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The REGISTER

LOCAL NEWS | LOCAL STORIES | LOCAL ADVERTISERS

A TURLEY PUBLICATION | www.turley.com

August 12, 2026 | Vol. 82, No. 50

www.register.turley.com



Local health specialists attend a Senior Center program in Ludlow.

Submitted photo

Home safety presentation for seniors

By Kevin Flanders
Staff Writer
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LUDLOW – The Ludlow Health Department and the Ludlow Senior Center partnered last week to educate residents about home and medication safety.

The Aug. 7 program at the Senior Center included a visit from Erin McMurray, who works as a shared services coordinator with Mill Towns Public Health.

Christina Darkwah, a UMass-Amherst intern, also visited the Senior Center to distribute a range of supplies. These include medication disposal pouches, sharps

containers, first aid kits, and other safety resources.

The visitors also spent some time answering questions from seniors on several topics.

“It’s important to bring our community partners into the Senior Center so they can connect directly with older adults, provide valuable resources, and answer questions,” said Maria Ardolino, the activities director at Ludlow Senior Center. “Many of our seniors have grandchildren and great-grandchildren in their homes. Properly disposing of unused or expired medications is a simple step that helps prevent accidental poi-

sonings and keeps families safer.”

Mill Towns Public Health supports residents living in Ludlow, Palmer, Warren, and West Brookfield through a shared services model. The goal of the regional partnership is to help strengthen services and improve coordination across communities.

Ardolino said public outreach and awareness events also help familiarize residents with the services available through the Health Department.

“Our staff is available Monday through Friday, but many seniors have never had the opportunity to meet the people who work at the

Health Department,” Ardolino said. “By 11 a.m., more than 140 people had already visited the Senior Center [during the Aug. 7 event.] That’s 140 people who had the opportunity to ask questions, receive safety resources, and learn more about services that can help make their homes safer.”

For more information about home or medication safety resources, contact the Ludlow Senior Center at 413-583-3564. You may also call the Ludlow Health Department at 413-583-5600 (extension 1269).

To learn more about Mill Towns Public Health, visit www.ludlow.ma.us.

Wehrli named Interim Principal at Baird

By Kevin Flanders
Staff Writer
kflanders@turley.com



Submitted photo

Interim Principal Bill Wehrli takes over at the helm of Baird Middle School.

LUDLOW – In the midst of an important transition period at Baird Middle School, district officials are thrilled to welcome a proven leader as interim principal.

With decades of experience in educational leadership, Bill Wehrli was an easy choice for Ludlow Public Schools Superintendent Sharon Cournoyer and her team.

“Mr. Wehrli is an accomplished educational leader with extensive experience as a principal, leadership coach, and former Associate Director for Accreditation and School Improvement with the New England Association of Schools and Colleges,” Cournoyer said. “His background in leading schools through improvement efforts and organizational change makes him well-prepared to support the Baird community during this transition.”

Last week, even as Wehrli sat in his new office on a cloudless summer day—surrounded by a mostly empty school—his excitement for the first day of classes was impossible to miss.

Over the next few weeks, the new principal is eager to meet even more members of the school community.

“There’s a lot to look forward to this year. The folks I’ve had a chance to meet have been very welcoming,” said Wehrli, who has held positions across multiple levels of education.

Over the past two years, Wehrli served as an educational leadership coach, working with several middle schools throughout the state.

Previously, he spent nine years as principal of Pioneer Valley Regional School in Northfield, which serves students in grades 7-12.

Looking ahead to his next chapter, Wehrli is ready to embrace a unique opportunity to help steer the school through a period of personnel changes.

“It’s an interesting challenge being in an interim role,” Wehrli said. “It’s important to define clear goals and make sure we’re making progress toward achieving them.”

Throughout his career, Wehrli has seen the benefits of having strong communications with all members of the school community, especially during transitional stretches for a school’s leadership team.

“We want to make sure students’ voices are always heard. They have a major role and responsibility in building their school community,” Wehrli said. “This year, we’ll be looking at how to make sure every student feels a sense of belonging, while being supported and challenged academically.”

The school will implement several new features in its curriculum, including a program called Character Strong that integrates elements of character development into daily learning.

“Part of our work is academic, and the other part is preparing students to be good leaders and contribute to their community,” added Wehrli, who started his educational career as a high school English and social studies teacher in California.

Wehrli is also looking forward to working with Baird Middle School Assistant Principal Jessica Torres this year.

“We’re very excited to be working together. She brings a lot of energy and loves working with students and teachers,” Wehrli said of Torres.

Between now and the first day of school, Wehrli and his team hope to fill the remaining open staff positions at Baird. These include a science teacher and a special education instructor.

Away from school, Wehrli enjoys backpacking, reading, and working with community groups like the Pioneer Valley Workers Center.

Towns join forces to support veterans

By Kevin Flanders
Staff Writer
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REGION – Following state approval, Ludlow and Palmer have officially united to expand services for veterans.

The intermunicipal agreement (IMA) merges the veterans services departments of both communities, creating the Ludlow-Palmer Veterans Services Department.

Recently greenlighted by the Massachusetts Executive Office of Veterans Services (EOVS), the agreement enables veterans living in Ludlow and Palmer to benefit from a stronger, more comprehensive regional department.

“This is more than a merger. It’s a commitment to providing the highest level of service to those who served our nation,” said Eric Segundo, the Director of Veterans Services for the Ludlow-Palmer District. “This partnership reflects our commitment to ensuring every veteran receives the benefits, services, and respect they have earned.”

The state approval marks the culmination of months of planning between municipal leaders. Discussions focused on improving access to benefits, streamlining operations,

“This is more than a merger.

It’s a commitment to providing the highest level of service to those who served our nation.”

– Eric Segundo

Director of Veterans Services for
the Ludlow-Palmer District

and expanding services for veterans and their families.

The regional department will continue providing all services available through the U.S. Department of Veterans Affairs, Massachusetts Chapter 115 benefits, and numerous local, state, and federal programs.

Veterans will also have access to expanded outreach initiatives, transportation assistance, benefits counseling, food pantry resources, educational programming, and referrals to community partners.

Unlike many regional consolidations that reduce local access, the Ludlow-Palmer partnership preserves a presence in both communities.

Full-time operations will continue at the Ludlow Veterans Center, while office hours will remain available in Palmer. The setup ensures that veterans in both communities have convenient access to services.

The Ludlow Veterans Center will serve as the

headquarters for the Ludlow-Palmer Veterans Services Department.

“As budgets get tighter and candidate puddles dry up, partnering with neighboring communities is more important than ever, if we want to continue to deliver high-quality services,” said Ludlow Town Administrator Marc Strange. “We are thankful for the Town of Palmer’s collaboration on this important initiative for veterans in our communities.”

Officials emphasize that the merger does not change veterans’ eligibility for benefits. Instead, it expands opportunities for outreach, education, and assistance while ensuring long-term sustainability of veterans’ services in both communities.

The Ludlow-Palmer Veterans Services Department encourages all veterans, surviving spouses, and eligible dependents to contact the office to learn about benefits that may be available.

Services include VA

disability compensation, pensions, Chapter 115 financial assistance, healthcare enrollment, survivor benefits, emergency resources, employment and education assistance, and numerous community programs throughout the year.

“The IMA with Ludlow has been extremely successful for Palmer, providing highly qualified staff and ensuring our veterans

Please see **SUPPORT** Page 3



The new mural will help bring books to life for students.

Submitted Photo

New mural underwater transforms school library

LUDLOW – With the recent completion of a mural by a local artist, the East Street Elementary School library has a fresh new look for the start of classes.

The grant-funded project enabled school librarian Kelsey Eggimann to work with local artist Estelle

Gomulka. Their goal was to design a mural that would help students locate the non-fiction section of the library, while also highlighting some of the books available in the section.

The program was funded by a grant from the Ludlow Cultural Council, a local

agency which is supported by the Massachusetts Cultural Council.

“We chose to create an underwater scene that includes a variety of sea creatures to inspire students to read and learn more about the world they live in,” read a statement released by the school.

Library’s Mah Jongg Club celebrates anniversary

By Kevin Flanders
Staff Writer

PALMER – It’s only been a year since the launch of the library’s Mah Jongg Club, but the increasingly popular game has quickly drawn members and built friendships—one tile at a time.

Members celebrated the club’s one-year anniversary during an Aug. 3 session in the community room at Palmer Public Library.

For Joyce Joyal, who worked with library leaders to get the club off the ground, it’s been exciting to see a steady rise in community interest.

“It’s a great game, not only for socialization but also for your mind. There’s a lot of strategy involved,” said Joyal, who lives in Ware.

After learning how to play Mah Jongg while residing in Florida – and eventually playing four times a week – Joyal was disappointed by the absence of the game from western Massachusetts community venues.

“I couldn’t find anywhere to play. There seemed to be nothing in the area,” she recalled.

Unsure how to spark local interest in the game, Joyal attended Palmer Public Library after noticing it was hosting a presentation from a Boston-based Mah Jongg player. It became clear during the event that area residents were curious about the game, but the lack of local clubs seemed to be an insurmountable barrier.

Until Joyal teamed up with library officials to create a club.

“Four of us showed up to the first meeting. Since then, it has grown through word of mouth,” Joyal said.

Today, the club draws roughly 15-20 members to each Monday meeting (12:30-3:30 p.m. at the library). Spots are open for additional expansion, but new members are asked to attend the first Monday session of a given month for instruction.

“Joyce is a great teacher,” said fellow club member Mary Fife, of Palmer. “I didn’t know any of these people before I came here. It’s great to meet new friends.”

Mah Jongg is a four-person game of strategy and skill that originated in China.



Turley Photo by Kevin Flanders

Members of the Palmer Public Library’s Mah Jongg Club celebrate one year of playing together.

There are many versions of the game, with the American version enjoying increased popularity across the country.

In Palmer, the club plays the American version of Mah Jongg, following the National Mah Jongg League rules.

Whether you’re a long-time player or a beginner, the club is the perfect place to build friendships over a common interest.

“It’s a lot of fun introducing people to the game. We have a great time together,” said Ludlow’s Lisa Cousin, who has been playing Mah Jongg for 35 years.

The club primarily meets in the library’s community room. If another program is taking place in the community room, the club will relocate for that day to a different area of the library.

Because it can often take a little time for beginners to learn the game, new members are reminded to register in advance and attend the month’s first Monday session.

In September, the library will be closed for Labor Day on the first Monday of the month. New members are invited to check out the club on the first Monday of October.

“Learning to play in-

volves getting familiar with the tiles, learning the specifics of dealing and play, and especially learning to decipher and become familiar with the official card of playable hands released annually by the NMJL,” read a statement released by the library.

Please bring your own Mah Jongg set and current NMJL card, if you have them.

To learn more about the club, call 413-283-3330 (extension 121).

For more information about upcoming programs and activities at the library, visit www.palmerlibrary.org.

Crafters wanted for November Craft Fair

LUDLOW – Crafters are wanted for the Rosary Sodality’s St. Nicholas Craft Fair and Raffle to be held on Saturday, Nov. 14, at Christ the King Church, located at 41 Warsaw Avenue, from 9 a.m.-3 p.m.

The cost is a non-refundable \$40 fee for an

eight-foot table, which will be provided by the church.

To reserve a table or for more information contact Debbie Martell at 413-547-8739 or Lorraine Bernier at 413-519-7658.

Light refreshments will be available during the fair.

Polish food sale to be held on Aug. 15

INDIAN ORCHARD – There will be a frozen Polish food sale at Immaculate Conception Church Hall, located at 25 Parker St., on Saturday, Aug. 15 from 9 a.m.-1 p.m.

Golabki are \$12 per package of three; Kapusta \$12 for a large container; and Pierogi, \$15 for a dozen. Pierogi fillings include cabbage, potato and cheese, sweet cheese and blueberry.

Vote by mail ballot requests due by Aug. 25

LUDLOW – The Town Clerk’s Office would like to inform Ludlow voters that per M.G.L. c. 54, § 25B paragraph (7) (i), the State Secretary must send vote-by mail applications to every registered voter in Massachusetts prior to state primaries and state elections.

Applications should have arrived on or before July 18. You will not receive an application if you have already applied for a vote-by-mail ballot for all elections this year.

Please sign your application before returning it. Massachusetts law requires your signature in order to process your request.

If you are an unenrolled voter requesting a vote-by mail ballot for the State Pri-

mary, you must choose a party ballot (Democratic or Republican). If you do not select a party, the Town Clerk’s Office cannot send you a vote-by-mail ballot for the State Primary because they must know which party’s ballot you are requesting.

If you misplace your application, they are available on the town’s website, <https://ludlow.ma.us>, or through the Secretary of State website, sec.state.ma.us, or you may provide a handwritten request. The deadline to request a ballot by mail for the Sept. 1 State Primary is Tuesday, Aug. 25 by 5 p.m.

If you have any questions, please contact the Town Clerk’s office by calling 413-583-5600.

Zonta Club hosts annual golf tournament Sept. 12

BELCHERTOWN – The 32nd annual Zonta Golf Tournament will be held on Saturday, Sept. 12 at Cold Spring Country Club, 330 Chauncey Walker St., to help create a brighter future for women and girls in the community.

Whether you’re a sea-

soned golfer or just looking for a fun day out, everyone is welcome. Your support directly funds scholarships and grants that empower women and girls to overcome challenges and achieve their full potential.

Zonta Club of Quabog Valley is working to end

child marriage, domestic violence, and human trafficking, while also supporting climate justice, education equality and women in decision-making positions.

Tee off will be at 8:30 a.m. for a day of fun, friendly competition and making a difference. The

registration fee of \$120 includes a round of golf, a box lunch and the chance to win prizes.

Sign up today at zontaqv.org/golf or contact Mary Knight at 413-323-4806. Zonta Club also welcomes sponsorships from local businesses.

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MASSHEALTH ACCEPTED

RMV training held for older drivers

By Zacharias Fragkiadakis
Staff Writer
zachf@turley.com

Michele Ellicks, who is the community outreach coordinator at the Registry of Motor Vehicles recently presented a training for older drivers.

The training focused on health issues that can affect older drivers, how to combat those issues and how to apply for disability placards.

Ellicks started the program by highlighting that drivers between ages 55-74 actually have the lowest rate of collisions, as they often impose limits on themselves like not driving in bad weath-

er or at night, or scheduling appointments during times of day where there is less traffic.

Ellicks said this statistic is supported by a two decades study from the Insurance Institute for Highway Safety.

Ellicks said newer technologies like safer seatbelts and airbags along with lane departure warning and adaptive cruise control are factors in less collisions. She said at one time, seatbelts only covered the lap of the driver, but they now go over the shoulder.

She said drivers should not put the seatbelt under their arm or behind them.

“Number one, always

wear your seatbelt,” she said.

Ellicks said adaptive cruise control is able to detect cars in front of the driver, and keep a safe distance from it, but said cruise control is only to be used in perfect conditions, not in rain, snow or ice. Ellicks also noted that highway infrastructure has gotten safer, with more lights and larger fonts on signs.

Ellicks continued, saying that once drivers hit age 75 or older, collisions and fatalities start to rise, for both the driver and other occupants of the vehicle, with the highest fatality rate coming from drivers over age 80. She

Please see **DRIVERS** Page 6

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Judy Yando stays active in retirement

I always find it interesting the different paths of people and fascinating to hear about their diverse experiences as they travel through life.

What keeps them going and inspires them? What things do they enjoy, what's truly important to them? What do they do after they leave the routine of a daily job? Do they get bored or are they busier than ever?

As you'll see, Judy Yando hasn't found a lack of things to keep her busy since her retirement about 15 years ago.

You might very well recognize her name as she's stayed very active in her community, church and volunteer work as well. In addition, she was a successful hairdresser for 27 years.

When I met Judy for this interview, the time passed quickly as we explored various topics. We'd previously spoken when she contacted me regarding a speaking engagement for her Catholic Women's Group about my Random Acts of Kindness articles.

She said with a little laugh that she was their "Booking Agent," admittedly a self-appointed title. She expressed how much she enjoys this role and I feel very honored that she's invited me to share information about my stories.

Judy worked in a doctor's office for a while as well as doing some work for Mary Lyon Nursing Home. She's very involved with her church, St. Elizabeth Parish.

Years ago, St. John the Baptist merged with St. Mary of Assumption to form St.



By Barb Turcotte

Elizabeth Parish. They used to have a Women's Group but when it disbanded, she became involved with the Catholic Women's Group, located at St. Michael's Cathedral in Springfield.

Being devoted to St. Elizabeth's, she helps once a month with their spaghetti supers, pretty much lending her hand wherever needed. She's orchestrated all the facets of the church's Christmas party from the planning to the clean-up.

She also participated in their program called, "Take & Eat." This volunteer project consisted of delivering food on weekends, as Meals on Wheels doesn't do it on those days. Unfortunately, the program lost its cook so has had to take a hiatus but hopefully will be back in full swing soon.

Another volunteer undertaking that Judy does is helping at the Ludlow Senior Center where she assists with keeping their gardens looking beautiful. She does this once a week for a couple of hours along with other volunteers and thoroughly enjoys it.

Her husband has helped with some of her volunteer projects, but for the most

part, just let's her enjoy her time doing "her" thing.

She went on to explain how much she loved volunteering at Storowton Village as a tour-guide for all the historic houses. She found it very rewarding being able to narrate the rich descriptions of their history.

Judy and her husband Ray have been married 58 years, together have two daughters and are fortunate to have five grandchildren. Most of the family is fairly local with the exception of one granddaughter who currently lives in Australia. Sounds like a great place for a vacation.

Another reason Judy might be a familiar name and face is she also works for the Town of Ludlow helping with the voting during elections. And if all this wasn't enough to keep her busy, she also works as a per diem employee in the school kitchen and loves seeing all the kids.

So, as you can see, Judy doesn't have time to be bored and is loving the variety of things she's involved with. She's definitely making a difference in people's lives as she participates in all these activities.

Thank you for doing all these great things.

Seems Judy also had the opportunity to change a regular man into a super hero one day. She explained while on the Turnpike, she had to stop to put air in her tire and was having a difficult time with the air machine.

Her next move, asking, rather pleading with a man to help her. He reluctantly did and that's when in an instant he became her super hero.

She offered to buy him a coffee, but he declined and just went on his way.

Retirement can be intimidating to some, even though that's the goal at the end of a career and can be a difficult transition after so many years of a structured schedule. Some have even found it to be a little depressing in the beginning, feeling like they have lost their purpose but once they get used to it all agree, it's wonderful.

You can see how Judy has enriched her life and loves having the time to do these things, which wasn't always possible. The trick is staying active and social; it creates a richness money can't buy as you enjoy your next chapter of life.

If you'd like to share a Random Act of Kindness story or if this one has touched you, please contact me at bdt514@aol.com or 413-575-9385. Who knows, you might see your story, "just 'cause" you witnessed, you did or maybe received something nice being done for you. See you soon with another Random Act of Kindness.

SUPPORT from Page 1

receive the quality services they deserve," said Palmer Town Manager Brad Brothers. "We are fortunate to partner with neighboring communities that embrace innovative shared-service models, and I believe this approach will become increasingly important for smaller municipalities as we navigate workforce shortages in addition to budget challenges."

The Ludlow Veterans Center is located at 487 Holyoke Street in Ludlow. To reach the center, call 413-707-5050.

Services in Palmer are available by calling 413-283-2600. The address is 4417 Main Street in Palmer.

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OPINION

GUEST COLUMN



Is the Medicare Part B Premium a Percentage of our Social Security Amount?

Dear Rusty:
I have a simple question: Is the amount we pay for Medicare Part B premium a percent of our Social Security amount we receive?

Signed: Curious

Dear Curious:
 Your Medicare Part B premium is not based on a percentage of your monthly Social Security benefit amount.
 Medicare Part B premiums are set in October of each year by Centers for Medicare and Medicaid Services and are based upon anticipated total costs of the Medicare program in the forthcoming year.
 Generally speaking, Medicare Part B enrollee premiums are expected to offset about 25% of CMS’ anticipated total Medicare Part B costs; the rest is borne by the Federal Government.
 So, when CMS estimates Medicare program costs for the upcoming year, they also look at the number of anticipated Part B enrollees. They then divide 25% of total anticipated Part B program costs by the number of expected Part B enrollees, resulting in the “standard” Medicare Part B premium for next year.
 For 2026, the standard Part B premium amount is \$202.90. The standard premium for 2027 will be announced in October 2026 and will likely be different.
 It’s important to understand also that not everyone pays the “standard” Part B premium. Some lower income seniors may pay less because of the so-called “hold harmless provision,” and some higher income folks may pay more than the “standard” monthly Part B premium because of a provision called Income Related Monthly Adjustment Amount.
 The “hold harmless provision” says that monthly Social Security benefits cannot decrease as a result of a Medicare premium increase, so if the annual SS Cost Of Living Adjustment is insufficient to offset any increase to the standard Part B premium, then the SS beneficiary may pay a smaller Part B premium amount so that their SS benefit doesn’t decrease (note there are exceptions to this rule).
 Conversely, those with a higher “provisional income” (an IRS definition), may pay more than the standard Medicare Part B premium. That’s because of a provision known as IRMAA, which adds a supplemental amount on top of the standard Medicare Part B premium.
 IRMAA supplement amounts are determined using a sliding scale to define the required higher Part B premium for each income level category and IRMAA will cause the Part B premium to be more than the standard premium amount.
 For those with exceptionally high incomes, the Part B premium can be as much as \$690 per month.
 For your information, income reported to the IRS two years ago is used to

determine if an individual is subject to IRMAA for the forthcoming year.
 The reason for this is timing: when next year’s Part B premium is determined in October of each current year, the IRS has processed all tax returns for the preceding year but doesn’t yet have individual income for the current year.
 Thus, they must use a person’s income from October of the preceding year to determine who will pay the standard Part B premium next year, and who will pay a higher IRMAA amount.
 And just to complete this picture, you should be aware that IRMAA also applies to Medicare Part D premiums. And that means that those with higher incomes who are affected by IRMAA for Part B will also pay a higher Medicare Part D premium.
 Medicare Part D is private insurance coverage for prescription drugs). But none of this is related to your Social Security benefit amount.
The Association Mature Citizens Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. This article is intended for information purposes and does not represent legal or financial guidance. It presents the opinions and interpretations of the Association Mature Citizens Foundation’s staff, trained and accredited by the National Social Security Association. To submit a question, visit amacfoundation.org/programs/social-security-advisory or email us at ssadviser@amacfoundation.org. Russell Gloor is a Social Security advisor for AMAC.



GUEST COLUMN

Midsummer questions for the Garden Lady

Karen, who has a vegetable garden in Hardwick, is concerned over her tomatoes cracking and is asking the Garden Lady for some advice.

“With all the rainstorms we’ve had, one measuring over 5 inches last week, my cherry tomatoes, and even some of my paste types are starting to crack. Is this a normal occurrence and if so, is there anything I can do to prevent this from happening in the future?”

This is a timely question, Karen, and one that I am sure a lot of readers can relate to. I know I can.

It’s always exciting when the tomatoes start ripening and then this happens.

Fruit cracking around the stem, either in rings or radiating downward is caused by overwatering; we or Mother Nature can be at fault. This year I will blame her for some of it.

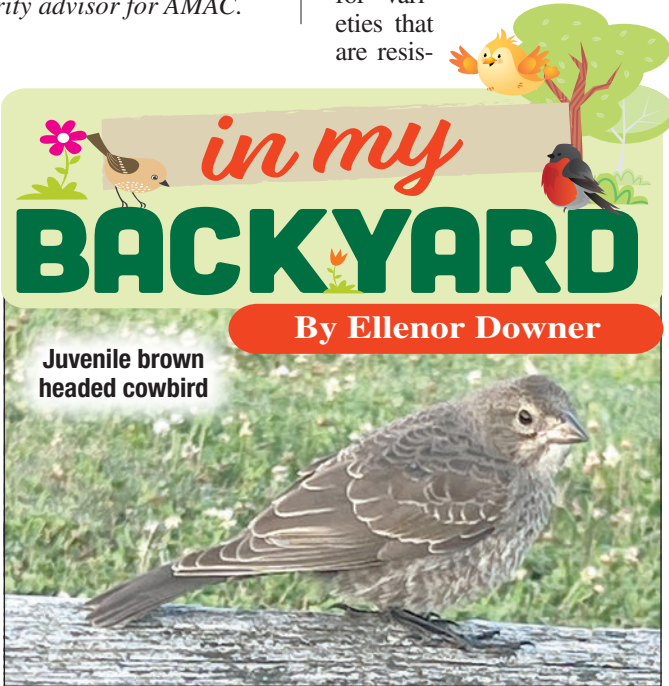
A week ago many gardeners in the area received an inch or more of rain in two separate deluges. Keep in mind that most veggies require about an inch per week.

Adjust your irrigation to accommodate for the excess.

Mulches do well to moderate soil moisture; if you mulch, you can water less often. If cracking ends up being a big problem for you, consider scouring the seed catalogs for varieties that are resis-

tant to it.
 As long as the cracks are fresh, and haven’t begun to show mold, I use the fruit anyway. Watering issues can also affect other plants. Sometimes gardeners complain that their cucumbers look funny, bent in the shape of an apostrophe.
 This effect is also from uneven watering. Besides making necessary adjustments, trellising can also help them to grow straight.
 This question came in from Frances who reads the column in the Ware River News: “I have some thornless blackberry plants that produce huge fruit. Occasionally some of the segments on the berries are not colored deep purple or black; they are more of a tan or white color. I was curious why this happens? Years ago when I grew red raspberry bushes I also remember sometimes having this problem. Is it something with my soil? Are the berries safe to eat? I am hopeful it is not some type of mold or fungus.”
 Although I do not have a picture to be one hundred percent certain, I believe what you are describing is “druplet disorder.” The lighter areas on your berries are from sun scald. A reaction simply

caused by too much heat.
 And yes, they are safe to eat.
 Some people comment that the berries with this disorder are a little tough or flavorless. It doesn’t really bother me.
 Moldy berries would look furry and the area would be raised.
 Bill is growing basil for the first time and he had this question for the Garden Lady: “My basil was slow to take off. I came back from vacation and it is in flower. While the bees seem to enjoy the flowers, I was hoping to harvest some of the leaves. Do you have any advice as to how to get it out of flower mode and into leaf production?”
 Yes, I do. It involves giving the basil a hair cut. Sure enough, your plant needs to be rid of those flowers.
 Once you do that, provide some nitrogen to get them greened up and growing. This could be by the addition of a little blood meal at the base of the plant or a foliar feed of fish emulsion or compost tea.
 In no time your plant will rebound. Just be sure to keep those flowers trimmed off.
Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For 32 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.



My daughter, Paula Ouimette, took this photo of a juvenile brown headed cowbird watching her run laps with her dog, Jo Jo.
 The young cowbird perched on a fence near the driveway of the elementary school in Hardwick.
 My daughter used the Seek app by iNaturalist to get the identification. It stayed there for about 20 minutes before flying off.
 She said there were no other cowbirds around, but cowbirds lay their eggs in nests of birds smaller than then in hopes they will raise their young.
 Obviously, this young cowbird looks well feed. I

wonder what bird raised it, often at the expense of their own offspring.
 Warblers and vireos are the most common cowbird hosts. Their nestlings weight less than half as much as the cowbird nestling.
 Some species will either push the cowbird egg out of their nest or leave that nest and start another nest.
 The brown-headed cowbird is a stocky blackbird. The females do not build a nest and instead produce up to three dozen eggs per summer.
 They lay the eggs in the nests of other bird species and let them raise their young, know as brood parasitism.
 Brown-headed cowbirds

are native to North America, but many people consider them a nuisance bird because of their parenting style.
 Cowbirds destroy the eggs and young of smaller songbirds and have been implicated in the decline of several endangered species, including Kirtland’s warbler and black-capped vireo.
 Adult male cowbirds have glossy black bodies and brown heads, hence their name. In poor lighting, the male’s head looks brown.
 The female is brown with the head lighter brown than the body. She has fine streaking on the belly/ Both sexes have thick, conical bills and black eyes.
 They are 7.5 to 8.7 inches long. They feed on the ground and can be seen walking behind livestock to eat what their hooves stir up.
 They are found in open habitats such as fields, pastures, meadows, forest edges and lawns. They also perch on a prominent branch high in a tree.
 They are primarily seed-eaters and insectivores, adapting their diet based on availability and season, often gleaned from the ground or by following grazing animals. They will come to feeders as well and prefer sunflower seeds and millet.
Other Hardwick birds

My daughter, Paula, saw lots of bluebirds, swallows, robins and one hen turkey with a poult. She said there were probably more underneath the hen turkey, but only one was brave enough to come out.
Red tail hawks
 I have several red tail hawks in Barre, New Braintree and Oakham. Recently, one flew off and the sunshine showed off the hawks red tail. They are often seen by freshly mowed fields in hopes of featching some rodents, who stand out on a newly cut field.
Great blue heron
 Long Pond in Rutland is a popular spot to find a great blue heron “fishing” in the shallows along Route 122.
Meal worms
 I continue to have catbirds come for the mealworms I leave them on the picnic table. The other day I heard a catbird make its meowing call. Males use the call to establish territory and females for communication and alarm purposes.
Raven
 Recently, the common raven flew overhead making its gurgling croak. I could hear it, but I was unable to see it with all the trees.
People may report a bird sighting by emailing edowne@turley.com or calling or texting 774-262-5882.

The REGISTER

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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 theregister@turley.com. The deadline for submissions is Friday at noon.

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



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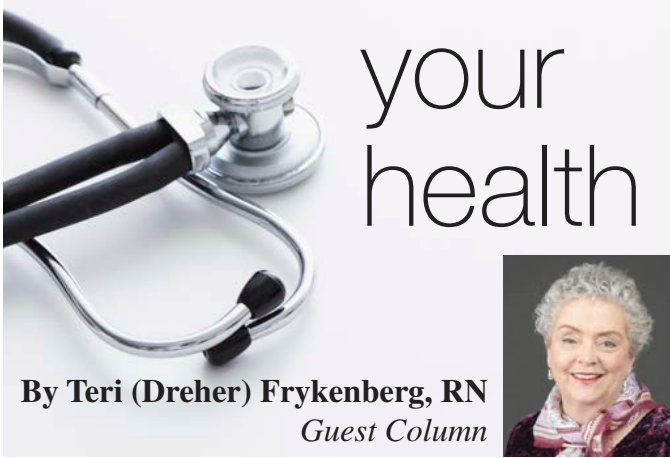
The Register welcomes readers to participate in this year's election campaigns by writing letters to the editor for publication on these pages. Letters of up to 250 words from local residents endorsing candidates on the ballot or discussing campaign issues should be sent to The Register, care of Turley Publications, 24 Water St., Palmer, MA 01069, faxed to 413-289-1977 or emailed to theregister@turley.com. 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*.

OPINION

New name, new focus for a common disorder



Some things are worth waiting for. In May, a coalition of more than 50 patient and professional organizations announced that polycystic ovary syndrome would henceforth be known as polyendocrine metabolic ovarian syndrome.

It took 14 years, but for women who struggle with this disorder, it will have been worth the wait.

The new name is a mouthful, but it does one important thing: It takes the focus off ovarian cysts, which were originally thought to be a source of the disorder and contributed to missed diagnoses and inadequate treatment.

The new name is intended to shift attention toward the interplay of multiple systems that influence long-term health, including the endocrine system.

The endocrine system is a network of glands and organs, including the ovaries, which produce and release hormones directly into the bloodstream, which regulate various bodily functions such as growth, metabolism and reproduction. When things go awry with the endocrine system, the symptoms can be devastating and women may suffer for years with diffuse symptoms before being diagnosed.

Symptoms of PMOS may include irregular or absent menstrual periods, excess hair growth, acne, weight gain and dark patches of skin. These symptoms can vary widely among individuals and may also include infertility and metabolic issues like insulin resistance.

Clearly, PMOS can affect a woman's overall health – something doctors are stressing with the new name. If you've been diagnosed with PCOS, your diagnosis hasn't changed – it just has a new name – but it may be worth raising other concerns with your doctor, such as blood sugar, cholesterol and cardiovascular risk.

While treatment for PCOS has focused on teens and younger women of reproductive age, it's clear that older women should also be monitored. It's a complex, long-term hormonal or endocrine disorder that may impact health in menopause, increasing risks for insulin resistance, type 2 diabetes, high cholesterol, cardiovas-

cular disease and endometrial cancer.

Dr. Helena Teede, an Australian endocrinologist and researcher, led the name change process after spending decades researching the condition and seeing the patient impacts first hand.

"What we now know is that there is actually no increase in abnormal cysts on the ovary, and the diverse features of the condition were often unappreciated," Teede said at the time of the announcement. "It was heart-breaking to see the delayed diagnosis, limited awareness and inadequate care afforded those affected by this neglected condition."

If you are experiencing symptoms like these, be sure to talk to your doctor. Here are some other things to know about the disorder formerly known as PCOS so you can be well-informed:

- Weight gain doesn't always accompany polyendocrine metabolic ovarian syndrome. This means you can have hormonal imbalances and insulin resistance even without being overweight. PMOS can be missed if weight is the only focus.
- Emerging research indicates imbalances in gut bacteria can contribute to insulin resistance and other symptoms. Eat fiber-rich fruits and vegetables and give fermented foods a try, like kimchi and yogurt.
- PMOS can take a toll on emotions, bringing on anxiety, depression and sleep disruptions.
- Hormonal birth control may help manage hormones and regulate menstrual periods.
- Getting pregnant may be harder with PMOS. A fertility specialist may help.

The symptoms can be maddeningly hard to describe, let alone deal with. A private patient advocate who has a medical background might be someone who could bridge the communication gap between you and your doctor.

Just remember: PMOS instead of PCOS.

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

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*A blazing turn, a ruthless drive,
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They climbed back to the highest heights.*

*Then came the sixth of August night,
The twilight stretched, the battle long.
Against the White Sox in the fight,
With every heart still beating strong.*

*Through thirteen grueling frames they flew,
A classic born in Fenway's light.
Till Caleb Durbin stepped to view,
And drove the winner through the night!*

*The autumn air is calling near,
The field is set, the path is clear.
To October's stage they boldly stride,
With playoff destiny on their side.*

– Mike O'Rourke

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DRIVERS
from Page 2

said part of the reason older drivers die more in a crash is their bodies cannot handle the impact as well. She said the crashes per mile driven also increases with age.

Ellicks said some of the problems older drivers can face are functional impairments, like loss of eyesight. She said as people age, they can lose their light and depth perception along with their peripheral vision.

Ellicks said if a driver starts to notice that, they need to self-report it on their renewal application, because if the state does not see an ailment on the application, they will issue a license for five years. She said if a person gets in a crash because of a known issue, the liability is still on the individual, not the state.

Ellicks noted that not all impairments are permanent, and not only for older peo-

ple, giving the example of cataracts, which can be treated, or broken bones reducing the strength in legs, which can also be treated.

“Our mobility can change in an instant,” Ellicks said. She said it is important to have a second plan, like a MART bus or an elder bus, and there are staff available to train new users.

Another impairment Ellicks talked about was medication side effects, such as dizziness, nausea, drowsiness, lack of concentration and agitation, which can all affect one’s driving. She noted that the operating under the influence law in Massachusetts covers all medications, including prescription and over the counter medications that are causing an impairment.

Finally, Ellicks talked about disability placards, which must be applied for at the RMV. She said there are multiple options like dis-

ability placards to hang from the rear view mirror, disability plates, disabled veterans plates and disabled motorcycle plates.

She said they all offer the same benefits, but a driver cannot have both a plate and a placard, and they are only issued to disabled people.

She said in some cases, it is more beneficial to have the placard because it can be hung in any car the disabled person is driving in, and the placard can only be used if the disabled person is exiting the vehicle.

According to Ellicks, 10% of disability placard applications result in license loss, but all drivers have the right to a hearing. She also said a healthcare provider has to fill out a portion of the application, and check off whether the person is fit to drive. Ellicks said even if a person cannot drive, they can still get a placard.

DATEBOOK

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

ONGOING

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

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

FOOD DRIVE BI-MONTHLY On the first Saturday of each even month (February, April, June, August, October and December) First Church in Ludlow, 859 Center St, collects non-perishable foods. From 10 a.m.-1 p.m., drive through the back parking lot. We will take your donations out of your car and

bring them to the Community Survival Center to be distributed to those in need.

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

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 or stop in during operating hours. Follow the IOCC on Facebook and Instagram.

AQUACISE AT THE CLUB The Ludlow Community Center/Randall Boys & Girls Club, at 91 Claudias Way, continues to offer Aquacise throughout the week. Aquacise is a low-impact, full-body workout performed in the water to put less stress on your joints and muscles while building strength. Classes are open to all members with pool-inclusive memberships and do not require prior registration. Classes are held Monday – Aquacise, 9-9:45 a.m.; Tuesday – Aquajazz, 9-9:30 a.m.; Aquacise,10-10:45 a.m.; Wednesday – Aquacise, 9-9:45 a.m.; Thursday –

Aquacise, 10-10:45 a.m. and Friday – Aquacise, 9-9:45 a.m. For questions, call 413-583-2072, extension 124.

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

QUABBIN VALLEY TWIRLERS 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 888-613-2777 for details.



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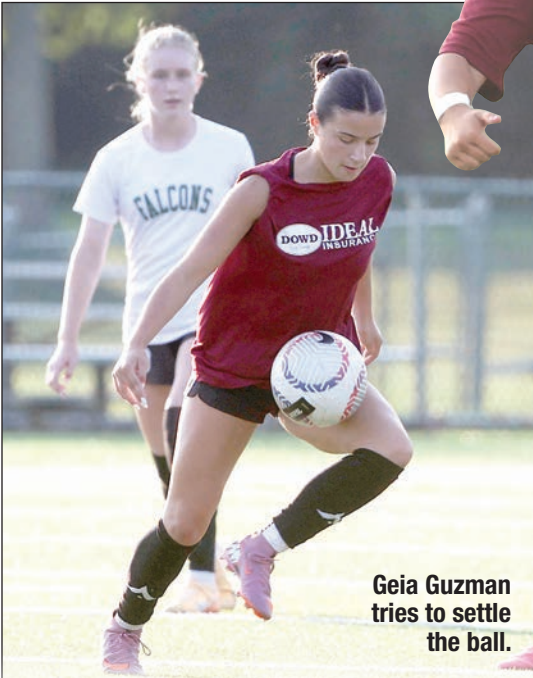
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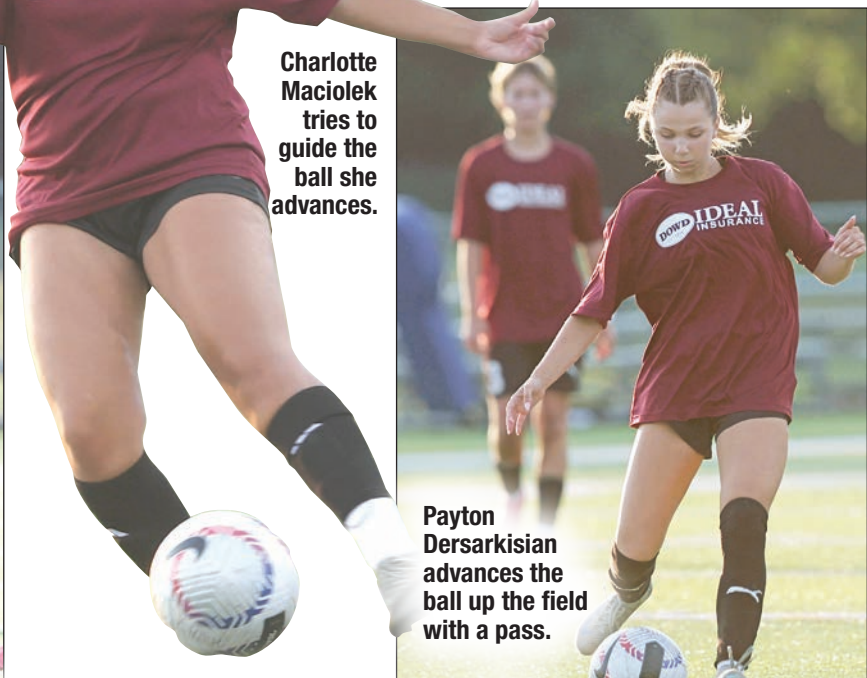
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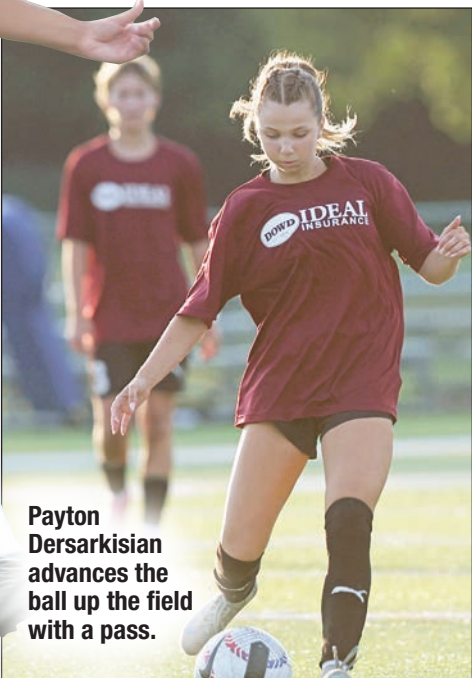
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Geia Guzman tries to settle the ball.



Charlotte Maciolek tries to guide the ball she advances.



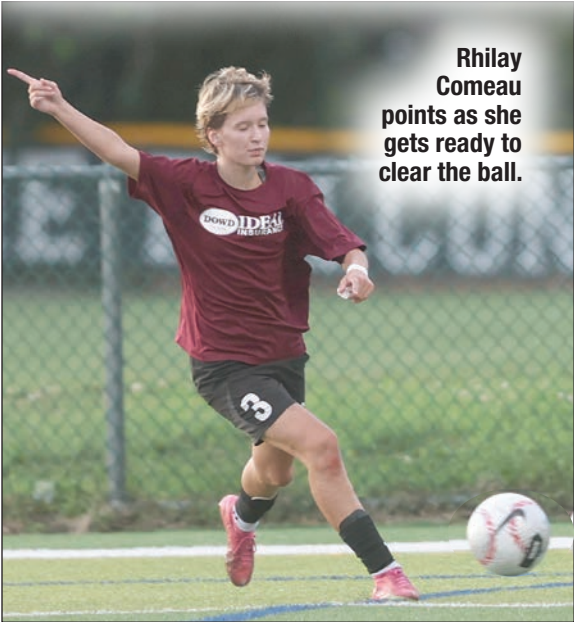
Payton Dersarkisian advances the ball up the field with a pass.



Turley photos by David Henry www.sweetdogphotos.com

Valentina Molinari is pressured by a defender.

Ludlow defeated in PVSSL playoffs



Rhilay Comeau points as she gets ready to clear the ball.



Maeve Carter goes for the free kick.

WILBRAHAM – Two weeks ago, the Ludlow Ideal A girl summer soccer team was defeated by the eventual A Division champion Wilbraham Falcons in the PVSSL playoffs. The Lions now look forward to the start of the high school pre-season, which will be getting underway in less than two weeks.

West Side Sports Shop grabs ladies title

By Tim Peterson
Sports Correspondent

LUDLOW—Since joining the prestigious Pioneer Valley Summer Soccer League in 2021, West Side Sports Shop has claimed the women’s championship title five times.

West Side Sports Shop entered this year’s playoffs as the fourth seed. They posted a 2-0 shutout victory over second-seeded W. Mass Xtremes in the women’s finals held at historic Lusitano Stadium in Ludlow last Friday night.

“We might be the fourth seed, but we played very well in the playoffs,” said West Side Sports Shop head coach Chris Andre. “We lost to the Xtremes

twice during the regular season.”

The only year that West Side Sports Shop didn’t take home the championship trophy was in 2024. They beat top seeded Here for Beer in the finals a year ago.

“We’ve set a high stranded here,” Andre added. “A number of these players have been playing for me since our first year in this league. We also add a couple of new players each year. The players get along with each other very well and we always have a lot of fun.”

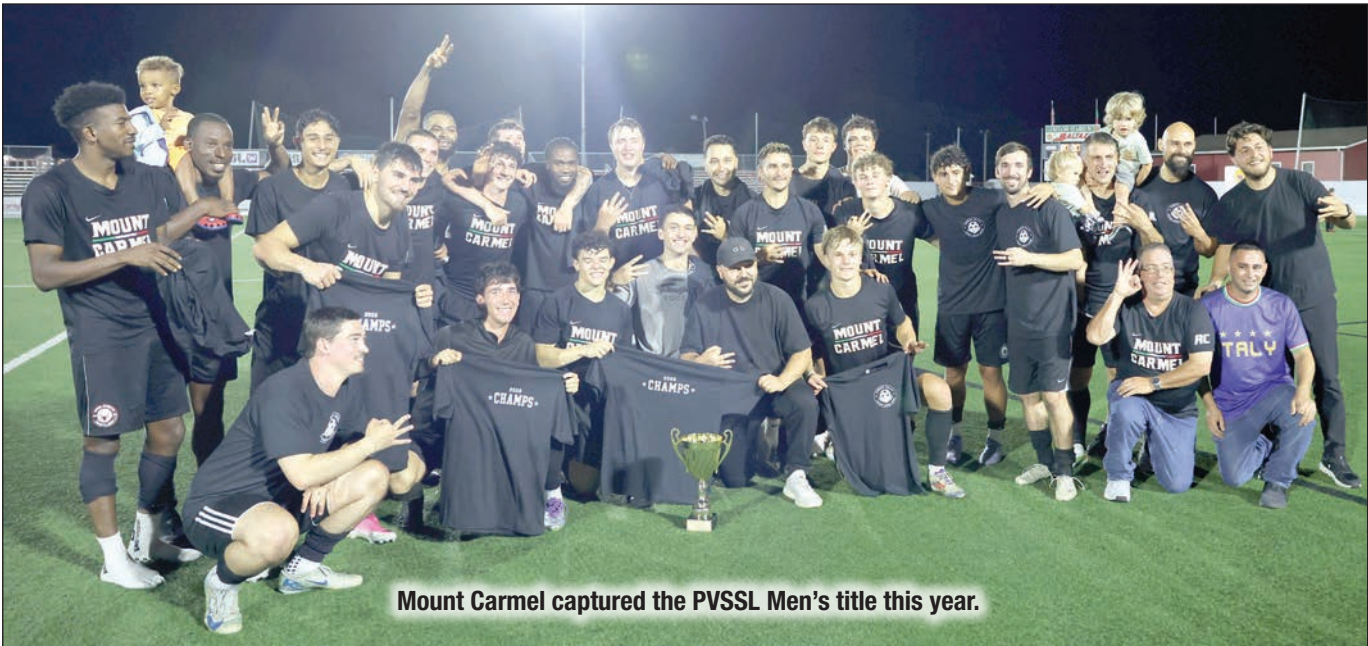
West Side Sports Shop, who finished the

Please see **WOMEN**, page 8



Turley photo by David Henry www.sweetdogphotos.com

Sydney Mercier sends a free kick away.



Mount Carmel captured the PVSSL Men's title this year.

Mount Carmel takes Men's PVSSL title

By Tim Peterson
Sports Correspondent

LUDLOW—Anthony Bourget was an assistant boys’ soccer coach under longtime varsity coach John O’Keefe at Minnechaug Regional High School before stepping down at the end of last season.

Bourget was also the head coach of Villa FC, which captured the last two Pioneer Valley Summer Soccer League men’s championship titles. Villa FC changed sponsors before the start of the 2026 summer league season and are now known as Mount Carmel FC.

Mason Perham is one of the former Minnechaug soccer players listed on the Mount Carmel roster. Perham scored a second half goal, which helped top-seeded Mount Carmel FC win the championship title once again with a crisp 2-0 win over second-seeded Rumbleseat before a large crowd at Lusitano Stadium in Ludlow on Friday, July 31.

“We’ve won the last two

men’s championship titles with Villa, and this is our first one with Mount Carmel,” Bourget said. “Winning the championship game is something that we expect to do every year. It was a hard fought battle tonight. Rumbleseat played very well against us.”

Mount Carmel FC, who finished the PVSSL regular season with a 10-1-0 record, defeated fourth-seeded CF Ardor, 2-0, in the semifinals.

Rumbleseat, who also lost to Mount Carmel during the regular season, entered the playoffs with a 9-1-1 record. They advanced into the men’s finals for the first time in more than ten years after knocking off the third-seeded KO Elites FC, 2-1, in the semifinals.

“This is the first time that we’ve made the finals in many years, and it was a fun game tonight,” said Kyle Giroud, who was an outstanding three-sport athlete at Chicopee Comp. “It’s always a great time playing in this league and I’m looking forward to playing again next year.”

Giroud is also a mem-



Turley photos by David Henry www.sweetdogphotos.com

Deandrae Brown dribbles away from a defender.

ber of the Skidmore College men’s soccer team.

The men’s finals was scoreless at halftime.

Mount Carmel broke the ice four minutes into the second half.

The scoring play began with a crossing pass from Joao Miranda to Deandrae Brown, who fired a shot from the top of the box past Rumbleseat goalkeeper.

Please see **MEN**, page 8

SPORTS



West Side Sports Shop, featuring adult female players from throughout the region, took the PVSSL Women's Championship.

Turley photos by David Henry www.sweetdogphotos.com

IN THE CLASSROOM

Labrecque named to Goodwin Univ. Dean's List

LUDLOW – Christine Labrecque earned a spot on Goodwin University's Dean's List for the spring 2026 semester.

Labrecque, a student from Ludlow, is one of 512 students to make the Dean's List, reserved for those who demonstrate exemplary academic performance.

Dean's List inclusion requires a student to earn a minimum 3.5 GPA, the equivalent of an A- average, during a given academic session. The student must also be enrolled in a minimum of six academic credits to qualify.

"Goodwin University congratulates Christine on making the Dean's List and demonstrating such a high standard of excellence in the classroom and beyond," read a statement released by the university.

Classes of 1976 plan 50th reunion on Oct. 17

PALMER – The Palmer High School Reunion Committee invites the 1976 graduates of Palmer High School and Pathfinder Regional Vocational Technical High School to a 50th Anniversary Reunion Party on Saturday, Oct. 17 from 5-10 p.m.

Graduates and guests are invited to eat, drink and be reunited in the outdoor venue at Vanished Valley Brewing Co., 782 Center St., Ludlow. The cost is \$35 per person, includes entertainment and BBQ style buffet.

Please RSVP by contacting Sue Warner Prosperi at suewpro@gmail.com. Registration and payment are due no later than Sept. 30.

Temporary school records to be destroyed

Former students can get records

LUDLOW – Ludlow High School Class of 2019, temporary school records will be destroyed on or about Dec. 31 unless claimed by individual former students.

The temporary record consists of all information in the student record, which is not contained in the transcript.

Such information may include standardized test results, class rank, school sponsored extra-curricular activities, discipline records, immunization-health records and evaluations by teachers, counselors and other school staff.

Persons wishing to claim their temporary school records may request them in writing to: Ludlow High School, Counseling Department, 500 Chapin St., Ludlow, MA 01056.

For more information, please call 413-589-9001 extension 2407.

PHS Class of 1966 plans September get-together

PALMER – The Palmer High School Class of 1966 is planning a get-together on Saturday, Sept. 19, at 2 p.m. at Teresa's Restaurant, 325 Palmer Road in Ware.

The cost of the meal is \$34.

To register, please contact dgouvin@yahoo.com or Gail Clark at 413-262-9568, by Aug. 31.

WOMEN from page 7

2026 regular season with a 7-4-0 record, defeated the fifth-seeded Lusitano Women, 5-1, in the quarterfinals. Just like they did a year ago, they beat top seeded Here for Beer, 3-2, in the semifinals. West Side Sports also won the regular season match-up Here for Beer.

"Here For Beer is a very talented soccer team," Andre said. "We played very well against them the other night."

The West Side Sports Shop captain is Rhiann Ryan, who graduated from Minnechaug a couple of years ago.

"I love being a member of this soccer team," Ryan said. "It feels nice to finally beat Xtremes, especially after losing to them twice during the regular season."

Six other players listed on the Westside Sports Shop roster played soccer for legendary head coach Nundi Goncalves at Minnechaug. They are Emily Howard, Gabby Rita, Lylah Jeannotte, Chapin Jeannotte, Gaby Williams, and Claire Poindexter.

One of the West Side Sports Shop starters in the championship match was Mallory Pereira, who graduated from Ludlow High School.

Julianna Beaulieu, who graduated from Chicopee Comp, was selected as the M.V.P. of the women's championship game.

"I never expected to be the M.V.P. of this game, but I knew we could win another championship title," Beaulieu said. "I've now won three championships

with this team, which is very special. It's been a lot of fun playing soccer for this team."

Beaulieu, who played both basketball and soccer at Utica University, scored a pair of goals in the finals.

She got things rolling during the 16th minute of the opening half by putting a shot into the back of the net past goalie Madison Harmon.

"Once the ball left my foot, I knew it was going into the net," Beaulieu said. "It set the tone for the rest of the game."

The Xtremes, who went 10-1-0 during the regular season, had an opportunity to tie the score during the 27th minute. Gianna Sakowski, who also graduated from Minnechaug, fired a shot on goal, which sailed high over the crossbar.

Beaulieu scored her second goal early in the second half.

Sara Avery, who was the West Side Sports Shop starting goalie, didn't have to make very many saves in recording the shutout. Avery lives in Belchertown and she graduated from the MacDuffie School. She'll be a senior on the AIC women's soccer team this fall.

The members of the West Side Sports Shop will be looking to win another PVSSL championship title next summer.



ABOVE: Kaela Mochak heads up the field.

LEFT: Emily Howard makes a stop.

MEN from page 7

bleseat goalie Luke Theroux.

Miranda was selected as the M.V.P. following the match.

About ten minutes later, Perham scored a goal, which was assisted by Brown.

"It just felt awesome to score a goal in the championship game," Perham said. "We took control of the game at the start of the second half. We had another great season."

Perham has been a member of Villa/Mount Carmel for the past four

years.

"I'm very happy for Mason," Bourget said. "He began playing with us the year after he graduated from Minnechaug. We also have a couple of other Minnechaug players on our team. We have a bunch of talented players on this team."

The other former Minnechaug soccer players listed on the Mount Carmel roster are Kyle Atkin, Nick Cianflone, Chase Henderson, and Cam Rigney.

The members of the Mount Carmel FC are hoping to make it a four-peat in the summer of 2027.

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What's Happening at Hubbard Memorial Library

LUDLOW – To learn more about library events, or to register for programs, visit ludlow.cwmars.org or call 413-583-3408 (extension 113).

Weather-related announcements for outdoor events will be made on the library's Facebook page on the morning of the program.

Library Hours: Monday (9 a.m. to 5 p.m.); Tuesday (9 a.m. to 8 p.m.); Wednesday (9 a.m. to 5 p.m.); Thursday (9 a.m. to 8 p.m.); Friday (9 a.m. to 5 p.m.); Saturday (10 a.m. to 2 p.m.).

The library is closed on Saturdays during the summer, Sundays, and holidays.

The Friends of the Hubbard Memorial Library hold their monthly meeting on the third Thursday of the month at 6 p.m. Join the Friends and learn how you can help support the library.

FOR ADULTS

A Footprints and Fossils program will be held on Thursday, Aug. 13, from 6:30-7:30 p.m. Interested in dinosaurs? Would you like to see a fossil up close? Curious to learn more about evidence of prehistoric life in the local area? Retired HCC Professor Steve Winters will discuss these topics and more. The program is geared toward adults; please register to attend.

A virtual program – Celebrating America's 250th with Presidential Doodler Heather Rogers – will take place on Monday, Aug. 17 (7-8 p.m.). "Presidential Doodler" Heather Rogers will share trivia and her own original artwork in this talk about lesser-known figures from American history. Please register for this program.

A suncatcher and earring-making workshop will be held on Thursday, Aug. 27 (6-7:30 p.m.). Join Sandy Merrill for an evening making colorful beaded sun catchers and earrings. All supplies provided. Please register.

The Creative Writing Group will meet on Tuesday, Sept. 1 (2-3:30 p.m.). Drop in

and get some writing done. The facilitator will provide prompts and a quiet space for writing. Share what you've written. Please register for this program.

Chair Volleyball for Seniors will return to its regular schedule: every Monday and Thursday at 1:30 p.m. Have some fun and join the group for chair volleyball. No running or jumping is required. Walk-ins are welcome.

Technology appointments are available at the library. Do you have questions about your smartphone, tablet, or laptop? Book a 30-minute, one-on-one technology appointment by visiting the reference desk or calling 413-583-3408 (extension 114).

The library is seeking local artists, craftspeople, and collectors who would like to display their wares in the library's display case. Exhibits remain in place for one calendar month. For more information, or to arrange a showing, call 413-583-3408 (extension 113).

Check out the monthly reading challenge offered by the Mass Center for the Book. Each month, read a book based on a chosen theme. Participants will be entered to win a free tote bag full of books. For more information, or to sign up, please visit <https://www.massbook.org/reading-challenge-2>.

At the Book Club meeting on the first Thursday of the month (3:30 p.m.), join members for a segment called, "Who Picked This Book?" Pick up a copy of this month's book at the circulation desk.

The Happy Hour Book Club meeting takes place on the last Thursday of the month at 6:30 p.m. Join members for this month's Happy Hour Book Club meeting. Pick up a copy of this month's book at the circulation desk.

FOR YOUTH

"Unearth a Story" Summer Reading will run through Aug. 17. Log your reading on the Beanstack App by midnight on Aug.

17. Raffles will be drawn after the 11:30 a.m. Ed Popielarczyk Magic Show on Aug. 18. All participants will receive a small prize and a ticket to the Interskate event on Aug. 20. Please see staff in the Youth Room.

Dino-Mite Puzzle Art will be held on Thursday, Aug. 13, at 4 p.m. The program is intended for ages 8-17. Use old puzzle pieces to make art. Please register.

A Teddy Bear Picnic will take place on Friday, Aug. 14, at 11:30 a.m. Intended for ages 0-5 and families, this program will be held on the library lawn. Bring your favorite stuffie and your picnic lunch. Please register.

An Insect Scavenger Hunt will be held on Monday, Aug. 17 (all day). If you can find them all, win a prize. This program is a drop-in session.

Minute to Win It will take place on Monday, Aug. 17, at 10:30 a.m. Intended for ages 10-17, this program requires registration.

An Ed Popielarczyk Magic Show is set for Tuesday, Aug. 18, at 11:30 a.m. The program is for youth of all ages. Youth Summer Reading raffles will be drawn at the end of the program (you don't need to be present to win). This program is a drop-in session.

Nintendo Switch Night returns on Tuesday, Aug. 18, at 6 p.m. (for high school-aged youth). Switch and pizza are sponsored by the Friends of the Library. Please register.

An End of Summer Reading Roller Skating Party is set for Thursday, Aug. 20, at 6 p.m. Intended for participants in the Youth Summer Reading Program, this event will take place at Interskate in Wilbraham. Stop by the Youth Room desk to get your ticket.

A movie session (Land Before Time, rated G) will take place on Friday, Aug. 21, at 11 a.m. This drop-in event is intended for youth of all ages and families.

A Back to School Storytime will take place on Monday, Aug. 24, at 10 a.m. The program is intended for ages 0-5. Read a story and make a craft. Please register for this program.

Youth Chess Club takes place on Mondays (biweekly). The next session is Aug. 24 at 3:30 p.m. Intended for ages 9-17, this program requires registration.

Youth Crochet Club (Tuesdays biweekly) will next meet on Aug. 25 at 5:30 p.m. Intended for ages 10-17, this program requires registration.

Anime Club (Tuesdays biweekly) will next meet on Aug. 25 at 3:30 p.m. Intended for middle and high school students, this program requires registration.

A Tween Graphic Novel Club meeting will be held on Thursday, Aug. 27, at 5 p.m. (for ages 10-14). Book is available in the Youth Room. Please register.

Sing With Me is held every Tuesday from 10:30-11 a.m. Intended for children ages 0-5, this is a drop-in program.

Pokemon Club takes place on Wednesdays (weekly) from 3:30-4:45 p.m. Intended for grades 3-8, the program requires registration.

Lego Build Challenge takes place every Wednesday from noon to 5 p.m. This is a drop-in session.

An Online Gaming/Minecraft Club for young adults is held every Thursday from 3:30-5 p.m. (for ages 10-15). Feel free to drop in; first come, first served.

Daily Drop-In Crafts are intended for all ages. DIY crafts are available in the Youth Room daily. A new craft is offered each week.

A Young Adult Volunteer Program is ongoing (intended for students in grade 6 through high school). Volunteer one hour a week in the Youth Room. Please see the library website calendar for more information, or to submit an application.

INDIAN ORCHARD

Ramos tours supermarket with local leaders



Submitted Photo

State Rep. Orlando Ramos recently joined community leaders in a tour of the Key Food supermarket. Legacy Economic Development Corporation Executive Director Andrew Melendez also took part in the tour. The event was organized to highlight and support local grocery stores that are currently facing challenges due to recent changes in the SNAP program. David Perez and his brother run the family business with their father. The business is located at 459 Main St.

Immaculate Conception hosts concert

INDIAN ORCHARD – "Listen, Pray, Share & Thank," a concert in honor of the Blessed Virgin Mary will be held at Immaculate Conception Church, 25 Parker St., on Sunday, Aug. 16 starting at 3 p.m.

Join the Parish Choir in

singing Polish, English and Latin Marian Hymns.

Guest speakers during the concert will be Franciscan Sisters of the Eucharist – Sister Faith Marie Woolsey FSE will speak about the Rosary and its significance and Sister Rosario Ongayo FSE

will speak about real life experiences related to the mysteries of the Rosary.

Light refreshments will be available after the concert. This program is sponsored by Parish Rosary Sodality, and a free will offering will benefit the parish.

Indian Orchard Citizens Council Meeting schedule and information

INDIAN ORCHARD - The Indian Orchard Citizens Council meets the second Wednesday of the month at 6 p.m. Meetings take place at the office located at 117 Main Street, Indian Orchard. The Council empowers residents to influence local decisions by providing a plat-

form for voicing concerns and connecting with city departments. It keeps you informed about neighborhood projects and resources while encouraging community involvement through volunteer opportunities. By organizing events and meetings, the council builds com-

munity bonds and advocates for residents in city planning and policy discussions, enhancing neighborhood safety and resilience. Office hours are Monday-Friday 10 a.m.-2 p.m. Questions? Call the office at 413-209-8240 or email indianorchardcitizenscouncil@gmail.com

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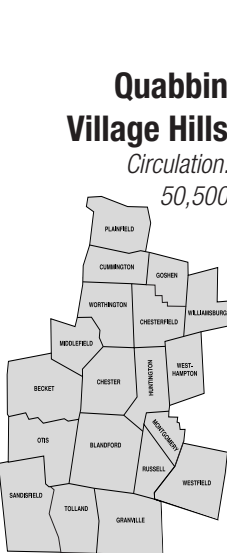

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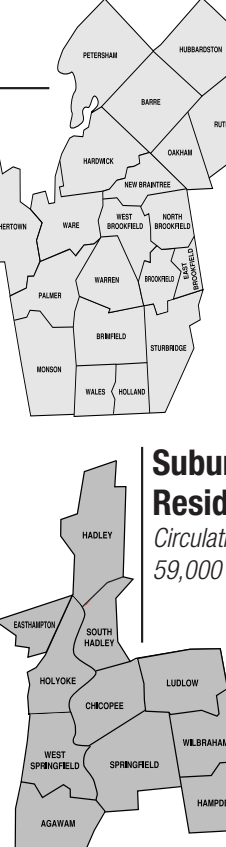
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PUBLIC NOTICES

LUDLOW ZONING BOARD OF APPEALS LEGAL NOTICE

The Ludlow Zoning Board of Appeals will hold a public hearing in the Ludlow Town Hall, 488 Chapin Street, Selectmen's Conference Room, on **Wednesday, August 26, 2026, at 6:00pm** on the application of **Joe Pires** regarding property located at **88 Chapin Street, Ludlow, MA (Assessors' Map 29, Parcel 15, Zoning: Agricultural)** The subject of the hearing is a request for a Variance to allow an addition to a single-family home that would encroach into the required twenty-foot side setback as specified in Table 2 of the Table of Dimensional Regulations.

Alan Aubin, Chairman
08/12, 08/19/2026

LUDLOW PLANNING BOARD LEGAL NOTICE SITE PLAN

The Ludlow Planning Board will hold a public hearing in Ludlow Town Hall, Select Board's Conference Room on **Thursday, August 27, 2026, at 7:00 p.m.** on the application of Ludlow Housing Authority for the property located at **114 Wilson Street, Ludlow, MA (Assessors' Map 11D, Parcel 38)** for the purpose of: site plan to show updated parking.

If for any reason this hearing is cancelled, it will be rescheduled to Thursday, September 10, 2026.
Raymond Phoenix
Chairman
08/12, 08/19/2026

LUDLOW ZONING BOARD OF APPEALS LEGAL NOTICE

The Ludlow Zoning Board of Appeals will hold a public hearing in the Ludlow Town Hall, 488 Chapin Street, Selectmen's Conference Room, on **Wednesday, August 26, 2026, at 6:20pm** on the application of **Joanne Martins** regarding property located at **755 Lyon Street, Ludlow, MA (Assessors' Map 19, Parcel 3, Zoning: Agricultural)**. The purpose of the hearing is to consider a request for a Variance to reconstruct the existing garage and family room of a single-family home, resulting in a structure that is less non-conforming to the required 20-foot side setback as specified in Table 2 of the Table of Dimensional Regulations.

Alan Aubin, Chairman
08/12, 08/19/2026

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.
HD26P1666EA
Estate of:
Gloria Ferland
Also known as:
Gloria Corinne Ferland
Date of Death: 04/18/2023
CITATION ON PETITION
FOR FORMAL
ADJUDICATION

To all interested persons:
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Keith Ferland of Plymouth, NH** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that **Davis P LaBonte of Chicopee, MA** 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 written appearance and objection at this Court before: 10:00 a.m. on the return day of 09/14/2026. 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. Claudine T. Stoudemire, First Justice of this Court.

Date: August 03, 2026
Rosemary A Saccomani,
Register of Probate
08/12/2026

Faith Formation registrations available

LUDLOW – Christ the King Faith Formation registrations for students in grades 1-9 will take place on Saturday, Sept. 12, at 9 a.m. at the church center.

“We encourage all students in grades 1-9 to join our Faith Formation class-

es,” read a statement released by the church leadership team. “All students are welcome. We look forward to seeing all the students in September.”

Christ the King Parish Center is located at 41 Warsaw Avenue.

Summer Social on Aug. 30

LUDLOW – St. Elizabeth Parish, 181 Hubbard St., will hold its annual Summer Social on Sunday, Aug. 30 from noon-3 p.m. at the Pastoral Center.

Tickets are \$10 for adults, \$5 for children ages 3-17 and free for children under age 3. For tickets,

please call the rectory at 413-583-3467.

There will be the usual picnic food, music by the Ludlow Community Band, a magician and other fun activities. An attendance raffle is available for all.

Please bring a dessert to share with everyone.

OBITUARY

Linda Ann Larivee

Linda Ann Larivee had a deep love for traveling, even taking a tour around Germany, Italy, France, and England in her early 20s. Linda also had a succession of beloved cats: Fluffy, Venus I, Warren I, Warren II, Venus II, Vegas, Warren III, and Venus III.

Linda leaves behind her husband, Peter Quirk, and her cat, Venus III, who will miss her terribly.

Linda passed away on August 1, 2026. Linda was born to the late Arthur G.

and Pauline M. (Strycharz) Larivee. Linda's father was the former owner of Shorty's Restaurant. From his side, Linda is 1/8 Mohawk.

She was a longtime resident of Holyoke, MA and after attending Holyoke schools, she went on to work for the school department for many years until her retire-



ment. She even taught a couple of courses at Holyoke Community College.

Visitation will be Wednesday, Aug. 19 from 4 to 6 p.m. at the Beers & Story South Hadley Funeral Home. A funeral home service will be Thursday, August 20 at 10 a.m. with burial to follow at Forestdale Cemetery in Holyoke.

DEATH NOTICE

**Larivee,
Linda Ann**
Died Aug. 1, 2026
Services Aug. 19, 2026

Visit us at
www.
turley
.com

The Ludlow Register OBITUARY POLICY

Turley Publications offers two types of obituaries. One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$275, which allows families to publish extended death notice information of their own choice (with a word limit of up to 500 words) and may include a photograph.

Death Notices & Paid Obituaries should be submitted through a funeral home to: obits@turley.com.

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

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www.turley.com

Contact Jordan at jconrad@turley.com or 413.283.8393

Church DIRECTORY

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

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

ST. ELIZABETH PARISH
191 Hubbard St., Ludlow
413-583-3467
Pastor – Rev. Msgr. Homer P. Gosselin
In Residence – Rev. Norman Bolton
Deacons: Normand Grondin, Keith Davies
Office Hours: Monday - Friday 8 a.m. - 4 p.m.
Visit our website at www.stelizabethludlow.org
Like us on Facebook Check out our Parish App
Wednesday, Aug. 12 – Daily Mass – 7:30 a.m.
(C), Adoration – 8 a.m.-3 p.m. (C)
Holy Mother Choir – 4:30 p.m. (C),
Bible Study – 6:30 p.m. (JR)
Thursday, Aug. 13 – Daily Mass – 7:30 a.m. (C)
Friday, Aug. 14 – Daily Mass – 7:30 a.m. (C)
Saturday, Aug. 15 – Confessions – 2:30 p.m. (C),
Saturday Vigil Mass 4 p.m. (C)
Sunday, Aug. 16 – Sunday Masses at 7:30 a.m.,
9:15 a.m., 11 a.m., 5 p.m. (C),
Youth Ministry High School – 6 p.m. (JR)
Monday, Aug. 17 – Daily Mass – 7:30 a.m. (C),
Tuesday, Aug. 18 – Daily Mass – 7:30 a.m. (C)
Youth Ministry Middle School 3:30 p.m. (JR),
Trip Preparation – 6 p.m. (FLBH)

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.

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.

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

FIRST CHURCH IN LUDLOW
859 Center St. Ludlow
413-583-3339 office
Office hours Monday & Wednesday 10 am to 2 pm
Reverend Darcy Borden, Pastor
413-285-3069
Call her at other times to make an appointment
Sunday Worship at 10 am alternating weekly with
Grace Union Church, Wilbraham
Check our Facebook page or website for the
schedule of worship and events
<https://www.facebook.com/firstchurchludlow>
Website: www.ludlowfirst.com



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- 3 Find a quick link to the state of Massachusetts' public notice web site to search all notices in Massachusetts newspapers.

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