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# The REGISTER

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NLINE RAFFLE: The Lions are celebrating 80 years of service to those less fortunate locally and globally with a new online raffle. Go to tinyurl.com/3eb56e8y to view the baskets that are being raffled off.

SEE PAGE 12

# MEMORIAL DAY Remembrance



The Ludlow Police Department marching in the parade.



Veteran of the Year Scott Hiorns.



Senator Jake Oliveira.

## Fallen soldiers celebrated and remembered

By Rebecca Wehner  
Staff Writer  
rwehner@turley.com

LUDLOW— Many floats and community organizations returned to the Memorial Day parade this year after residents rallied together to put on what many referred to as the best parade in town since the COVID-19 pandemic.

The Ludlow 250th Celebration Coalition took the lead this year in organizing the pa-



Dancers from Alegria Dance studio on the team's float.

rade, with the assistance of the Ludlow VFW and the support of local policy makers such as Senator Jake Oliveira and Rep. Aaron Saunders. The parade fol-

lowed its usual route, with live music and speeches occurring at the end of the procession, with the ceremony led by Director of Veterans Services Eric Segundo.

“On this day, perhaps more than any other day of the year, we set aside our personal beliefs and our opinions on politics and war, to honor and respect the sacrifices that allowed us to gather freely as one nation,” Segundo said.

Alongside veterans and first responders marching in the parade were organizations such as the Polish and Portuguese clubs,

Please see **MEMORIAL DAY**, Page 7

## Town speaks out against school library policy

By Marcelo Gusmao  
Staff Writer  
mgusmao@turley.com

LUDLOW – The hot topic of last week’s School Committee meeting was the school library policy, which received wide criticism from town residents and local professionals in libraries, education, and child development.

The new policy, proposed at the May 9 School Committee meeting, would transfer the authority to purchase and remove books in the library’s collection from school and library professionals to the elected board members. The majority of the committee members were firmly against the proposed policy.

“I know I didn’t go to school

for library studies,” said Vice Chair Sarah Bowler. “We don’t possess the educational backgrounds that a librarian does to make the educational decision to properly choose what’s appropriate for our students in a library environment.”

Bowler said, “I leave those decisions, and I think that those decisions should be left, to our librarians, our teachers – those people who have the knowledge and developmental backgrounds of what’s appropriate for our students.”

Defenders of the new policy were recently elected Joao Dias, who proposed it at the previous meeting, and Committee Member Ron Saloio.

“This actually protects the librarians from possible false al-

legations,” said Saloio, “Here’s a scenario, there’s a book in the library that (...) for whatever reason, it’s challenged, (...) but it also has LGBT content in it. The librarian says this book shouldn’t be in there, we’re not gonna purchase this book. The (American Civil Liberties Union), they’re gonna go after this librarian, saying it’s because it’s got LGBT content or religious content, whatever it might be, because there’s no guidance in our policy.”

“If there’s something in our policy that backs up the reason that the librarian decides to not purchase this book or pull it out, then (the ACLU) don’t have anything to stand on, because it’s in our district’s policy.”

“This appears to me to be

micromanaging,” said School Committee Member Jeffrey Stratton, “where the School Committee has a big role in which books come into the library...I think any good agency or company relies on their professionals to make the best decisions they can with the information they have. If it’s a decision that you might regret, well, that’s why we have that challenge policy.”

At the previous School Committee meeting, Chairman Jeffrey Laing had asked Dias to prepare a statement as to what had changed to require a new policy.

“I did as much research as I could and I found out that ab-

Please see **LIBRARY**, Page 8

# LUDLOW

## PET OF THE WEEK



Submitted photos

### CUJO

This is my dog Cujo, yes that's his name. He loves guarding his home and absolutely loves the snow. I cannot get him to come in at night in the winter. He is a Caucasian shepherd which is a breed that originated in Russia. This breed is very rare in this country and they are recognised by the UKC. His intelligence is through the roof. I can honestly say I have never known a dog like him. One of a kind to say the least. He is a year old but won't be fully grown until around two. He is about 150lbs now and growing. He loves people



## Night of Comedy planned to support Dias Foundation

LUDLOW — The Michael J Dias Foundation is staging a Night of Comedy fundraiser at 7 p.m. Friday, June 9, in the Ludlow Country Club.

This dinner event promises an evening filled with laughter, entertainment and the opportunity to support a worthy cause.

Doors will open at 6 p.m., offering attendees ample time to mingle and enjoy the vibrant atmosphere. Dinner, prepared by the talented chefs of the Ludlow Country Club, will be served promptly at 7 p.m. Following dinner, guests will be treated to a show featuring acclaimed comedians Roddy Thomas, Mike Murray and Bob Montgomery. The show will include adult lan-

guage and content and is not appropriate for children, a press release states.

The Night of Comedy fundraiser aims to raise money for the Michael J. Dias Foundation, a non-profit organization that offers sober housing to those in recovery. By attending this event, participants gain an evening of laughter and entertainment and contribute to making a positive impact in our community.

Tickets for the Night of Comedy fundraiser are priced at \$50 per person and can be purchased online through Eventbrite at [tinyurl.com/2dh363w7](https://tinyurl.com/2dh363w7).

For more information and inquiries, call the Michael J Dias Foundation at 413-304-0715.

## Ludlow High School Class of '75 Reunion

LUDLOW -- Denise Zrakas and Celeste Chenier searching for graduates of the Ludlow High School Class of 1975 to organize a 50th Class Reunion, which will take place in 2025.

"We Would love to reach out to as many class members as possible!" Zrak-

as said. "We look forward to hearing from you."

If you were a student or know how to contact a member of that graduating class, please call Zrakas at 413-735-3751, or Chenier at 413-335-5696.

## Polanie Club to hold meeting June 12

LUDLOW – The Polanie Club will hold a regular meeting on Monday, June 12, 2023 at 6:30 p.m. at the Polish

American Citizen's Club, 355 East St. Ludlow. Members, Please Attend.



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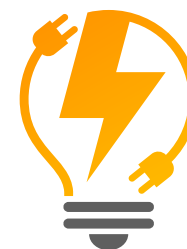
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# Beautiful You invites friends for style appointments

By Marcelo Gusmao  
Staff Writer  
mgusmao@turley.com

LUDLOW – This summer, Beautiful You will be celebrating one year since opening its doors.

Cristina Afonso was a hairdresser for over 30 years, but when COVID restricted the amount of hours she could service clients at the salon where she worked, she resolved to open her own salon, and found a place here in town.

“A lot of my clients have followed me,” Afonso said. “What happens with most of them is, they come in as a client, and they establish a friendship.”

Afonso said construction on her business started in January of 2022, and by August she was ready to move in, having gotten her permits through the town, and completely redoing the floors and ceilings of the space.

Afonso said she prioritizes a one-on-one approach, allowing her to spend time with her clients and give her business more of a personal touch.

“I don’t call them clients, they’re my friends,” Afonso said. “I’ve been to their weddings, they’ve been to mine. Everybody that comes here, I always make them feel comfortable, I make it accommodating. I’m not about one in, one out.”

While speaking with Afonso



Staff photo by Marcelo Gusmao

for this interview, Lori Norton, a client who was at the store at the time piped up, “Beautiful You? You mean, Beautiful Cristina?”

“I’ve been with her for 30 years,” Norton said, “Watched her kids grow up, her business thrive, I’m very proud that she has her own space. We’re friends now, we talk on the phone, text each other, it’s been great.”

The business is located on Holyoke St., “where Old South Pizza used to be,” according to Afonso. To schedule an appointment at Beautiful You, you can call their phone

line at 413-265-7434. “I personally will call them back and discuss what we’re gonna do, and booking times.”

“I don’t have online booking,” Afonso said, “I like to be more personal and do it myself. I’m still a little old-school.”

Afonso is looking for one more person to join her team, either as a part-time or full-time employee.

“This is my family, and I feel like I’m so lucky to have the best clients that stayed with me all these years to make me who I am,” said Afonso. “Without them I wouldn’t be able to be successful.”

## Wilbraham United Church to hold Arts and Crafts Fair June 3

WILBRAHAM – The Wilbraham United Church will hold an Arts and Crafts Fair on their front lawn on Saturday, June 3 from 9 a.m. to 3 p.m.

Over 30 unique crafts vendors will be present along with a bake sale and café. There will also be an opportunity to win vendor donated prizes as well as other bespoke bas-

kets filled with themed items.

The church is located at 500 Main St. There is parking in both the rear of the church as well as on Main Street during the event.

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# Pathfinder hosts First Ceremony for Employer Recognition



Turley staff was invited to sit for dinner with (from left) Principal Carrie Auffrey, Superintendent Eric Duda, Vocational Director Amy Skowyr, Cooperative Education Coordinator Caitlin Phelps, and IT Director Cole Rogers.

By Marcelo Gusmao  
Staff Writer  
mgusmao@turley.com

PALMER – Last week, Pathfinder Technical Vocational School held a dinner to celebrate the employers that have partnered with them to provide educational opportunities for the stu-



Caitlin Phelps, the Cooperative Education Coordinator at Grants Administrator at Pathfinder, presented awards to the business owners.

dents. In addition to invaluable classroom experience with Pathfinder staff, the school offers partnerships with businesses across the state to provide field experience in a variety of departments, from plumbing, to electrical, to construction, to cooking. Despite being an essential part of the school's operation, this year was the first time the businesses were formally recognized with a dinner and ceremony.

"Employers take a risk hiring a student," said Caitlin Phelps, the Co-Op Coordinator, "We so appreciate that leap that they take. But they also reap the rewards and find that the young individual whom they hired is competent and reliable. We often hear that our students are contributing to the development of other staff, since they're abreast with up-to-date trade knowledge."

Phelps described the co-op as "a symbiotic relationship that would never be possible without an employer who's willing to take a chance on an opportunity to nurture a young person by offering the opportunity of paid employment and the chance to demonstrate their professionalism."

"To be honest, we were slightly embarrassed, when Caitlin presented it as an option, that we hadn't thought of it prior to that," said Principal and Assistant Superintendent Carrie Auffrey.

The ceremony consisted of speeches from Phelps as the Co-Op Coordinator and Superintendent Eric Duda, and each of the businesses was presented with a certificate thanking them for their partnership.

"We're hoping you display these prominently in your business," Duda said about the certificates, "It's a partnership with us, a public high school



Staff photos by Marcelo Gusmao

Eric Duda presents a certificate to B&R Machine for their partnership with Pathfinder students.

that has a delivery model of education that works, and the partnership with you is something that we're proud of."

Phelps told the assembled businesses that she felt "very connected to all of you," during her speech at the ceremony.

"I read the student journals every week, that detail the activities in which they participate during their work week," Phelps said, "In their journals I read about their daily tasks; sometimes challenges and frustrations, sometimes successes and accomplishments. And in these journals, I can truly see the growth that these students are experiencing through the year."

"It's growth in the tasks that these students are assigned as they become

more competent," Phelps continued, "And I can also see the growth in the confidence with which they describe the work that they're doing."

During the dinner, Phelps shared an anecdote about a student who she described as "very cool, cool guy," who didn't often show much excitement, and how this student would light up when telling her about the garage that the students are working in.

"This is our community," said Auffrey, "these are the employers that we're getting our students ready to go work for."

"We're trying our very best here to make sure we're getting the students an education that's meaningful and makes them career-ready," said Duda.



Food was prepared and served by Pathfinder students (from left) Alissa McKinney, Samantha Lowe, Isabella Perez, and Jaden Lougee.

Planting Season has just begun!

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## IN THE CLASSROOM

### CAMPUS NOTES

**Fitchburg State University**  
Andrew J Morris of Ludlow recently graduated from Fitchburg State University, earning a BS in Criminal Justice.

**Worcester Polytechnic Institute**  
Ryan Malaquias of Ludlow was named to the Dean's List at Worcester

Polytechnic Institute for the spring semester.

The criteria for the WPI Dean's List differs from that of most other universities as WPI does not compute a grade point average (GPA). Instead, WPI defines the Dean's List by the amount of work completed at the A level in courses and projects.

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# Sen. Jake Oliveira delivers first speech in the state senate

BOSTON- On Weds. May 24, state Sen. Jake Oliveira delivered his first speech to the Massachusetts State Senate, eliciting a standing ovation from the Senate President and his colleagues in the general court. In his speech, after thanking the Senate President and those on the Senate Ways and Means Committee, Oliveira thanked his peers for their hard work “assembling a budget that will serve Massachusetts as equitably, inclusively, and as far-reaching as possible.”



Submitted photo

Oliveira also took the opportunity to advocate for an increase in state spending for public libraries through an amendment he sponsored, Amendment #688. The amendment seeks to increase funding and provide an additional \$750,000 to increase state aid to regional public libraries. Oliveira said the funds would ensure that public libraries have the resources they need to protect themselves and their collections and services from the current culture war being waged against free thought and free speech across the country.

Oliveira cited data from the American Library Association and the Pew Center for Research, which tracked thousands of challenges and bans to books across the country because they were either written by or featured people of color and LGBTQ+ individuals. Oliveira described libraries and librarians as being “on the front line in the fight to protect diversity, inclusion, and accessibility.”

Oliveira also spoke on the various public library services provided to residents across Massachusetts that would be pro-

tected by the increased spending and talked about the public libraries in his district and the many services they provide to residents. Such as English language courses, job training, and legal help. Oliveira also described how libraries address the disparity in high-speed broadband access for lower-income families and provide equity to those families.

“Public libraries are cultivators of equity and inclusion, they are the last true community centers that we have, and they are open to all.” Said Oliveira, as he stressed how the funding increase would promote more resource sharing and provide access for the smaller libraries in Western Massachusetts that were particularly impacted by the pandemic.

Oliveira finished his speech by calling public libraries the “Heart of America” and implored his colleagues in the Senate to protect equity, inclusion, accessibility, people of color, immigrants, and LGBTQ+ individuals by protecting public libraries.

A roll call vote then approved Oliveira’s amendment unanimously.

## Hitchcock summer program features STEAM-based ‘Challenge Island’

BRIMFIELD – Hitchcock welcomes area kids to explore this year’s Summer Days program, presented in partnership with Challenge Island.

According to a news release, Challenge Island “is a well-reputed STEAM educational program who will guide enrollees ages 7-10 through fun, hands-on experiences designed to enrich their understanding of science, technology and mathematics principles with a focus on engineering each afternoon.”

Summer Days participants are otherwise treated to on-your-feet, active fun combined with creative enrichment by Hitchcock staff, the release states. For ages 4 to 6, week-long programs include arts, crafts, sports, and games offered as morning, afternoon, or full day registrations. For ages 7-10, mornings will include arts, crafts, sports and games facilitated by Hitchcock staff before the afternoon shift into Challenge Island experiences.

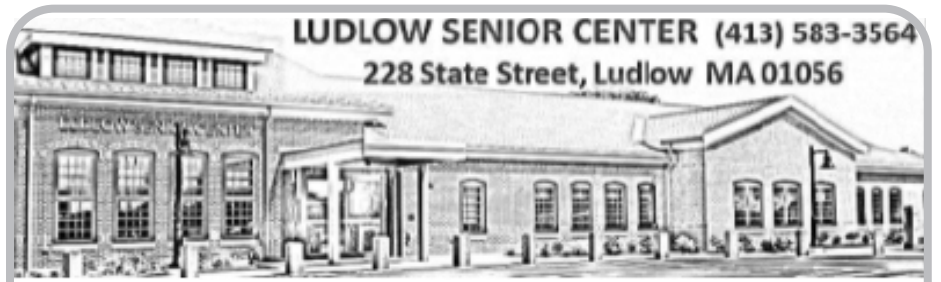
Hitchcock’s summer program is a

decades-long, well-established offering which aims to combine good old-fashioned fun and games with creative exploration, fully engaging kids physically and mentally, guiding their hands, feet, and imagination with a variety of activities designed by seasoned educators and facilitated by energetic staff.

Challenge Island’s program and curriculum are “designed to meet the needs of two entities: today’s playful, imaginative child and tomorrow’s empowered, globally-successful adult,” according to the news release.

Summer Days will run as four, week-long programs from July 17 to Aug. 11. The morning program is offered 9 a.m. to noon and the afternoon program will run from 1 to 4 p.m.

Hitchcock Academy is a community center located at 2 Brookfield Road in Brimfield serving the community with educational, recreational and cultural programming. More information can be found at [hitchcockacademy.org](http://hitchcockacademy.org).



## Welcome to the Ludlow Senior Center

LUDLOW – The center’s calendar is packed with many events, activities, programs, and entertainment. All are invited to have lunch in the center’s beautiful dining room for a hearty meal with coffee, tea, and dessert. Just call a day in advance at 413-583-3564 (call Friday for lunch on Monday). This summer there will be cornhole games outside on the patio, and three more fitness classes will be added; two during the day and one during Tuesday evening hours. For full program descriptions and upcoming activities, view the newsletter, The Senior Scene, at [Ludlow.ma.us](http://Ludlow.ma.us) and ‘like’ the Ludlow Senior Center on Facebook. A paper copy of The Senior Scene is available at the Center.

### Activities Calendar:

Please register in advance for items with\*

#### Thursday, June 1

9 a.m. Tai Chi  
9:30 a.m. Dominos  
12:30 p.m. Billiards Round Robin  
1 p.m. Mahjong  
1 p.m. Foot Care\*  
2:30 p.m. Active Yoga

#### Friday June 2

8:45 a.m. Boomer Bootcamp\*  
10 a.m. Outdoor Cornhole  
10 a.m. Boomer Bootcamp\*  
10 a.m. Blood Pressure Checks  
1 p.m. Ceramics  
1 p.m. Magic Class

#### Monday June 5

9 a.m. Knitting  
10 a.m. Boomer Bootcamp\*  
11:30 a.m. Lunch Bunch Via Appia\*  
12:30 p.m. Billiards Travel League  
1 p.m. Scrabble  
1:15 p.m. Pitch  
1:30 p.m. Watercolor Pencil\*  
2:30 p.m. Zumba Gold

#### Tuesday June 6

9 a.m. Quilting  
9 a.m. Line Dancing  
10 a.m. Cribbage  
10:30 a.m. Gentle Yoga  
12:30 p.m. Billiards Round Robin  
12:30 p.m. Blood Pressure Check  
1 p.m. Western Dance Lessons  
1 p.m. Decorating Committee Meeting  
1:30 p.m. Bingo  
5 p.m. Movie: June Again

5:30 p.m. Power Pump Fitness Class\*

Wednesday June 7  
8 a.m. Gardening Club  
9 a.m. Ceramics  
9 a.m. Zumba Gold  
9:30 a.m. Jewelry Making Class  
10 a.m. Tea with Town Administrator  
10:30 a.m. Healthy Bones & Balance Class  
12 p.m. Lunch & Learn\*  
1 p.m. Movie: June Again  
1 p.m. Belly Dancing Class

#### Thursday June 8

9 a.m. Tai Chi  
9:30 a.m. Dominos  
10:30 a.m. Sen. Olivera Office Hour  
10:30 a.m. Friends Meeting  
12:30 p.m. Billiards Round Robin  
1 p.m. Mahjong  
1 p.m. Fishing Club  
2:30 p.m. Active Yoga  
\*PLEASE register for Boomer Boot Camp, Veteran’s Agent, Lunch & Learn, Hearing Clinic and Foot Care 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 Tuesdays.  
Billiards Room: Monday, Tuesday, Thursday 8 a.m. – 12:30 p.m.; Wednesday and Friday 8 a.m. – 3:30 p.m.  
Walking Club: Monday – Friday 7 and 8 a.m., leaving from parking lot.

### Menu:

Thursday, June 1: Garden Salad/Popcorn Chicken/Breadstick  
Friday, June 2: Loaded Sausage, Onions, Peppers, Mushrooms/Sweet Pot. Fries  
Monday June 5: Roasted Veg. Pizza/Caesar Salad  
Tuesday, June 6: Kielbasa/Lazy Pierogi/Beet Salad  
Wednesday, June 7: Crab Cake/Tater Tots/Mixed Veg.

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

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

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# OPINION

## GUEST COLUMN



### Lots of blue options for the spring border

I got so excited the other day. I was walking around my backyard and came upon a flower I had never seen before. Where did it come from and what is it?

After a little bit of research, I found out that it is named Blue-eye Grass or *Sisyrinchium*. It is very diminutive, looking like a miniature purple-blue iris, with sword-like leaves and all.

Its size would make it perfect for a rock garden or alpine plant garden.

I promptly moved it out of the way of the weed whacker to join some other blue flowers that are in bloom in one of my gardens, taking their place in the front of the border. During late spring, blue flowers abound.

In fact, you could easily design a monochromatic scheme using just cool tones for a late spring symphony!

Here are some of my favorites: For the back of the border, try *Amsonia tabernaemontana*. This native plant is topped with clusters of pale blue flowers, each one opening to form a tiny star, hence its common name, blue star.

Growing to around three feet tall and not quite as wide, *Amsonia* almost qualifies for "specimen" status, although it is not as showy as other specimens like *Peony* or *Dictamnus*.

Only one plant is necessary per grouping in full sun or part shade. In my garden it self sows, but not so much to make itself a nuisance.

Sadly, the plant blooms for only a short while but makes a nice statement when it does. Make sure you choose your forever location wisely.

I need to move mine and with a crown two feet by two feet, it won't be easy.

Another plant best suited for the back row of the perennial garden is *Baptisia australis*, or false indigo.

Gray-green foliage is pretty in its own right, until you see the beautiful deep blue-purple pea-like flower spikes emerge in mid June. Easily four feet tall and three feet wide, *Baptisia* is a nice specimen perennial - one plant is certainly enough per grouping.

The size of the plant you purchase may lead you to think otherwise, though, since transplants are usually puny and take a couple of seasons to establish.

Site false indigo in full sun or part shade in rich soil. Refrain from moving the plant once it reaches full size or its deep tap root may be compromised.

Blackish seed pods are hardly decorative on the plant, but do look nice in autumn decorations.

One of my favorite blue flowers is *Aquilegia vulgaris*. Although there are many cultivars of garden columbine, we grow the species variety at Old Sturbridge Village.

It can be found in white, pink, maroon, purple, blue and almost black. Ours tend to be mostly blue in a hue hard to describe - perhaps more royal blue than purple-blue.

If the color is hard to describe, the flower shape is even more difficult- maybe something along the lines of nodding bells with reflexed sepals?

Lobed leaves are another attractive feature of this plant, although vigilance against the dreaded leaf miner is a must in order to keep it looking good. Here too, full sun or part shade will grow decent two foot to two-and-a-half foot wispyish plants- a size perfect for the middle row of the border.

Mountain bluet, or perennial bachelor button, as it is sometimes called, is one of my most treasured perennials.

When Kids move out to attend college...



When Kids move back in after graduation...



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## GUEST COLUMN



By Ellenor Downer

### Sandhill crane



I received an email from an Oakham resident last week, who had "three very raucous sandhill cranes" fly past his house, heading northeast.

He said he went to a web site to verify their call and he included the link in his email. To hear sandhill cranes visit <https://www.youtube.com/watch?v=DYn-HI9MqkE0>.

The sandhill crane is a 45 inches tall heron like bird. It is gray with a dark red patch on its forehead and a black bill. Some feathers on the back and wings are rusty-colored, possibly due to staining while preening from iron rich mud on its bill. They feed by picking or probing with the bill and eating weeds, agricultural grains and small animals.

A pair of sandhill cranes have nested in Hardwick for several years and successfully raised young. The cranes the Oakham resident heard flying over might be those.

The sandhill crane makes a mound like nest of arch plants, grasses and weeds placed on the ground or in shallow water. The female lays one to three olive eggs with dark marks. There call is a low pitched "karoooo, karoooo karoooo." Courtship dis-

There is nothing rare about *Centaurea montana*, or even all that unique about it. I just plain like its oversized cornflowers and their lovely true blue shade.

At eighteen inches tall it is another plant best suited to the middle row of the garden. Plant in full sun or slight shade for best results. Cut back after it is done flowering for a chance at late season rebloom.

Jacob's ladder, *Polemonium caeruleum*, is another of my favorite blue perennials. Its pinnately compound leaves surely resemble a ladder, hence the Biblical reference, but it

plays are often seen during migration and involve graceful jumps off the ground in a dance like manner.

Years ago, a Barre resident saw a pair doing their courtship antics while they were in a field in Barre. This was years before the nesting pair appeared in Hardwick, so I assume they were in route to their summer breeding grounds further north.

Sandhill cranes form huge flocks in winter and during migration. They are often seen in agricultural fields and roost at night in the center of shallow lakes or large shallow rivers.

### Nesting bluebirds

An Oakham resident said she has nesting bluebirds again this year. She said usually the bluebirds and swallows squabble over the nest box, but she has not seen the swallows this year. She was wondering if anyone else has seen swallows.

I have seen them in my hayfield and I also saw some flying over Long Pond in Rutland.

### Nesting ospreys

I received another email this week about the nesting pair of ospreys in Wilbraham. He said the pair were on or near the nest. If the eggs hatched, the young were too small to be seen. He will make a return trip later.

In a previous column he said for anyone wanting to go see this nest the best place to view the nest is from the Wilbraham Senior Center parking lot and park on the side of the lot facing the playing fields. There are stick nests on three light poles.

### Hummingbirds

An Oakham couple reported lots of hummingbirds at their feeder. They keep busy filling the nectar feeders. People may make their own nectar by adding 1/4 cup white sugar to 1 cup water and bring to a boil. I make extra nectar, which I keep in the refrigerator. It will keep up to a week, but I am refilling every two to three days so it never gets past the one week mark.

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

is best known for its pretty cup shaped, light blue flowers that hang from multi stems growing 18 inches to 2 feet tall and blooming in May in part shade locations.

Have fun playing with blue hues this spring. By high summer blue will be few and far between in the landscape.

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. She enjoys growing food as well as flowers. Have a question for her? Email it to [pouimette@turley.com](mailto:pouimette@turley.com) with "Gardening Question" in the subject line.

## The REGISTER

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All unknown or alleged facts and quotations offered by the author need to cite credible, unbiased sources.

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Ludlow High School band.

Turley Publications photos by Rebecca Wehner



The Gremio Lusitano Club float.

# Memorial Day Parade honors fallen soldiers

## MEMORIAL DAY from Page 1

the Ludlow Boys and Girls Club swim team, and Saint Elizabeth Parish. The Baird Middle School and Ludlow High School band played their instruments during the parade, as well as performing both the Portuguese and United States national anthems during the ceremony afterwards.

At this event, Oliveira commended the town for its efforts to support the men and women who have served in the military, particularly through the new veterans center that was established at the beginning of the month.

“When it comes to remembering our fallen soldiers and supporting local veterans and their families, Ludlow does it right,” Oliveira said. “And we do it right every Memorial Day as we acknowledge the 81 servicemen who died defending our country, our commonwealth and our community.”

In addition to remembering those who died in combat, Segundo recognized four Ludlow natives who were reported missing in action during their time overseas: Murray Burgess, John Kapinos, Leo Richards and Francis Courtney. Scott Hiorns, Ludlow Veteran of the Year 2022-2023, was also invited to speak about his own experience in the US Navy and was met with applause from all who attended.

The parade attracted community members of all ages, and served as an opportunity to thank the veterans in town for defending the citizens of their country.



The mascot for the Ludlow Lions Club.



Boy Scout Troop 180.



The Baird Middle School band.



The Saint Elizabeth Parish float.

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# Descendants of the 'Lost Towns' remember the fallen

By Paula Ouimette  
pouimette@turley.com

WARE — Generations of people joined together at Quabbin Park Cemetery this past Sunday to remember those that gave their lives for our freedom, alongside those that sacrificed their homes for the Quabbin Reservoir.

Master of Ceremonies Keith Poulin of the American Legion Chauncey Walker Post #239 of Belchertown thanked all for attending and participating in the Memorial Day program.

Poulin said this program was not only to remember those servicemembers who sacrificed for the freedom of all, but also for the people of the "Lost Towns" of Dana, Enfield, Greenwich and Prescott.

These four towns were disincorporated in order to create the Quabbin Reservoir, which supplies drinking water to nearly one-third of residents in the commonwealth.

"The towns of the Swift River Valley have remembered their dead," Poulin said.

A tradition that has continued even after the towns were submerged under water; in a ceremony that takes place every Sunday before Memorial Day, amidst each town's monuments and memorials.

Over 7,600 graves were moved from cemeteries in the four towns, with the majority re-interred at Quabbin Park Cemetery. Spanning 82 of the 81,000 acres of land purchased to create the Quabbin Reservoir, the Cemetery is still active today.

Following a reading of the Gettysburg Address by Ware Scouts BSA Troop 7281's Senior Patrol Leader Cordelia Grandinetti, descendants from each of the



Wayne Thresher prepares to place a wreath on the Greenwich monument.

four towns laid wreaths of red, white and blue on their respective monument.

Representing the town of Dana were members of the Cooley family; Enfield, the Boyko and Jasnocha families; Greenwich, the Thresher family; and Prescott, the Currier and Bowen families. A fifth wreath was placed at the Schmidt Bench, by members of the Eleanor Griswold Schmidt family.

Friends of Quabbin, Inc. President Gene Theroux followed with a reading of "In Flanders Fields" after "Taps", the National Anthem, and a medley of each military branch's marches were played.

State Sen. Anne Gobi said it was an honor to be invited to speak at the program, her last before she assumes the role of the new director of rural affairs in the

Executive Office of Economic Development.

She shared the story of World War II nurse Ellen Ainsworth, who was one of 350,000 women that served.

Of those women, 543 lost their lives, including 16 nurses.

On Feb. 10, 1944, while working at the 56th Evacuation Hospital, Ainsworth made sure that all of her staff and patients were safe during a raid, Gobi said.

"No one panicked...and they all survived," Gobi said.

The next raid battered the Hospital, and Ainsworth was hit with a piece of shrapnel to the chest, but continued to work.

"There is nothing the enemy can do to us now to scare us," she said," Gobi

continued.

Sadly, Ainsworth died from her injuries days later, just shy of her 25th birthday.

Because of women veterans like Ainsworth, "we are a better people, a better nation," Gobi said.

State Rep. Todd Smola noted that this was also the 50th anniversary of the U.S. military's withdrawal from Vietnam.

"It took a lot of time for attitudes and perceptions to change," Smola said of Vietnam. "We should never disagree about supporting those that serve."

State Rep. Aaron Saunders said he was struck by Grandinetti's reading of the Gettysburg Address and said, "the unfinished work' has continued," for freedom and peace in our country and beyond.

Saunders gave special acknowledgment to the four communities lost to the Reservoir.

"[They] gave themselves for the prosperity of the commonwealth," Saunders said.

State Sen. Jake Oliveira shared that his grandfather worked on the Quabbin Reservoir, and noted the depth of the sacrifice the residents of the four towns made for its creation.

Oliveira said he also understands what it's like to be told a loved one has paid the ultimate sacrifice for freedom, sharing the story of his late friend Sgt. Joshua Desforges, who was killed in Afghanistan.

"I know that feeling in your stomach when told you lost someone," he said.

Poulin thanked all of the various participants that made the program possible, including area historical societies, veterans organizations, youth organizations, Department of Conservation and Recreation staff, and many more.

## Polish Club dishing up pasta for town's police K-9 Unit

LUDLOW — To continue to provide Max, the town Police Department's crime fighting canine the support he needs to enhance the department's public safety efforts, the Polish American Citizens Club is hosting its annual pasta dinner fundraiser for the K-9 unit from 5 to 7 p.m. on Friday, June 2.

"The K-9 unit has become an integral part of our community's police force," said John Diotalevi, president of the Ludlow Polish American Citizens' Club.

"Every year, we run a fundraiser, specifically a pasta dinner. The Polish Club has been instrumental in providing the money to purchase the dogs the K-9 unit uses, but most importantly we raise money to help keep the K-9 program operating."

Tickets for the dinner, which includes pasta, meatballs, salad and fresh baked rolls, are \$12 and available at the door. The club is located at 355 East Street in Ludlow.

For more information, call 413-583-6385. Keep up with the other events on the Polish

American Citizens Club and the Ludlow Police Department pages on Facebook.



The Polish American Citizens Club is hosting its annual fundraiser for the Ludlow K-9 unit on Friday June 2.

## LIBRARY from Page 1

solutely nothing has changed," Dias said, citing that the policy was last reviewed in 2017 and residents continue to complain about books to the School Committee.

"I think it needs to be noted that it's the same people talking about books for the past five or six years. It's not a mass movement, it's a small group of people that are bringing this up over and over and over again," Stratton said, to applause from the room.

Stratton also mentioned that only two books in the Ludlow school libraries have been challenged in the past five years, which he said "doesn't say that the policy isn't working; it says that it's not being used."

During over an hour of public comments, residents criticized the policy, though a few commenters expressed concerns about their children having access to books for a higher grade level.

"As a resident, a parent of two Ludlow High School graduates, and a librarian with over 30 years in the field, I have to say this is one of the worst pieces of library policy that I have ever seen," said Joe Rodio, Director of the South Hadley Public Library.

"It's offensive on so many levels," said Rodio. "I think the most offended group should probably be the residents, who have a School Committee (that has) failed our town. They've failed to develop sustainable funding to maintain our schools. You (the committee) have failed to retain quality educators and teachers, and you have failed to support our students by bringing this policy up."

"Blanket censorship has no place in America," said Michelle D'Amore, who teaches eighth grade English at Paul R. Baird Middle School.

"This is why in the 1980s, rap lyrics deemed obscene by Tipper Gore and other Republicans led to parental warning labels on CD cases, to allow families to decide appropriateness for themselves, rather than create a slippery slope for government to overstep its authority through outright banning."

"The proposed library policy would in fact infringe on the vast majority of parents' rights, not expand them as mistak-

enly intended," said D'Amore. "Let's not allow a library policy written by people with an unhealthy preoccupation with sex to send a twisted message to Ludlow students that certain individuals hold moral authority over everyone else."

Former School Committee member Mike Kelliher said the policy was based on one adopted by the Central Bucks School District in Pennsylvania. Dias also mentioned getting the policy from "Bucks County, Pennsylvania," saying, "It's pretty well known."

According to the Bucks County Courier Times, the policy was reviewed by the Independence Law Center, the legal arm of the Pennsylvania branch of an anti-LGBTQ nationalist group known as the Family Research Council, which was designated as an extremist hate group by the Southern Poverty Law Center in 2010.

"Beyond being plain censorship and massively short-sighted," said resident Kelly De Gobbi, "the proposed policy opens the door for further book suppression. The policy will allow for anyone in the entire community to challenge any book in any school library at least once a year, regardless of whether they have children in this school."

"Restrictions on certain books and topics, as outlined in the policy, not only infringe upon the right upon certain individuals to freely seek and receive information, but also impose subjective judgments on what constitutes appropriate material," said De Gobbi. "This is a clear violation of the First Amendment, and is blatantly un-American."

Though a few residents spoke in favor of the policy, none of them addressed any of these criticisms. One resident read an excerpt from John Green's "Looking for Alaska," a young adult book that, according to Stratton, has not received challenges in the Ludlow school system.

"When you go home tonight, I urge you to think about your own middle school and teenage experiences," the resident said. "Could you have used a safe, third space between the home and the classroom?"

The School Committee will vote on whether or not to adopt the proposed policy at their next meeting, on Tuesday, June 13.

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# SPORTS

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## Lions ousted from tournament



Ava Peczka sets up to bunt.

Photos by Sofia DiGrande

By Tim Peterson  
Sports Correspondent

LUDLOW- Everything must go the right way for a pitcher to throw a perfect game or a no-hitter, especially in a post-season game.

Minnechaug junior right-hander Mackenzie Blair, who threw two no-hitters during the regular season against Northampton High School, nearly tossed another one against rival Ludlow in the Western Mass. Class A quarter-finals.

While the fourth-seeded Lady Lions ended Blair's dreams of pitching her first post-season no-hitter with back-to-back singles in the bottom of the seventh inning, the fifth-seeded Lady Falcons advanced into the semifinals with a 4-1 victory at the Baird Middle School softball field in Ludlow, last Monday afternoon May 22.

"I really wanted to throw a no-hitter in today's game because the Ludlow pitcher threw one against us earlier in the season," Blair said. "It would've been amazing if I could've thrown a no-hitter, but I'm very glad that we won the game."

Please see **LIONS**, Page 13



Pitcher Madison Sunderland fires to the plate.



Rayah Landers fields a grounder.



Grace Page leads off first base.

## Boys volleyball falls in semis



Anthony Shea gets set to block.

AGAWAM – For the third time this season, Ludlow was defeated 3-0 against league rival Agawam High School. The Brownies hosted Ludlow in the Western Mass. semi-finals and Ludlow could not make the Brownies scoring power in the loss. Ludlow finished up the season 11-9 and await their seeding in the state tournament.

Photos by Gregory A. Scibelli



Michael Saloio makes a set toward the right side.



Tristan Moss goes straight up with a set.



Cameron Dawson gets a serve.

## Hall adds new lighting display

SPRINGFIELD – The Naismith Basketball Hall of Fame announced a recent addition to the museum's iconic exterior, a state-of-the-art LED projection lighting display. The dome, one of the city's most prominent structures, will be lit up every night and will display an array of festive colors and patterns for holidays and events throughout the year.

"We've completed a major renovation on the inside of the Hall, and adding this dynamic lighting package to the building's exterior demonstrates our ongoing commitment to beautifying the property and enhancing the riverfront area," said John L. Doleva, President and CEO of the Naismith Basketball Hall of Fame. "We couldn't be more pleased with the result and to be able to help light Springfield's night sky."

In an effort to honor those who have sacrificed everything in service to the nation, the dome and building will be lit red, white, and blue this Memorial Day Weekend, May 25-29.

This summer, the Naismith Basketball Hall of Fame will light the night to celebrate the winner of the NBA Finals, Independence Day, Enshrinement Weekend, and more.

# Hirschman dominates to win at Granite State Derby

LEE, N.H. – In the inaugural Granite State Derby at Lee USA Speedway, Matt Hirschman dominated early but came up short in the stretch. This time around, Hirschman would not be denied.

“Big Money Matt” took charge on the third lap and never looked back en route to his first NASCAR Whelen Modified Tour win of the year and his first at “New Hampshire’s Center of Speed.”

“We just finally closed one,” Hirschman said in victory lane. “These races are tough to win, and I think we should have had five or six of them in recent years.”

The Northampton, Penn., veteran started third and only needed a couple laps to get alongside polesitter and defending race winner Doug Coby. Once at the front, Hirschman checked out, maintaining a modest advantage over Coby, Sam Rameau and Jon McKennedy as the leaders plotted their tire strategy.

Patient and clean racing through the pack was paused on lap 69 when Max Zachem spun down the frontstretch, opening the pit strategy window. Hirschman led the entire field down pit road for tires, then beat Coby and McKennedy back to the track to lead the field back to green.

Coby stumbled on the restart with clutch problems, sliding back through the pack as McKennedy and Austin Beers settled into second and third. Beers snuck past the reigning series champion and into the runner-up spot, but Hirschman was setting a steady pace at the front that



Submitted photo

**Matt Hirschman gets the win in the Granite State Derby**

the sophomore could not outmatch. The leaders prepared for one last pit stop, all the while managing their tires to go the distance if necessary.

McKennedy slipped back around Beers with 25 laps to go, carving time off Hirschman’s advantage as the leader dispatched slower traffic. But the caution McKennedy needed to erase that advantage never came.

Hirschman, ever disciplined at conserving equipment, crossed the line 1.120 seconds ahead of McKennedy to win his sixth career NWMT race and his first since the 2021 season opener.

“We deserve better than what the re-

sults have been, and a lot of that is on me,” Hirschman said. “I take the most responsibility for that. But today, we delivered.”

Beers held on for third place, with Rameau and Ron Silk rounding out the top five. Coby raced his way back to sixth at the finish.

Hirschman’s win is a small step toward repeating last year’s Whelen Granite State Short Track Cup championship for car owner Roy Hall’s Pee Dee Motorsports. Coby won the first leg of the triple-race program, the Duel at the Dog 200 at Monadnock Speed-

In addition to the NASCAR Whelen Modified Tour, six more feature races kept fans on the edge of their seats with a mix of local and regional star power. Supermodified wunderkind Jeffrey Battle passed his uncle Eddie Witkum with the white flag in sight to claim victory in the 350 Supermodifieds. Tom Harwood prevailed in a three-way battle to win the 25-lap New England Dwarf Car Series showdown. The New England Pro 4 Modifieds staged their inaugural Dan Meserve, Sr. Memorial Race, with Brayden Meserve taking an emotional win for the family.

Massachusetts’ Ryan Kuhn topped Lee’s best Pro Stock racers, leading wire-to-wire in a commanding performance in the 80-lap Pro Stock open. Wade Gelinas turned in a similar performance with the NHSTRA Late Models. And setting the stage for the night’s main event, Kyle Valeri took his first-ever win with the NEMA Lites.

The next scheduled event for JDV Productions is the inaugural Winchester Open Modified 100 at Monadnock Speedway in Winchester, N.H., where the JDV Open Modifieds will make their debut at “Mad Dog” Saturday, June 3. More information on this special event will be released later this week.

For more information on JDV Productions, visit [JDVProductions.com](http://JDVProductions.com) and follow on social media for the latest updates throughout the season, including updates from the track on race day with feature winner posts.

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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

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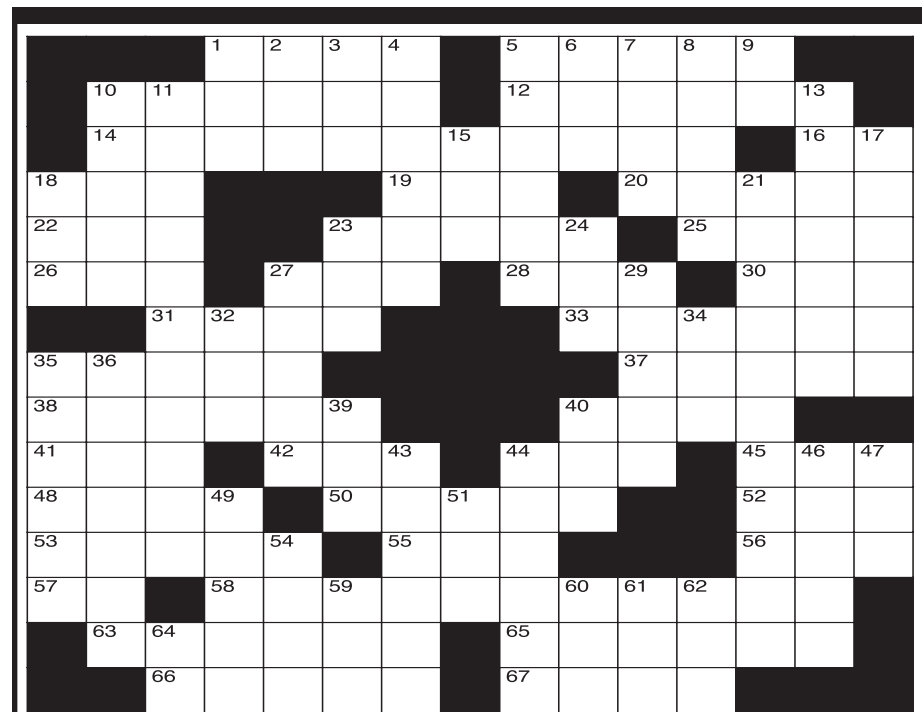
## Run for Rice’s 5K Road Race set for June 3

WILBRAHAM – The 11th annual “Run for Rice’s 5K Road Race” will be held on Saturday, June 3 at 9 a.m. This popular, family-friendly 5K road race begins at Christ the King – Epiphany Church, 758 Main Street, Wilbraham, and winds through a flat, fast course in surrounding neighborhoods, ending at Rice Fruit Farm across the street from the start. Pre-registration fee for runners and walkers is \$20, while day-of-race registration is \$25.

Ages 18 and under registration is \$15 including day-of registration. The first 150 registered runners by May 20 will re-

ceive our famous race t-shirt featuring the “Running Apple” logo, and all registered runners will receive a free Rice Fruit Farm ice cream with their bib number on day of race only.

Cash prizes will be awarded in several categories, and all proceeds benefit the Rice Nature Preserve maintenance fund of the Minnechaug Land Trust. Race day registration will be open from 7:30 a.m. until 8:45 a.m. On-line registration now available at [RunSignUp.com](http://RunSignUp.com), and paper registration forms can be downloaded at the Minnechaug Land Trust website [www.minnechauglandtrust.org](http://www.minnechauglandtrust.org).



**CLUES ACROSS**

- 1. Sloping position
- 5. Descendant of a notable family
- 10. Following accepted norms
- 12. Root vegetable
- 14. Having a shape that reduces drag from air
- 16. Integrated circuit
- 18. Records electric currents of the heart
- 19. Used to anoint
- 20. Japanese city
- 22. After B
- 23. Muffles
- 25. Pass over
- 26. Vase
- 27. Soft touch
- 28. A baglike structure in a plant or animal
- 30. Patti Hearst’s captors
- 31. Israeli politician
- 33. Degrade

- 35. Type of wrap
- 37. Polyurethane fabric
- 38. Avoids capture
- 40. Vegetarians avoid it
- 41. Decay
- 42. Soviet Socialist Republic
- 44. Vessel to bathe in
- 45. Inches per minute (abbr.)
- 48. Frosts
- 50. Dipped into
- 52. Controversial replay system in soccer
- 53. Comforts
- 55. Needed for yoga
- 56. Ands/\_\_\_
- 57. South Dakota
- 58. Printing system
- 63. Dramatic works set to music
- 65. Highest points
- 66. Social division
- 67. Used to treat Parkinson’s disease

**CLUES DOWN**

- 1. Hill or rocky peak
- 2. Initial public offering
- 3. Type of light
- 4. Test
- 5. Flaky coverings
- 6. Former NFLer Newton
- 7. Part of the eye
- 8. Roman god of the underworld
- 9. Negative
- 10. Indiana pro basketball player
- 11. Replaces lost tissue
- 13. Denotes one from whom title is taken
- 15. Historic college hoops tournament
- 17. Hut by a swimming pool
- 18. Defunct European monetary unit
- 21. Feeds on insects
- 23. Adult male
- 24. Melancholic
- 27. Sheets of glass
- 29. Slang for famous person
- 32. Not good
- 34. “Ghetto Superstar” singer
- 35. The “World” is one
- 36. Used to make guacamole
- 39. Midway between south and southwest
- 40. Wet dirt
- 43. Ancient Egyptian name
- 44. Set of four
- 46. Strips
- 47. Wife
- 49. More dried-up
- 51. Socially inept person
- 54. Clusters on fern fronds
- 59. Bar bill
- 60. Prefix indicating “away from”
- 61. Very important person
- 62. Fiddler crabs
- 64. Special therapy

ANSWERS ON PAGE X

## HIRING DRIVERS

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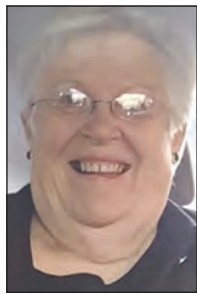
\$12.50  
Each

# OBITUARIES

## Rosemary C. (Jarvis) Bradley, 77

LUDLOW - Rosemary C. (Jarvis) Bradley, 77, of Ludlow, passed away peacefully on December 4, 2022 surrounded by love. Daughter of the late Fred and Christina (Keir) Jarvis, Rosemary lived most of her life in her family home in Ludlow and was a graduate of Ludlow High School. She was a faithful communicant of the former St. Mary of the Assumption Church and currently of St. Elizabeth Parish.

Rosemary was the beloved wife of the late Joseph Bradley,



who predeceased her in 2006; a loving mother to Shelley Fasano and husband Frank, of Ludlow, and the late Tracy-Ann Bradley who predeceased her in 1989; and also leaves many loving extended family members and dear friends. Funeral services for Rosemary will be held on Saturday, June 3, 2023 in Ludlow Funeral Home. Visiting hours are from 9:15-10:15am in the funeral home followed by Liturgy of Christian Burial at 11:00am in St. Elizabeth Parish with burial in Island Pond Cemetery.

## John A. Hangasky Jr., 70

LUDLOW - John A. Hangasky Jr, 70, of Ludlow, passed away on Saturday, May 20, 2023. Born in New Haven, CT on June 27, 1952, he was the son of the late John A. Hangasky Sr. and Theresa (Oswald) Hangasky. John was a member of the graduating class of 1970 from East Haven High School. He received his Bachelor's and Master of Science degrees from the University of Bridgeport. He attended the Essex Community College Physician Assistant program in Baltimore, MD and became a Certified Physician Assistant in 1980.



with Suzanne, researching his ancestry, was an avid fan of the NY Giants. Above all else, he loved to spend time with his family, especially his grandchildren.

John is survived by his wife of 41 years Suzanne (Phillips) Hangasky of Ludlow, his son John A. Hangasky III and his wife Erica of San Francisco, CA; his daughters Elizabeth Gelinis and her husband William of East Longmeadow; Lauren Manuel and her husband Beau of Ludlow; and his sister Theresa Hangasky of East Haven, CT. He also leaves his grandchildren Alexia, Ivy, Theo, Faye, Landen, Oakley and Morgan, as well as several cousins.

John's funeral service was held on Friday, May 26, 2023 in Family Church, 123 Hubbard St., Ludlow, MA. Burial was at Island Pond Cemetery.

In lieu of flowers, donations in John's memory may be made to the John and Suzanne Hangasky Scholarship Fund for Physician Assistant students, Springfield College, 263 Alden St., Springfield, MA 01109. For more information please go to [www.kapinosmazurfh.com](http://www.kapinosmazurfh.com).

He helped establish the Physician's Assistant program at Springfield College, serving as the program's first director, retiring in 2018 as Professor Emeritus. He was a Distinguished Fellow of the Academy of Physician's Assistants. John coached in the Ludlow Youth Football program and was a longtime youth and high school baseball umpire and dedicated member of the former St. Paul's United Methodist Church in Ludlow. He loved his morning coffee, traveling both nationally and internationally

## Glenn H. Hoffman, 72

LUDLOW - Glenn H. Hoffman, 72, passed away unexpectedly on May 22, 2023 at Baystate Medical Center. Born in Paterson, NJ, he was the son of Herman H. and Dorothy (Streelman) Hoffman. Glenn grew up and lived most of his life in Midland Park, NJ. After high school, Glenn attended Teterboro School of Aeronautics, where he studied aircraft and propulsion. He was educated, licensed and practiced in the state of New Jersey as a Master Plumber. For over 20 years, he worked for Santanta & Son in Fair Lawn, NJ as a licensed master plumber. In his leisure, Glenn enjoyed collecting Lionel Trains along with clock restoration and repair. Antiques and home renovation were also a pastime of Glenn's and he was truly talented in the realm of mechanics, house repair and plumbing. For many years, Glenn and a group of buddies enjoyed constructing and racing their homemade pontoon boats in the Delaware River Race. In his earlier years, he spent time touring the country on his mo-



torcycle. Glenn was a lover of classical music along with the exhilaration of several parachute jumps in New Jersey. For the past three years, Glenn and his wife have enjoyed the New England sights while living in Ludlow. Glenn's love will be forever cherished by his wife of 35 years, Donna as well as his sister, Phyllis White and her husband, Attny Joseph White along with their family, Susan Kenney and Daniel Murphy and Susan's children, Jacob, Kayleigh and James; Peter White and Rene and their children, Thomas and Calvin; Elizabeth Chouinard and Robert and their children, Kathryn, Lillian and Madelyn. Glenn's brother-in-law, Attny Alfred Maurice and his wife, Linda and their children, Mark, Michael and Josephine and daughter, Aemilia as well as sister-in-law, Leila Dini and her husband, John and their children Daniel and his spouse, Erik and John J. will also cherish his memory. All services will take place in New Jersey. In lieu of flowers, donations may be made in his memory to a charity of one's choice.

## John J. Smolinski Jr, 75

LUDLOW—John J. Smolinski Jr, 75, of Ludlow, passed away peacefully, surrounded by his loving family, after a valiant fight against cancer on May 24, 2023. Born in Ludlow on November 5, 1947, he was the son of late John Smolinski Sr., and Carmelina (D'Amato) Smolinski. A lifelong Ludlow resident, John served in the U.S. Army and was a Vietnam Veteran. Upon leaving the Army, he spent his career working for the U.S. Postal Service as a mail carrier in Enfield CT. When John wasn't working, he enjoyed spending time outside tending to his home and garden. He was an avid deer hunter and also loved fishing.



John Dion Jr, Olivia Rosa, Tyler Smolinski, and Grayson Rosa. He also leaves behind several nieces, nephews and many close friends. John was a wonderful husband, father and Papa and will be deeply missed by all his family and friends.

Funeral services for John will be Thursday, June 1, 2023 at 9:30 AM at the Kapinos-Mazur Funeral Home, 64 Sewall St., Ludlow, MA followed by a Liturgy of Christian Burial at 10:30 AM in Christ the King Church. Rites of Committal with Military Honors will be in Island Pond Cemetery. Visiting hours at the funeral home will be Wednesday, May 31, 2023 from 4:00-7:00 PM.

Donations in John's memory may be made to Fish and Wildlife Trust Fund, Vermont Fish and Wildlife Dept., 1 National Life Dr., Dewey Bldg, Montpelier, VT 05620-3208. For more information please go to [kapinosmazurfh.com](http://kapinosmazurfh.com).

Every November, along with family and friends, John would spend the week at his home in Ludlow hunting in his back yard. He also enjoyed traveling to Rutland VT and Maine with his friends and family to go hunting. John spent the last 5 summers at his favorite place Worden's Pond Family Campground in Wakefield, RI.

John was predeceased by his wife Sylvia (Halgas) Smolinski in 2016. He is survived by his three children Shauna Dion, and her husband John Dion of Chi-

## DEATH NOTICES

**Bradley (Jarvis), Rosemary C.**  
Died  
December 4, 2022  
Services  
June 3, 2023

**Hangasky Jr., John A.**  
Died May 20, 2023  
Funeral  
May 26, 2023

**Hoffman, Glenn H.**  
Died May 22, 2023

**Smolinski Jr., John J.**  
Died  
May 24, 2023  
Funeral June 1, 2023

## The Ludlow Register OBITUARY POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$120, which allows families to publish extended death notice information of their own choice and may include a photograph.

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

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Join the Heals from Oct. 17 to 26 and visit some of the nicest places in Ireland you will ever see.

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Enjoy and explore the magnificent sights of Killarney, the

West Kerry tour, and County Clare, and visit Bunratty castle and shopping villages, a scenic tour of the Burren Nation Park, and the spectacular Cliffs of Moher. The trip will be escorted by a professional guide.

Contact Don Healy at [healysirish.com](http://healysirish.com), by phone at 413-427-8142 for a flyer, or contact Brian Mannix at 413-589-9654.

## BUSINESS

Turley Publications is liberal with regard to its business coverage policies, but we do have some standards folks need to understand. First, local businesses and merchants are just as much institutions in our towns as the library and schools. Without them, there are no towns.

We will feature coverage of local businesses that are new, have a major expansion, moving, closing, under new management or ownership, celebrating a milestone anniversary, or have been thrust into the news realm. Merchants can request that coverage through the editor, or for our existing advertising clients, through their ad representatives.

For more information on business coverage for The Ludlow Register, please email [ludlowregister@turley.com](mailto:ludlowregister@turley.com).

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# DATEBOOK

## 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 mgusmao@turley.com.

## THIS WEEK

**PASTA K-9 FUNDRAISER:** The Polish American Citizens Club is hosting its annual pasta dinner fundraiser for the Ludlow Police Department's K-9 unit from 5 to 7 p.m. on Friday, June 2. Tickets for the dinner, which includes pasta, meatballs, salad and fresh baked rolls, are \$12 and available at the door. The club is located at 355 East Street in Ludlow.

## NEXT WEEK

**ONLINE RAFFLE:** The Lions are celebrating 80 years of service to those less fortunate locally and globally with a new online raffle. Go to [tinyurl.com/3eb56e8y](http://tinyurl.com/3eb56e8y) to view the baskets that are being raffled off. If a basket catches your eye, you just want to take a chance in the 50/50 raffle or just want to make a donation, the drawing is June 8. The Ludlow Lions Club wants everyone to know members appreciate the public's support and that the Lions core mission is community service.

**DINNER COMEDY FUNDRAISER:** The Night of Comedy fundraiser for the Michael J. Dias Foundation will be held at 7 p.m. on Friday, June 9, in

the Ludlow Country Club. Tickets are \$50 per person, include dinner and can be purchased online through Eventbrite at [tinyurl.com/2dh363w7](http://tinyurl.com/2dh363w7).

## COMING SOON

**CAR SHOW:** The West Springfield American Legion Post 207, 83 Park Avenue, hosts a car show 11 a.m. to 2 p.m. on Saturday, June 17. All makes and models are welcome! There will be Food, beverages, entertainment, raffles, prizes and activities for kids. Entry is \$10 per car.

Vendors are invited and should email [Its-WestSpringfield@gmail.com](mailto:Its-WestSpringfield@gmail.com) or call 413-279-4567. Rain date Sunday, June 18.

**GOLF TOURNEY FOR PETS:** Second Chance Animal Services' 11th annual Charity Golf Tournament will be held at Cold Spring Country Club on Monday, July 24. The event offers golfers a great golf outing on a world-class course and will benefit programs assisting the underserved at Second Chance Community Veterinary Hospitals in the region. Individuals and foursomes are welcome. Second Chance encourages golfers to purchase tickets early. Check in will be 9 a.m. and the tournament will commence with a shotgun start at 10 a.m. Registration and information on sponsorships and item donations can be found at [secondchanceanimals.org/events/golf/](http://secondchanceanimals.org/events/golf/).

## ONGOING

**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.

**THRIFT SHOP:** Now open at St. Gregory Armenian Church, 135 Goodwin Street, Indian Orchard, 9:30 a.m.-12:30 p.m. every Saturday offering quality items at affordable prices. Gently used clothing and accessories, household items, books, children's items, collectors' items and more. For more information, call the church office at 413-543-4763.

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

**LUDLOW SENIOR CENTER 55 AND OVER CO-ED VOLLEYBALL LEAGUE:** At East Street School on Tuesdays and Thursdays from 5:30-7:30 p.m. the cost to take part is \$5 per year. For more information contact Maria Ardolino, activities director at [activity@ludlow.ma.us](mailto:activity@ludlow.ma.us) or call 413-583-3564.

**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.

**H.O.P.E. RECOVERY GROUP:** Having Our Pathways Encouraged meetings are for those who have experience with addictions, grief, anxiety and depression, (including anxiety and depression due to COVID-19) and for loved ones who might need help in their recovery. This group is also for those who can help lead others in their recovery by example. This meeting in no way replaces professional therapies. It is a time for sharing strength, encouragement and hope. No fees. Bring your own non-alcoholic beverage. Pre-packaged snacks are available. Small group structure based on basic Christian principles, concept, purposes and confidentiality. COVID-19 guidelines are observed. Masks required. 6:30-8 p.m. every Monday at Fellowship Hall in Faith Community Chapel, 485 East Street in Ludlow. Parking lot behind Chapel. Fellowship Hall entrance at back of Chapel. Seating is limited. To reserve yours, call 413- 519-4591.

**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.

## UPCOMING TRIPS

Nashville and a Smokey Mountain. Christmas: Enjoy the Grand Ole Opry and the Country Music Hall of Fame, plus the show and extravagant holiday decorations of Dollywood, the Gaylord Opryland Resort, Gatlinburg and Biltmore, the Vanderbilt Mansion in Asheville, N.C., Nov. 29-Dec. 6. Contact Jim Martin at [jamesmartin47@gmail.com](mailto:jamesmartin47@gmail.com) or 413-583-6339.

# Church DIRECTORY

### FAITH COMMUNITY CHAPEL

A Church of the Nazarene

485 East St. Ludlow, MA 01056 413-583-7875

Email: [faithcommunitychapel@gmail.com](mailto:faithcommunitychapel@gmail.com)

[faith-communitychapel.org](http://faith-communitychapel.org)

Lead Pastor: Reverend Lisa Morrison

Associate Pastor: Gary Coombs

Sunday Services:

Discipline Groups 9:45 a.m. WorshipService11 a.m. and Facebook Live Stream

OTHER PROGRAMS

MONDAYS at 6:30 p.m. H.O.P.E. Meeting Recovery meetings for those with addictions, anxiety, and grief SMC. Call 413-519-4591

TUESDAYS at 7 p.m. ZOOM Bible Study WEDNESDAYS at 7 p.m. Ludlow Christian Fellowship Meeting

Hank Bastos, Leader, 413-348-6487

SMC and Facebook Live Stream [ludlowfellowship.org](http://ludlowfellowship.org)

FRIDAYS Children's After School Club

(pre K through teens) 5-6:30 p.m.

Church Fellowship Hall

SATURDAYS at 10 a.m. Ecumenical Prayer Meeting

### THE CHURCH OF JESUS CHRIST

OF LATTER DAY SAINTS

584 West St., Ludlow

413-583-8454

S 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 providedfor 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.

### ST. ELIZABETH PARISH

191 Hubbard St., Ludlow

413-583-3467

Pastor - Rev. Msgr. Homer P. Gosselin

In Residence - Rev. Norman Bolton

Deacons: Normand Grondin, Thomas Rickson,

Keith Davies

Office Hours: Monday - Friday 8 a.m.-4 p.m.

[stelizabethludlow.org](http://stelizabethludlow.org)

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Check out our Parish App

Wednesday, May 31, - Daily Mass - 7:30 a.m. (C),

Holy Mother Choir Rehearsal - 5:15 p.m.

Thursday, June 1, - Daily Mass - 7:30 a.m. (C),

Knights of Columbus - 6 p.m. (JR), Knights of

Columbus Honor Guard - 7 p.m. (FLBH)

Friday, June 2, - Daily Mass - 7:30 a.m. (C)

Saturday, June 3, - Confessions - 2:30 p.m. (C),

Mass - 4 p.m. (C)

Sunday, - June 4, - Mass - 7:30 a.m. (C), Mass -

9:15 a.m. (C), Mass - 11 a.m. (C), Mass - 5 p.m.

(C)

Monday, June 5, - Daily Mass - 7:30 a.m. (C),

Ladies Auxiliary of the Knights of Columbus - 1

p.m. (JR)

Tuesday, June 6, - Daily Mass - 7:30 a.m. (C), St.

Rita Choir - 6:30 p.m. (C)

### 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

Saturday Vigil Mass: 4:15 p.m.

Sunday Mass; 8:45 a.m. (English), 10 a.m. (Polish)

Weekday Mass: Monday, Tuesday, Wednesday, Thurs-

day - 7:45 a.m. (English)

First Friday Mass: 5:30 p.m. (Polish/English)

First Saturday Mass: 9 a.m. (Polish/English)

Confessions: Saturday - 3:15-4 p.m.

### OUR LADY OF FATIMA PARISH

438 Winsor St., Ludlow

413-583-2312

Father Vitor Oliveira

Office hours: Monday - Thursday 9:00 a.m.

to 5:00 p.m., closed 1:00 p.m.-2:00 p.m.

Sunday Masses - 9 a.m. (Portuguese);

11 a.m. (English)

Monday and Wednesday Morning

Masses - 8:30 a.m. (Portuguese)

Tuesday and Friday Masses - 5:30 p.m. (Portuguese)

Saturday Vigil Mass - 4 p.m. (English)

First Saturday of the Month - 8:30 a.m.

For more information, visit

[ourladyoffatimaparish.org](http://ourladyoffatimaparish.org).

### FIRST CHURCH IN LUDLOW

859 Center St.

Ludlow, MA 01056

413-583-3339

Reverend Donald

Fenestre-Marek, Pastor

Sunday Services 9 am

Website: [www.ludlowfirst.com](http://www.ludlowfirst.com)

Facebook: [www.facebook.com/firstchurchludlow/](http://www.facebook.com/firstchurchludlow/)

### 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.

## Violin virtuoso to perform at Keep Homestead

MONSON — Keep Homestead Museum, 35 Ely Road, presents Sarah The Fiddler in a free outdoor concert at 1:30 p.m. on Sunday, June 4, on the side lawn (weather permitting).

The program starts at 1:30 pm and is open to the public free of charge, though donations are always welcome. Shuttle service will be available from Colonial Village at 12:30 pm and the parking lot at First Church on High Street from noon to 1 p.m. Bring a chair or blanket.

This event is funded by the Town of Monson's Regional Economic Development Organization Grant. For more information about the KHM, go to [keep-homesteadmuseum.org](http://keep-homesteadmuseum.org).

**LIONS** from Page 9

Minnechaug (9-10) was scheduled to face the top-seeded Westfield Bombers in the semifinals last Friday. They lost both games against Westfield during the regular season.

The Lady Falcons will also be playing in the Division 2 state tournament, which begins this week.

Ludlow, who tied Drury for the Suburban East League title, will enter the Division 2 state tournament with a 16-3 overall record. Both of their regular season losses came against Drury.

Molly Cole, who's the first-year head coach of the Minnechaug varsity softball team, knew how Blair was feeling standing in the middle of the circle during the seventh inning of the quarterfinal game. Cole was an outstanding pitcher for the Lady Falcons and was in a similar situation in the 2009 Western Mass. quarterfinals against Pittsfield.

"It was my senior year, and I had a no-hitter going in the Western Mass. quarterfinals until I gave up a base hit in the seventh inning. We won that game 2-0," Cole said. "Mackenzie was in the exact same situation in today's game. She pitched very well, and she really deserved a no-hitter. It's always a very special accomplishment whenever a pitcher does throw a no-hitter, but we won the game, which is the most important thing."

Blair wound up allowing one run on two hits in the quarterfinal victory. She walked three and recorded 13 strikeouts. She had 14 K's in the first meeting against Ludlow.

When the two softball teams met for the first time at Minnechaug Regional on April 7, the Lady Lions celebrated a 1-0 victory, as senior righthander Madison Sunderland hurled a no-hitter.

Sunderland, who's planning to play softball at Bay Path University next year, also struck out 14 batters in that contest. She added 16 more strikeouts to her career total in the quarterfinal loss.

Minnechaug junior shortstop Amy Dunklee quickly ended Sunderland's hopes of pitching another no-hitter by hitting a leadoff double to deep centerfield in the top



Eris Learned watches the pitch come in.

of the first inning.

"The Ludlow pitcher threw a no-hitter against us the first time that we played them, so I was eager to get a base hit in my first at-bat of today's game," said Dunklee, who led the way offensively with four base hits in the quarterfinal victory. "My double in the first inning real-

ly set the tone for the rest of the game. It felt great."

Sophomore first baseman Abby Peyman drove home Dunklee with a hard ground ball single up the middle into centerfield. Then Blair helped herself by hitting a line-drive that bounced off the right field fence for a double, which scored Peyman.

Sunderland got out of that inning by striking out the next three batters.

Senior Rayah Landers drew a leadoff walk on a 3-and-2 pitch in the home half of the inning. Then a bunt by sophomore Ava Peczkka was caught by Peyman. She then tossed the ball to sophomore second baseman Ava Peabody, who stepped on first base completing the double play.

The visitors from Wilbraham scored two unearned runs in the second inning.

Senior centerfielder Abigail Pronovost leadoff the frame by hitting a ground ball to the shortstop. She would've been out, but the first baseman bobbled the ball. A couple of batters later, Dunklee hit a pop-up single into shallow right field. Pronovost came home on the play following a throwing error by the right fielder. Peabody, who walked, scored on a fielder's choice groundout hit by Blair.

The only other hits allowed by Sunderland were two singles by Dunklee and a bloop single to left by Pronovost leading off the bottom of the sixth. She was thrown out trying to steal second base by sophomore catcher Eris Learned.

Blair didn't have very much trouble retiring the Ludlow batters during the first six innings.

"I changed how I pitch since the beginning of the season," Blair said. "I was throwing a lot more off speed pitches in today's game."

After striking out the leadoff batter in the bottom of the seventh, Blair walked junior shortstop Juliana Coelho on a borderline 3-and-2 pitch.

"Our energy level dropped a little bit following that walk," Blair added. "I really thought it was a strike and then I allowed two base hits after that."

Coelho advanced to second base on a wild pitch and scored when Sunderland ended no-hit bid with a sharp ground ball single between the third baseman and the shortstop into left field. Senior centerfielder Aineliz Garcia-Cruz also lined a single into right field before Blair ended the quarterfinal victory with a pair of strikeouts.

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**Vein specialist discusses common causes of leg, ankle and foot swelling and pain in the spring and summer**

*Dr. K. Francis Lee offers insight and advice about when to seek treatment*

SPRINGFIELD –Pain and swelling in legs, ankles and feet can happen anytime, but the incidence increases for several reasons as temperatures rise. K. Francis Lee, MD, FACS, RVT, RPVI, founder and medical director of Advanced Vein Care Center in Springfield, part of Center for Vein Restoration, discusses the most common causes of pain and swelling of the lower extremities during the spring and summer, and offers recommendations about when to seek medical care.

"People tend to become more active during the warmer months, which often leads to injuries including bruises, fractures, sprains and strains," said Lee. "If you sustain an injury,

you can expect some pain and swelling. Ice, rest, and over-the-counter pain medications can treat minor injuries. However, if the pain worsens over time or you can't bear weight on the affected limb, seek urgent medical care."

Venous insufficiency, a condition with which Lee, a board-certified general surgeon and vein surgery specialist, has decades of experience, can also cause pain and swelling in the lower extremities. Those affected may also experience heaviness and cramps or the appearance of spider or varicose veins.

"With venous insufficiency, the valves inside your veins aren't functioning properly, which allows the blood to back up and pool in the lower veins," explained Lee. "Pain, swelling and nighttime cramping are often the first symptoms. During warmer weather, the veins expand and hold more blood, intensifying

pain and pressure. Untreated, venous insufficiency can lead to varicose veins, venous stasis and venous ulcers, as well as other serious consequences, so it's important to see a vein specialist for evaluation and treatment."

The sudden onset of significant pain and swelling, particularly if it affects only one leg, may indicate a blood clot or deep vein thrombosis, which can be deadly and requires immediate medical care, according to Lee.

"Blood clots can happen to anyone at any age, but several factors can put you at higher risk. Risks include being inactive for an extended period, such as when you are on a plane for a long trip," Lee said. "Seek urgent medical care if you experience severe, sudden leg pain, swelling and fever as well as redness, warmth, itching and burning around the site of the pain."

**Girls on the Run of Western MA celebration 5K is on Saturday, June 3**

SPRINGFIELD – Girls on the Run of WMA will host its 5K event on June 3 at Western New England University. Girls on the Run is a physical activity-based, positive youth development program that uses fun running games and dynamic discussions to teach life skills to girls in third to eighth-grade. During the 10-week program, girls participate in lessons that foster confidence, build peer connections and encourage community service while they prepare for an end-of-season celebratory 5K event.

This spring season Girls on the Run has 1030 participants in 75 sites around Western MA, with 285 volunteer coaches that bring the curriculum to life. The run starts at 10:30 a.m. but the group warm up will begin at 10 a.m., with participants arriving for fun

events at 9:30 a.m. About 4,000 people are expected at this 5K. The event starts with activities, a group warm up and more. This 5K is the culmination of a 10-week, 20-lesson social emotional program, bringing together all participants, coaches, running buddies and families.

Participation in the 5K event is open to the public and all proceeds from the event will benefit Girls on the Run of WMA. Last season's 5K event brought together 4,000 people, including program participants, their family and friends and community members. Registration cost is \$30 for adults and \$10 for youth and includes an event shirt.

This event is the culmination of the 10 week season and participants have learned many social emotional skills throughout

the lessons. One participant from Springfield wrote, "Why I like Girls on the Run is because there is lots of positivity in the program so that girls don't feel ashamed of ourselves. Also, we get to meet new friends because we are encouraged to work with different girls each week and are able to get to know everyone on the team. Another thing I've learned is when I'm mad is to stop and take a breather and when I am feeling sad I can try to boost my star power by doing things I love to do."

Early arrival is suggested. Registration opens at 8:30am. Girls on the Run WMA is also looking for volunteers for this event. For more information about the event, how to register and volunteer opportunities, visit [www.girlsontherun-westernma.org](http://www.girlsontherun-westernma.org).

**PUBLIC NOTICES**

**LUDLOW ZONING BOARD OF APPEALS LEGAL NOTICE**

The Ludlow Zoning Board of Appeals will hold a public hearing in the Ludlow Town Hall, 488

Chapin Street, Selectmen's Conference Room on **Thursday, June 15, 2023 at 7:00 p.m.** on the application of **Thomas Engwer** for the property located at **1211 Lyon Street, Ludlow MA**

(Assessors' Map 20, Parcel 2D-0, Zoning: Agriculture) The subject of the hearing is an appeal of decision of the Building Commissioner for a proposed shared driveway to be located on two adjacent

properties. The applicant is seeking relief from the Town of Ludlow Zoning Bylaw under Section 6.12.

Manny Lopes, Chairman  
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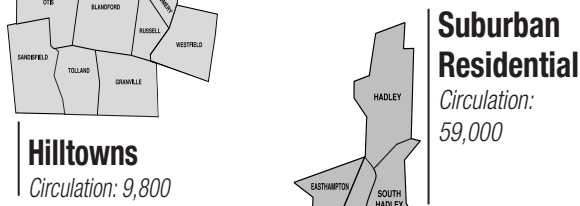
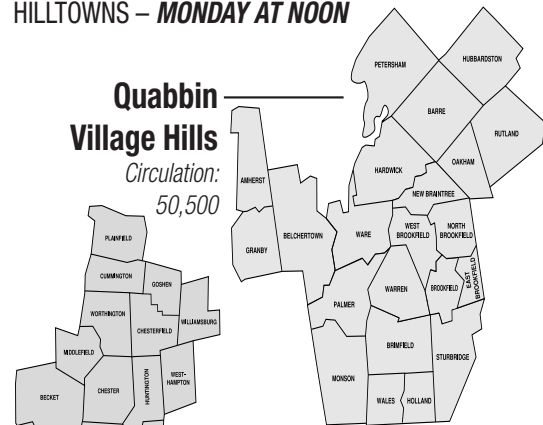
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# New immunotherapy offers hope to melanoma patients

SPRINGFIELD — Whether basking in the sun (in the first place, you shouldn't do that) in your backyard, at the local park, or at the beach, heed these warnings, noted Dr. Richard Arenas, chief, Surgical Oncology, Baystate Regional Cancer Program:

One in five Americans will develop skin cancer by the age of 70.

More than two people die of skin cancer in the U.S. every hour.

Having five or more sunburns doubles your risk for melanoma, the third most common skin cancer which causes the most deaths.

However, there is good news when it comes to melanoma.

"If detected early, the 5-year survival rate for melanoma is 99 percent," Arenas said.

Surgery is the main treatment for most cases of melanoma and can often cure early-stage cancers before they metastasize and decrease the likelihood of a cure. For patients with non-melanoma skin cancer, treatment options may include surgery and several ablative — the process to remove tissue from the body — approaches, such as cryotherapy and photodynamic therapy.

Today, immunotherapy, in particular the development of immunity checkpoint inhibitors — which rely on a person's

own immune system to help kill cancer cells — is making a huge difference in how melanoma is treated. They are the first class of therapy to improve the overall survival for patients with advanced melanoma.

According to Arenas, we are only beginning to understand the impact of the immune system in fighting cancer by explaining that the use of immunotherapy before surgery can provide even better outcomes. A recent study published this year in the New England Journal of Medicine showed that patients with advanced-stage melanoma who were treated first with pembrolizumab, a particular immunotherapy drug, had a better chance of having their melanoma successfully removed with surgery and a better overall survival.

Arenas and the National Cancer Institute recommend these tips to protect your skin from sunlight, which can also be reflected by sand, water, snow, ice and pavement:

Wear a hat with a wide brim all around that shades your face, neck, and ears. Baseball caps and some sun visors protect only parts of your skin.

Wear sunglasses that block UV radiation to protect the skin around your eyes.

Wear long sleeves and long pants. Tightly woven, dark fabrics are best.

Some fabrics are rated with an ultraviolet protection factor (UPF). The higher the rating, the greater the protection from sunlight.

Use sunscreen products with a sun protection factor (SPF) of at least 15. (Some doctors suggest using a product with an SPF of at least 30.) Apply the product's recommended amount to uncovered skin 30 minutes before going outside and apply again every two hours or after swimming or sweating.

"All it takes is just a few blistering sunburns in our childhood to more than double our chances of developing a potentially deadly melanoma later in life. In fact, for a while now we have seen many more patients, especially women in their 20s and 30s, coming into our practice with melanoma and basal cell cancers," Arenas said.

The American Academy of Pediatrics and Arenas recommend the following tips for infants and children:

Babies under 6 months of age should be kept out of direct sunlight. Move your baby to the shade under a tree, umbrella, or stroller canopy. Dress babies in lightweight clothing that covers the arms and legs and use brimmed hats that shade the neck to prevent sunburn. If adequate clothing and shade are not available, it is okay to apply a small amount of sun-

screen on infants under 6 months, such as on the face and the back of the hands. Remember, it takes 30 minutes to be effective. If an infant gets sunburned, apply cool compresses to the affected area.

Kids should also cover up with clothes made of tightly woven fabrics. Cotton clothing is both cool and protective. Also, kids should wear a wide-brimmed hat and sunglasses with ultraviolet (UV) protection. Stay in the shade whenever possible and avoid peak intensity hours between 10 a.m. to 4 p.m.

Apply sunscreen with an SPF 15 or greater to areas of your child's skin that aren't covered by clothing. Before applying, test the sunscreen on your child's back for an allergic reaction. Apply carefully around the eyes, avoiding eyelids. If a rash develops, talk with your pediatrician. Be sure to apply enough sunscreen -- about one ounce per sitting for a young adult. Reapply sunscreen every two hours, or after swimming or sweating. If your child gets a sunburn that results in blistering, pain or fever, contact your pediatrician.

For more information on the Baystate Regional Cancer Program, visit baystatehealth.org/brpcp or to request an appointment or ask a question, call 413-794-9338.

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