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# The REGISTER

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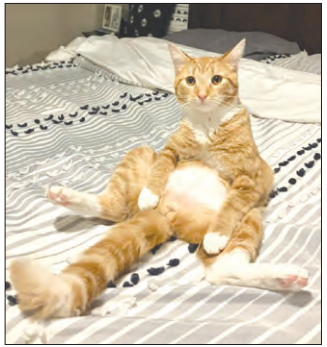
**NEWSLINE**

**Residents can cool off at Haviland Pond**



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**Pet of the Week**



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**IN SPORTS**

**Post 52 suffers loss**



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**DATEBOOK**

**Upcoming events**

Magic in the Valley: Internationally-renowned magicians promise to captivate audiences of all ages with mind-boggling illusions, comedic performances and awe-inspiring tricks at 7 p.m. Aug. 19, at the Polish American Citizens Club

SEE PAGE 12

## Lupa Zoo hosted 250th Committee's fundraising event

By Marcelo Gusmao  
Staff Writer  
mgusmao@turley.com

LUDLOW – This past Saturday, the Lupa Zoo partnered with the 250th Committee for a family-oriented fundraising event.

The zoo has often been described as a “hidden gem” in Ludlow, just off of Nash Hill Road. It offers a number of games and activities for families and visitors, along with housing dozens of exotic animals that the zoo cares for.

“Joe Lupa, who is a member of our Committee, offered the Zoo for a fundraiser, so we took him up on it,” said Committee member Sue Corjoy, who said that the funds the Zoo earned from admissions between 5-8



Turley Photo by Marcelo Gusmao

Please see **250TH FUNDRAISING EVENT**, Page 8

Manning the 250th Committee, (from left) Bruce Durand, Linda Collette, Ruth Saunders, Elaine Hodgman, Sue Corjoy, Jacqueline Doyle and Susan Padgett.

## Fire Department partners with local businesses for training



Submitted Photo

Ludlow firefighters participated in extrication training recently.

By Marcelo Gusmao  
Staff Writer  
mgusmao@turley.com

LUDLOW – The Fire Department had their annual Auto Extrication Training last week.

During the training, firefighters learned how to safely move a vehicle and remove its passengers, helping them be prepared in life or death scenarios.

Captain Bill Dubuque said that the training involved skills that “some of the guys didn’t know and had to learn that day.”

“We usually basically break up into two groups,” Dubuque explained. “In the first half, we use our rescue jack to stabilize the car on its side or on its roof,

Please see **FIRE DEPT. TRAINING**, Page 11



Submitted photo

Ludlow seniors work out at the fitness class held at the Senior Center.

## Boomer Boot Camp classes full at Senior Center

By Marcelo Gusmao  
Staff Writer  
mgusmao@turley.com

LUDLOW – The Senior Center offers a variety of fitness classes and programs designed to help senior citizens stay active and mobile.

“Boomer Boot Camp” is one of the Center’s most popular classes, with three classes that run every Monday and Friday. The classes are taught by YMCA instructor Victoria Dubois, and cost \$2 per class.

The Senior Center has as many as 15 fitness classes per week, which add up to 60 for the month. In addition to the exercise room where classes are held, the Center also has a fitness room, equipped with machines for people to work out on.

Anyone interested in signing up for the Senior Center’s fitness classes would have to be put on a waitlist, which Program Coordinator Heather Joliceur said has at least 10 people for any given class already.

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# LUDLOW

## Local swim opportunities for residents to cool off



Families swim at Haviland Pond.

Turley Photos by Marcelo Gusmao

Maria Jorge had just packed up her gear when she was photographed at Haviland Pond.

**By Marcelo Gusmao**  
Staff Writer  
mgusmao@turley.com

LUDLOW – The town encourages residents to cool off from the summer heat with some local water activities.

Haviland Pond is open for swimming on a part-time basis, according to Town Administrator Marc Strange. The pond's hours are from 10 a.m. to 5 p.m., Thursday through Sunday.

The Randall Boys & Girls Club

also offers a number of programs that provide opportunities for residents to swim and escape the heat. As confirmed by Director of Programs Jodie Lambeau, residents have options to drop in and use the indoor pool and outdoor splash pad, with no registration required.

The splash pad is open to the public on Monday through Thursday from 4:30 p.m. to 7:30 p.m., then on Friday from 4:30 p.m. to 5:30 p.m., and on Saturdays and Sundays from 8 a.m. to 2 p.m.

In the indoor pool, the Club offers Open Lap Swim, where “half the pool is open for any sort of activity, the other half is just lap swim,” Lambeau said.

Open Lap Swim is offered on Monday through Friday from 6 a.m. to noon, and then again from 3:30 p.m. to 5:15 p.m. on Monday through Thursday, and then on Saturday from 8 a.m. to noon.

The club also uses the pool for Aquacize on Tuesday through Friday, from 8:30 a.m. to 9:15 a.m., and then

on Monday from 4:15 p.m. to 5 p.m.

The Boys & Girls Club also offers swim lessons in two different sessions, with the next set to start on July 14. Those classes will be held Tuesday, Thursday, and Friday, with an early class from 3:30 p.m. to 4:10 p.m., and a later one from 4:15 p.m. to 4:55 p.m.

For more information, visit the Boys & Girls Club's website at ludlowbgc.org, or call Town Hall at 413-583-8856, and ask for the Recreation Department.

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## Town seeking volunteers for Government Restructuring Committee

LUDLOW — Town Administrator Marc Strange announced that the town is seeking volunteers for its new Government Restructuring Committee.

The Town is working toward becoming a city form of government. The Government Re-

construction Committee is being implemented to help create a Charter to guide the move from town to city government.

The Collins Center for Public Management, which specializes in government restructuring, will assist and help guide the committee during the process.

The committee will be comprised of up to nine residents and two current members of the Board of Selectmen. Volunteers must be registered to vote.

The committee will meet at least once a month depending on the needs of the process. Interested residents, who

wish to volunteer as a committee member, are encouraged to send a letter of interest and resume to the Board of Selectmen at Selectmen@ludlow.ma.us

Applications will be accepted until July 28. Committee members will be selected by Aug. 25, and notified via email.

Committee members will allow numerous opportunities for public input that will help guide the committee through its deliberations.

The process to change Ludlow from town government to city government will begin in September, with the goal of presenting a proposed Charter to the Board of Selectmen in October 2024.

If approved by the Board and Town Meeting, the proposed Charter would then go to the state Legislature and Governor for their approval. Following that, it will be presented to the voters of Ludlow for consideration in a town-wide referendum.

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## PET OF THE WEEK



**CHEETO**

This is Cheeto, who lives with Michelle. He's one year old in this picture. He's so playful and funny, and such a love bug.

## St. Gregory Armenian Church Thrift Shop closed in July and August

*Will reopen in September*

INDIAN ORCHARD – St. Gregory Armenian Church Thrift Shop, 135 Goodwin St. in Indian Orchard has been happy to be a

place where everyone has found various treasured items. We will be CLOSED July-August and REOPEN again Sept. 9 on Saturdays, 9:30 a.m.-12:30 p.m. with quality items at affordable prices. For more information please call the church at 413-543-4763.

## Zlotnik and Oliveira to commemorate Retirement of Polish-American veteran's statewide charter

BOSTON -- State Representative Jon Zlotnik of the 2nd Worcester District and State Senator Jake Oliveira of Hampden, Hampshire & Worcester District will host an event in the Great Hall of the State House to commemorate the retirement of the Polish American Veteran's Statewide Charter.

This year marks 75 years since the founding of the PAV, and the event will recognize the contributions of the Polish American Veterans of Massachusetts.

The event will be held on Wednesday, July 12, at 1 p.m. at the Great Hall at the Massachusetts State House on 24 Beacon St. in Boston.

## Summer Dinner Dance set for July 14

LUDLOW – Heritage Pops Orchestra presents the Summer Dinner Dance on July 14 at the Polish-American Citizens Club at 355 East St., Ludlow.

The dinner will feature meatballs, ziti, salad, rolls, coffee and dessert.

Dinner begins at 6:30 p.m. Music goes from 7-9:30 p.m.

Tickets are available at the door for \$20. A cash bar and 50-50 raffle will be available, there will be an 18-piece big band and there will be free parking.

## IOCC summer programs and events underway

INDIAN ORCHARD — The Citizens Council, a community organization that offers activities for all ages and runs a variety of programs to enhance the quality of life for residents.

Here are some upcoming events and services:

Club OH! summer programs 10 a.m.-4 p.m. Monday, Wednesday and Friday July 10-Aug. 18 for middle and high school ages. Signing up is required.

Senior Bingo 3-5 p.m. every Monday. Free to all seniors 55 and older. Prizes in every game.

Chess Club meets every Tuesday. Free and open to all ages.

IOCC Community Meeting 6 p.m. the second Wednesday of every month.

Farm Fresh offers free fruit and vegetables 3-5 p.m. every Wednesday. Registration required.

Community Policing is 6 p.m. the third Wednesday of every month.

Brown Bag (first Friday of every month)

The IOCC is located at 117 Main Street. The hours are 10 a.m. to 2 p.m. Monday-Friday. To register for events and for more information, call 413-209-8240, email indianorchardcitizenscouncil@gmail.com and follow the IOCC on Facebook and Instagram.

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# What's Happening at Hubbard Memorial Library?

To register for programs or find out more information, visit [hubbardlibrary.org](http://hubbardlibrary.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: M, W, F 9-5, TU, TH, 9-8, S 9-1. Closed Sundays and holidays; closed on Saturdays for the summer starting 6/17.

## FOR ALL AGES

THE SUMMER READING PROGRAM IS HAPPENING, with programs for preschoolers, kids, teens and adults! Sign up to participate here: <https://hubbardlibrary.beanstack.org/reader365>

**Free Streaming Services Available!** Use your Hubbard Memorial Library library card to access our streaming services, Hoopla & Kanopy. They're compatible with Android, Apple, Roku, AppleTV, Chromecast, and more. If you are a Ludlow resident with a Hubbard Memorial Library library card and the Libby app, you've already got access to Kanopy in the app! Hoopla provides movies, TV shows, music, eAudiobooks & eBooks, while Kanopy focuses on films, TV shows, and documentaries. Both have a version for kids. Why pay for a streaming service when you can get two for free with your library card?

**Birds of Prey with Tom Ricardi, Tuesday July 18, 12:30-1:30 p.m.** Retired Fish [&] Wildlife Game Warden Tom Ricardi will visit the library lawn with live owls, hawks and eagles and to share information about these magnificent birds. Please bring your own camp chairs or blankets. Rain date Tuesday 8/25.

## FOR ADULTS

**The Happy Hour Book Club discusses "The Lincoln Highway" by Amor Towles, Thursday July 27, 6:30 p.m.** The "Happy Hour Book Club" meets the last Thursday of the month at 6:30 p.m.. New members are always welcome.

**The "Who Picked This Book?" Book Club discusses "Still Life" by Louise Penny, Thursday August 3, 3:30 p.m.** The "Who Picked This Book?" book club meets the first Thursday of the month at 3:30 p.m.. New members are always welcome.

**Introduction to Zentangle®, Tuesday July 18, 6-7:30 p.m.** An easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Taught by Jessica Morris (she/her), CZT (Certified Zentangle teacher). Please register.

## FOR TEENS

**Nintendo Switch Night, every 2nd & 4th Tuesday of the month during the summertime, 6-8 p.m.** Play Mario Kart, Smash Bros, or other Nintendo Switch games. Free pizza is generously donated by Domino's of Wilbraham. For 6th-12th graders, space is limited to 16 people, please register.

**Anime Club, every Tuesday, 3:30-5 p.m.** Meet each week to watch & talk about anime, eat snacks, & try out your cosplay. Please register.

**Anime Club Animarathon, Tuesday July 18 3:30-8 p.m.** Wear your pajamas or your favorite cosplay for a marathon of anime. The library will provide snacks, drinks and pizza.

**Fellowship of the Pages: Tween Graphic Novel Book Discussion Group, Every Thursday, 4:30-5:30 p.m.** Meet each week to discuss graphic novels, eat snacks, play games, and make friends! This month: The Prince and the Dressmaker by Jen Wang.

Please register.

**Dungeons & Dragons High School Adventure Ensemble, Fridays 2:30-4:30 p.m.** This group for experienced high school players is currently full, but check back during the summer to see if there are openings.

**"Read Between the Lines" YA Book Group, Friday August 3, 3-4 p.m.** Book chat and snacks for ages 14 & up. Coming up: The Statistical Probability of Love at First Sight" by Jennifer E. Smith, copies available in the Youth Room. Registration preferred.

## FOR CHILDREN & TEENS

**Pokemon Club, Mondays 3:30-5 p.m.** Trading, dueling, & gaming on handhelds, phones, or Nintendo Switch. Please have your name on everything you bring to the club. Please register.

**Minecraft Club, Wednesdays 3-4:45 p.m.** Minecraft players of all skill levels can bring their own devices, or may use one of the library's eight computers to build, play & create. For upper elementary & up. Drop-in.

**Shark Window Art, Wednesday July 12, 12-1 p.m.** Drop in to make an artistic celebration of Shark Week. Deceptively simple, this craft uses nothing more than coffee filters, watercolors, and shark cut outs. Ages 3 & up.

**Drop-In 3D Pen Doodlepalooza, Wednesday July 19, 1-5 p.m.** Try out one of the Youth Room's 3D pens. There are Mynt3D Pens for teens and older children, and #Doodler Start pens for younger children.

**Sharknado in a Jar, Thursday July 13 6:30-7 p.m.** Learn about sharks and do this fun science experiment that's simple enough even for little ones to do. Ages 3 & up.

**Shark Scavenger Hunt, Friday, July 14 9 a.m.-5 p.m.** Find sharks around the room before they find you,

win prizes! All ages!

**Ice Cream Making, Friday, July 14 1:30-2:30 p.m.** We will make ice-cream using only ice, rock salt, plastic Ziploc bags and simple but tasty ingredients! Ages 5 & up. Please register.

**Roblox Club, Fridays 3:30-4:45 p.m.** Meet new friends or play with old ones while playing Roblox; the library will help match kids up according to age and game types. For ages 8+.

## FOR CHILDREN

**A Visit from the Ludlow Fire Department Monday, July 17, 1:30 p.m.** Meet real firefighters, learn about fire safety and the equipment used, take a tour through the fire truck, and even spray water with the water hose. All ages.

**Sing With Me, Tuesdays 10:30-11 a.m.** Join Youth Services Librarian July for 30 minutes of favorite children's songs & movement. Outdoors and drop-in in good weather (please bring chairs or a blanket), indoors with an attendance limit when raining so please register. Weather announcements will be posted on our Facebook page the morning of the program.

**Lego Build Challenge, Wednesdays 12-5 p.m.** Pull a Lego Build Challenge Card and try to build it with the library's Legos, or free build just for fun. All creations will be put on display in the Youth Room for the week. Drop-in.

**July Grow, Play & Learn, Thursdays 9-10 a.m.** Stories, songs and skill building led by early childhood development-trained leaders who will introduce pre-literacy curriculum in a fun, playful environment. Sponsored by Pathways for Parents CFCE. Please register.

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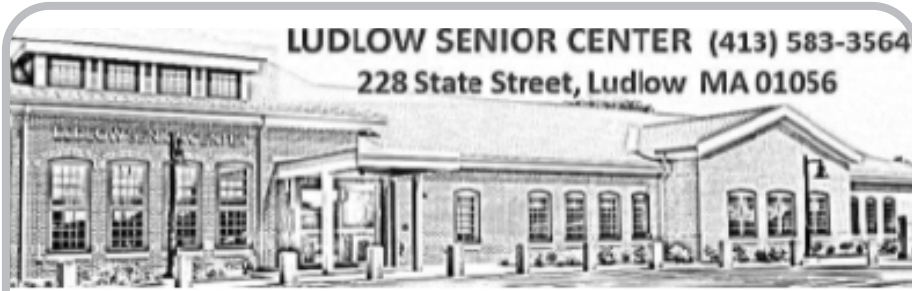
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## Welcome to the Ludlow Senior Center

Our calendar is packed with many events, activities, programs, and entertainment. You 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 we will have cornhole outside on the patio and will be adding three more fitness classes – 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 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, July 13

- 8:30 a.m. Foot Care\*
- 9 a.m. Tai Chi
- 9:30 a.m. Dominos
- 10:30 a.m. Friends of Senior Center Meeting
- 10:30 a.m. Veterans Services\*
- 10:30 a.m. Senator Oliveira Office Hour
- 12:30 p.m. Billiards Round Robin
- 1 p.m. Mahjong
- 1 p.m. Fishing
- 2:30 p.m. Active Yoga

#### Friday, July 14

- 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
- 1 p.m. Healthy Bones & Balance Class\*

#### Monday, July 17

- 9 a.m. Knitting
- 10 a.m. Boomer Bootcamp\*
- 10 a.m. Rep. Saunders Office Hour
- 12:30 p.m. Billiards Travel League
- 1 p.m. Scrabble
- 1:15 p.m. Pitch
- 1:30 p.m. Art Class\*
- 2:30 p.m. Zumba Gold
- Tuesday, July 18
- 9 a.m. Quilting
- 9 a.m. Line Dancing
- 10 a.m. Cribbage
- 10:30 a.m. Gentle Yoga
- 12:30 p.m. Blood Pressure Check
- 12:30 p.m. Billiards Round Robin

- 1 p.m. Western Dance Lessons
- 1:30 p.m. Bingo
- 4:50 p.m. Movie: Cyrano
- 5:30 p.m. Power Pump Fitness Class

#### Wednesday, July 19

- 8 a.m. Gardening Club
- 9 a.m. Ceramics
- 9 a.m. Zumba Gold
- 10:30 a.m. Healthy Bones & Balance Class\*
- 12:50 p.m. Movie: Cyrano
- 1 p.m. TED Talk
- 1 p.m. Belly Dancing Class
- 4:30 p.m. COA Board Meeting

#### Thursday, July 20

- 8:30 a.m. Foot Care\*
- 9 a.m. Tai Chi
- 9:30 a.m. Dominos
- 10 a.m. Hot Dog Day
- 12:30 Hearing Clinic\*
- 12:30 p.m. Billiards Round Robin

#### 1 p.m. Mahjong

\*PLEASE register for Boomer Boot Camp, Veterans Agent, Lunch & Learn, Hearing Clinic, Power Pump, Healthy Bones and Balance, Art Class, 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 Tuesday
- 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 the parking lot.

#### Menu:

- Thursday July 13: Cobb Salad
- Friday, July 14: Veg. Frittata/Hash Browns
- Monday, July 17: Sweet & Sour Chicken/White Rice/Asian Veg
- Tuesday, July 18: Eggplant Parm/Pasta/Garlic Bread
- Wednesday, July 19: French Toast Casserole/Sausage
- Thursday, July 20: Birthday Lunch Stuffed Chicken/Au Gratin Pot/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.

## Tickets on sale for Dakin's annual Barks & Brews fundraiser

SPRINGFIELD — The eighth annual Barks & Brews fundraiser presented by Dakin Humane Society, will take place 1-4 p.m. on Sunday, Sept. 10, at Fort Hill Brewery in Easthampton.

The event will begin with a VIP Preview Hour from noon to 1 p.m.

Guests are invited to bring crowd-friendly dogs on a non-retractable leash (retractable leashes are not allowed) and are asked not to bring strollers. A Splash Zone and misting sprinkler will be available to keep dogs cool and the pavement wet. There will be a hot dog eating contest, 50/50 raffle (ticket holders need not be present to win), caricature art, nail-trimming, dog baths, vendor booth shopping, food trucks and more.

Ticket options are:

- VIP admission tickets, priced at \$75, entitle holders to on-site parking, two complimentary beers, an event T-shirt, and an exclusive preview hour with refreshments. VIP Sales end Aug. 1.

- General admission tickets, priced at \$35, include a complimentary beer. Parking is located on-street and at the local school lot – about a five-minute walk.

All attendees of the event must be at least 21 years old. Tickets can be purchased at [dakinhumane.org](http://dakinhumane.org).

Barks & Brews is an important annual fundraiser for Dakin, a 501(c)(3) organization. In previous years at Fort Hill, this event has generated about



Submitted photo

The eighth annual Barks & Brews fundraiser presented by Dakin Humane Society, will take place 1-4 p.m. on Sunday, Sept. 10, at Fort Hill Brewery in Easthampton.

\$30,000 for services and programs that help animals in need.

Dakin Humane Society, located in Springfield, delivers effective, innovative services that improve the lives of animals in need and the people who care about them. In a typical year, the organization shelters, treats and fosters more than 20,000 animals and has performed over 100,000 spay/neuter surgeries since 2009, making it New England's largest spay/neuter provider.

Dakin's Pet Health Center, a non-emergency veterinary resource for pet dogs and cats, opened in 2022 and has treated more than 2,500 pets. Dakin is a local non-profit organization that relies solely on contributions from individuals and businesses that care about animals to bring its services to the community.

For more information, visit [dakinhumane.org](http://dakinhumane.org).

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# OPINION

## GUEST COLUMN



### In the Constitution, Congress comes first. In real life, not so much.

There's a reason the founders started with Congress when they created the blueprint for our representative democracy: It's the institution closest to the American people.

This isn't just political theory. For all their faults, members of Congress throughout our history have made an effort to stay close to and understand their constituents. They still do. More than any other branch of government, Congress reflects the feelings of the diverse and ever-evolving population of the United States – even if, with population shifts boosting rural power in the Senate these days and gerrymandering affecting House districts, the proportions are out of whack.

So one of the more puzzling aspects of the evolution of power in Washington has been the extent to which Congress has sat by over the decades while its strength has ebbed. For the most part, we think of this in terms of its relations with the presidency, with everything from war powers to budget-making to an increasing reliance on executive orders putting presidents of both parties in an ever-stronger position to set and steer the national agenda.

But recently, CNN's Zachary Wolf drew attention to a similar process taking place vis-à-vis the Supreme Court. The mechanisms are different, but the result is the same: Congress loses room to maneuver.

Wolf was actually delving into a recently published book by University of Texas law professor Stephen Vladeck, "The Shadow Docket: How the Supreme Court Uses Stealth Rulings to Amass Power and Undermine the Republic." Vladeck's chief concern is what for the last few years has come to be called the "shadow docket," referring to cases that are not formally heard by the Court, with oral arguments and then long written decisions and dissents, but instead are generally unsigned orders that arrive without explanation.

They can be quite consequential.

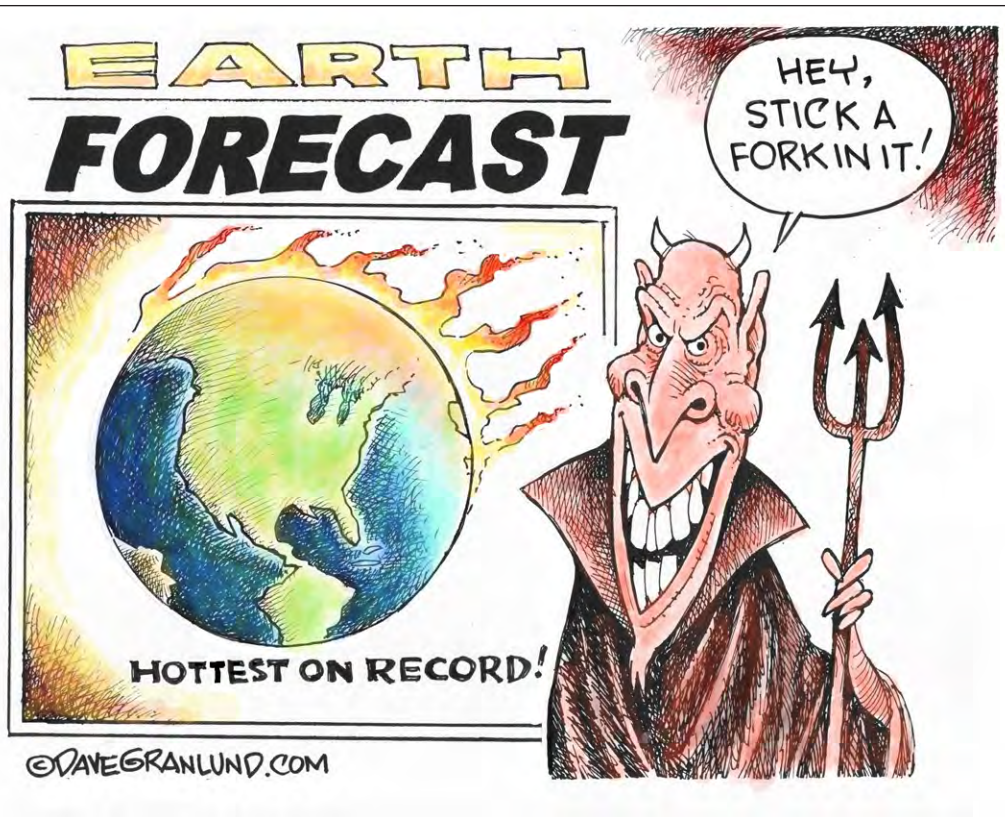
As Vladeck explained to Wolf in their interview, the Court last year intervened in redistricting cases in Alabama and Louisiana in such a way that it "helped to give the Republicans the majority they currently have in the House." It did so in 2020 and 2021 as well, especially to address cases involving COVID regulations. The Court's power, Vladeck points out, lies not just in its decisions, but in choosing which of the many issues arriving on its doorstep it will decide.

In fact, that's not just true of cases on the shadow docket. Until about a century ago, the Court was required to make a decision on any case under its jurisdiction. That, Vladeck argues, "made it a lot harder for the justices to have an agenda. It made it a lot harder for the justices to target particular disputes and look around for cases."

The reason it can now pick and choose – and hence steer the national agenda – is because Congress gave it the power to do so, especially with the 1988 Supreme Court Case Selections Act, which granted the Court full authority over whether to hear appeals from circuit court decisions. So it chooses which 80 or so cases it will hear out of the 5,000 to 7,000 it is asked to review each term.

To be sure, it's hardly the case that the Court has avoided precedent-setting deci-

Please see **HAMILTON**, Page 12



## GUEST COLUMN

### The heat is on: How to protect yourself and others

*Don't leave your kids or pets in a hot car*

SPRINGFIELD – Who doesn't like a bright, sunny day to enjoy at the beach or just while out and about during the summer months?

While it may be OK for you, for others the heat can put their health at risk, according to experts at Baystate Health.

Extreme heat can cause people to suffer from heat-related illness, and even death – each year in the United States more than 700 people, both adults and children, die from the heat.

People suffer heat-related illness when their bodies are unable to properly cool themselves. Older adults, young children, and people with chronic medical conditions are at high risk for heat-related illness and death.

According to Dr. Seth Gemme, FACEP, vice chair, Clinical Operations for Emergency Medicine at Baystate Health, extreme heat affects the body's ability to safely regulate its temperature, often resulting in heat-related illnesses such as heat exhaustion, heat stroke, or heat cramps.

Sweating is the body's natural defense to cooling itself. However, when humidity is high, sweat does not evaporate as quickly, preventing the body from releasing heat quickly and resulting in a rapid rise of body temperature.

However, you can stay cool and safe this summer by observing some important tips to keep you healthy and prevent heat-related illnesses:

#### Who is at risk

"Those at greatest risk for developing a heat-related illness are children under 5 and people 65 years of age and older, who have the least ability to regulate their body temperatures, as well as those who work outdoors for a living," Gemme said.

Overweight people and others with chronic illnesses such as heart disease or high blood pressure, as well as those on certain medications, are also at high risk.

#### Tips for keeping cool

As with many illnesses, the best defense is prevention, consider the following tips to keep you safe in the high heat:

Stay out of the heat. Avoid direct sunlight and strenuous activity outdoors. If possible, remain indoors. If you do not have air conditioning, consider visiting a location that does, such as a movie theater.

Dress for the weather. Wear lightweight, light-colored, loose-fitting clothing and a broad-brimmed hat when outdoors. Stay away from polyester in favor of cotton and

linens which are better at repelling the sun's heat. Also, consider wearing sunglasses and putting on sunscreen with an SPF 15 or greater.

Drink plenty of liquids and begin drinking before you go outside; If exercising, drink one quart of liquid an hour to replace lost fluid. Avoid caffeinated beverages and alcohol which can contribute to the loss of more body fluid. Also, if taking water pills or on a fluid restrictive diet, consult with your physician before increasing your liquid intake.

Take it slow and easy with athletic activity and working outdoors. Postpone athletic activity during high heat and humidity. Limit outdoor activities to the morning and evening. Drinking sports beverages can replace lost salt and minerals when you sweat. However, those on low-salt diets should check with their doctor before drinking sports beverages. If you work outdoors, in addition to drinking plenty of liquids and dressing appropriately, pace yourself and take frequent short breaks in the shade.

Eat smaller meals. Instead of the usual rule of eating three square meals a day, eat smaller meals more frequently on days when the sun turns up the heat. Also, avoid high-protein foods which can increase metabolic heat.

Take a cool shower or bath to cool down.

#### Warning signs

Warning signs of an oncoming heat-related illness could include excessive sweating, leg cramps, flushed skin, nausea and vomiting, dizziness, headache and rapid pulse. If these occur, get out of the heat and drink liquids. If you don't feel better soon, Gemme recommends calling your doctor or visiting your local emergency department because heat stroke can cause death or permanent disability and cause damage to the brain and other vital organs.

Warning signs of heat stroke can vary, but may include the following: body temperature of 103 degrees or higher, dizziness, throbbing headache, nausea, confusion, a rapid, strong pulse, and in extremely critical cases, unconsciousness.

"Since the elderly are at greater risk from the ill-effects of the heat, make it a habit to check on elderly relatives and neighbors several times a day to make sure they are safe and free from any signs of heat exhaustion or heat stroke," Gemme said.

#### Kids, pets in hot cars

Gemme also reminds parents and caregivers that hot weather and vehicles can be a deadly combination for kids – about 950

Please see **HEAT**, Page 13

## 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.

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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 [mharrison@turley.com](mailto:mharrison@turley.com). The deadline for submissions is Friday at noon.

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# IN THE CLASSROOM

## Baird Middle Term 4 Honor Roll announced

The following students were named to the Honor Roll for the fourth term at Paul R. Baird Middle School:

### Class of 2027

High Honors - Manahil Atif, Reese F. Carroll, Natalina A. Castro, Beatrice F. Chelo, Evan R. Dias, Hayden L. Forrant-Morin, Eliana G. Franco, Lucas W. Hartzell, Ezgi Ibas, Ecem I. Karaarslan, Evita M. Kopec, Gabriella R. Lage, Geraldine N. Larronde, Isabella M. Leutsch, Sienna R. Leveille, Vivian C. Lonczak, Sarah C. Martel, Lilia G. Martins, Colin P. McClintock, Valentina N. Molinari, Michaela R. Murphy, Caitlyn R. Peczka, Arianna A. Podmore, Adam R. Riley, Alannah G. Saloio, Lilliana M. Saraiya, Isabella A. Seara and Charlotte C. Young.

### Class of 2027

Honors - Liberty J. Carlson, Mehiayla R. Chesnis, Andre R. Costa, Leah N. DeMars, Payton A. Dersarkisian, Crisnaiele S. Dos Reis, Christian J. Gomes, Robert F. Gregory, Tanya E. Hatch, Layla P. Henriques, Gabriel J. Iwaniec, Eylul Koc, Olivia K. Laing, Gavin W. Leab, Lucas C. Leandro, Chloe G. Liszka, Serena V. Mackenzie, Rhyana A. Milfort, Lily G. Moore, Keon A. Moran, Tatianna G. Nogueira, Krysta M. Paulo, Mackenzie T. Picard, Ahliyas S. Sanchez, Avalee M. Santana, Avelin M. Sargent, Adriana F. Serra, Sophie I. Simard, Colin J. St. Germain, Damian A. Stark, Cameron M. Switzer, Tyler M. Tatro, Savannah Y. Vazquez, Ava S. Whitney

### Class of 2028

High Honors - Roaah S. Al Jashaam,

Isla M. Alvaro, Ella S. Belleville, Jake B. Canoa, Karina G. Costa, Khloe B. Davis, Holly M. Dennis, Madelynne A. Dodd, Salma K. Elkhashab, LeeAnna J. Ferrero, Madelyn R. Goncalves-Korny, Leigh Anne M. Gregorio, Liam T. Hua, Kara J. Kunz, Ava K. Laing, Nicholas J. Lavertue, Claire E. Maschi, Kamryn M. Murphy, Eliany C. Navedo, Averie D. Picard, Alia J. Rosenblum, Marianna R. Sanches, Anthony J. Schuko, Montana J. Stepanian, Edmund W. Stratton, Connor M. Sylvestre, Jake E. Tatlock, Morgan R. Vala and Ellie R. Vital.

### Class of 2028

Honors - Joana C. Afonso, Raiden L. Ash, Aroush Atif, Ashten A. Bavieri, David J. Bish, Brayden M. Bishop, Mario A. Campora, Makenzie M. Caron, Juliana J. Claudio, Olivia R. Costa, Leila K. Cruz, Lena M. Dacosta, John J. Davidson, Gabriel N. DeMars, Marco S. Dos Santos, Lydia R. Dowling, Nyle A. Farooqui, Marlie J. Fuentes, Kutay Gokcek, Utku K. Kuruca, Kaylee M. Learned, Sadie A. Leatherman, Ella G. Libiszewski, Mia A. Libiszewski, Bryce A. Lipson, Kamila N. Lombardi, Sofia V. Marques, Ella M. Murphy, Shaun A. Musambai, Kylan A. Orbe, Brady J. Ouellette, Jasper R. Pacheco, Angelina C. Quiterio, Nathan J. Quiterio, Nevaeh S. Rivera, Sergio M. Sa Leandro, Aubrey E. Sarrasin, Brielle A. Senecal, Samuel L. Silva, Kimora R. Smith, Charles J. Soffen, Dylan R. Southall, Kellan P. Steigmeyer and Daniel J. Surprenant.

### Class of 2029

High Honors - Haley M. Adams, Anna A. Aniolowski, Lea B. Avezzie, Lily

R. Ayers, Siena F. Bahgat, Lilliana E. Bionette, Emirhan Bolat, Ava K. Buccacio, Conor J. Buckley, Berra N. Capkin, Blake P. Carroll, Annabelle C. Davis, Mario V. Ferrero, Samantha E. Gianni, Adrienne N. Glanville, Chandler A. Gregory, Samantha M. Gregory, Mason B. Hartzell, Theodore J. Iwasinski, Muhammed E. Karaarslan, Samson A. Laguerre, Michelle N. Laronde, Nathan S. Line, Charlotte M. Maciolek, Braden D. Martins, Zoe E. McCarthy, Jessica L. Opitz, Audrina M. Palatino, Bentley L. Patrone, Nora A. Pedro, Julia E. Queiroga, Olivia G. Reilly-Courchesne, Nathan J. Ribeiro, Fabian A. Rodrigues, Madelyn N. Schoolcraft, Aubriana M. Stupak, Alexander J. Tassinari, Joseph T. Toomey, McKenzie M. Tripp, Jonathan K. Vermette and Kaylie J. Voyik.

### Class of 2029

Honors - Makeen H. Al Sammarae, Tyler J. Allen, Noah A. Arroyo, Liam J. Beaulieu, Emmet J. Berte, Quentin A. Blake, Sebastian P. Budzyna, Jakub Bulatewicz, Ava N. Carattini, Jordan T. Egea, Matthew J. Flaherty, Danika P. Gagnon, Olive E. Garro, Chase C. Germain, Kylie A. Gregory, Lilian H. Hughes, Cristiano D. Joao, Callie M. Kokosa, Damian B. Kopka, Nathan J. Koziol, Bohdan Krip, Dylan K. Lacus, Ava R. MacDonald, Aubrey N. Morton, Laura E. Nieves, Thomas J. Oakley, Rachael E. Ogg, Paige M. Owsiak, Sienna M. Pereira, Camille R. Pszeniczny, Sophia A. Quiterio, Aubrey M. Rodriguez, Abigail M. Rosario, Cayden J. Rubasha, Joshua J. Schaefer-Cunha, Ethan O. Stephens, Parker J. Stevenson, Jake M. Tatro, Ella J. Taudal and Adrian K. Waclawski.

## CAMPUS NOTES

### Emerson College

Mary Mollica of Ludlow graduated from Emerson College on May 14 and received a BA in Media Arts Production.

During the college's 143rd Commencement at Agganis Arena in Boston, the College honored four award-winning executives, innovators, and Emersonians for their contributions and efforts to the arts, communication, and greater humanity. Warner Bros. Pictures Group Co-Chair and CEO Pamela Abdy ('95); veteran Boston-based journalist Meghan Irons ('90), Emerson Kasteel Well Executive Director Dulcia Meijers and Emerson Trustee and former Chairman and Vice President of Sunshine Wireless Company, Jeffrey Greenhawt ('68) each received honorary Doctor of Humane Letters degrees. Abdy gave the commencement address.

### University of Hartford

The following local students were named to the President's Honors List at the University of Hartford for the 2023 spring semester:

Liam Florence and Callie Gaffron, both of Ludlow.

The President's Honors List is made up of an extremely select group of students who earned a grade-point average of 3.75 or higher in the semester.

### Dean College

Emma Chevalier of Ludlow has earned a place on the Dean's List at Dean College for the 2023 spring semester.



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# 250th Committee's fundraising event



Turley Photos by Marcelo Gusmao

Shannon and Colm Landers, with Ruairi, age 3, Deahglan, age 8 and Padraig, age 6, strolled past the Pygmy Goats.



David Fernandes (left) buys a drink from Leigh McClure and Chuck Morris of Vanished Valley Brewing.



Submitted by Linda Collette

Ruairi and Padraig play with Stan Lupa's adopted monkey, Fiona.

## 250TH FUNDRAISING EVENT from Page 1

p.m. were donated to the Committee to do further 250th events.

The Committee held a 50/50 raffle, and served food, ranging from hot dogs to chips and drinks.

"We're just so appreciative of the Lupa family for allowing us to be here today, and for our guests who came to support us," said Linda Collette.

The 250th Committee has set up fundraising boards by Town Hall and the Hubbard Memorial Library, which will track its journey to raise \$250,000 for the town's anniversary celebration.

"We're trying to make things like these family events for everybody to come to," Collette said. "So, something like here, it's not just families, it's a lot of couples and people who haven't been here before, or people who just love the Zoo and come to support."

Members of the Lupa family were seen walking around the Zoo, including Stan Lupa, who introduced attendees to Fiona, a monkey who rode around on his back.

"She's about 8-months-old, she's a little spider monkey," Lupa said. "We adopted her when she was about a month old, maybe two months."

"The people who had her, they used her for photography," Lupa said. "When we first got her, she was a little skittish, but then she slowly got used to us."

The event also had live music performed by Acousticca, fronted by singer-songwriter Paul Sticca, with Richie Adleson, Greg Laughran and Dave Stern, playing a mix of country, rock and "country rock" music.



Coordinators from the 250th Committee (from left) Bruce Durand, Linda Collette and Regina Stanek.

The Hampden County Sheriff's Department also had its mounted police unit present.

"Wally's been amazing to us, it's so nice," said Correctional Officer Connie Burke. "We appreciate being able to do [the event], just to be able to get out and see the community, and help give back, it's nice."

The Lupa Zoo has been housing the Sheriff Department's horses while a new stable is being built at the jail.

"[The department] keeps telling me, in two weeks the barn is gonna be done," Burke said. "Even though they're just down the road, it's just so much more convenient, having them right there. Even if we want to go out and patrol in the jail, we gotta go get the horse trailer, and bring them up."

The 250th Committee will continue to hold fundraising events in the lead up to the town's anniversary next year.



Pictured in front of the antelope pen, Kimberly and Alex Montagna, Brandon, age 8 and Paige, age 5.



Kirsten (center) and Shane DeLeon play with Logan, age 1, on the zoo's giant chessboard.



Acousticca (Paul Sticca, Richie Adleson, Greg Laughran and Dave Stern) performed at Lupa Zoo.



Hampden County Sheriff's Department's mounted police unit, photographed with Stan Lupa, Linda Collette and Collette's family.



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## Post 52 suffers loss to Wilbraham

LUDLOW – Last week, Ludlow Post 52 American Legion Baseball suffered a 9-0 loss against Wilbraham. Ludlow fell to 0-12 on the summer season.



Turley photos by David Henry [www.sweetdogphotos.com](http://www.sweetdogphotos.com)  
Tyler Priest throws to first.



Connor Kokosa makes a catch in left.



Nick Morace delivers a pitch to the plate.



Aaron Little sends a throw to second.

## Pioneers score shutout to keep playoff chances going

By Tim Peterson  
Sports Correspondent

LUDLOW—Mamadi Jiana was one of the seven reserve players listed on the Western Mass. Pioneers starting line-up sheet for last Friday night's USL League Two match-up with Vermont Green FC.

Jiana, who was a member of the boys' varsity soccer team at Chicopee High School a couple of years ago, entered the match during the 78th minute. Two minutes later, he scored what turned out to be the game winning goal. The Pioneers kept their postseason dreams alive with an exciting 1-0 victory before the largest crowd of the regular season at Lusitano Stadium.

"The tempo was very high when I came into the game late in the second half, and I was ready for the moment," Jiana said. "When I saw the scoring opportunity, I knew that I had to capitalize on it. We played very well tonight, and it just feels amazing. I'm very proud of the guys."

It was Jiana's third goal of the regular season and all of them were game winners.

"We can't win games with just eleven players," said Pioneers longtime head coach Federico Molinari. "We need contributions from all 18 players to



Turley photos by David Henry [www.sweetdogphotos.com](http://www.sweetdogphotos.com)  
Gianluca Cersosimo sends a kick away.

be successful. Mamadi is a local player and we're very happy to have him on our team this year."

Jiana scored his first goal wearing a Pioneers uniform in a 2-1 road win against AC Connecticut on June 10. A little more than two weeks later, Jiana, who currently lives in Westfield, was a starter in another road match against Pathfinder FC. He netted the only goal of that contest.

During the past two years, Jiana scored 17 goals and had 13 assists for a total of 47 points as a member of the men's soccer team at Norwich University, which competes at the Division 3 level. He recently entered the NCAA transfer portal and is

hoping to play soccer for a Division 1 school in the fall. Jiana has two more years of college eligibility remaining.

The Norwich University men's soccer coach was Adam Pfeifer, who retired at the end of last season. Pfeifer is currently the Athletic Director at Kimball Union Academy and is also the Vermont Green head coach.

The first and second place finishers in the Northeast Division will qualify for the playoffs.

The Pioneers (8-1-3) and Vermont (9-3-0) are battling for one of those two spots, along with the Seacoast United

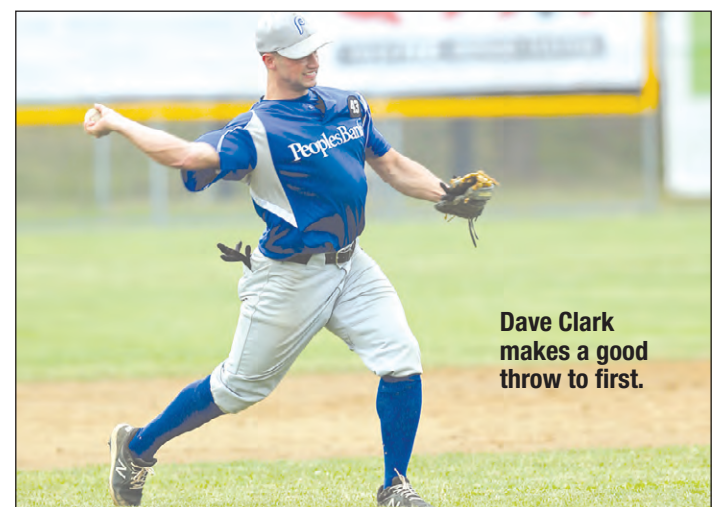
Please see **PIONEERS**, Page 13

## Bankers rolling to first place finish

HOLYOKE – PeoplesBank are the elite of the Tri-County Baseball League, and are now 13-1 heading into the final stretch of the season. Last week, the Bankers scored at 14-4 win over St. Joe's, and a 12-1 win over Di-Franco Realty. Those wins took place on consecutive nights and the Bankers now have a five-point lead for first place. The Chicopee Falls Tigers hold second place at 10-5-1. St. Joe's has moved into third place at 7-8. The regular season is heading for a close during the next two weeks.



Turley photos by David Henry [www.sweetdogphotos.com](http://www.sweetdogphotos.com)  
Cam McDonald winds up for a long throw for an out.



Dave Clark makes a good throw to first.

# Blue Sox score doubleheader sweep

HOLYOKE – Last Saturday, the Valley Blue Sox swept a doubleheader versus another North Division opponent. The team defeated the Upper Valley Nighthawks 4-1 to climb back to .500 on the season at 14-14. Valley now leads the West Division by one game over the Bristol Blues.

As in the first game, the Nighthawks got on the board first, following a sacrifice fly in the top of the second.

Blue Sox pitching was rock solid in the ballgame, only allowing one run off five hits. Dillon Ryan started the game for the team, pitching three innings allowing one run while striking out two batters.

Michael Weidinger would relieve Ryan in the top of the fourth inning, pitching two shutout innings and striking out five batters.

All of the runs for the Blue Sox came in the bottom of the fifth following a huge rally, even with the team only re-

cording two hits in the inning. Efrain Correa Jr. was hit by a pitch, Will Gale singled, and newcomer Jack Power walked to make it bases loaded with no outs.

Jeff Pierantoni and Eliot Dix both hit RBI fielder's choices to take the lead for Valley. The team added two more insurance runs off an RBI single from AJ Guerrero, and a throwing error from Upper Valley to allow the final run of the ballgame.

Jason Arrigo would relieve Weidinger to close the game for Valley. Arrigo's curveball was ranked third in the league in RPM. The right-hander pitched two scoreless innings to earn himself the save, and added to his strikeout totals with three more on the night.

AJ Guerrero went 2-for-3 in the game, with an RBI. Will Gale also had two hits, going 2-for-2 with a walk and a stolen base.

In Game 1, another close game

throughout the seven inning contest saw the Blue Sox rallying back from a three run deficit to claim the victory.

The Nighthawks scored one run in the top of the first inning following an RBI double, then added two more in the top of the second inning off an RBI single.

Sean Scanlon was on the bump to start the game for Valley, pitching four innings while allowing three runs and striking out two batters. In the bottom of the second inning, the Blue Sox took a run back off of an RBI double from Zach Ketterman. Matt Bergevin scored on the play to make it a 3-1 game.

Valley added two more runs to tie the game in the bottom of the third following RBI singles from AJ Guerrero and Matt Bergevin.

The Blue Sox then wasted no time taking the lead, scoring a run in the bottom of the fourth inning following the first home run hit by a Blue Sox player

at home this season. Zach Ketterman hit a towering solo shot over the right field wall to make it a 4-3 ballgame. The third baseman went 2-for-3 with two RBIs in the contest.

Terry Murray relieved Scanlon in the top of the fifth inning, pitching two innings allowing one unearned run while striking out two.

The Nighthawks rallied back to tie the game 4-4 in the top of the sixth after two straight errors from the Blue Sox.

Zach Cameron pitched a scoreless frame in the top of the seventh to set the Blue Sox up to walk it off in the bottom half of the inning.

Jeff Pierantoni walked in the bottom of the seventh, then AJ Guerrero hit a double to put runners on second and third with only one out. EJ Kreutzmann hit a ground ball down the third base line allowing Jeff Pierantoni to score. The Blue Sox secured their second walk-off victory of the season 5-4.

## Wall Stadium Speedway to host big race Saturday

MILFORD – Six-time NASCAR Whelen Modified Tour champion Doug Coby will look to add yet another track to his winners list this Saturday night. Wall Stadium Speedway, located in New Jersey, is a high-banked, high-speed track that has tight corners and often produces exciting side-by-side racing.

When the NASCAR Whelen Modified Tour rolls into town for the Jersey Shore 150, Coby will drive the Tommy Baldwin Racing, Mayhew Tools No. 7NY. With one win this season (Monadnock Speedway), Coby enters the race third, 30 points back in the championship standings on the

Whelen Modified Tour circuit entering the eighth race of the season.

In his 35 career wins, Coby has been to Victory Lane at 12 different tracks. At Wall Stadium, Coby has three career Tour starts, with only one coming in the last 18 years. Coby started sixth, led 72 laps and finished 10th in 2019. He did not compete in the Whelen Modified Tour event at Wall last year, but Jimmy Blewett won in the Tommy Baldwin Racing entry Coby will be driving for this event.

"I watched the race last year and it didn't seem like it was similar to the one

in 2019," Coby said. "It seemed like the groove had moved around. Wall is one of those places that can throw a lot at you – and a lot can happen quickly. Our car will be good. I've never won there and it's on my bucket list of tracks where I want to win. I got my first pole there, used to race at Little Wall as a kid, and I've always liked the facility."

Saturday's practice session will roll from 3:30-4:30 p.m., followed by Mayhew Tools qualifying and the Jersey Shore 150 at 8 p.m. The main event will be live on FloRacing.TV for those who would like to watch from home.

## 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.

# Send Us Your Autumn Event Information

Turley Publications will print your Autumn event **FREE OF CHARGE** in our **Autumn Fest Supplement** which will be published **September 13, 2023.**

Total circulation of 85,000 reaching over 200,000 readers in the Pioneer Valley.

Deadline for Calendar submissions is **August 16.**

## Community Autumn Events

Event Should Be Non-Profit & Open to the Public

FREE Calendar Listings Reaching over 200,000 Readers in the Pioneer Valley

Event Name \_\_\_\_\_

Date/Time \_\_\_\_\_

Location \_\_\_\_\_

Description \_\_\_\_\_

Cost \_\_\_\_\_

Contact name & phone number for more information \_\_\_\_\_

**MAIL YOUR LISTING INFORMATION TO:**  
**Turley Publications, Attn: Jamie Joslyn, 24 Water Street, Palmer, MA 01069**  
**or email\* them to: [jamie@turley.com](mailto:jamie@turley.com)**  
**\*Be sure to indicate "Autumn Event" in the subject line of your email.**

# OBITUARIES



Submitted Photos

For their training, firefighters were asked to demonstrate how to remove a patient from this wrecked car.

## FIRE DEPT. TRAINING from Page 1

just making it stable so we can get a patient out.”

Dubuque said that “extricating a patient can be difficult without stabilizing, so it makes a dangerous situation safer.”

The other half of the class trains firefighters to use airbags, which Dubuque described as “heavy duty bags you put under the vehicle that lifts it up.”

“[The Department of Public Works] was nice enough to let us use one of the big dump trucks,” Dubuque said. R&S Towing and Recovery in Wilbraham also provided a vehicle that was used for the training, with Dubuque saying that, “They’ve been a good partner.”

Mike Nadolski of R&S Towing said that he was contacted by Deputy Chief Jeffrey Lavoie for a vehicle to use for the training.

“We’ve donated some in the past for other trainings that they’ve done, so they reached out again if we had one, so we supplied them [with] a car,” Nadolski said.

“I brought them a car, put it in the spot that they wanted to do the training, then I put the car on its side for them,” Nadolski described, “I used our equipment, our tow trucks to lift the side of the car up, secured it with a strap, and rolled it on the side so they can use the different training that they have for stabilizing the vehicle.”

As part of the training, the Fire Department put the vehicle back on its wheels.

“They actually asked me to leave [the car] there for a couple days so they could have other guys who were on vacation to mess with the car a little,” Nadolski said, adding that he would return to pick

up the car when the Department was done with it.

Nadolski described the town’s Fire Department as “great guys.”

“I’ve had a good relationship with Ryan Pease, the Chief, and there’s some of the guys on the Department [that] I’m acquainted with, Bud Ellison and his son Zack,” said Nadolski. “I actually went to high school with Deputy Chief Lavoie.”

“It was a great opportunity for our department, it’s all part of our job,” said Fire Chief Ryan Pease. “We certainly recognize the value in training and making a commitment here at the Fire Department.”

Due to scheduling issues, the training was held later than usual this year, as the department usually tries to hold it during the April-May prom season. “Unfortunately, there’s a lot of kiddos that get in wrecks around prom season,” Dubuque said, which is why the department tried to hold the training in the spring.

The department thanked R&S Towing and the Ludlow DPW for their support.



Firefighters lift up an overturned vehicle, provided by R&S Towing.



Firefighters trained using a dump truck, provided by the town’s Department of Public Works.

## Leon Phillip Allore, 83

LUDLOW - Leon Phillip Allore was an amazing husband, father, grandfather, uncle, sibling, friend and all around jokester to a huge community of people. He left this world on July 5, 2023 at age 83.



He was born and lived his entire life in Ludlow. He spent his childhood surrounded by extended family, siblings and cousins, fishing and causing trouble at the St. John the Baptist school. He attended Springfield Trade School, served in the United States Army and has worked as a welder, bartender, demolition derby driver and painting shop teacher at Putnam Vocational School. He spent the bulk of his career as the independent owner of a successful painting company that was often closed on Fridays to accommodate family beach trips in the station wagon.

Leon relished all of the small adventures that life offers, like a hidden find at a country flea market, a tiny restaurant at the end of a meandering motorcycle ride or a hot coffee and breakfast with old friends. He was an expert at entertaining generations of kids with pool parties, BB gun range practice, lightspeed runs in his van, sound advice and practical jokes.

He is survived by his wife of 57 years, Margaret (Warren) Allore, children Samuel Allore, Sara (Allore) Mendez and her husband Keni Mendez, sister Lori (Allore) Stefan and her husband Herbert Stephan, brother Kenneth Allore, grandchildren Jesse Mendez and Matthew Mendez, and hundreds of friends who are as close as family.

A service is scheduled at the Massachusetts Veterans Memorial Cemetery in Agawam on Tuesday, July 11 at 3pm. In lieu of flowers, please donate to the Baystate Hospice at Make a Gift to Baystate Health Foundation (drop down menu for Baystate Home Health-Hospice).

## Patricia Ann (Pollack) Truchan, 81

LUDLOW- Patricia Ann (Pollack) Truchan, 81, of Ludlow passed away peacefully on Friday, July 7, 2023. Born in Springfield on September 28, 1941, she was the daughter of the late Edward and Valeria (Nikodem) Pollack. Patricia graduated from Palmer High School and attended AIC. She worked at the former Ludlow Hospital for 26



years and served as its Director of Medical Records and Medical Staff Coordinator. She also served as Vice-President of the Ladies Auxiliary for many years. After the hospital’s closure, she worked for the Sisters of Providence (Mercy Hospital) in the Human Resources Dept for 20 years until her retirement in 2016. Patricia was a devout and active communicant of Christ the King Church and a member of its Rosary Sodality. She was a faithful adorer of the parish’s Perpetual Adoration Chapel since its inception in 2004.

Patricia is survived by her loving husband of 61 years Stephen Truchan of Ludlow; her grandchildren Nicholas and Cameron Truchan of Pittsfield and her sister Cynthia Gallant and her husband Robert at the State Dept in the Republic of Tunisia. She also leaves her nephew Thomas Klimek and his wife Kelly of Ludlow; niece Karen Klimek and Jason Hiller of Ludlow; cousins Edwin Gula of Palmer and James Boyko and his wife Donna of Belchertown as well as grand-nieces and nephews Lauren, Kacie, Zachary, Brendan, Kendra and Jenna. She is also survived by extended family and friends. Sadly, she was predeceased by her son Stephen M. Truchan in 2003.

A Liturgy of Christian Burial for Patricia will be held Friday, July 14, 2023 at 10:00 AM in Christ the King Church, Warsaw Ave, Ludlow, MA. Interment will follow in Sts. Peter and Paul Cemetery, Bondsville, MA. There are no calling hours. Donations in Patricia’s memory may be made to Christ the King Perpetual Adoration Chapel, 41 Warsaw Ae., Ludlow, MA 01056. For more information please go to www.kapinosmazurfh.com.

## DEATH NOTICES

**Allore, Leon Phillip**  
Died July 5, 2023  
Services  
July 11, 2023

**Truchan (Pollack), Patricia Ann**  
Died July 7, 2023  
Services  
July 14, 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 \$225, 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).

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

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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

**KIDS THEATER PROGRAM:** Exit 7 Theater Presents Adventures In Theater, fun and creative theater-based activities for kids ages 7 to 11 through July 14. For more information and to register, go to [exit7players.org](http://exit7players.org).

**DINNER DANCE:** The Heritage Pops Orchestra, an 18-piece big band, is sponsoring a dinner dance 6:30 to 9:30 p.m. on Friday, July 14, at the Polish American Citizens Club in Ludlow. There will be an open bar and 50/50 raffle. Tickets are \$20 per person. Reserve tickets at [heritagepops.com](http://heritagepops.com).

## NEXT WEEK

**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 tour-

namment 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/).

## COMING SOON

**Magic in the Valley:** Internationally-renowned magicians promise to captivate audiences of all ages with mind-boggling illusions, comedic performances and awe-inspiring tricks at 7 p.m. Aug. 19, at the Polish American Citizens Club at 355 East Street in Ludlow. Doors open at 6:30 p.m. For tickets, contact Tom Gentile at [tdgmagic2@gmail.com](mailto:tdgmagic2@gmail.com) or 533-7653.

## ONGOING

**FARM FRESH:** Come to the Indian Orchard Citizens Council 3-5 p.m. every Wednesday all summer and early fall for free fruit and vegetables. Registration is required. For more information, call 413-209-8240.

**JIMMY FUND WALK:** Registration is now open for the 2023 Boston Marathon Jimmy Fund Walk Scheduled for Sunday, Oct. 1. Proceeds from the event support all forms of adult and pediatric patient care and cancer research at one of the nation's premier cancer centers, Dana-Farber Cancer Institute. All four routes will culminate at the Jimmy Fund Walk Finish Line in the Fenway neighborhood. If walkers want to participate a bit closer to home, the Jimmy Fund Walk has flexible opportunities, including virtually. Register as an individual walker, team member or start a team at [JimmyFundWalk.org](http://JimmyFundWalk.org) or by calling 866-531-9255.

**SENIOR BINGO:** Hosted by the Indian Or-

chard 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.

## Church DIRECTORY

### FAITH COMMUNITY CHAPEL A Church of the Nazarene

485 East St. Ludlow, MA 01056 413-583-7875  
Email: [faithcommunitychapel8@gmail.com](mailto:faithcommunitychapel8@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. Gossein  
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)

Like us on Facebook Follow us on Instagram  
Check out our Parish App

Wednesday, July 12 - Daily Mass - 7:30 a.m. (C),  
Holy Mother Choir - 5:15 p.m. (C), Eucharistic  
Revival - 6:30 p.m. (FLBH)

Thursday, July 13 - Daily Mass - 7:30 a.m. (C)  
Friday, July 14 - Daily Mass - 7:30 a.m. (C)

Saturday, July 15 - Confessions - 2:30 p.m. (C),  
Mass - 4 p.m. (C)

Sunday, - July 16 - Mass - 7:30 a.m. (C), Mass -  
9:15 a.m. (C), Mass - 11 a.m. (C), Mass - 5 p.m.  
(C), Take & Eat - 8 a.m. (FLBH & K)

Monday, July 17 - Daily Mass - 7:30 a.m. (C),  
Bible Study - 6 p.m. (ZR)

### 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.

### STS. PETER AND PAUL UKRAINIAN CATHOLIC CHURCH 45 Newbury St. Ludlow, MA 01056 Phone: 413-583-2140

Pastor: Father Andriy Krip

Liturgy schedule:

Wednesday 9 a.m., Friday 9 a.m.

Rosary for Peace in Ukraine

on Wednesday at 6 p.m.

### OUR LADY OF FATIMA PARISH 438 Winsor St., Ludlow 413-583-2312

Father Pedro DeOlivera

Office hours: Monday - Thursday 9:00 a.m.  
to 5:00 p.m., closed 1:00 p.m.-2:00 p.m.

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

Monday and Wednesday Morning

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

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

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

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

For more information, visit

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

### FIRST CHURCH IN LUDLOW 859 Center St. Ludlow, 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).

## 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.

## K of C Sunday rosary to be held July 30th

Knights of Columbus Council 3535 will hold its 5th Sunday rosary on July 30 at 12 noon at St. Elizabeth's Church, Ludlow. A chicken dinner will be served immediately following in the church hall at 12:30 p.m. with a menu of roast chicken, potato & egg salad, creamy coleslaw, tossed salad, dessert and beverage. Tickets are \$10.00 with a July 27 deadline (dine in only).

Contact Jim Meehan at 547-8822, Chris Smith at 222-6443, or Gerry O'Brien at 543-5939 for tickets. All are welcome.

## PEOPLE/MILESTONE NEWS

As a free service for our readers, we will print all births, weddings, engagements, milestone anniversaries, major birthdays, military achievements, honors and awards. We have a "people news" form available for you to submit these listings. This material is provided to us by our readers and local institutions and we do not charge to print this content.

For more information, or to submit people or milestone news for The Ludlow Register, please email [ludlowregister@turley.com](mailto:ludlowregister@turley.com).

**PIONEERS** from Page 9

Phantoms. If the Pioneers can win their final two regular season matches at Albany, which was scheduled to be played on Tuesday night, and at home against AC Connecticut on Saturday night, they should lock up a playoff berth. The last time that the Pioneers didn't qualify for the playoffs was in 2018.

"This is a very good win for us tonight," Molinari said. "We made a couple of changes at halftime, and we played a lot better in the second half."

Alec Hughes, who entered the match at the start of the second half, had a couple of opportunities to give the home team a 1-0 advantage.

Hughes breakaway shot in the 58th minute was flicked over the endline by Vermont goalie Nathan Schmur resulting in a corner kick.

Less than ten minutes later, Hughes had another wide open shot, but his chip shot clanked off the cross bar.

The Pioneers didn't miss their third scoring chance.

The scoring play began when Connor Bagdon, who had also entered the match

at halftime, intercepted a pass before delivering a pass to Lucio Berron. After dribbling the ball over the midfield line, Berron made a short pass to Ignacio Albo, who then found Jiana open on the left side. Jiana dribbled the ball into the box before firing a rocket shot into the right corner past Schmur, who made a diving attempt to make the save.

"I was wide open, and Ignacio passed the ball to me," Jiana said. "Then I shot the ball with my right foot into the corner. As soon as I shot the ball, I knew that it was going to go into the net."

When the Pioneers made the trek north to the University of Vermont on June 17, Albo scored the only goal of the match.

A year ago, the Pioneers pulled out a thrilling 3-2 come-from-behind home victory over the Vermont Green.

In the first ever meeting between the USL-League two rivals.

During the first half of last Friday's home match, Western Mass. goalie Gianluca Cerosimo (4 saves) made a couple of outstanding saves, which allowed Jiana to score his third game winner of the season with ten minutes remaining in regulation.



Tomas Duben stops the ball as he runs into the opposing defense.



Connor Hicks, of Monson, runs down the ball.

**HAMILTON**

from Page 6

sions in the past – dating all the way back to Marbury v. Madison in 1803, when the Court gave itself the power of judicial review over executive and legislative decisions. Still, if you think about our recent political history, especially around abortion, you can see Vladeck's point: The Court does not reflect the thinking of a majority of Americans.

For members of Congress who would rather not have to cast unpopular votes on controversial issues that could cost them a seat, having the White House or the Supreme Court make those decisions can be handy. But as Vladeck argues, "When we look at the Court today – at the ethics issues, the docket issues, the legitimacy debates – a lot of what's going on here is a court that's just not remotely checked and not worrying about being checked." Congress historically had the authority to exercise control over the Court's ability to set the agenda, he insists, and there's no reason it can't again.

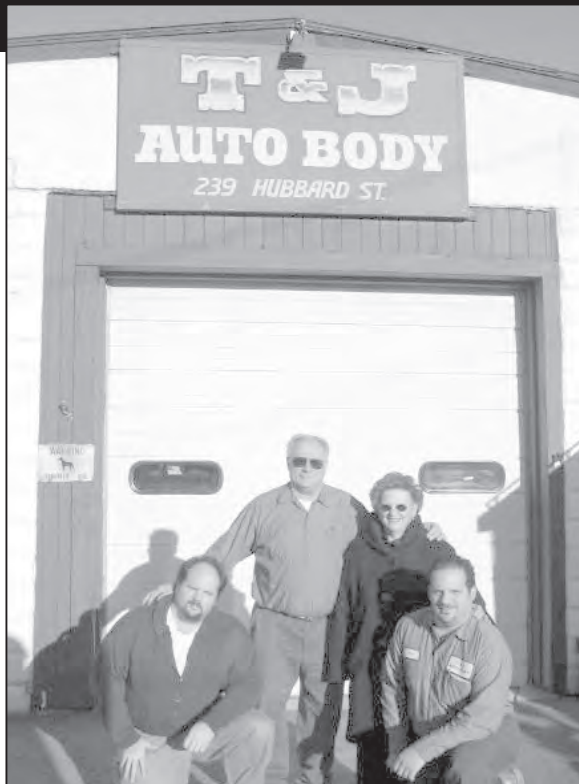
The balance of power in Washington demands it.

*Lee Hamilton is a Senior Advisor for the Indiana University Center on Representative Government; a Distinguished Scholar at the IU Hamilton Lugar School of Global and International Studies; and a Professor of Practice at the IU O'Neill School of Public and Environmental Affairs. He was a member of the U.S. House of Representatives for 34 years.*

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# PUBLIC NOTICES

## JOB OPENING

### STAFF WRITER

Turley Publications, based in Palmer, is seeking a storyteller who is curious about everything, and who understands how town government works to join our team of weekly reporters.

Experience in covering town government is a huge plus, and any experience in community journalism is as well. Staff writers cover all aspects of communities from features to municipal meetings to crimes and fires. Successful candidates must have people skills, plenty of curiosity and able to tell a story.

If you're a self-starter who enjoys community journalism and who can envision themselves connecting with our communities, we encourage you to apply for this position. Not a remote position.

**Qualifications should include:**

- Bachelor's degree or equivalent experience
- A determination to get the story, whatever it might be
- Equally comfortable writing hard news, features and event coverage
- Ability to write clean copy in a fast-paced, deadline-driven environment
- Proficiency in Associated Press style

Please tell us in a cover letter why you would be a good fit for this position and send it along with a resume and three writing samples to

Eileen Kennedy, Executive Editor  
24 Water St., Palmer, MA 01069  
or email directly to  
ekennedy@turley.com



## Community Newspaper EDITOR WANTED

Turley Publications is looking for a "hands on" energetic candidate who loves telling stories to be the editor for two weekly publications. This position will include managing and coaching a small news staff that will provide the community with a great local newspaper.

The editor will need to cover local government and events while representing the newspaper at public venues.

The successful candidate will have strong community journalism skills and is also expected to gather news and write stories for the two papers as well as for other occasional companywide publications.

This is a job for a self-starter who has a vision for growing and connecting with our valued readers, and who thoroughly enjoys community journalism.

This full-time position with flexible schedule is based in our Palmer office at 24 Water St., this is not a remote position.

**Qualifications should include:**

- Bachelor's degree or equivalent experience
- Willingness to mentor a staff writer and correspondents
- Editing experience and ability to write clean copy in a fast-paced, deadline-driven environment
- Proficiency in Associated Press style
- Management experience and/or experience managing content for a print publication.

Please send resume and writing examples to:

Eileen Kennedy, Executive Editor  
24 Water St., Palmer, MA 01069  
or email directly to  
ekennedy@turley.com

WWW.TURLEY.COM

### LUDLOW PLANNING BOARD LEGAL NOTICE SPECIAL PERMIT ACCESSORY APARTMENT

The Ludlow Planning Board will hold a public hearing in Ludlow Town Hall, Selectmen's Conference Room on **Thursday, July 27, 2023 at 7:30 p.m.** on the application of Laura James Scibelli of **10 Turning Leaf Road Ludlow, MA** (Assessors' Map 31, Parcel 113) for: a **784 sq ft accessory apartment.**

If for any reason this hearing is cancelled, it will be rescheduled to Thursday, August 10, 2023.

Raymond Phoenix  
Chairman

07/12, 07/19/2023

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

**HD23E0030PP**  
To *Shawna Koske of Ludlow, in the County of Hampden, and to all other persons interested.*

A petition has been presented to said Court by John Papamarkakis of Ludlow, representing that they hold as tenants in common in an undivided part or share of land lying in Ludlow, in the County of Hampden, setting forth that they desire that all of said land may be sold at private sale or public auction for not less than Two Hundred Seventy Thousand (\$270,000.00) Dollars, and praying that partition may be made of all the land aforesaid according to law, and to that end that a commissioner be appointed to make such partition and be ordered to make sale and conveyance of

all, or any part of said land which the Court finds cannot be advantageously divided either at private sale or public auction, and be ordered to distribute the net proceeds thereof after full adjudication of the equitable claims contained in said petition and supplemental memorandum filed with the Court.

If you desire to object thereto, you or your attorney, should file a written appearance in said Court at **Springfield** before ten o'clock in the forenoon on the **fifth day of September 2023**, the return day of this citation.

Witness, **BARBARA M. HYLAND**, Esquire, First Justice of said Court, this 5th day of July 2023.

**Rosemary A. Saccomani**, Register  
07/12, 07/19, 07/26/2023

### 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, July 20, 2023 at 6:30 p.m.** on the application of **Debra Burnett** for the property located at **51 Chapin Circle, Ludlow MA (Assessors' Map 16A, Parcel 130, Zoning: Residential A)** The subject of the hearing is a special permit for a proposed addition on the house to be located 27.5 feet from the front property line. The applicant is seeking relief from the Town of Ludlow Zoning Bylaw under Zoning Bylaw Table 2 - Table of Dimensional Regulations.

Manny Lopes, Chairman  
07/05, 07/12/2023

### LUDLOW PLANNING BOARD LEGAL NOTICE SITE PLAN

The Ludlow Planning Board will hold a public hearing in Ludlow Town Hall, Selectmen's Conference Room on **Thursday, July 27, 2023 at 7:45 p.m.** on the application of CRC Communications LLC, D/B/A GoNetSpeed for the property located at **355 East Street, Ludlow, MA (Assessors' Map 15A, Parcel 337)** for the purpose of: **Install fiber distribution equipment; replace existing "smoking tent" with gazebo.**

If for any reason this hearing is cancelled, it will be rescheduled to Thursday, August 10, 2023.

Raymond Phoenix  
Chairman  
07/12, 07/19/2023

### Commonwealth of Massachusetts The Trial Court Probate and Family Court Hampden Division Docket No. HD23P1334EA Estate of:

**JENNIE ANN STEBBINS**  
Date of Death: 5/11/2023  
**INFORMAL PROBATE PUBLICATION NOTICE**

To all persons interested in the above captioned estate, by Petition of Petitioner **CYNTHIA A PEREIRA of PALMER MA**

Petitioner **STEVEN C ROACH of LUDLOW, MA** a Will has been admitted to informal probate.

**CYNTHIA A PEREIRA of PALMER MA**  
**STEVEN C ROACH of LUDLOW, MA**

has been informally appointed as the Personal Representative of the estate to serve **without** surety on the bond.

The estate is being admin-

istered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration of the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.  
07/12/2023

### Notice of Request for Qualified Environmental Professional (QEP) Services at Westmass/Ludlow Mills

Westmass Area Development Corporation (Westmass) is soliciting proposals from qualified environmental professionals (QEPs) to assist in brown-field cleanup activities at the historic Ludlow Mills complex. The selected QEP will be responsible for carrying out all necessary tasks outlined in the RFP.

Westmass will be holding a mandatory site walk for all interested applicants on July 19, 2023 at 10:00 a.m. at the Ludlow Mills.

Copies of the RFP can be provided by request by emailing [info@westmassdevelopment.com](mailto:info@westmassdevelopment.com).  
7/12/2023

### HEAT from Page 6

children since 1990 died from heat stroke in hot cars when left alone, most unknowingly left behind. And, according to the National Safety Council, on average 38 children under the age of 15 die each year after being left in a hot vehicle.

#### Likewise, don't leave pet in vehicles.

Kids and Cars, a nonprofit focused on improving child safety around cars, suggests in a "Look Before You Lock" flier to place an item in the back seat that you will need to get before starting your day such as a laptop, handbag, phone, employee badge and more; keep vehicles locked at all times so young ones can't sneak in unknown to you; and teach kids to honk the horn if they become stuck inside a car.

More tips are available at [kidsandcars.org](http://kidsandcars.org).

#### Sleeping in the heat

"Even for those who do not suffer from a sleep disorder, getting to sleep can be more of a challenge in New England during the summer

months," said Baystate Health neurologist Dr. Karin Johnson, medical director of Baystate Health Regional Sleep Program and Sleep Section Chair of the American Academy of Neurology.

"There have been studies done on exactly what room temperatures are beneficial to our sleep. In general, many cite between 60- and 67-degrees Fahrenheit as ideal with temperatures exceeding 75 degrees Fahrenheit and below 54 degrees Fahrenheit as disruptive to our much-needed sleep," Johnson said.

The National Sleep Foundation offers the following tips to help both young and old sleep better in uncomfortable, hot weather, especially when air conditioning isn't an option:

#### Use a fan to keep the air circulating.

Close the blinds to keep out sunlight. Also, keep the windows closed if the temperature outside is much hotter than inside. Open the windows at night if the temperature is cooler outside than in your house.

Heat rises. So, sleep downstairs

in the blistering heat.

If you do not have an air conditioner, and fans just aren't doing the trick, consider asking family or friends who do have an air conditioner if you can stay with them for a few nights.

Other options include sleeping outdoors under protection from mosquitoes and other insects, or during an extreme heatwave some communities may open cooling centers in schools or public places that are air-conditioned.

Water is a great cooling agent and taking a cold shower or bath before bed may help.

Wear light bedclothes and light pajamas. There are pajamas made from materials that wick away sweat, meaning the fabric pulls moisture from the body to the exterior of the clothing item where it can evaporate more easily.

Also, check the local news for health and safety updates during high heat and heat waves.

For more information on Baystate Health, visit [baystatehealth.org](http://baystatehealth.org).

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All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status (number of children and or pregnancy), national origin, ancestry, age, marital status, or any intention to make any such preference, limitation or discrimination.  
This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings advertising in this newspaper are available on an equal opportunity basis. To complain about discrimination call The Department of Housing and Urban Development " HUD" toll-free at 1-800-669-9777. For the N.E. area, call HUD at 617-565-5308. The toll free number for the hearing impaired is 1-800-927-9275.

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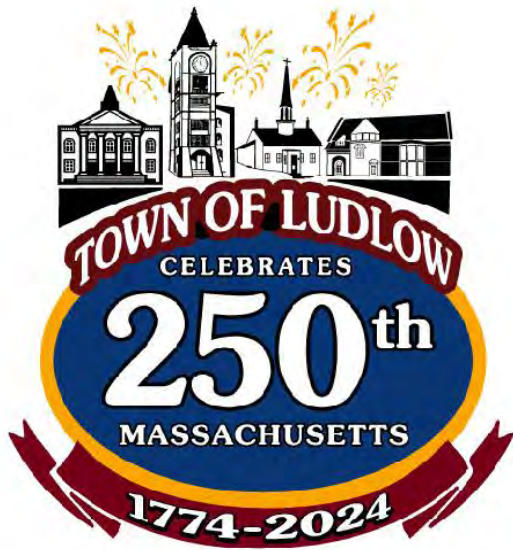
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**TUESDAY, JULY 18<sup>TH</sup> @ 5:00PM**

**Free Classic Car Show**

*Ludlow Elks, 69 Chapin Street*

Classic cars, food, beverages and basket raffles with wonderful prizes!

**SATURDAY, AUGUST 5<sup>TH</sup>**

**River Hollow Family Golf Center**

*15 Hospital Road, Monson*

Mini golf, driving range, ice cream and more!  
 25% of the day's proceeds will be donated to the Ludlow 250th. Have fun and help us fundraise!

**WEDNESDAY, AUGUST 16<sup>TH</sup>**

**"Dine for a Cause" at the Villa Rose**

*1428 Center St. Ludlow*

Tony Tavares invites you and your family to dine at the Villa Rose where 20% of food purchases will be donated to the 250th events.

**SATURDAY, SEPT. 9<sup>TH</sup>**

**Golf Tournament Fundraiser**

**4 Person Scramble**

*Westover Municipal Golf Course*

Register your foursome or be a Sponsor.  
 Visit our website [Ludlowma250.org](http://Ludlowma250.org)

**ONGOING**

**Fire Hydrant Painting Contest!**

Ludlow residents of all ages are encouraged to show off their artistic abilities by painting a fire hydrant.

**REGISTRATION:** Registration is now open to submit proposed design. Hydrant painting can begin after approval notification.

Applications are available online at [ludlowma250.org](http://ludlowma250.org)

or can be picked up at the Ludlow Town Hall:

488 Chapin Street, Ludlow

*All applications must be submitted to the Ludlow Town Hall.*

**HYDRANT JUDGING:** Participants will have until May 30, 2024 to complete their approved design. Judging will take place between May 31, 2024 - June 8, 2024.

**PRIZES:** Prizes will be awarded for:

- Most 250th / Ludlow Anniversary Oriented
- Most Patriotic (Military/ First Responders)
- Most Creative

**FOR MORE INFORMATION:**

**Bruce Durand, 413.563.1057, [ludlow250parade@gmail.com](mailto:ludlow250parade@gmail.com)**

**Hitchcock summer concerts**



Submitted photo

Grab and chair and head over to the town common for the Hitchcock Summer Concert Series that begins July 19.

*Hitchcock announces Summer Concert Series lineup*

BRIMFIELD — What can be better than children playing and laughing, families and friends getting together, dinner-time picnics and the community gathering to enjoy the sweet sound of music in the summer night air?

Hitchcock recently announced its lineup for the 2023 Hitchcock Summer Concert Series on the Common which has grown to six concerts this year. Presented on Wednesdays July 19 to Aug. 23, the concerts will run from 6 to 8 p.m. in front of the gazebo. Rain dates will be Thursdays.

There will be a food vendor at each concert and picnics are allowed.

The series kicks off on July 19 with the New England Digital Accordion Orchestra. Conducted by Sam Falcetti of Falcetti Music, this unique, 20-piece orchestra is the nation's only digital accordion orchestra and has a style all their own, a press release states. Along with vocal performances, guests will hear horn and wind sections, strings, guitars and the accordion in beautifully orchestrated arrangements playing many genres of music including Big Band, Broadway, ethnic, country and rock.

These dedicated musicians travel from five states just to be a part of this. According to the release, "They'll have you tapping your toes and wanting to get up and dance. It's a fun experience not to be missed."

The CobbleStone Road Band performs on July 26. Composed of talented musicians with lots of experience who've played with some of the best, CobbleStone Road blends modern country with rock and blues to get your toes tapping and audiences dancing. In a short time, this band has created a strong following and if you like country and haven't heard them you will want to circle the date.

On Aug. 2, the Time Stretchers Band comes to town. The band has an extended repertoire playing the best music from the 50s to the present, followed by The Island Castaways Band is next up on Aug. 9. Known as New England's Favorite tropical rock band, the Castaways play in the style made famous by Jimmy Buffett.

Sunshine & Blue Skies performs Aug. 16 with a mix of classic rock, pop, country, and rhythm & blues. This band is composed of seasonal professionals but also incorporates exceptional students who are honing their craft.

The series closes with Hard Knox on Aug. 23. Widely known for its unique song selection and unmistakable renditions of those often slightly forgotten

favorites, their performances are jam-packed with songs that will often surprise and delight listeners.

Food trucks have become an important part of these events as they make it possible for people to simply come down and enjoy but especially for those who may be rushing home from work to be able to come, grab some dinner and just relax. Vendors include BT's Smokehouse, Rooster's Roaming Cantina, Flippin' The Bird BB, and Tony's Happy Valley Pizza.

In the case of rain, postponements will be announced on Hitchcock's Facebook page.

"These concerts feel like magic to me," says Hitchcock Executive Director Cindy Skowyra. "They're so simple, but simplicity is harder and harder to find these days. Being able to offer a way for our community to unplug and connect with one another in celebration of music is such a blessing, so I'm thrilled we've been able to grow the series with the support of sponsors and donors who know how important events like these are. The common offers not only a beautiful backdrop and a safe area for children but it also has lots of shade for hot summer days."

The concert series is made possible with key support from Maestro Sponsors Country Bank, the Massachusetts Cultural Council and the Shirley Frye Memorial Fund.

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).

Clip and save the lineup:

**Hitchcock 2023 Summer Concert Series schedule**

July 19: New England Digital Accordion Orchestra Orchestral performances of Big Band, Broadway, ethnic, country and rock. Food truck: Rooster's Roaming Cantina

July 26: CobbleStone Road Band Genre: Country Food truck: BT's Smokehouse

Aug. 2: The Time Stretchers Band Genre: The Best Tunes from the 50s to now Food truck: Rooster's Roaming Cantina

Aug. 9: The Island Castaways Band Genre: Tropical Rock Food truck: Flippin' The Bird BBQ

Aug. 16: Sunshine & Blue Skies Genre: Classic rock, pop, country, rhythm & blues

Food truck: Tony's Happy Valley Pizza

Aug. 23: Hard Knox Genre: Classic sounds of the 70s, 80s and 90s Food truck: Rooster's Roaming Cantina

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