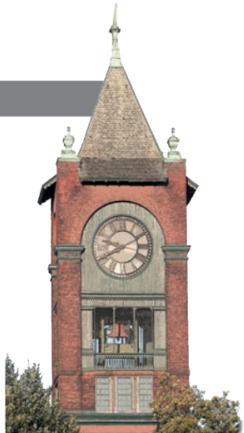


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The REGISTER

LOCAL NEWS | LOCAL STORIES | LOCAL ADVERTISERS

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LPD honors recently retired Det. Lt. David Kornacki

By Amanda Munson
 Staff Writer
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LUDLOW – “It’s really an amazing family to be part of!” On July 11, Detective Lieutenant David Kornacki from the LPD officially retired and was honored within the department with a retirement party, surrounded by past co-workers, friends, and family who were all there to support him on his final day. Kornacki announced his retirement in the Apr. 9 edition of The Register and reflected on his 31 year long career, adding a couple of months ago that he wanted to share all his knowledge before he left, and according to his co-workers he did just that.



Det. Lt. David Kornacki with his family and Chief Valadas from the LPD.

Turley photo by Amanda Munson

The retirement party began by Chief Valadas of the LPD thanking everyone for attending the event, “We’ve had a lot of years working together and I want to

honor Dave, 31 years of working for the Ludlow Police Department, full-time sworn police officer. Dave was an exemplary employee for the town of Ludlow; they got a lot of service

from Detective Kornacki. Exemplary services and what he did in the Detective Bureau, he has set the precedent, I can’t think of a detective that has lasted longer. To serve as a

police officer and serve as a detective is certainly not easy, it requires a certain level of skill and the skills he made will make it difficult to replace. Big shoes to fill. We care for him a

great deal.” Valadas presented a Certificate of Commendation recognizing Kornacki’s contributions to the Ludlow Police Department for 31 years of service,

starting on July 11, 1994. “Your exemplary performance and duties over your distinguished career are a testament

Please see **KORNACKI**, Page 5

Select Board discusses Reservoir Cemetery Parking

By Amanda Munson
 Staff Writer
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LUDLOW – On the July 8 Select Board meeting, the board discussed the Reservoir Cemetery parking, with Chief Valadas of the Ludlow Police Department recommendations previously submitted and reviewed. Vice Chairperson William Rosenblum began by stating that patrolling the area is not feasible.

“I’m just going to kind of reiterate what I said in the past, if there is some signage saying exactly where that is...I drove by yesterday and I think they had the ‘No Parking’ white pylons up, saying in those areas you can’t park there. But if there’s a designated area to

Please see **PARKING**, Page 6

State Rep. Aaron Saunders asks residents to check their water bill

By Amanda Munson
 Staff Writer
 amunson@turley.com

LUDLOW – State Representative Aaron Saunders of Ludlow questioned the Springfield Water and Sewer Commission on Facebook, posted on the afternoon of July 17. Saunders asked residents online, “Have you received your latest water bill with the new \$100 every year fee?” and stated that residents have

no say in what Springfield Water and Sewer Commission charges or how they spend the money. The post went on to say, “My Western Mass colleagues and I have a bill to change that and give every community who pays for water and sewer services a seat at the table. H2330 would ensure you have a say in how your money is spent. This is democracy 101, no taxation without representation. There is no seat at the table for the town of Ludlow.”

In the Massachusetts legislature, H2330 refers to an Act relative to equitable representation within Springfield Water and Sewer Commission. Following the social media post, Saunders spoke about the water bill with The Register and what residents can expect the weeks ahead. Referring to the new LudlowPowerChoice program, Saunders continued. “It’s interesting you bring that up, if you look at it side by side just in terms of process, the first

time power choice came up was years ago. It was in front of the Select Board, it went to town meetings and people weighed in and approved it, multiple public outreach sessions until it got to the point it was ready to move forward and got approved. What you see is that folks are busy, I don’t begrudge people for not paying attention to every item on a town meeting warrant and everything the Select Board discusses every meeting, but at least with power

choice, the opportunity was there for people to weigh in. When it comes to Springfield Water and Sewer, there is no seat at the table for the town of Ludlow and no opportunity to weigh in. Here we are, a year before the 250th anniversary of our independence and this is the living definition, the living incarnation of taxation without representation. At the end of the day, there’s a really good reason for this, like the right amount going to the right place at the

right time, but residents of Ludlow deserve a voice. My bill, (H2330), gives them that voice.” Saunders said the H2330 bill would change the commission from three members exclusively appointed by the Mayor of Springfield to a seven-member board of directors. The Mayor Springfield will keep the majority

Please see **SAUNDERS**, Page 6



Youth Council Members Tanvi Sharma, Jocelyn, Deesha and friends, with IOCC Office Manager Jacqueline Farrow were some of the speakers at Friday’s event.

IOCC and Take the Mic presents Frederick Douglass’ speeches

By Amanda Munson
 Staff Writer
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LUDLOW – Indian Orchard Cultural Council and the Take the Mic Speaking Program, supported by Mass Humanities, all collaborated in creating the Readings of Frederick Douglass at Loon Pond on July 11. These readings revolved around Frederick Douglass’ keynote address on July 5, 1852, held at an Independence Day celebration. Douglass asked the crowd, “What to the Slave is the Fourth of July?”.

Based on the National Museum of African American History and Culture website, Douglass was known as a powerful orator that traveled six months out of the year to give lectures on abolition. “Douglass stated that the nation’s founders were great men for their ideals of freedom. But in doing so he brings awareness to the hypocrisy of their ideals by the existence of slavery on American soil. Douglass continued to interrogate the meaning of the Declaration of Independence, to enslaved African Americans experi-

encing grave inequality and injustice.” The readings that were held focused on Douglass’ words being spoken in public spaces like Loon Pond, in hopes to foster rich and productive community conversations. Next to the pond was a small parking lot, tables, and a hot grill ready to serve up hamburgers, hot dogs, and plenty of food to the Indian Orchard community.

Beginning with IOCC Office Manager and Parent Ad- Please see **TAKE THE MIC**, Page 6

LPD cycles through town

By Amanda Munson
 Staff Writer
 amunson@turley.com

LUDLOW – The Ludlow Police Department reintroduced the bike patrol program in the last couple of months and residents can now expect bike patrolling around town. Sergeant John Wielblad of the LPD explains further the history of the program, the department’s primary objective, and why it’s important to have more police presence around town.

“The bike patrol program has been part of the Ludlow Police Department for over 20 years. Due to staffing limitations, there have been periods when we were unable to use the bikes. About five years ago, the program was successfully brought back. I approached Chief Valadas, who himself participated in bike patrol during his time on patrol and he was fully supportive of bringing the program back. Working alongside Det. Lt. Knox, who developed the department’s updated policy, we were able to bring back the bike patrol program. The department has been fortunate to receive strong community support from organizations such as Pioneer Valley Financial Group (PVF) and the



Retired Officer Lee, Karen Randall and Chief Valadas.

Ludlow Rotary Club, both of which have generously donated bikes to the program.” When asked about the department’s local connections, Wielblad continued, “The primary objective of the bike patrol program is to strengthen community engagement at all levels. During our shifts, we make it a point to connect with youth across town, at camps, clubs, and

various public spaces. We also hand out stickers and ice cream vouchers from Elsie’s Creamery at Randall’s Farm to kids we see practicing safe bicycling. We will make our way out to Senior living areas, the River Walk, Lupa Zoo, Schools, neighborhoods, and the Reservoir

Please see **BIKE PATROL**, Page 6

LUDLOW

Kids paper making workshop blends up fun!

By Amanda Munson
Staff Writer
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LUDLOW – On July 16, the Hubbard Memorial hosted its first session of the paper making workshops, where a range of 12 to 17-year-olds learned how to make paper by hand. The second session will be occurring in two weeks, the week of July 28, that will use the paper the kids and teens made and create their own book in a book binding workshop.

For the paper making workshop, the attendees along with their parents and guardians were introduced to the delicate craft of making paper, ironically from shreds of other paper and scraps. When



Instructor Samantha showing off the paper she's made in the past for examples for the kids.

the kids were at their seats, Instructor Samantha guided them in a brief overview of what paper making entails, what materials and tools they

would need, and showing the finished product for a guide.

The beginning steps of paper making were simple, using raw materials and add-

ing it to the water, the mixture would be poured into a blender to make the paper smaller. After being blended, the mixture would get poured and suspended into a large container full of water to create a pulp. Next in the step sheet formation, using a mold and deckle which is a wired mesh screen, place it into the water and shimmy it side to side and bring it to the surface of the water, creating a layer of the mixture mentioned earlier.

Flipping the deckle upside down and placing it onto the flat and laid out cotton sheet, using a sponge, it's used to soak up any remaining water whilst allowing the paper page to be removed from the deckle. After dewatering and pressing the new piece of paper, the paper needs to dry on fabric for one to two days until it's ready to be removed and cut to size.

Described as a messy yet patient process, the kids learned how something so simple can take a long time to create. With many having questions on how many pages they just made, most realized that all their work and efforts only made one page.

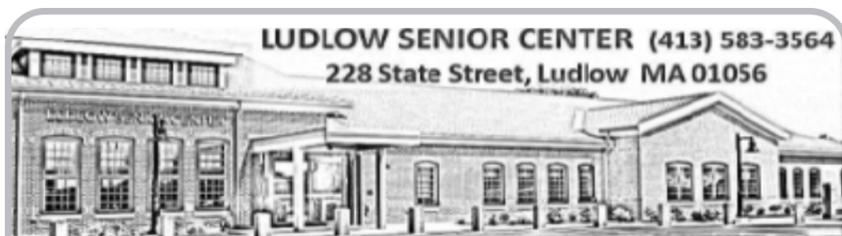
The kids were very curious with the whole process, excited to take their turn using the blender and seeing the piece of paper come alive, but



Turley photos by Amanda Munson

Shannon and Padraig were both ripping up pieces of paper to then blend up to make a paper mixture.

most importantly they all saw the effort and teamwork it made to create a unique piece of paper. Visit the library website for further information.



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

Welcome to the Ludlow Senior Center

Our calendar is packed with many fitness programs, entertainment, education sessions, and more! Reserve your lunch in the Center's beautiful dining room complete with coffee, tea, and dessert by calling a day in advance at 413-583-3564 (call Friday for lunch on Monday).

For full program and activity descriptions and general information about what a senior center is and does go to: Ludlow.ma.us. Seniors can also "like" the Ludlow Senior Center on Facebook. A paper copy of the Senior Scene newsletter is available at the Center.

Activities Calendar:
Please register in advance for items with*

Thursday, July 24

8:45 a.m. Foot Care Appointments*
9 a.m. Tai Chi
9:30 a.m. Dominos
10 a.m. Sunshine Paint
10:15 a.m. Mindful Meditation*
1 p.m. Mahjong
2 p.m. Writers Block
2 p.m. Book Club
2:30 p.m. Active Yoga

Friday, July 25

8:45 a.m. Boomer Bootcamp*
9 a.m. Reiki by Appt.*
10 a.m. Boomer Bootcamp*
10 a.m. Blood Pressure Checks
10 a.m. Job Seekers Info Table
10:30 a.m. Slow Strollers
10:30 a.m. Trivia
1 p.m. Guidance by Li*
1 p.m. Ceramics
1 p.m. Healthy Bones & Balance*

Monday, July 28

9 a.m. Knitting
9:30 a.m. Boomer Bootcamp*
10:30 a.m. Slow Strollers
10:30 a.m. PACE Talk
1 p.m. Scrabble
1 p.m. Limitless Legends
1:15 p.m. Pitch
1:30 p.m. Watercolor Pencils
2:30 p.m. Zumba Gold

Tuesday, July 29

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 Checks
1 p.m. Western Dance
1:30 p.m. Bingo
4:30 p.m. Power Pump Exercise Class
5 p.m. Movie: Blue Hawaii (1961)

Wednesday, July 30

8 a.m. Garden Club
9 a.m. Ceramics
9 a.m. Zumba Gold
10:30 a.m. Healthy Bones & Balance*
1 p.m. Movie: Beach Blanket Bingo
1 p.m. Healthy Bones & Balance*
1 p.m. TED Talk

Thursday, July 31

8:45 a.m. Foot Care Appointments*
9 a.m. Tai Chi
9:30 a.m. Dominos
10:15 a.m. Mindful Meditation*
1 p.m. Mahjong
2:30 p.m. Active Yoga

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

Daily Events:

Café: Monday – Friday 8-11 a.m.
Exercise Room: Monday - Friday 8 a.m. – 3:30 p.m. Open until 6:30 p.m. on Tuesday.
Walking Club: Monday – Friday 7 a.m. and 8 a.m., leaving from the parking lot.

Menu:

Thursday, July 24: Salisbury Steak/ Roasted Pot/Veggies
Friday, July 25: Cheese Tortellini Pepperoni Pizza Casserole/Salad
Monday, July 28: Chicken Parmesan/ Pasta/Veggie
Tuesday, July 29: Vegetable Stir Fry/ Rice/Egg Roll
Wednesday, July 30: Bacon Bleu Burger/Lettuce/Tom/Fries
Thursday, July 31: Stuffed Pork Chop/ Scalloped Pot/Veggies

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

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



At the event, Samantha commented that she has broken a couple of blenders while perfecting her recipe for paper.



John, Hazel, and Rose smiled while waiting for their turn in the messy process.

Way Finders celebrates completion of Greenstead Grove

LUDLOW – Way Finders is thrilled to celebrate the completion of its Greenstead Grove affordable apartment development located at 188 Fuller St., Ludlow, which brings 43 units of new affordable housing to the market.

You are invited to celebrate this important milestone on Friday, July 18, starting at 10am. Speakers include:

Keith Fairey, Way Finders President and CEO
Jake Oliveira, State Senator

Aaron Saunders, State Representative

Dana LeWinter, Massachusetts Housing Partnership
Jim Broderick, Way Finders Board

After the speakers, attendees will tour some of the Greenstead Grove apartments and enjoy refreshments. The event is held rain or shine.

"The housing crisis affects

all communities, all families, in western Mass.," says Keith Fairey, Way Finders President and CEO. "This new housing checks a lot of boxes. Building it supports local businesses and workers. Completing it adds to the local property tax base. And the families who occupy it enjoy affordable rents - all utilities included. Housing that benefits our local economy, our communities and our families - that's a triple win."

This brings Way Finders' total to almost 900 units, with an additional 300+ in development over the next several years.

About Greenstead Grove Nestled on five acres, the seven two-story wood-framed townhomes and one community building are in a neighborhood of single and multi-family homes. The site is across the street from the

town's new (2023) Harris Brook Elementary School. Greenstead Grove reflects Way Finders' push to increase the supply of affordable housing in suburban areas, where there is high demand and very limited supply.

Greenstead Grove includes one-, two-, and three-bedroom apartments, all at affordable rents. Three apartments are fully accessible, and another three apartments will be equipped for those who are sensory (hearing/visually) impaired.

Greenstead Grove has a separate one-story community building, the hub for Way Finders' on-site property management and resident services, where residents can do laundry and make use of the communal bike racks or enjoy the back deck overlooking the adjacent woods or tot-lot play area.

Available evenings and Saturdays.
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Sgt. Dent and Det. Lt. Knox were promoted

By Amanda Munson
Staff Writer
amunson@turley.com

LUDLOW – On June 24, Matthew Dent and Sean Knox were promoted at the Ludlow Police Department, a Massachusetts Civil Service Police Department, by passing their respective state exams. Sean Knox was promoted to Detective Lieutenant and Matthew Dent was promoted to Sergeant Dent, with both submitting letters to The Register after officially announcing the news.

From Sergeant Dent, “My name is Matthew Dent, and I am a lifelong resident of the Town of Ludlow. I attended Ludlow High School where I was the captain of the men’s varsity soccer, basketball, and track and field team. I attended Worcester State University where I was a two-year captain of the men’s soccer team. In 2018, I completed my Bachelor of Science with Cum Laude honors where I majored in criminal justice, with a minor in history. I started my career in law enforcement in 2018, working with the Hampden County Sheriff’s Department as a cadet correctional officer for a brief period. I graduated from the Western Massachusetts Police Academy in Nov. of 2019 and subsequently started the Field Training program with the Ludlow Police Department. Upon completion of the Field Training program, I was assigned to the midnight patrol shift. I was reassigned to second shift patrol in June of 2021. I am also a certified bicycle patrol officer and one of the department’s community liaison officers. In 2023, I became a Field Training Officer (FTO) and have trained several police officers since. I have received commendations for assisting in investigations with armed barricaded subjects as well as fatal motor vehicle accidents. In Jan. of 2025, I graduated from Westfield State University with a Master of Science in criminal justice. On June 10, 2025, Officer Karaaslan and I received an OUI Enforcement Achievement Award through the Mothers Against Drunk Driving (MADD) Program. On July 12, 2025, I was pro-



Detective Lieutenant Sean Knox of the LPD

moted to Sergeant and am currently assigned as a patrol supervisor on the midnight shift.”

Sgt. Dent continued, “It is a tremendous honor to have the opportunity to work as a Sergeant for the Ludlow Police Department. To be able to work in the community that has helped shape the very person that I am today is indescribable. We have an outstanding group of individuals that come together every day to make an even better team. I look forward to the future and being able to contribute in any way that I can to assist our department in its goal of crime prevention and community safety through the utilization of a proactive, community-based approach to policing.”

Detective Lieutenant Sean Knox has earned his Bachelor of Science (B.S.) in Criminal Justice at Westfield State University in May of 2024 and will begin his Masters of Science in Criminal Justice this coming Fall. Knox shared his past employment history, beginning that he was in the United States Army for various assignments, a non-commissioned officer from Sept. 2001 to Dec. 2022, and held roles as an Information Systems Operator Analyst and as a Chemical, Biological, Radiological, and Nuclear (CBRN) Specialist.

He was deployed to Iraq from 2004 to 2005 during Operation Iraqi Freedom and completed multiple leadership courses including Advanced Leadership School and Total Army Instructor Trainer Course. Knox supervised training, readiness, and performance assessments for junior soldiers and strengthened combat readiness of



Sergeant Matthew Dent of the LPD

deployable units in response to CBRN attacks. As well as developing and enforcing standard operating procedures across various units. From Apr. 2007 to Jan. 2015, Knox was a patrolman that responded to calls for service, conducted patrols, issued citations, and executed arrests. Knox served as Field Training Officer, mentoring new officers and evaluating performance, and was in specialized roles that included Radar/Traffic Unit and EMT-certified first responder. He actively participates in community engagement and outreach initiatives to enhance public trust.

In Jan. 2015 to Apr. 2018, Knox was a narcotics detective that conducted complex narcotics investigations in coordination with federal and regional agencies, including the DEA and executed high-risk warrants, controlled purchases, and suspect apprehensions in alignment with legal and procedural standards. He also directed scene operations and collaborated with interdepartmental units to dismantle drug distribution networks, completed extensive training in The Reid Technique, DEA Narcotics, and B&E evidence recovery, and documented casework through detailed reports, scene photography, and courtroom testimony.

From Apr. 2018 to present day, Knox is a police sergeant in the patrol division that leads daily patrol operations, delegating responsibilities and supervising personnel to ensure departmental goals are met. He oversees response to critical incidents, demonstrating sound judgment and calm leadership under pressure. Served as the Commander of

the Hampden County Special Response Team (HCSRT), leading joint tactical operations and regional initiatives, and manages grant funding and procurement of specialized law enforcement equipment. Knox implemented and helped shape departmental policies related to community policing, bike patrol, and the Hampden County Special Response Team.

As Union Vice President and President, Knox facilitates communication between staff and command for labor matters and policy decisions, designs work schedules, manages shift coverage, and reviews field reports for accuracy and quality. Knox served as Infectious Disease Coordinator and department liaison during health-related operational issues and is on the local mental health (L.C.I.T.) and Veteran Engagement (V.E.T.) and outreach teams.

Knox also added various projects he’s been involved with in present and prior years, like reinstating the Bike Patrol program and policy and being a founding member of the HCSRT regionalization and regional policy and past commander. Being involved with the Byrne Grant acquisition funding and equipment procurement, as well as facilitated, organized and introduced the electronic scheduling system. Knox coordinated and created the Ludlow Police Department website and continued to do maintenance, being part of the Union Executive Board (Patrol / Supervisor), Active Shooter Instructor / DART/HCAT (Hampden County Addiction Team) and “Paths to Recovery” Program - Secondary supervisor during early stages of inception. Knox also does outside detail management and scheduling, EMT equipment procurement and inspections, AED procurement, and is part of the grant team. Knox is currently working on a Police Drone program and funding through WRHSAC, the Ludlow Community Intervention Team (LCIT), the Veteran Engagement Team (V.E.T.), and the regional veteran outreach.

The Register will have coverage of their official promotions and swearing-in ceremony in a future edition.

Zonta Golf Tournament set to tee off on Sept. 6

BELCHERTOWN – Join Zonta for the 31st Annual Zonta Golf Tournament and help create a brighter future for women and girls in the community. On Saturday, Sept. 6, at Cold Spring Country Club in Belchertown, tee off is at 8:30 a.m.

Support for the causes Zonta works on is appreciated, more so this year than ever. All profits from this fundraiser are used for targeted support aimed at breaking down barriers and building a brighter future for women and girls, at a time when so many more

barriers are being erected. Registration is open for the 31st annual Zonta Golf Tournament. Details are online at www.zontaqv.org/golf. Online registration is at www.zontaqv.square.site. Sponsorships from local businesses are welcomed. Contact Mary

Knight at 413-323-4806 with any questions. Whether you’re a seasoned golfer or just looking for a fun day out, everyone is welcome. A round of golf, a delicious box lunch, and the chance to win amazing prizes for \$120.

Crafters wanted for Nov. 8

LUDLOW – Crafters Wanted for the Rosary Sodality’s Saint Nicholas Craft Fair and Raffle on Saturday, November 8, at Christ the King Church, 41 Warsaw Avenue, Ludlow, from 9 a.m. to 3 p.m.

The cost is a non-refundable \$40.00 fee for an 8-ft table which will be provided by the church. To reserve a table/s or for more information contact Debbie Martell at 413-547-8739 or Lorraine Bernier at 413-519-7658.

Light refreshments will be available.

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OPINION

GUEST COLUMN



In the eye (or nose) of the beholder

So many things in life are a matter of preference, and there is no exception when it comes to likes and dislikes in the garden.

Take, for example, the hydrangea in my front yard that is truly a kaleidoscope of blues, purples and magenta. My husband prefers all blue hydrangea flowers, and would love if I would give the bush a watering of "Miracid" so that it will conform more to his liking.

But alas, I tend to enjoy the circusy feel, and will probably continue to let it do its thing without any help from me. Likewise, if you prefer the pink shades instead, you can use lime to make the soil more alkaline.

Do you ever wonder how this process works? It's a matter of making aluminum ions more readily available or not, and that process is pH dependent.

Another area where he and I tend to disagree is whether or not Bugbane, *Actaea* (formerly *Cimifuga*) *racemosa*, deserves a place in our perennial border. The plant is really unique, in that it sends up loads of four-five foot tall white flower spikes, even in the shade.

It's a beefy plant once full grown. I consider it a "specimen" like the Peony or Baptisia, where one will do the trick.

The flowers are blooming now and will continue to put on a show for a good few weeks.

So, you ask, what is the problem? Simply put, it's the smell. The plant reeks. It's all for good, though, since the acrid smell lures flies to pollinate it!

My husband loathes the smell and has given it the not so nice nickname of "stinky flesh plant." I am not sure how he came up with that, but each year he is always pretty vocal about the stench when it is in bloom.

As a sidebar, the flies are doing their job, in turn making viable seeds. I know this for certain, since a few of them have sprouted over the years. Welcome volunteers, at least as far as I am concerned!

What is the consensus on Hosta flowers? Should they stay or go? I used to be of the "go" camp until earlier this morning, in fact, when I saw a hummingbird frequenting the blossoms! That changed

my mind in a hurry.

While it's true that Hostas are better known for their foliage which is often beautifully variegated, the light lilac flowers are pretty in their own right. A handful of pendulous bells hang from the tips of the stems that seem to float above the foliage.

Hostas are not very demanding and are best known for their use in a shady border. Most will burn if planted in the sun, although golden leaved varieties seem to fair better in sunnier locales. In general, most varieties look great paired with Astilbe and Ferns.

I've mentioned the "take it or leave it" attitude in prior columns towards the smell of Marigolds. I am definitely a "take it" girl on this one. In fact, the fragrance, in and of itself, transports me back to the Grange Hall of my youth and their annual summer fair where I would, and still do enter the flowers in the "Cut Flower" category.



Both the larger double petal African and the smaller French types are represented. Besides looking good in the vase, Marigolds are said to repel aphids and other insects from neighboring plants, and supposedly even able to keep underground nematodes at bay.

Maybe they are worth the odor. Or maybe the fragrance? You be the judge.

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For 33 years she has held the position of staff horticulturist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to pouimette@turley.com with "Gardening Question" in the subject line.



DAVE GRANLUND © www.davegranlund.com

GUEST COLUMN

Summer health hazards – besides the heat

If you can't stand the heat – too bad. The National Weather Service is forecasting above-normal temperatures for a good chunk of the country in August, except where tropical storms and hurricanes are expected.

You can't win.

I wrote earlier this summer about the hazards of excessive heat, from heat rash to heat stroke, which is potentially fatal. Today, we'll talk more about a few common summer health hazards that we all need to watch out for.

Ticks

Ticks have to be one of nature's grossest arachnids. When you or a pet gets a tick bite, the tick (usually a female) does all it can to hold on and literally feed on your blood in order to lay its eggs. As it does, its body expands from something you can barely see to the size of a coffee bean – about 200 times larger.

You usually won't feel a tick bite, which is why – after you've been outside – it's a good idea to check your legs for the presence of ticks. It's even better to have someone check you over, because they also favor warm and moist areas where they can hide, such as joints, armpits and genital areas. It usually takes 24 hours for a tick to start transmitting bacteria, so the sooner you remove it, the safer you'll be.

Problems may arise two to four weeks after you've been bitten, when tick-borne illnesses like Lyme disease and Rocky Mountain spotted fever will kick in, potentially causing rash, flu-like symptoms, joint pain, chest pain and gastrointestinal issues (vomiting, diarrhea.) If you remove a tick that has bitten you, tape it to an index card or keep it in alcohol so it can be identified in case you get sick.

The best way to deal with ticks is to avoid getting bitten in the first place by wearing appropriate clothing (for example, long pants tucked inside long



socks) and applying insect repellent containing DEET. Keep your pets safe with flea and tick prevention recommended by your vet.

Dehydration

Especially during hot weather, our bodies experience greater "insensible loss" of moisture through our skin. It's how we cool ourselves through perspiration, and we can lose a lot of water in a short period of time.

Dehydration -- literally the lack of water -- affects us in many ways. You may not even realize you're dehydrated because you won't necessarily feel thirsty.

People who are mildly dehydrated can experience irritability, fatigue and lightheadedness, which can progress to confusion, fainting and symptoms of shock as the brain experiences less blood flow. Severe dehydration may even lead to unconsciousness, coma and organ failure if left untreated.

Everyone needs different amounts of water, depending on age, weight and level of activity. The rule of thumb is six to eight glasses a day (about 64 ounces) for a healthy 150-pound person, but there's a better way to determine if you're getting enough water: your urine.

If your urine is the pale yellow of lemonade, you're probably getting enough water. Bright yellow urine means you need to drink more.

COVID-19

Yes, it's the virus that keeps on giving. The summer wave of COVID showed up right on schedule in June, with emergency rooms seeing a 15 percent increase in treating people who have COVID, and hos-

pitalizations for severe cases increasing by 25 percent.

While researchers are working to understand the new variants, which appear to be more transmissible, there are two pieces of good news.

First, the variants appear genetically similar to previous variants, so existing vaccines should remain effective. Also, most of us have built up significant immunity because we've had the vaccines and we've likely had COVID ourselves.

So if it's been six months or more since your last COVID booster, head to your doctor's office or the local supermarket or pharmacy for a fresh one. And I do recommend that, if you're traveling on crowded airplanes this summer, wear an N95 mask.

Falls

The aforementioned hazards of heat and dehydration, when they result in fainting or dizziness, means we are more susceptible to falls, and this is especially true of our seniors.

Also, we're outside more, around slipper surfaces (like poolsides) and maybe wearing the wrong shoes, making slip-and-falls more common, too. Again, protect yourself by staying hydrated and not getting overheated in the hot days to come.

Cooler days are coming, if we can just hang in there and stay safe.

Teri (Dreher) Frykenberg, a registered nurse and board-certified patient advocate, is the founder of Northshore Patient Advocates LLC (NShore). She is also founder and CEO of Nurse Advocate Entrepreneur, which trains medical professionals to become successful private patient advocates. Teri offers a free phone consultation to newspaper readers as well as to nurses interested in becoming advocates. Reach her at Teri@NurseAdvocateEntrepreneur.com.

The REGISTER

LETTERS TO THE EDITOR

Letters to the editor should be 250 words or less in length. No unsigned or anonymous opinions will be published. We require letter writers to include his or her town of residence and home telephone number. We must authenticate authorship prior to publication.

We reserve the right to edit or withhold any submissions deemed to be libelous or contain unsubstantiated allegations, personal attacks, defamation of character and offensive language.

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

Send letters to: The Register, 24 Water Street, Palmer, MA 01069 or email theregister@turley.com. The deadline for submissions is Friday at noon.

SUBMISSIONS POLICY

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

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

Publicity chairpersons are encouraged to send in news about upcoming fundraising or other calendar events at least three weeks before the event.

If you are having difficulty with a press release or need help, please call (413) 283-8393.

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

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ELECTION LETTERS POLICY

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

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

Campaign news

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

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

NEWS & FEATURES

As a paper of record, we attempt to cover all general news, personality profiles, and community features that we know about. This includes all selectmen and school committee meetings as well as spot planning board, board of health, finance, and other town meetings determined by the issue's relevance to our readers. There are the annual major community event features that we should always cover, but we are more than open to suggestions of other features to celebrate the fabric of our communities and their many interesting occupants. Our loyal advertisers provide funding for this paid staff coverage.

For more information on news or community features for The Register, please email theregister@turley.com.

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What's Happening at Hubbard Memorial Library

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

Library Hours: M, W, F 9-5, TU, TH, 9-8, S 9-1. Closed Sundays and holidays.

FOR ALL AGES

Social Services Drop-In, Wednesday, July 2, 11:00 a.m. Come meet with our Social Worker for assistance with getting connected to food pantries and applying for food stamps, health insurance questions, referrals to treatment and support groups, supporting those with mental health concerns, free fentanyl test strips and condoms AND MORE! This program is made possible through the Mill Town Public Health Coalition.

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

FOR ADULTS

Tuesday Movie Club: Jaws, Tuesday, July 15, 12:30 p.m. Jaws (1975), directed by Steven Spielberg, is a thrilling summer classic about a small beach town terrorized by a giant great white shark. Police Chief Brody, a marine biologist, and grizzled shark hunter team up to stop the deadly predator. The film stars Richard Dreyfuss and Roy Scheider. Drop in or register!

The O-Tones Indoor Concert, Tuesday, July 22, 6:00 p.m. Jam out with The O-Tones, a swing and motown band from Mass! They will melt your hearts and get your feet dancing! Their songs are well loved, coming from many different eras, just like the guests they play for. Sponsored by the Ludlow Cultural Council. Please register.

A Love Story Book Club Meeting (new!), first Tuesday of the month, 6:30 p.m. Join us for the 2nd meeting of our new book club! Every book chosen will represent themes of love & romance. Come pick up your copy of Summer of '69 by Elin Hilderbrand at the circulation desk.

Mass Center for the Book Monthly Reading Challenge Each month, you'll be challenged to read a book based on a chosen theme. Those who participate will be entered to win a free book! For more information and to sign up, please visit massbook.org/readingchallenge.

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

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

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

FOR TEENS

Anime Club, every other Thursday, July 24 and August 7, 3:30 to 5:00 p.m. For middle and high schoolers. Watch and talk about Anime, eat snacks, try out your cosplay, and learn about Anime. Registration recommended.

Read Between the Lines High School Book Discussion Group, last Friday of month, July 25, 3:00 to 4:00 p.m. For ages 14-18. Fun, relaxed book discussion for high schoolers. The group picks the books. This month's book, My Lady Jane, by Cynthia Hand, Jodi Meadows, and Brodi Ashton is available in the Youth Room. Please register.

Book Binding for ages 13-17, Thursdays, July 31 and August 7, 5:30 to 7:30 p.m. In the July session you will learn how to sew pages of handmade paper for the inside of your book. Please register. NOTE: You must attend both sessions to make your book.

Nintendo Switch Night for YAs, Tuesday, August 5, 6:00 to 8:00 p.m. For middle and high schoolers. Play Mario Kart, Smash Bros, or other Switch games. Free pizza sponsored by the Friends of the Library! 16 person limit. Please register.

FOR CHILDREN AND TEENS

Tween Graphic Novel Book Group, Thursday, July 24, 5:00 to 5:45 p.m. For ages 9-13. Meet to discuss graphic novels, play games, and make crafts. This month the group is reading Dungeons & Dragons: Dungeon Club: Roll Call, by Molly Ostertag, which is available in the Youth Room. There will be snacks! Please register.

Balloon Olympics, Friday, July 25, 11:00 a.m. All ages. Goofy fun - our version of Summer Olympics! Please register.

Book Making for ages 8-12, Tuesday, July 29, 3:00 to 5:00 p.m. Use handmade paper and learn how to sew pages together to make your own book. Please register.

Youth Crochet Club, every other Tuesday, July 29, 5:30 to 6:30 p.m. For ages 10-17. For beginner to experienced crocheters; supplies provided or bring your own. Registration recommended.

Movie: The Wild Robot, Wednesday, July 30, 1:00 p.m. Rated PG. Enjoy free popcorn and drinks, and take home a Wild Robot activity packet after the show. Drop-in.

Harry Potter Scavenger Hunt and Celebration, Thursday, July 31, 9:00 a.m. to 8:00 p.m. Celebrate Harry's birthday! Find all the Harry Potter pictures in the Youth Room to win a prize, plus enjoy other wizarding-themed crafts and activities. Drop-in.

Canvas Tote Painting for Tweens & Teens, Monday, August 4, 3:30 p.m. For ages 10-17. Use stamps, stencils and fabric paint to design your own bag. Please register.

Sidewalk Chalk Art, Wednesday, August 13, all day. All ages. We invite the community to create art on our sidewalks to express your appreciation for books and the library. Drop in.

Wicked Trivia Night for YAs, Tuesday, August 19, 6:30 p.m. For tweens & teens. If you're obsessed with the movie Wicked,

Please see **HUBBARD**, Page 10



All About Town

LUDLOW

LUDLOW – We are featuring town employees to recognize and thank them for their hard work and dedication.

These town employees are what help keep our communities running, providing resources, help, information, fun events, organization, and more for us to enjoy.

Here is an interview with Town Administrator Marc Strange.

What is your favorite thing about the town?

Town pride. I am always heartened to see and hear how much residents care about this community and want the best for it. It's inspiring.

What do you do in your position?

As the Town Administrator, I do a little bit of everything like manage day-to-day operations for the Select Board, create and present the annual budget and capital improvement plan, personnel management, procurement, grant management, collec-

tive bargaining contract negotiations, constituent services, project management, problem solving, and much more.

Describe an average day at the office?

I don't know that such a thing exists for Town Administrators! Every single day is different and presents its own challenges and opportunities. It's one of the big reasons why I love the work.

Tell me a bit about you. Are you a resident? What's your education?

I have been in municipal management and public administration for the past 10 years. I was previously the Director of Planning & Development for the Town of Agawam and a Select Board member in my town. I hold an undergraduate degree from Syracuse University and a Juris Doctorate from Western New England Uni-



Town Administrator Marc Strange

versity. I am an attorney licensed in both New York and Massachusetts. And I love living in Western Massachusetts!

What other departments or committees/boards do you work closely with?

I am directly accountable to the Select Board, but we also work closely with the Capital Improvement Planning Committee and Finance Committee. We work closely with every town department.

What is the most fulfilling part of your job?

Helping people and problem solving. Beyond all else, I am most fulfilled whenever I get to help someone solve a problem and hopefully--improve their situation and increase their quality of life.

What inspired you to take on the position?

I had been a department head in Agawam for sev-

en years and a Select Board member for three years and felt like I was ready to take on the greater challenge of being a Town Administrator. And am grateful every day that the Ludlow Select Board entrusted me with the responsibilities.

Where is your office located? What are your office hours?

We are located on the 3rd Floor at Town Hall, and we have the same office hours as other Town Hall departments: Monday, Wednesday, Thursday 8 to 4:30 p.m., Tuesday 8 to 5:30 p.m., Friday 8 a.m. to noon.

What do you want the community to know about your position?

My goal every day is to improve the quality of life of Ludlow residents and businesses.

Compiled by Amanda Munson, staff writer, if you know of a town employee that we could feature please email amunson@turley.com

KORNACKI from Page 1

to your commitment as a full-time sworn police officer, and dedication to the police department and to the town of Ludlow. The Ludlow Police Department wishes you continued health, happiness, and prosperity in your future endeavors," ended Valadas.

Select Board Member Anthony Alves spoke on behalf of the board and the town, "I am happy to be here to recognize and congratulate Kornacki on his career. We celebrate the man and the career, the career of commitment, integrity and professionalism that stand over 30 years for the town. On behalf of the Town and the Select Board, we are proud to present this Certificate of Recognition to David Kornacki from his retirement from the police department. Dave has been an integral part of the police department for 31 years and his dedication did not go unnoticed. With deep appreciation for your outstanding contributions and the dedication to the Ludlow community, we the Select Board present this Certification of Recognition to Detective Lieutenant Kornacki."

Speaking with Kornacki after the certification ceremony, the detective shared his feelings after officially retiring, whilst smiling ear-to-ear

menting, "If you think I'm talking about you as I'm talking about people who have helped me along the way, I am. I'm thinking about all these people today. I feel young, I feel healthy, I'm fortunate and grateful for my physical and mental health. Even though I'm retiring, there's something else out there for me. We've had a front row seat to all walks of humanity throughout our careers, so we know how to deescalate, talk to people, solve problems, so there's a ton of stuff out there that I'd like to do. If you had asked me to plot out the perfect career, my dreams would have fallen short of the actual career I had. To retire as detective lieutenant, it's amazing."

answer the questions, because there was a day when I was the one asking the questions.' I don't remember the day that happened, but at some point, I became the answer provider. It's a subtle change and it's a transition that happened without you realizing it. The wheel of law enforcement just keeps rolling and we'll continue to seamlessly do this job, as one drops off for retirement, another one takes its place."

Kornacki continued, "As I retire, Detective Lieutenant Sean Knox is poised to take my place, and he's prepared to take what I've done and bring it to the next level. And that's what this job is all about."

Kornacki ended by com-



Det. Lt. David Kornacki with his brother, mom, and daughter who all attended his retirement party held at the LPD.



Det. Lt. David Kornacki and Chief Valadas with Kornacki's Certificate of Commendation from the police department.



Det. Lt. David Kornacki and Select Board Member Anthony Alves with Kornacki's recent Certification of Recognition.

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PARKING from Page 1

park, again, we're not going to build parking because I'm not for spending money on something that we have to build and then maintain. We're not even associated with Springfield Water, so I think we need to post something saying hours of operation for the reservoir. Because I would say at any

point, traffic is increasing now with the advent of being able to park where you can park. Because in the past, and probably say to yourself too, if you drove by and that little parking area was full you drove home. Or you parked across on Reservoir Street and walked across, but more people than not would just go, 'no parking, I'm leaving'. I just see the fact that what possibly

could happen is the reservoir closes at 7:30 p.m., the gate closes at seven, and obviously as daylight goes the thing that concerns me is the safety issue."

Rosenblum continued, "Also, the advent of Springfield Water saying, we have security there until eight but we've got six cars parked there. People are fishing from nine to 9:30 p.m. and it kind of gets into the safety aspect of it too. It's sticky because it's a public place and we really can't tell people they can't park there. If it gets abused and there's a lot more traffic than there normally is, what's going to happen is Springfield Water is going to turn around and say, 'sorry we're closed'. I really don't want it to get to that point. I just hope people will adhere to the hours that they're open."

Chairperson Manuel Silva added that there should be a sign posted stating, 'Please be respectful of people at the cemetery.' Member Anthony Alves thanked Chief Valadas for his recommendations and ideas submitted to the board for review, "But even as he says in there, most of those ideas are difficult to enforce, you're not going to be able to have the police presence and all that. Hopefully we

can rely on people being respectful and being good neighbors. I don't know how else you can police this situation."

Following up with Town Administrator Marc Strange on July 16, he submitted this quote to The Register stating, "The Select Board is requesting that the DPW get quotes for "Cemetery Parking Only" signs or messaging to that effect."

SAUNDERS

from Page 1

with four members and the balance of the three members would come from community members who pay in for Springfield Water and Sewer. Specifically paying for drinking water, waste water, or both.

"Along with that and the establishment of an advisory board that would play an oversight role for the commission, to keep an eye on things like this and ask why are they raising this fee? What's it going towards? Is there a better way to do it and less costly for rate payers? It will also establish an independent person that rate payers could disagree with what's happening with their bill or their service. We're not reinventing the wheel, we're basing it on how the Massachusetts Water Resource Authority operates and that's the largest water and sewer service in the commonwealth. It serves them well as a model, having an advisory board and a board of directors with representation from all parts of the operation. At the end of the day, it's an urgently needed change that's fundamental to democracy. It's very much a Ludlow issue as much as it is a regional issue, and I am glad the bill has support from Senator Oliveira who represents the City of Springfield, Representative Michael Finn, Representative Kelly Pease is a co-sponsor of the bill. When you have these instances both chambers and both parties say this bill makes a lot of sense, I'm hopeful we'll have quick movement on the bill and fulfill the promise of 250-some-odd years ago of ending taxation without representation in the commonwealth," ended Saunders.

On Tuesday, July 22, State Rep. Aaron Saunders will be at the bill hearing, The Register will continue to follow. To stay up to date on the bill, visit legiscan.com/MA/bill/H2330/2025

TAKE THE MIC

from Page 1

visor Jacqueline Farrow and President of the IOCC Zaida Govan for the Frederick Douglass reading event, both described their connection towards the annual event and the IOCC collaboration with two different departments. Douglass was described as being a fan of Western Mass and the IOCC wants everyone to know that the Indian Orchard and beyond is a historical community.

Farrow began, "We put a lot of planning into this and we're hoping next year people come back for a chance to honor Frederick Douglass who did a lot for our country. We're hoping to expand this event next year. Frederick Douglass was a strong abolitionist and he did a lot for African Americans, a lot of advocating, he educated himself and he was a brilliant person. He did a tremendous amount for African Americans which is why we're honoring his work as an activist."

Belonging to the IOCC since 2015, Govan spoke about her experience beginning as a board member. "I was on the board as a member, I noticed that we just had board meetings but didn't do much necessarily like community events. I had the opportunity to become the president at the IOCC and I began doing things in the community like the food truck festival, this event, participating in National Night Out, and community fairs. We developed a youth council which I am so proud of. Some of the youth are here today and when I became president, those are some of the things I wanted a neighborhood board to do. That's what we should be doing, getting to know our neighbors and being just neighborly. Ayanna Crawford started this event five years ago with the Take the Mic program, what we've been doing for the



Natalie Mercado with Harmony from Sweetera & Co. food truck served free ice cream sundaes to cool off before the speeches.

last few years since the pandemic, we did it online and last year we received a grant from Mass Humanities to put this on. We were excited because it gave us an opportunity to bring in more people, offer food, and make it more fun. Since then, this is our second year receiving a grant and reminding people of the history and teaching some who've never heard the Frederick Douglass' Fourth of July speech."

Senior Activities Coordinator of the IOCC Debra Bonsu who's been part of the council for four years commented how much she loves working with the community and encouraged anyone interested to join. State Representative Orlando Ramos (D-Indian Orchard) has been serving Indian Orchard for over a decade and previously was a city councilor, spoke about his involvement with the Frederick Douglass reading event, highlighting that he wanted to support the IOCC and the Take the Mic program. "I am here to support, Ayanna Crawford put this together with the help of the funding of the IOCC and Mass Cultural Council. They put in a lot of work into this event every year, this year is the fifth year and it gets bigger and bigger. I knew of Frederick Douglass because I



State Representative Orlando Ramos (D-Indian Orchard) was one of the many speakers that voiced Douglass' words to the crowd.

loved studying history. I often quote him and I think it's important to teach our children the history of our country."

IOCC Youth Council Members all shared how they joined initially and their feelings before speaking to the crowd, Tanvi Sharma started first by saying, "I first joined the youth council a year ago because my Dad was friends with Jacqueline Farrow. Deesha and I began helping out at events and now I will be working at Farrow's office this summer like she did! I've spoken aloud a lot and at school, I am part of a book club too and it's not that nerveracking. It's going to a good cause." Deesha added, "I started working at the Citizens Council as an



Carlos Otero Santos, Carlos, and Elizabeth Santos smiled bright before the speeches began.



Senior Activities Coordinator Debra Bonsu was proud to be helping out at the event, whilst sharing her Daughter Bianca Bonsu's recent academic achievements.



Volunteers and Grill Cooks Ted and Equawn were proud to serve the Indian Orchard community.

intern over a year ago and then Jackie introduced me to the youth council and thought it was a great way of getting community service. When you start putting yourself out there speaking more and more, it becomes natural" Jocelyn added, "My Mom's friend is Jackie and that's how I was introduced. My advice to those going up to the microphone today is to try their best."

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Officer Dobek, Retired Detective Lt. Kornacki, and Retired Officer Lee.

BIKE PATROL

from Page 1

in town. I believe having a bike patrol presence in town is important for several reasons. First, it makes officers more approachable and accessible to the public. Second, it offers a different type of interaction between officers and citizens, one that's proactive and positive, rather than reactive during calls for service. Overall, the program has had a very positive impact on both the community and the department."

For the police department, Wielblad explained the bikes that residents can look out for when they spot the bike patrol.

"The department has two bikes purchased internally, four bikes donated by PVF, and most recently, two e-bikes donated by the Ludlow Rotary Club. One of the most rewarding aspects of this program is seeing each officer bring their own ideas and perspectives on how to best engage with the community. This variety creates new and meaningful ways to connect with residents. I'd also like to note that having a supportive Chief who was open and enthusiastic about reviving the program made a significant difference, it has truly helped us reach the community on a more interactive and personal level."



Sgt. Wielblad at the Ludlow Boys and Girls club handing out stickers on bike patrol.

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Monson takes care of Ludlow B



LUDLOW – Last Monday evening in girls soccer B Division action, Monson was able to defeat Ludlow 6-1. Heading into the final week of the regular season, Monson was on top of the B Division with an 8-1 record. Ludlow is in a four-way tie for third place with 18 points, a 6-3 record.

The playoffs are set to begin next week in the PVSSL.

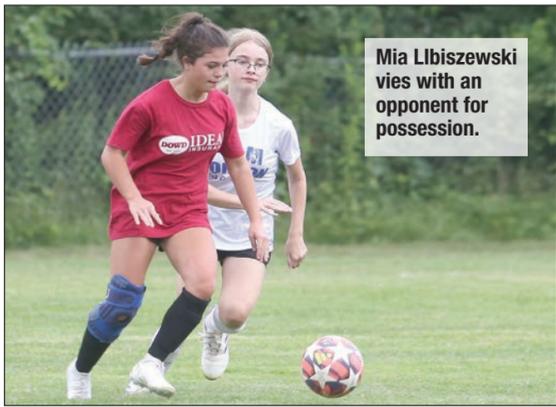
Samantha Gianna hustles up the field for Ludlow.



Morgan Vala looks for the open teammate.



Samantha Gregory tries to get around an opponent.



Mia Llbiszewski vies with an opponent for possession.



Alanna Jedrzejczyk takes over possession and heads past midfield.



Eliana Williams chases down the loose ball.

Western Mass. softball captures gold

DEVENS – Earlier this month, the entrant from Western Massachusetts captured the gold in this year's Bay State Summer Games for softball.

The tournament began this year with West team actually suffering a loss 3-0 in the opener playing in the Willard Field Complex in Devens. The tournament

started on July 8 with two games. Following an opening loss, the West bounced back with a 4-3 win over the Northeast team.

Action continued on Wednesday July 9 as the West scored two wins in the game. They defeated Metro 2-1 and then trounced on the Central Mass. team 10-2 to earn a spot in the gold med-

al game, which took place on Thursday, July 10. The West found itself in a rematch with Coastal and this time prevailed in a slugfest, winning 11-7. Among the players on this year's team from Western Mass., Chelsea Hull of Monson High School, Agawam's Alexina Lentes, and Holyoke's Mia Bauer were on the team.

Catalano scores win at Monadnock

WINCHESTER, New Hampshire – For Tommy Catalano, watching his brother Trevor earn his first NASCAR Whelen Modified Tour victory at Monadnock Speedway last year was emotional for several reasons.

Trevor's triumph came in only his eighth NASCAR Whelen Modified Tour appearance. Entering Saturday's Duel at the Dog 200 at Monadnock Speedway, Tommy had 96 career starts on his resume, none of which had resulted in a win despite several close calls.

Years of patience and hard work brought a second Catalano to Monadnock's Victory Lane in thrilling fashion.

Tommy was tasked with fending off Patrick Emerling during an overtime restart while on older tires. Emerling briefly took the lead from Tommy, but a nudge to Emerling's back bumper knocked him out of the groove just enough for Tommy to earn an emotional breakthrough victory by the slimmest of margins – .007 seconds.

"I didn't really want to get [Emerling] like that into [turn three]," Tommy said. "I was hoping to kind of move him up the hill a little bit. Everyone was kind of tight right there. Justin [Bonsignore] was right on my bumper. It's unbelievable.

"Hopefully this isn't the last one."

After starting 12th, Tommy cycled to the second position after electing to stay on

track during a caution with 42 laps remaining that, ironically, involved his brother Trevor.

Tommy lined up second behind Luke Baldwin for the ensuing restart, with Tyler Rypkema providing the two a buffer between Emerling, who led the remaining lead lap cars off pit road. Knowing he needed to move quickly, Tommy dove underneath Baldwin in Turn 1 to take the lead, which also pinned Emerling on the top line.

By the time Emerling worked his way back to second behind Tommy, another caution would trigger an overtime restart. The fastest car at Monadnock all evening would now be lined up to Tommy's outside for the final two-lap sprint, but even with the odds against him, the seasoned veteran was not ready to surrender the win just yet.

Emerling led at the white flag. Through determination and sheer will, Tommy led at the checkered flag, albeit just barely.

The scene in Victory Lane was nearly identical to last year's Duel at the Dog 250, with the only difference being the role reversal of the brothers.

As the Catalanos celebrated, Emerling felt a mix of frustration and disappointment with his second-place effort. He was critical of the maneuver Tommy pulled on him to take the victory but does not plan to linger on Saturday's defeat for long.

"We had the best car today," Emerling said. "We led

basically the whole race and the whole team executed really good. We were doing exactly what we had to do and had the race won in the last corner but got smashed out of the way. That's not the type of racing that I do, but I guess that's how it goes."

If Emerling had edged Tommy at the line, he would have snapped a streak of different winners to open 2025, having previously won at New Smyrna Speedway. Austin Beers' victory at Lancaster Motorplex last weekend tied the record for seven different winners in seven events that was set in 1999.

Instead, Tommy's valiant effort during the final laps set a new NASCAR Whelen Modified Tour record; eight winners in the first eight races.

Building up Catalano Motorsports has been a prolonged, methodical effort not only by Tommy, but his mother Amy, his father Dave, his brothers and every member of his team. That elusive first victory finally arrived on Saturday, a day Tommy wasn't sure would ever materialize.

"It's just nuts," Tommy said. "You see all the people that have won so far this year and if you said any of them were going to win their second race [this year], that wouldn't have surprised me at all. To come here and do what we did is phenomenal.

"You start getting down

Please see **RACING**, Page 10

Pioneers grab win in playoffs

By Tim Peterson
Sports Correspondent

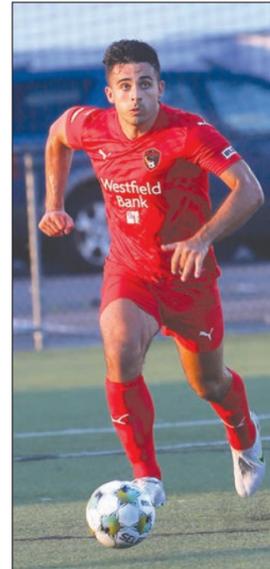
LUDLOW – Four days after giving up a pair of stoppage time goals and having to settle for a tie against rival Vermont Green FC in the regular season finale, the Western Mass. Pioneers hosted the Long Island Rough Riders in a USL League Two play-in match.

Once again, the Pioneers held a two-goal advantage late in the second half, but this time there wouldn't be any miracle comeback by the opposing team. The Pioneers advanced into the Eastern Conference quarterfinals with a 2-0 shutout victory before a large crowd at Lusitano Stadium, last Tuesday night.

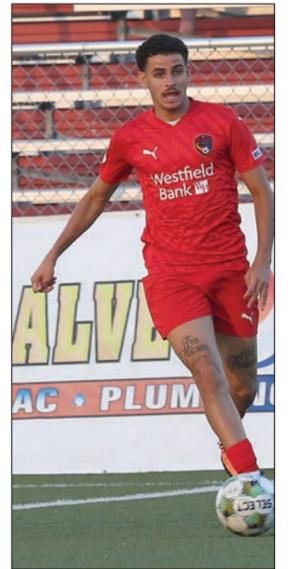
"We're very happy with this result, especially after what happened on Friday night," said longtime Western Mass. Pioneers head coach Federico Molinari. "It was in the back of my mind during tonight's game. You just hope it doesn't happen again."

The Pioneers, who finished the regular season with a 10-1-3 record, played their last home game of the season.

Pioneers' goalie Trey Sheppard, who made his first home start of the season against Vermont, was feeling



Juan Hermoso heads up the field but eyes an open teammate.



Israel Neto makes a quick pass during recent action.



Rees Sheppard socks a free kick away.

much better after posting his first shutout against the Rough Riders.

"I didn't sleep very well the other night, but I received a lot of support from my teammates," said Sheppard, who's from Columbus, Ohio. "I just forgot about the past and focused on tonight's game. I'm really looking forward to playing for this team again next year."

Sheppard is also one of the goalies listed on the Amherst College men's soccer roster. The Mammoths are the defending NCAA Division 3 National Champions.

Sheppard, who's going to

Please see **PIONEERS**,

Page 10



Gustavo Barbosa gets a leg on the ball.

PUBLIC NOTICES

Ludlow Public Schools Destruction of Special Education Records

Please be advised that the SPECIAL EDUCATION RECORDS from the Ludlow High School Class of 2018, along with the records of students released from special education services during the 2017-2018 school year, will be destroyed the week of **August 4, 2025**. If you wish to obtain your records, please contact the Special Education office at 583-8372, ext 1216 prior to Friday, August 1, 2025, in order to make arrangements for pick up. Please note that identification will be required at the time of record retrieval.

07/09, 07/16, 07/23, 07/30/2025

Commonwealth of Massachusetts The Trial Court Probate and Family Court Hampden Division Docket No. HD25P1247EA Estate of: Leonel Goncalves

INFORMAL PROBATE PUBLICATION NOTICE

To all persons interested in the above captioned estate, by Petition of Petitioner **Lisa M Lavin of Dorchester, MA** a Will has been admitted to informal probate.

Lisa M Lavin of Dorchester, MA

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

The estate is being administered 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 from 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.

07/23/2025

Commonwealth of Massachusetts The Trial Court Probate and Family Court Hampden Probate and Family Court 50 State Street Springfield, MA 01103 (413)748-7758 Docket No.

HD25C0200CA In the matter of: Sandra Sylvia Salois Hill CITATION ON PETITION TO CHANGE NAME

A Petition to Change Name of Adult has been filed by **Sandra Sylvia Salois Hill of Ludlow, MA** requesting that the court enter a Decree changing their name to:

Samantha Hill IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: **Hampden Probate and Family Court before 10:00 a.m. on the return day of 08/12/2025.**

This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. **Barbara M Hyland**, First Justice of this Court.

Date: July 15, 2025

Rosemary A Saccomani
Register of Probate
07/23/2025

Commonwealth of Massachusetts The Trial Court Probate and Family Court Hampden Division Docket No. HD25P0011EA Estate of: HELEN A. PADEGENIS Date of Death: April 22, 2025

INFORMAL PROBATE PUBLICATION NOTICE

To all persons interested in the above captioned estate, by Petition of Petitioner **CORRIE MARINO of WESTBOROUGH, MA**

a Will has been admitted to informal probate.

CORRIE MARINO of WESTBOROUGH, MA

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

The estate is being administered 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 from 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.

07/23/2025

Commonwealth of Massachusetts The Trial Court Probate and Family Court Hampden Probate and Family Court 50 State Street Springfield, MA 01103 (413)748-7758 Docket No. HD24P1981EA Estate of: Donald Gene Ramsey Also known as: Donald Gene Date of Death: 04/20/2024 CITATION ON PETITION FOR FORMAL ADJUDICATION

To all interested persons: A Petition for S/A - Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by **Sonya E Gonzalez of Anderson, SC** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Sonya E Gonzalez of Anderson, SC** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a writ-

ten appearance and objection at this Court before: **10:00 a.m. on the return day of 08/08/2025.** This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. **Barbara M Hyland**, First Justice of this Court.

Date: July 11, 2025

Rosemary A Saccomani
Register of Probate
07/23/2025

PIONEERS from Page 4

be a sophomore in the fall, missed most of the Pioneers regular season because the Amherst men's soccer team made a trip to Europe where they played several matches.

"It was definitely a very cool experience," he said. "We played a few games over there, but I'm very glad they gave me an opportunity to play here."

Sheppard certainly enjoyed having a solid defense in front of him led by Pioneers captain Aidan Kelly, who's a member of the UMass-Amherst men's soccer team.

"Aidan is a great defender," Sheppard said. "He makes all of the plays."

The other three Pioneers starting defenders in the home finale were Jaiden Willems, Juan Hermoso, and Gustavo Barosa.

Willems suffered an injury in the middle of the first half against Long Island (9-3-1). He was replaced by Jared Smith.

"I thought Jared was the man of the match," Sheppard added. "We have a very good defense."

The play-in match was scoreless until the 26th min-

ute of the opening half.

That's when Mamadi Jiana, who graduated from Chicopee High School, received a pass from Israel Neto before blasting a shot into the net.

"I felt very good after scoring what turned out to be the game winning goal in front of the hometown crowd," said Jiana, who mostly likely played his final match wearing a Pioneers jersey at Lusitano Stadium. "It's always very special whenever we're playing at home."

A couple of minutes later, Neto fired a shot from the

top of the box, but Long Island goalie Ethan Wood

managed to knock the ball over the crossbar resulting in a corner kick.

The Pioneers held a 1-0 halftime advantage.

In the middle of the second half, Neto chipped a pass from the right side of the box to a wide Santiago Blasco Gomez, who put the ball into the net giving the Pioneers a 2-0 advantage.

Unlike what happened in the regular season finale, Sheppard and the defense didn't allow the Rough Riders to make a late comeback.

RACING from Page 4

thinking it's not meant to be, but you keep plugging away and keep at it."

Kyle Bonsignore finished third in his 100th NA-

SCAR Whelen Modified Tour start, followed by his cousin Justin Bonsignore and Beers. The rest of the top 10 included Rypkema, Baldwin, Stephen Kopcik, Craig Lutz and Anthony Nocella.

HUBBARD from Page 5

show off your knowledge to win prizes! Please register.

Pokemon Club, every Wednesday through August 20, 3:30 to 4:45 p.m. For ages 8-14. Trading, dueling, and gaming on your own handhelds, phones, or Nintendo Switch. Please have your name on everything you bring to the club. Please register.

Lego Build Challenge, every Wednesday, 9:00 a.m. to 5:00 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.

Friday Online Club, every Friday, 3:00 to 4:45 p.m. Play Roblox, Minecraft or other online group games at the library. Meet new friends or play with old ones. Feel free to use one of the library Minecraft accounts: please sign up for your own Roblox or other accounts. For grades 3-8. Please register.

FOR CHILDREN

Summer Grow, Play and Learn Playgroup, Thursdays through August 14, 9:30 to 10:30 a.m. For ages 0-5. Playgroup led by Early Childhood Development specialists. Sponsored by Pathways for Parents

CFCE. Please register.

Toe Jam Puppet Band, Friday, August 1, 10:45 a.m. All ages. Our favorite band is back again serving up a toe-tapping, finger-snapping good time, with lots of singing, dancing, audience participation and laughter. Drop in.

Teddy Bear Picnic, Tuesday, August 5, 12:30 p.m. Ages 2-8. Join us for a teddy bear picnic! Bring your stuffie & a picnic lunch. Drop in. (Inside if raining.)

Read to a Poodle, Wednesdays, August 6 and 20, 2:00 to 3:00 p.m. For beginning readers. Sign up to treat Brightspot therapy dog Quill and his trainer to 10 minutes of solo reading by you! Please register.

Fairy Houses, Friday, August 8, 11:30 a.m. Ages 4-10. Hear a book about fairy houses and then make your own version right out on the lawn! Rain date 8/18. Please register.

Sing With Me, every Tuesday, 10:30 to 11:00 a.m. (not 7/29 or 8/12) For 0-5s. Interactive, participatory music for children and their grown-ups with favorite children's songs. It takes place on the library lawn, but we move inside for bad weather. Drop-in.

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

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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)
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Friday 6:00pm
Saturday 4:00pm
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Holy Mother Choir - 5:15 p.m. (C)
Thurs., July 24 - Daily Mass - 7:30 a.m. (C),
Scandinavia Trip Info Meeting - 6:00 p.m. (FLBH)
Fri., July 25 - Daily Mass - 7:30 a.m.(C)
Sat., July 26 - Confessions - 2:30 p.m. (C),
Turkey Dinner - 10:00 a.m. (FLBH),
Saturday Mass - 4:00 p.m. (C)
Sun., July 27 - Daily Masses at 7:30 a.m.,
9:15 a.m., 11:00 a.m. and 5:00 p.m.(C),
8:00 am Take & Eat - (FLBH & K)
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Tues., July 29 - Daily Mass - 7:30 a.m. (C)

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Tuesday and Friday Masses - 5:30 p.m.
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Associate Pastor: Gary Coombs
Sunday Morning Discipleship Groups
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Worship service meets at 11am
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Fridays: After School Club for Children 5pm
AA Group 7pm

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Rosary for Peace in Ukraine
on Wednesday at 6 p.m.



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Requirements include previous management experience; general knowledge of building, property and vehicle maintenance; excellent organizational, communications, and time-management skills.

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THE TOWN OF HUNTINGTON IS SEEKING A **PART-TIME TREASURER.**

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TOWN OF WORTHINGTON HIGHWAY POSITION OPENING

The Town of Worthington is soliciting letters of interest and resumes from qualified candidates for a **full-time Equipment Operator/General Laborer** position within the Highway Department. Valid MA CDL operator, Hydraulic Hoister's licenses and OSHA-10 certification is preferred.

More in-depth information can be found on the Town's website: www.worthington-ma.us
Questions will be answered by the Highway Superintendent at 64 Huntington Road, Monday - Friday, 7 AM to 3 PM; the telephone number is 413-238-5830 or send letter of interest, resume and three (3) references with relevant contact information to highway@worthington-ma.us and sboard@worthington-ma.us. This posting will remain pertinent until the position is filled.
The Town of Worthington is an Equal Opportunity Employer.

Post your job openings in our classifieds. WE GET RESULTS!

HELP WANTED

TRUCK DRIVER/LABORER

The Town of Peru Highway Department is now accepting applications for the position of **Truck Driver/Laborer**. Preferred applicants will have a valid Class B CDL, Class 2A Hoisting license, and a current DOT Physical card. Construction and mechanical experience preferred. Must be able to work in all weather conditions. Position is full time 40hrs/week with mandatory overtime during snowstorms. Excellent benefits.
Email resume to: townadmin@townofperu.com or mail to **Town of Peru, Board of Selectmen, 3 East Main Rd. Suite 107, Peru MA 01235.**
For additional information contact the Highway Superintendent at (413) 655-8224.
(The Town of Peru is an equal opportunity employer).

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

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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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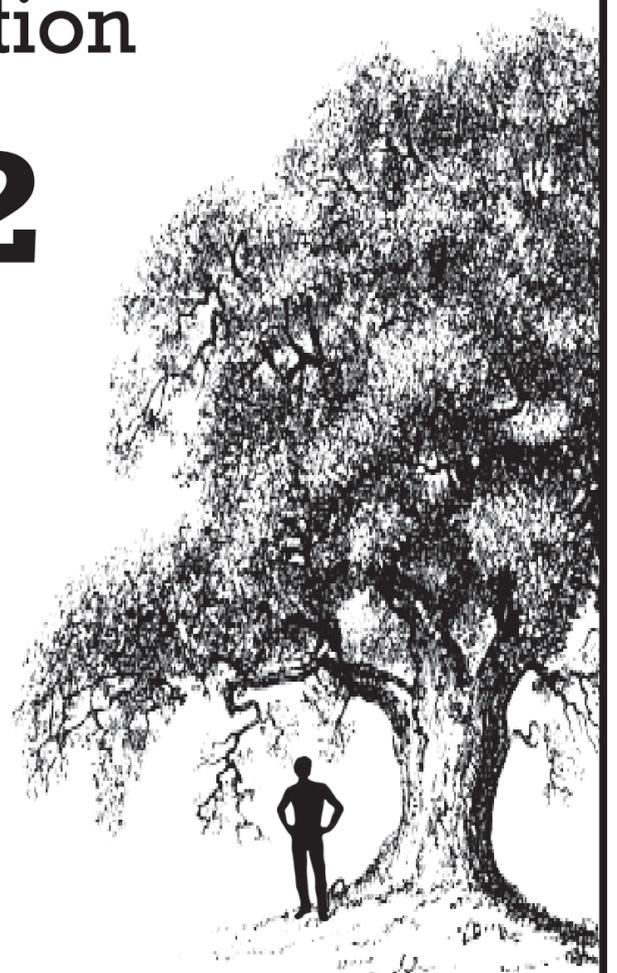
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