Department suggested the Riverwalk and the Ludlow Reservoir, closed on Wed., and recommended wearing sunscreen, bringing proper hydration, using an insect repellent, and bringing a tick removal kit that's available at the Health Department.

Earth Day is Apr. 22 and upcoming in the month of May is Mental Health Awareness Month, which helps people recognize the ways mental illness impacts their lives, educates people about available services, and highlights the ways to advocate. The mental health resources in the newsletter were listed as follows, the CHD: Community Behavioral Health Center CBHC located in Chicopee, National Alliance on Mental Health, The Jed Foundation, the Suicide & Crisis Lifeline, and the MA Behavioral Health Helpline.

May is Maternal Mental Health Awareness Month and impacts individuals following the year after pregnancy and Food Allergy Awareness Week occurs May 10 through the 16. The newsletter described the Ludlow Community Intervention Team LCIT which identifies and supports residents who may be experiencing mental health

challenges, substance use disorders, family difficulties, domestic violence, or concerns related to elder or child safety.

The LCIT is a collaborative partnership between the health department, Ludlow Police and Fire Departments, and the Mill Towns Community Health Advocate. More information can be found on the Town website.

Residents are now able to request a free medication disposal envelope at the Health Department office that's pre-addressed and prepaid to provide a secure, compliant, and convenient way for patients to anonymously return unused, expired, or unwanted medications to a secure facility for environmentally friendly disposal. This prevents accidental ingestion in the home by adults, children, or pets.

Please note, for the 'Mail Back Meds', needles are not accepted in these envelopes. Town Hall does offer sharps disposal in partnership with Tapestry Health.

The Health Department also offers an Overdose Reversal Kit and provides information on Naloxbox, which looks like a clear, wall-mounted container that holds materials needed to respond to an opioid overdose and has Naloxone; an opioid reversal drug. Please note that the following organizations have Naloxboxes: Town Hall, Ludlow Police Station, St. John Baptist School, St. Elizabeth Parish, Polish American Citizens Club, Westover Golf Course, and the Ludlow Boys & Girls Club.

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## Ludlow 5/6 advances in playoffs

BELCHERTOWN – Last Wednesday evening at Jabish Brook Middle School, Ludlow 5/6 Blue-Green Division Suburban boys basketball defeated Turners Falls in a very close matchup 43-39. The Lions would advance to the championship game and were scheduled to face Belchertown on Friday, Mar. 6. Highlights from that matchup will be in next week's edition.

Turley photos by Gregory A. Scibelli  
Ricardo Varendas tries to get around a Turners defender.



Nolan Simone advances around an opponent.



Luke Afonso heads past midcourt.



Issah Mongeau tries to steal the ball away.



Michael Hayes dekes an opponent and then heads into the arc.



Ludlow's defense sets up on the opposite side of the court.



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

Turley photos by Gregory A. Scibelli

## Holyoke St. Patrick's Day Road Race set to kick off big weekend

By Gregory A. Scibelli  
gscibelli@turley.com

HOLYOKE – Last March, for the first time in several years, it was gorgeous weather for the Holyoke St. Patrick's Road Race.

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

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

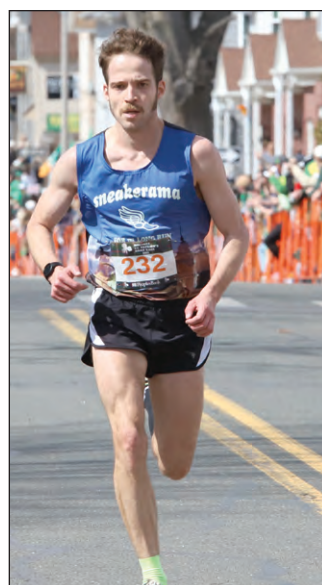
The top female finisher was Angelia Rafter at 34:13 and she placed 12th overall. Rafter is from Glastonbury, CT.

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

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



Samuel Whittaker crosses the first line first overall.



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

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

Presidential Timing took over the official timing duties after 4RUN3 went out of business last year. Those looking for more results from the events can go to [www.presidentialtiming.com](http://www.presidentialtiming.com) to look at more specific results from the race. Like previous timers, you can look up peo-

ple by name and bib number to get more specific results.

This year, the road race is set to take place on Saturday, Mar. 21 with the main race beginning at 1 p.m.

This year's race would feature runners from all over the region, the state, and surrounding states as many are preparing for the Boston Marathon, set to take place in just under a month.

Many runners over the years have enjoyed using the St. Patrick's Day Road Race as practice for the marathon because of the challenging hills throughout the streets of Holyoke that runners must navigate through.

While there has been a considerable amount of snowfall this past winter, the Holyoke DPW will have the streets utilized in the race ready to go for both runners and spectators. Helping matters has been the recent warmer weather that has helped accelerate the melting a lot of the snow.

For participants in this year's race, Runner numbers and bib-tags can be picked up on Friday, Mar. 20 from 3 to 6 p.m. They can also be picked upon Saturday morning between 9 a.m. and 12 noon.

There will be free shuttle service going from Holyoke Community College to the race area. The shuttle will drop runners off at the Mater Dolorosa School parking lot outside of the clothing drop. Race officials advise using a shuttle by 12 noon in order to make the start of the race.

## T-Birds upset by Wild

SPRINGFIELD – The Springfield Thunderbirds (22-27-5-2) put forth a big push down the stretch but succumbed to a late goal in falling 2-1 against the Iowa Wild (19-30-4-1) on Saturday night before the ninth consecutive Pink in the Rink sellout crowd of 6,793 inside the MassMutual Center.

The two clubs, who combined for 23 goals in two games in Des Moines in February, continued a weekend of tight checking in the opening period, with young netminders Will Cranley of Springfield (eight saves) and William Rousseau of the Wild (nine saves) turning away every shot that reached the target in period one. Dillon Dube came the closest to breaking the tie for Springfield, ringing the post behind Rousseau with one offering.

The Thunderbirds were frequent penalty killers in the opening half of the game, and the Wild finally connected as their fourth power play began at 9:01 of the third, as Dylan Gambrell stole a clearing attempt, firing a shot on net to force a rebound off Cranley's pads. Tyler Pitlick drove to the rebound and backhanded it under Cranley to make it a 1-0 game as the veteran potted his ninth goal in 14 AHL games this season.

Cranley had to atone for his own gaffe late in the period when he turned a puck over right in front of an open goal, but he re-

covered to sprawl back into his crease and make a stop to hold the score at 1-0 into the third.

Steve Ott's team emptied the tank in the final period, to the tune of an 18-5 shot advantage. After failing to connect on two more power plays, the T-Birds used a great effort on the rush to finally crack into the scoresheet as Matthew Peca made a perfect drop pass onto the tape of Hugh McGing, who one-timed it through Rousseau to even the score at 13:49.

The Thunderbirds had thoughts of jumping to the lead down the stretch, but Rousseau and Iowa kept Springfield from a tie-breaking goal. Instead, it would be the visitors who tasted victory late in the third. After a misplay at the offensive blue line from the T-Birds, Jean-Luc Foudy raced up the ice to set up a 2-on-1 with Gambrell, who one-timed a shot past a stretching Cranley with exactly 2:00 remaining in regulation. Springfield's last-ditch efforts with Cranley on the bench for a sixth attempt, firing a shot on net to force a rebound off Cranley to make it a 1-0 game as the veteran potted his ninth goal in 14 AHL games this season.

The T-Birds returned to a sold-out Thunderdome on Wednesday, Mar. 11 as they host the Providence Bruins for the first of two games wearing St. Patty's Day specialty jerseys.

## Follow Turley Sports on Instagram

Turley Publications sports department has recently joined Instagram. You can find our account by searching "turleysports." We will regularly feature samples of photos that you will see in our publications on a weekly basis. Please follow

and share with your friends and loved ones. We will be featuring photos from all 11 of our sports sections, but as always, you can see all the photos that appear by subscribing to your local paper or picking up a copy in your community.

**HUBBARD,** from Page 5

**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.

**Youth Chess Club, Mondays (biweekly), March 23, 3:30-4:30 pm.** Ages 9-17. Please register.

**Anim Club, Tuesdays (biweekly), March 24, 3:30-5:00 pm.** For middle

and high schoolers. Registration recommended.

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

**Dino Explorers: Unearth a Story - Storytime for 3-5s, Mondays (weekly), March 30 through May 11, 10:00-11:00am.** For ages 3-5. Please register.

**Dino Explorers: Unearth a Story - Storytime for 2-3s, Fridays (weekly), April 1 through May 8, 10:00-11:00am.** For ages 2-3. Please register.

**True Tales Storytime**

**for homeschooled 5-8s, Wednesdays (weekly), April 1 through May 6, 1:00-2:00 pm.** For homeschooled 5-8 year olds. Please register.

**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.

**BOYS AND GIRLS CLUB,**

from Page 1

for free.

The special programs offered only during the celebration week was a parent coffee to-go event, member coffee social hours, family open game room with a craft, family open swim, meet the machine with Director of Programs Matt Thompson, teen open eSports, and much more. Speaking with Director of Development Cristina Jardine, School Age Assistant Director Jennifer Kania, and School Age Director Bri Lewicki, the three of them shared their favorite activities and what they hope the community gains from this celebration week.

After a year of celebrations honoring the 75th anniversary with special events and programs, Kania and Lewicki wanted to showcase the regular week to week programming and classes, in hopes for new membership and give perks to those who are already members. "The idea was what we can do to highlight what we are already offering. We're doing little giveaways and raffle prizes. Anyone who isn't a member is welcome to come for free instead of paying a drop-in fee, so they can try any of our classes, use the pool and the gym during our regular times. There's free registration if you become a member this week, so there's a little incentive," explained Jardine.

Kania shared that they opened the sports room, "The kids can kind of check out that room and do a Smash Bro tournament there, that's very popular. It's really good



Turley photo by Amanda Munson

**School Age Assistant Director Jennifer Kania and School Age Director Bri Lewicki in front of a photo wall with members, staff, and the community using the community center.**

because even though our kids get to play here often, they can bring a friend from school that maybe hasn't been here and they also kind of experience that with them," said Kania.

Jardine commented that people in the aquacise classes were excited about being able to bring a friend for free and check the class out, explaining that every department represented something during the week to showcase what the club is already offering.

"We are who we are because of the community, but then also we want to keep bringing more community in to build it up. Having it through the week was helpful because people coming in to try the pool or try the machines are meeting people that are here on a daily basis. I also hope from doing the tours and everything that I want people to see

how not intimidating it is to join something new," said Kania. Jardine added that it brought more of an authentic experience and showed how the club is like on a random Tuesday, for example.

Lewicki shared her favorite activity from the past week was the family open swim, saying, "Everybody gets to do it and it's something that's a little intimidating for some families to come in here and bring their whole family to go swimming, but since it's advertised as family open swim, we already have a lot of families saying they're coming. That's just something nice we get to do!"

Mark your calendars for the Basketball Tournament occurring Apr. 11 and 12; volunteers are needed and if interested, please contact the club for more information on how to get involved.

**YOUR HEALTH,**

from Page 4

ical guidelines. Practitioners would agree that improving diet, sleep and stress management is good public health policy, and those tenets exist independently of politics.

That said, the ACLM supports coming changes in Medicare that are in alignment with its goals. The Make America Healthy Again: Enhancing Lifestyle and Evaluating Value-based Approaches Through Evidence (MAHA ELEVATE) for Original Medicare, was announced in December. Launching later this year, it will provide funding for "evidence-based, whole-person care approaches" not currently covered by Original Medicare.

nal Medicare.

I don't think there's anything about lifestyle medicine that's inherently controversial or political. Those six pillars are certainly within the realm of traditional medical practice. And you can use the pillars on your own to improve your health, whether that means eating more plant-based foods, practicing mindfulness for stress reduction, going out to lunch with friends, quitting tobacco or taking a daily walk.

But many people need the advice and support of medical professionals to make the changes they need to become healthier and manage chronic diseases. If that sounds like something you need, you can learn more about lifestyle medicine at lifestylemedicine.org and see if it would be a good fit for your health-care journey.

Teri (Dreher) Frykenberg, R.N., a registered nurse and board-certified patient advocate, is the founder of [www.NurseAdvocateEntrepreneur.com](http://www.NurseAdvocateEntrepreneur.com), which trains medical professionals to become successful private patient advocates. A Monson, MA resident, she is the author of "How to Be a Healthcare Advocate for Yourself & Your Loved Ones" and her new book, "Advocating Well: Strategies for Finding Strength and Understanding in Health Care," available at Amazon.com. Contact her at Teri@NurseAdvocateEntrepreneur.com to set up a free phone consultation.

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# SUMMER CAMP

Check Out These Great Camps!

## The benefits of attending summer camp

Summer camp is something akin to a rite of passage for millions of youngsters each year. Many adults look back fondly on their experiences at summer camp, often crediting such times as formative periods in their lives.

Summer camp benefits children in myriad ways. Recognition of the many advantages of attending summer camp can serve as a great reminder of just how fun it can be for children to spend their time away from school at a camp of their choosing.

• Campers continue to socialize throughout summer.

Socializing isn't just for the school year. While children in high school might be independent enough to come and go with their friends during summer break, kids who are still in elementary school or middle school might not be old enough to handle such freedom. That can make it hard to stay in touch with friends, which in turn can contribute to feelings of boredom and loneliness. Camp provides ample opportunities for young children to socialize during a time of year when they might not see their school friends as often as they're used to.

• Campers can expand their horizons. Though some summer camps are exclusive to residents of certain communities, many tend to feature children from numerous towns or municipalities. Such camps provide an opportunity for campers to expand their horizons by engaging with youngsters who come from different backgrounds. Indeed, the Graduate School of Education at Harvard University notes that summer camp may be the first time children spend substantial amounts of time with people whose backgrounds differ from their own.

• Camp can get kids off their devices. Modern children are growing up in a digital world, and parents know how hard it can be to get kids to put down their devices and get outdoors. But the key to making that pivot could be access to outdoor play spaces. A 2025 study from researchers at the University of Michigan published in the journal Health and Place found that efforts to reduce kids' screen time are more successful when children are given a chance to play outside. Many summer camps are structured around outdoor play, making them a

potentially invaluable ally as parents seek to help children cut back on the time they spend using their devices. Children who do not attend camp and live in households where both parents work or in single-parent households where Mom or Dad works may be forced to spend much of summer indoors, which could increase the frequency with which they turn to devices to occupy their time.

• Camp adds structure to summer days. Once a school year ends, the structure a school day provides vanishes into thin air. Couple that with extracurricular

activities that go on hiatus during summer vacation, and kids accustomed to structure are left with little to do and no need to schedule their time. That can add an aimlessness to summer days. Camp can provide the structure kids are accustomed to but still offer a break from responsibilities like homework or the commitments required of extracurricular activities.

There's no shortage of benefits to enrolling youngsters in summer camp, where kids can socialize, grow and get off their devices while engaged in structured but stress-free activities.

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- July 13-17, ROBLOX Coders (ages 8-10, 11-14)
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Quality & volumes **guaranteed!!**  
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## MISCELLANEOUS

**MILLING, TURNING, GRINDING, TOOLS.** Tools inspection, tools granite surface plates, red head spindles and more. **CERA BIDE GRINDING, 34 Front Street, Indian Orchard, 413-543-1227.**

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## WANTED

**WANTED! CASH for:**  
• Machinist tools, power tools & Snap on.  
• Electronics & Audio Equipment.  
• Sports Cards.  
• 70s/80s/90s Toys.  
• Antiques & Collectibles.  
Much, much more!  
Call/Text Sam  
413-531-5381

## WANTED TO BUY

**ALL ANTIQUES AND OLD STUFF WANTED.**  
**BUYING** Bottles, Crocks, Jugs, Pottery, Costume Jewelry, Toys, Games, coins, sterling, Glassware, Silver-plated items, watches, Musical instruments, typewriters, sewing machines, tools, radios, clocks, lanterns, lamps, kitchenware, cookware, knives, military, automotive, fire department, masonic, license plates, beer cans, barware, books, oil cans, advertising tins, hunting, fishing, signs, and more.  
Donald Roy (860) 874-8396

## WANTED

**ALWAYS BUYING ALL ANTIQUES:**  
Musical instruments, guitars, horns, keyboards, vintage electronics, jewelry, coins, watches, military cameras, sports memorabilia, art, sterling, signs, automotive, hunting, advertising, radios, ham radio equipment, audio equipment, toys, one item or entire estate.  
Call Paul 413-206-8688

## SERVICES

**CHAMELEON PAINTING & REMODELING**  
INTERIOR/EXTERIOR  
**Remodeling & Deck Specialists**  
Residential/Commercial  
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## SERVICES

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**2\*\*\*\*\*A & B HOUSEHOLD REMOVAL SERVICE\*\*\*\*\***  
Cellars, attics, garages cleaned, yard debris. Barns & sheds demolished. Swimming pools removed. Cheaper than dumpster fees and we do all the work. Lowest rates. Fully insured. (413)283-6512, cell (413)222-8868.

## SERVICES

**MASONRY**  
**STOP WET BASEMENTS**  
**ABC MASONRY & BASEMENT WATERPROOFING**  
All brick, block, stone, concrete. Hatchway doors, basement windows, chimneys rebuilt & repaired, foundations repaired, basement waterproofing systems, sump pumps. BBB+ rating. Free estimates. Lic #14790. Call (413)569-1611, (413)374-5377

## SERVICES

**DRYWALL, PAINTING AND CEILINGS,** plaster repair. Drywall hanging. Taping & complete finishing. All ceiling textures. Fully insured. Jason at Great Walls. (413)563-0487

## ELECTRICIAN

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Josh Rozell 413-636-5957

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## PAINTING

**PRO PAINTING**  
Low, low prices. All phases interior, exterior painting and wallpapering. Also minor carpentry.  
413-310-5099.

## PLUMBING

**GREG LAFONTAIN PLUMBING & HEATING** Lic #19196 Repairs & Replacement of fixtures, water heater installations, steam/HW boiler replacement. Kitchen & Bath remodeling. 30 years experience. Fully insured. \$10 Gift Card With Work Performed. Call Greg (413)592-1505

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## HELP WANTED

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** advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation, or discrimination." We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

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Call For An Appointment  
The IRS does not endorse any particular individual tax return preparer. For more information on tax preparers go to irs.gov.

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# 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)

## 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.

**BI-MONTHLY FOOD DRIVE** 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 indi-

anorchardcitizenscouncil@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.

# PUBLIC NOTICES

## 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 26, 2026, at 7:35 p.m.** on the application of Jai Umiya Ma, Inc. for the property located at **227 Center Street, Ludlow, MA (Assessors' Map 12D, Parcel 214)** for the purpose of: close existing car wash bays to use for storage.

If for any reason this hearing is cancelled, it will be rescheduled to Thursday, April 9, 2026.

Raymond Phoenix, Chairman 03/11, 03/18/2026

## LUDLOW PLANNING BOARD LEGAL NOTICE DEFINITIVE SUBDIVISION & SPECIAL PERMITS / ESTATE LOTS

The Ludlow Planning Board will hold a public hearing in Ludlow Town Hall, Select Board's Conference Room on **Thursday, March 26, 2026 at 7:15 p.m.**

on the application of Hemlock Ridge, LLC c/o Mr. Armand Deslauriers for Definitive Subdivision & Special Permits/Estate Lots located at 1252 East Street & 0 Ventura Street, Ludlow, MA (Assessors' Map 31, Parcels 127 & 121B) for a proposed residential subdivision with associated site improvements. Four (4) of the proposed lots are Estate Lots.

If for any reason this hearing is cancelled, it will be rescheduled to Thursday, April 9, 2026.

Raymond Phoenix, Chairman 03/11, 03/18/2026



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

Visit us at [www.turley.com](http://www.turley.com)

## RANDOM ACTS,

from Page 3

sewing ability she made herself over twenty gowns.

Adele didn't just use her sewing talents on herself and her daughter, once making them matching Easter outfits, but voluntarily made curtains for the Chicopee Mayor's office. They still hang there with his assistant telling Adele she was very impressed as she thought they were professionally made.

In their neighborhood they had a Community Center and she'd made drapes for there too. Frank and she also served on the Executive Board for the Center. Adele additionally worked Bingo each week and then became the cook. While Frank vol-

untarily wrote a monthly newsletter, Adele would design and print them. Then when he did movie reviews for local TV stations, Adele created the website for that endeavor.

Their volunteering didn't end with the Center, but also encompassed their neighborhood. Adele would listen to a neighbor with Alzheimer's repeat the same stories over and over, while Frank and some others would help their elderly and disabled neighbors with various tasks. He was also instrumental in securing federal funds to help some of them obtain home improvements such as new steps and siding.

Their home has really gone full circle with their son and his family buying his childhood home and now

having neighbors that he grew up with surrounding them.

Once again Adele's life changed when Frank was no longer a State Rep. With the kids now older she found her own niche. She said for many years she'd just been known as, "Frank's wife", but that was about to change. She sold real estate for several years, becoming the office manager and agent for the real estate company. She went on to do public relations for the Springfield Board of Realtors. She was then asked to help with a challenging job, helping start a mortgage company. The opportunity to start a new real estate company came her way and she mastered that as well. She ended her career as a Financial Social Worker

with Medicaid helping people when moving into nursing homes.

Together she and Frank enjoyed many traveling adventures seeing about 3/4th of the US states, including Alaska and Hawaii. They also relished their voyages to the Carrabian, Mexico, Italy, London, Paris and Australia. Her favorites being Hawaii and Australia.

Adele and her husband have two children and have been fortunate to have four grandchildren. A boy from her daughter and husband and triplets from her son and his wife. As she described the various personalities of her children and grandchildren, it's obvious that they've all learned the importance of giving back by doing their own Random Acts of Kind-

ness.

Adele said that just being kind with a simple smile can be a Random Act of Kindness and she is so right. It doesn't take a lot to just share a kind gesture. As the saying goes, "You can be anything, so just be kind."

If you'd like to share a Random Act of Kindness story or if this one has touched you, please contact me at [bdt514@aol.com](mailto:bdt514@aol.com) or 413-575-9385. Who knows, you might see your story, 'Just 'Cause' you witnessed, you did or maybe received something nice being done for you.

See you soon with another Random Act of Kindness!

# 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. Gosselein  
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 11 - Daily Mass 7:30 AM (C), Adoration 8 AM (C), Holy Mother Choir 4:30 PM (C), Scouts 6 PM (ER), Cub Scouts 6 PM (FLBH), Bible Study 6:30 PM (JR)  
Thursday, March 12 - Daily Mass 7:30 AM (C), Friday, March 13 - Daily Mass 7:30 AM (C), Stations of the Cross 7PM (C)  
Saturday, March 14 - Dust & Pray Brigade 10 AM (C), Confessions 2:30 PM (C), Saturday Vigil Mass 4 PM (C)  
Sunday, March 15 - Daily Masses at 7:30 AM, 9:15 AM, 11 AM and 5 PM (C), Confirmation Class 8 AM (JR), Take & Eat 8 AM (FLBH/K)  
Faith Formation 10:15 AM (FLBH/ST) Lifeteen 6 PM (JR)  
Monday, March 16 - Daily Mass 7:30 AM (C), Faith Formation 6 PM (JR), Parish Mission 6:30 PM (C)  
Tuesday, March 17 - Daily Mass 7:30 AM (C), Middle School Youth Ministry 3 PM (JR), St. Rita Choir 4 PM (C), Faith Formation Adult Confirmation 6 PM (JR) Bereavement Support Group 6:30 PM (ER), Parish Mission

**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).

**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).

**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.

**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

**FIRST CHURCH IN LUDLOW**  
859 Center St. Ludlow  
413-583-3339  
Reverend Darcy Borden, Pastor  
Office hours Monday & Wednesday 10 am to 2 pm  
Available by appointment at other times  
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)

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- 2 Access archives and digital tear sheets by newspaper title.
- 3 Find a quick link to the state of Massachusetts' public notice web site to search all notices in Massachusetts newspapers.

Public notice deadlines are Friday at 3 p.m.

visit [www.publicnotices.turley.com](http://www.publicnotices.turley.com)

## ADVERTISING SALES HELP WANTED

- Do you want to work in your community helping local businesses connect with their customers?
- Do you want a career supporting local journalism, which tells the unique stories of our communities?
- If so, then join our team! Turley Publications is looking for an outgoing, energetic person interested in selling advertising for our community newspapers. The right candidate will assume an established territory with a portfolio of customers.

You must be a self-starter with excellent communication and organizational skills. Basic computer skills are required. Previous print sales experience is preferred but we will train the right candidate.

**Turley Publications, a locally owned family business, offers a competitive commission structure, 401k, and health plan.**

Send resume & cover letter to:

**Turley Publications, Inc.**

Jamie Joslyn  
24 Water Street  
Palmer, MA 01069  
Email: [jamie@turley.com](mailto:jamie@turley.com)

# DL&G TREE

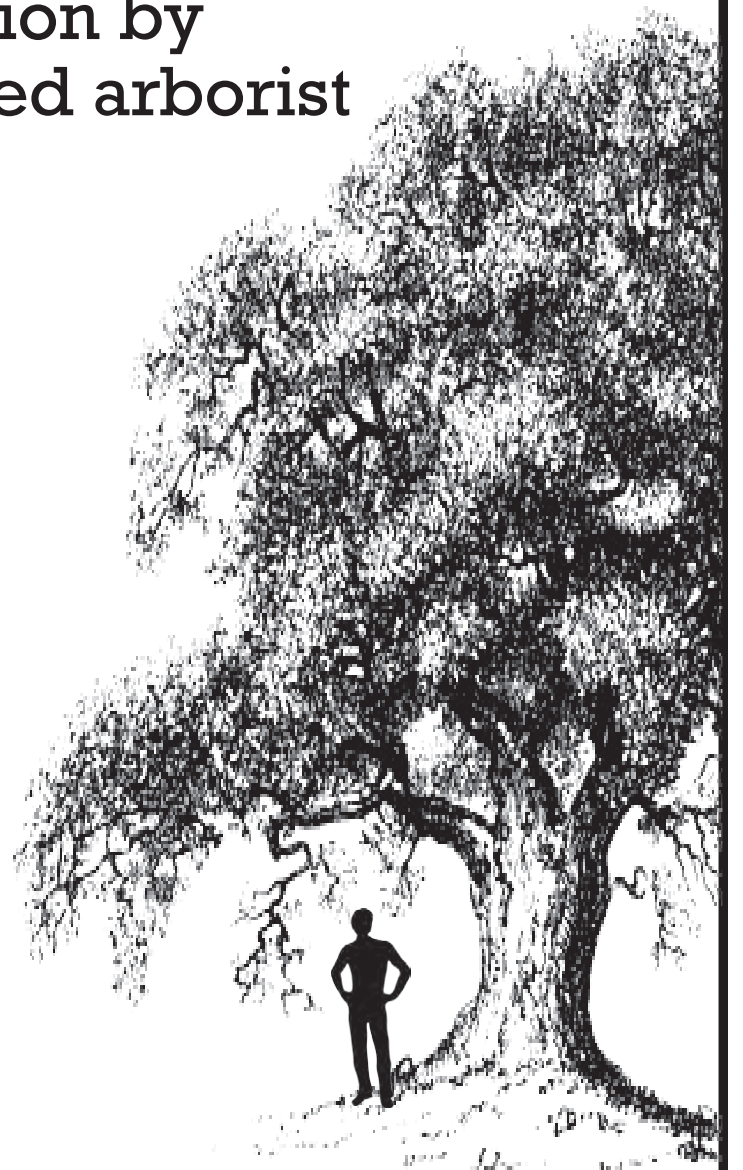


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- Crane Service
- Storm Damage
- Stump Grinding
- Lot Clearing

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# DL&G TREE

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