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Turley photos by Amanda Munson

Donning his favorite hat, Retired Police Chief Daniel Valadas is seen surrounded by the Ludlow Police Department with many thrilled to be by his side again.

Retired Police Chief celebrates retirement

By Amanda Munson
Staff Writer
amunson@turley.com

LUDLOW – “Perseverance, integrity, and honor.” On Sept. 28, Retired Police Chief Daniel Valadas was honored with a retirement party at the Gremio Lusitano Club banquet hall and catered by Mill’s Tavern & Grille, with special dishes and desserts that signified Valadas’ Portuguese heritage. From close family and friends, Ludlow Police Department

past to present employees, neighbors and town workers, Valadas left a mark in the town he calls home and was able to visually see how much his work meant to everyone surrounding him and beyond.

The banquet hall was full with people catching up with others introducing themselves for the first time and sharing how they knew Valadas and the family. Whilst Valadas was hugging everyone who walked through the door and sparking in great conversation

over past and present bonds, 25-year-old State Government Worker Daniel Valadas II who graduated from Ludlow High School and is a Penn State Alum, shared how it felt to see his dad officially retire and have the opportunity to celebrate his accomplishments with everyone at the party.

“It certainly has been a long time coming, he also lived in Indian Orchard for 10 years before moving to Ludlow, and he’s been in Ludlow ever since. He spent his

whole life here and has really built his career here. He plans on staying in the town after retirement so I think that’s the totality of it, dad’s really served a community in the town for his whole life. He’s really given everything, many hours of hard road details, patrol, arrests, not only in the chief’s work but the administrative work and everything. It’s nice to see this appreciation for him, obviously

Please see **RETIREMENT**, Page 3

Faith Community Chapel celebrates 100 years

By Amanda Munson
Staff Writer
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LUDLOW – Faith Community Chapel located on East St. celebrated 100 years of service on Oct. 5, a congregation that’s gathered to worship, serve, and to share the love of Christ in the community and beyond. Celebrating the century-long church, the FCC will be honoring the faith, community, and service as they move into an even greater future with exciting possibilities.

Highlighting the anniversary with a banquet at the

Ludlow Country Club, the day will include fellowship and time to share stories of how God worked through FCC over the years.

Speaking with Pastor and Adjunct Pastoral Ministry Instructor Lisa Morrison who recently celebrated four years at FCC as the pastor on Sept. 28, Morrison explained that the church wanted the celebration to coincide with the church’s inception.

The FCC began in Springfield and moved a couple of times over the years,

Please see **100 YEARS**, Page 10



Submitted photo

Faith Community Chapel celebrates 100 years on Oct. 5.

Ludlow High ‘Checks In’ to their mental health by hosting fair

By Amanda Munson
Staff Writer
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LUDLOW – “It’s amazing to see everyone in the area!” On Sept. 29, the Ludlow High School hosted a mental health fair that had every student check in to their mental health, highlighting the importance of doing it as a regular habit and continuing to normalize it within younger generations. Set up in the gymnasium, LHS staff assisted and directed high school students to their assigned tables and monitored them, and watched them teach their fellow classmates about the variety of topics revolving around mental health awareness. Occurring during the student’s math block, the school ensured every student checked in with themselves. With topics such as ‘we

were made to thrive’, ‘move it, move it, boost’, to ‘it takes a village’, the tables had LHS students learn and educate others on their respective tables, like the LHS cheer team set up to show the importance of physical movement can help alleviate common stressors in high school.

Speaking with Assistant Principal Kate Howard-Bender of LHS, Howard-Bender shared the mental health fair last Tues. was from the Jordan Porco Foundation who’s mission to prevent suicide, promote mental health, and create a message for young adults.

“We actually had a couple of our staff members that went to a Fresh Check Day at Holyoke Community College to see how it went and what it looked like. Today, we are having the same event but ‘Check In’ that’s



Turley photo by Amanda Munson

The LHS Cheer Team promoted healthy habits like moving your body can help with a clear mind; Amanda Miller, Myleigh Rubin, Liana Chaves, Giani Perez, Catarina Mazza, Ava Friese, Madalyn Marques, with Adelei Bernard.

geared for high school students. I thought the idea was great and I thought this would be great to do in Lud-

low, so I spoke with Social Worker Ron Hokanson and he said that was fantastic. We got people interested in

doing a mental health fair and Hokanson connected us with Ludlow Cares, who said they were all in and

funded the programming and the swag. Two of our staff members, ETL Lisa Roy and Toni Hines, thought it was so fun and we ended up buying the packet from the foundation that gave us the outline; it was a really nice plug in play,” said Howard-Bender.

When asked what booth was the most meaningful if she was a high school student walking around the fair, Howard-Bender added the one that had students answer the prompt, ‘I am this, but I am not this’. “Different folks have different assumptions based on looks, characteristics, ethnicity, et cetera. And we are so much more, we are so much more multifaceted than just out outside. I think I would have

Please see **MENTAL HEALTH**, Page 7

Spiritual writer, author shares insight and experiences at Hubbard Memorial

By Amanda Munson
Staff Writer
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LUDLOW – During the last week of September, Author and Spiritual Writer Jacqueline Engel presented at the Hubbard Memorial Library to detail the experiences and insights of her spiritual gift, discussing the significance of channeling messages from departed souls received through clairaudience. Speaking to Engel and learning about her spiritual gift, Engel shared that she began her career in the medical field and was involved for 30 years and then earned her BA in counseling psychology, explaining her growing interest in holistic health.

“I always had this nag-

ging sense that there was something more on a spiritual level and for about 30 years or more, I’ve been doing spiritual writing of various kinds. But in the last 20 years, it expanded and increased, becoming what I call spiritual obedience. It’s not something that I seek, I am not a medium or take appointments, I don’t do readings; it’s spontaneous and on an as-needed basis. If something needs to be said, I hear the message, document it, and forward it to whoever is supposed to receive the message. That is usually relayed in the message that I kept, someone who wants information given to their loved ones or friend. I’ve been doing that for a very long time,” said Engel.

In the past when En-

gel shared messages, people have commented on the accuracy of describing the personality and character of the loved one. “I thought it was interesting since I didn’t know the person and I only knew their family or acquaintance; whatever information I get is not something I am seeking, it’s something that’s coming to me. There’s a difference between someone who does readings and myself who doesn’t do readings, but the information comes through a different source. I consider it to be a spiritual assignment since the messages I get provide comfort and understanding, helping people to close the gap in their grieving process. I’m not calling up spirits, they’re

Please see **AUTHOR**, Page 8

Ludlow Clocktower Classic 5K race will take place on Oct. 25

By Amanda Munson
Staff Writer
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LUDLOW – Interested in running with fellow townspeople and neighbors? The Red Bridge Run Club will soon host the Ludlow Clocktower Classic 5K on Oct. 25 at 11 a.m. with Race Directors Ryan and Teresa Czepiel-Devine. Beginning right near the iconic clocktower in town, the race will introduce beginner to advanced runners to local businesses and restaurants that may have been hidden from the beaten path.

Speaking with the race directors further, Ryan and Teresa shared how the club began, their personal connections within the town of



Submitted photo

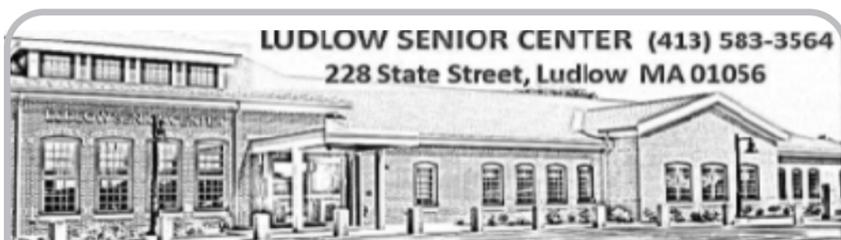
Get your racing sneakers and water bottle, the Ludlow Clocktower Classic 5K bolts on Oct. 25 at 11 a.m., a new way to experience the town and all that it offers.

Ludlow and how runners can join at any level to the run club. Beginning with introductions, “We’re Ryan Devine and Teresa Czepiel-Devine, and we’re the race directors for the inaugural Ludlow Clocktower Classic 5K. The race will be starting right from Sole Syndicate Brewing, formerly Iron Duke Brewing. We started the Red Bridge Run-

ning Club (RBRC) in 2017 to build a running community right here in our hometown. We run a four mile loop every Thurs. at 6 p.m. We welcome runners of all levels. We want to support each other’s running goals and build friendships over a post-run beer or two. While

Please see **ROAD RACE**, Page 10

LUDLOW



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

Welcome to the Ludlow Senior Center

Fall is in the air, and just like the leaves, our calendar is full of color and variety! Gather with friends in the Center's beautiful dining room and enjoy a delicious lunch complete with coffee, tea, and dessert. To join us, just call 413-583-3564 a day in advance to reserve your spot (Call Friday for Monday lunch).

Don't miss out on what's happening. Pick up our monthly Newsletter at the Center or share your email with us to have it delivered straight to your inbox. You can also explore programs, find important forms, and learn more about what a Senior Center has to offer at ludlow.ma.us/coa/. And for the latest news and photos, be sure to "like" the Ludlow Senior Center on Facebook!

As the days grow cooler and the season turns cozy, we look forward to sharing warm meals, great programs, and good company with you at the Center.

Activities Calendar:

Please register in advance for items with*

Thursday, October 9

8:45 a.m. Foot Care by Appointment*
9 a.m. Tai Chi
9:30 a.m. Dominos
10:15 a.m. Mindful Meditation*
10:30 a.m. Friends of the Ludlow Senior Center mtg
10:30 a.m. Senator Oliveira Office Hour
12:45 p.m. Mahjong
1 p.m. Learn to Paint*
2:30 p.m. Active Yoga

Friday, October 10

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

Monday, October 13

Center Closed for Columbus Day

Tuesday, October 14

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 Class
1:30 p.m. Bingo
2:30 p.m. Computer Help

4:30 p.m. Power Pump Exercise Class
4:30 p.m. Souper Supper
5 p.m. Movie: Greyhound (2020)
5:45 p.m. Guidance by Li Grief Support*

Wednesday, October 15

8 a.m. Garden Club
8:45 a.m. Zumba Gold
9 a.m. Ceramics
10:30 a.m. Healthy Bones & Balance*
12 p.m. Lunch & Learn*
1 p.m. Movie: Thursday Murder Club
1 p.m. Dominos
1 p.m. Healthy Bones & Balance*
4:30 p.m. Council on Aging Meeting

Thursday, October 16

8:45 a.m. Foot Care by Appointment*
9 a.m. Tai Chi
9:30 a.m. Dominos
10:15 a.m. Mindful Meditation*
12:45 p.m. Mahjong
2 p.m. Writers' Block
2:30 p.m. Active Yoga
*PLEASE register for Boomer Boot Camp, Healthy Bones & Balance, Foot Care, and other programs as noted by calling 583-3564

Daily Events:

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

Menu:

Thursday, October 9: Baked Cod/Scalloped Pot/Veggies
Friday, October 10: Vegetarian Chili/Cornbread
Monday, October 13: Center Closed for Columbus Day
Tuesday, October 14: Pork & Apple Stew/Biscuit
Wednesday, October 15: Lunch & Learn! Sweet & Sour Chicken/Rice/Asian Veggies
Thursday, October 16: Birthday Lunch! Salisbury Steak/Au Gratin Pot/Vegetable
Friday, October 17: Stuffed Sausage/Onions/Peppers/Mushrooms/Pasta Salad

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 inquire about ingredients at 413-583-3564.

Trailer Trash benefit concert raises \$20K for CHD's

LUDLOW—Harper Carpenter, an 8-year-old junior player on the Springfield Thunderbirds Sled Hockey Team, has developed not only skills on the ice, but also confidence and resilience off of it. Despite being diagnosed with cerebral palsy, a neurological disorder that affects her movement and muscle coordination, she has never let this challenge dampen her spirit.

In fact, there she was in her wheelchair, in front of the stage at a September 19 benefit concert for the sled hockey program at the Ludlow Elks, high-fiving Trailer Trash's lead vocalist Joe Fazio and dancing with Boomer, the Thunderbirds' mascot (pictured).

Because of the generosity of Trailer Trash and many other businesses and individuals, the Thunderbirds sled hockey teams, administered by the Center for Human Development's All In: Barrier-Free Recreation program, have been able to truly thrive, attracting local participants like Harper as well as players from throughout the Northeast. "From starting off with 10 players in 2016 to 40 players this year, the program has grown exponentially, and Trailer Trash has greatly helped us in reaching our goals since they began performing benefit concerts for us in 2019," said All In Program Manager Jess Levine.

All In brings a wide range of activities to people of all ages and abilities, including those with disabilities. The team is named for the Springfield Thunderbirds AHL hockey franchise, which has a decade-long partnership with CHD.

Sled hockey is similar to "stand up" hockey, except that participants sit on a sled that has skate blades and a runner in front, and use two shortened hockey sticks with a blade on one end and a pick on the other end, which enable them to propel themselves across the ice.

The sport has been an incredible outlet for Harper, who is able to stay active and develop essential life skills,



Submitted photo

such as teamwork, that will serve her well into adulthood. If you come to a Thunderbirds sled hockey game, you can't miss Harper—she is the one with the pink helmet, pink glasses, and big smile.

"Harper Carpenter has been a true spotlight in our program," said Levine. "Her positivity and her take-charge attitude make her a perfect addition to our team. When you look at Harper, you don't see a chair or any limitations, you see a girl living her life and having a blast. You see a dancing queen and a sled hockey player all in one."

Wearing her pink glitter sneakers, she certainly was having fun at last month's Trailer Trash benefit concert, which raised more than \$20,000 for All In—the most they've ever raised for this event. All In's relationship with Trailer Trash began when the family of one of its sled hockey players, Eddie Gagnon, got to know Trailer Trash guitarist Bob Stanek. The connection was made, and the rest is history.

For Stanek, playing in benefit concerts for the sled hockey team has been a labor of love. "The guys in Trailer Trash are so impressed with the great things that CHD does and stands for," he said. "It's truly an honor for us to be able to give a few hours of our time to support sled hockey team members that otherwise would not have the ability to participate." Last year,

his band received CHD's Key Award, which recognizes an individual, family, or community partner that has made a life-changing gift to CHD or one of its affiliated programs.

The benefit concerts enable All In to purchase sleds, sticks and gear open up its sled hockey program to more individuals with different ability levels. "Within the sport of sled hockey, each individual is different and needs specific modifications," said Levine. "For instance, a double amputee player would need a shorter sled with a cover so they can play properly. As an adaptive program, these specialized purchases are necessary for safety reasons and to make sure each player is comfortable on the ice."

It's not just the purchase of equipment and ice time that Trailer Trash has given to these adaptive athletes—it's their voice that they use that has an even bigger impact, according to All In Outreach Coordinator Ryan Kincade and captain of the Sled Hockey Thunderbirds travel team. "Over the years, the band has built a very large following in the community," he said. "When they add our All In program to their calendar and market the event, they are also raising awareness for adaptive athletes, and showing the community that programs like All In make transformative difference for those with disabilities."

Join our community

LUDLOW—Are you searching? Are you searching for a loving community? Then please come to the First Church in Ludlow, United Church of Christ, 859 Center Street, Ludlow, Mass on Thursday, October 23rd from 5 pm to 7 pm.

The First Church in Ludlow is having an Open House on that date with an opportunity to visit the church, to see what it offers and to offer up fellowship.

Offered that evening, will

be tours of the church, along with a history of the congregation, there will also be refreshments to enjoy and fellowship to be had.

The Church's Hummingbird Shop and Bookstore will also be open.

Everyone is welcome. For whoever you are, and where you are on life's journey, you are welcome with us. For more information, feel free to contact the minister, Reverend Darcy Borden by email at revdarcyborden@gmail.com.

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RETIREMENT from Page 1

his department loves him, he would really go to war and die for his department and his police officers and everyone there. That's the reason we are here is to celebrate that, because he's done such an amazing job as chief and I think he's going out on the highest note with 35 years," said Valadas II.

19-year-old Westfield State Sophomore, Peer Mentor, and Dance Team Member Julia Valadas shared how her favorite part about her dad's retirement is going out and getting food together. "It's a time to bond and he'll drive me around and show me places that he grew up in. It's nice to see from his perspective and just to connect with him," said Julia.

27-year-old Westfield State Alum and Sturbridge Public Safety Dispatcher Isabella Valadas said it's been nice going home from her own public safety position and relying on her dad's experience.

"I specially studied criminal justice and now I am able to ask him different questions about this field that I'm emerging into. He is semi-retired, he still does different things with the LPD as a special police officer but it's definitely nice to see that kind of palpable blanket of stress going away," said Isabella.

23-year-old University of Rhode Island Alum and Heart and Vascular Surgery Registered Nurse Amelia Valadas said it was a big transition for her dad going into retirement, saying that he was overwhelmed with how much he could do. "Now it's an array of things that are more calm to him, things that calm his mind like he loves his yard work. He's always outside and he just seems more at peace and calm. Even as kids, my parents worked on opposite shifts and I do always remember him only coming home for dinner and after school, then he would go off again to work and come home at night we would be sleeping. We are really happy to have him home," exclaimed Amelia.

Provisional Ludlow Police Chief Michael Brennan stated how this party was a great way to commemorate Valadas' retirement, "It's great for those who didn't get a chance to and it's also a great chance to reflect, and being retired for over a month, it's fully hit him. It's fantastic, he's got a great turnout here and again, a great event to get everyone together to see each other. The stress of being chief, the stress of it week after week and the grind of all that, now to be fully out of that and rolling on in this new chapter in his life, I am happy for him. I worked directly for him as the admin lieutenant on the days so every day, I would see him and try to get out in front of things so that he's not having to deal with every single issue. I know what he expects from just working so closely with him, so in that way, it definitely prepared me for what I'm doing now."

In attendance was Retired Police Chief Pablo Madera, past retirees, chiefs from the surrounding areas, and many others who connected with Valadas over good food and memories.

Amelia shared that the preparation for the party was put on by the Special Police, who handled the DJ and the banquet hall, and Mill's Tavern & Grille handled the food, so the main thing Wife Susan Valadas and the Valadas' kids handled was putting up the decorations. "I'm really happy with the way that it's all turned out for him, he gets to see a bunch of people that he loves and see all of his friends, he's the best. To see my dad interact with everyone is very overwhelming, the



In the entrance of the hall, the Valadas family displayed Chief Daniel Valadas' numerous accomplishments over the years, along with several newspaper clippings.



Daughter Amelia, Wife Susan, Daughter Isabella, Son Daniel Valadas II, and Daughter Julia accompanying Retired Police Chief Daniel Valadas.

Before the guests could take a bite, the cake read 'Happy Retirement Chief Daniel Valadas!' accompanied with two police badges.

joy that I feel seeing him with everybody and seeing how much support he really does have even after leaving a high position. All of my neighbors came, my old friends came too, so it is really nice to see everyone supporting him," commented Amelia.

Valadas during his speech that overlooked the crowd of his supporters, he brought up his family onto the stage, shouted out the people who made this day possible, and acknowledged his parents and mother-in-law. "My parents taught me that family and hard work was big, if you wanted to make it, you had to work. Put your head down and do the work, that's what life is about and that's what we taught our kids. I always felt that no matter how bad of a day it was, there's ups and downs in police work and I've left that police department angry, but you turn around and acknowledge that this is how I make a living. The town of Ludlow is what pays the bills and puts food on the table and I have to do whatever I can to be there for when I am supposed to. You can't ever take that for granted, my staff at the police department are fantastic. It's not always

good to leave when it's good, it definitely feels like it was the right time, you reach a point where you want to do something else and at a different pace. I want to thank the chiefs that are here and my fellow colleagues. It has been alleviating these past eight weeks, I thank God for that. It's a great profession and honorable profession, there are so many great people that work as police officers that are there for everybody and are the unsung heroes in my opinion. Perseverance, integrity, and honor; those are my characteristics to be successful in this line of work. Bottom of my heart, thank you for being here," ended Valadas.

When each Valadas kid was asked about how it was to see their dad relax and be at home, Valadas II began sharing that he's seen his dad do a lot more things around the house and the yard. Julia commented how relaxing it

was to feel the sense of relief around the house, "He can finally relax, take a breath, and focus inward on what he wants to do. He's living it up with his new tractor and is finally experiencing a life where he gets to feel safe and secure," said Julia. Isabella explained that when she was a kid, she remembered seeing her dad only at dinners or intermittently because he was working. "It's really nice to have him there all the time and to see him when I come home from work, it's just nice to see him sitting in his chair in front of the TV and relaxing after a day. We've had more bonfires in the backyard!" added Isabella. Amelia shared, "When I am home, it's nice to see him more and it's just the little things we get to do, like make dinner together or go out to dinner. We have more opportunities to go out during the day," said Amelia.

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OPINION

GUEST COLUMN

The Garden Lady answers a unique question on a unique plant

Sue, who gardens in Gilbertville called the Garden Lady with a question about Stinging Nettle. Apparently, she has it growing in numerous places on her four-acre property and wants to eradicate it.

“Roberta, are you familiar with this plant?” All I could say, was “Ah, yes,” and then I began the story.

Not too long ago I was grabbing weeds by the handful, stuffing them into a bucket. Suddenly, out of the corner of my eye I saw the familiar saw-tooth shaped leaf and distinctive hairy stems within my clutches. As soon as my brain registered what I had just plucked, my hand started to sting...burn, really.

Yup, I was fooled again by stinging nettle. Ice helps a little, but usually the burn has to run its course.

Once you have identified stinging nettle, it won't be hard to miss. *Urtica dioica* and other members of the *Urticaceae* family have in common one particular trait: hairs on the undersides of their leaves as well as on their stems.

It is the hairs, that when brushed upon or grabbed, release formic acid into the skin causing a stinging, burning and a just plain painful reaction. Another giveaway to the plant's identity is its elongated, heart-shaped, saw-toothed leaves that form opposite one another and then alternate back and forth up the stem.

From July through October, the plant sports greenish white flowers, upright at the top of the plant, but drooping from the leaf axils. If these three characteristics don't make it unique enough to spot, look for height and girth! Nettles can grow as tall as five feet, maybe more, and make large colonies easily, thanks to a tangled web of underground runners that sprout new stems every few inches.

Once it has gotten a foothold it can be difficult to eradicate – think mint but on a larger, pickier scale! Expect to find it growing in rich soil along the forest's edge, in moist woodlands and even flood plains.

If you shuddered at my suggestion of eradicating stinging nettles, chances are you are aware of some of its reported health benefits. Some herbalists even go as far as to plant it on purpose!

I'll admit I even bought some dried leaves once to use along with other herbs in a spring tonic rich in vitamins and minerals. Although it grows wild all

over my property I was afraid to harvest it! Since then, I have learned that once cooked or dried, the sting disappears.

Nettles have been used to treat all kinds of ailments over the years. Urtication was a common, albeit curious, practice in ancient times. It involved slapping inflicted body parts with bunches of stinging nettles to impart a cure of a particular ailment.

Slapping below a man's navel was thought to improve his virility. If a paralyzed limb was slapped it was hoped feeling would be renewed.

There are other bizarre accounts of the application of this herb. I read one case of crushed leaves being packed into the nose to stop a nosebleed. Ouch! Or used in juice form to make hair grow. Grow? Maybe, but stand on end a definite!

All kidding aside, there are other benefits of nettles that go beyond folklore. Studies are being conducted for its use in treating prostate problems, asthma, allergies and arthritis.

Whether or not nettles are part of your apothecary chest, be sure to handle them with kid gloves! Although the stinging and burning sensation may last for only a few minutes, it very well could last for hours!

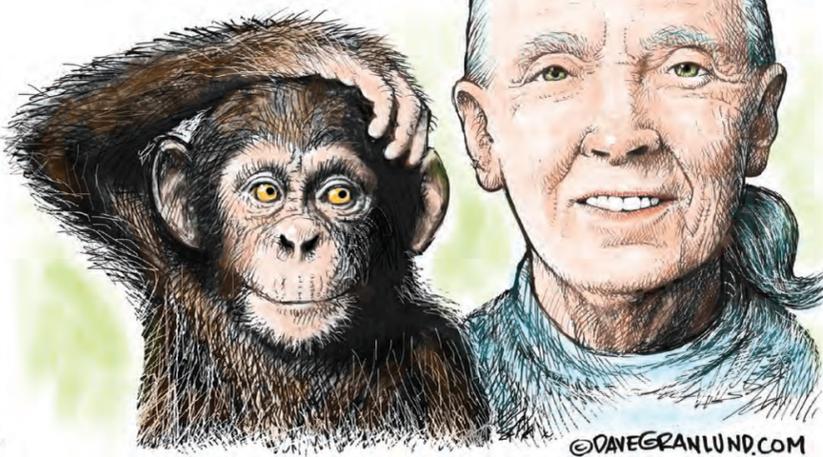
That brings me back to Sue's question. There are multiple ways to try and eradicate the plant. You can suit up and hand pull or get the mower out and mow the area as you would the lawn. Repeated mowings during active growth will eventually kill it.

You can also take a soil test and make the necessary recommendations to improve the soil to a point that the grasses in your field will thrive and choke out the stinging nettle. Small areas can be covered in black plastic –again, you would do this when the plant is in active growth. Usually a month or more is necessary for this route to be successful.

Spot spraying with weed killers in another option but one that I only use as a very last resort. Good luck!

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.

Jane Goodall 1934 - 2025



GUEST COLUMN



On Sept. 30, I saw two red-bellied woodpeckers fly from one tree to another.

Since I do not feed the birds suet or seeds until winter due to bears, I had not noticed them before. The red-bellied woodpecker has a black and white barred back and a pale belly. Males have a red crown and nape and the females have just a red nape, but no crown.

These woodpeckers cling to tree bark and use their stiff tail feathers for support while they probe into the bark for insects. White is visible on their wings in flight. They are about nine inches long, the same size as the hairy woodpecker.

Like other woodpeckers, they have an undulating flight. They pick at the bark rather than drill into it like many other woodpeckers. They inhabit woodlands and forests from old stands of oak and hickory to young hardwoods and pines. They also appear at backyard feeders especially for suet.

They nest in a cavity excavated in dead wood. Males may begin cavity excavation with the female selecting one of the holes and completing it. The female lays two to six eggs. There most common call is a shrill rolling “kwir” or “churr” given by both sexes. They also make a “cha cha cha” sound.

Helping birds

Another way to help birds is to plant native trees, shrubs and plants in ones yard. Many provide a food source and others become a nesting site or shelter. Leaving a section of yard not mowed and letting it “run wild” also attracts birds, but provides food, nesting sites and shel-

ter. Putting out bird feeders and water sources also bring birds to one's yard, but they also attract black bears and other unwanted visitors.

Blue jays

I heard blue jays squawking away on Sept. 30. I looked toward the noise and saw four blue jays flitting about among the trees. They were near a winter feeding spot. In winter, I put out shelled peanuts, which is a favorite of blue jays and tufted titmice to name a few. The first year I fed peanuts, I put out unshelled peanuts. They make a mess with the peanut husks, but I enjoyed watching them fly off with a whole peanut and opening it to get the peanuts inside.

Brimfield birds

A Brimfield birder, who emails regularly said, “In the yard most summer visitors have headed south but catbirds are still around and a couple of male towhees were seen last week. Also a male and female common yellowthroat visited the bird bath.”

He said, “I filled the hummingbird feeders last week but haven't seen a hummingbird in several days and the feeders haven't been used much because they are still almost full.”

He reported he had to take down my feeders because bear were visiting during the day. He had planted a couple dozen sunflowers in the yard and last week he cut the seed heads off and hung them in the garage to dry. He attached a few of the seed heads to the poles where he hangs his bird feeders. A pair of cardinals, at least three titmice and a black capped chickadee came for

the seeds.

Trip to Norwottuck Rail Trail

The Brimfield resident in his email of Sept. 30 said, “Last Saturday a friend and I spent a couple of hours walking on the Norwottuck Rail Trail, Station Road in Amherst. It was a beautiful day to be out and about. We didn't see song birds but a few ducks, a couple of great blue herons, three green herons (good looks at one quite close) and one horned grebe. A pair of beaver were out enjoying the nice day and we got good looks at them. A few people walking the trail had never seen beavers before and were quite excited and asked lots of questions. Do they eat fish?”

Warren ponds

The Brimfield resident frequently visits ponds in Warren. He saw a bald eagle one day and yesterday (Sept. 29) in addition to three great blue herons I saw a northern harrier and two male turkeys.

Trail camera

The Brimfield resident said in his email, “The trail camera near the bird bath captured a visit by a bear one night. Three days later a bear visited again and chewed open a pumpkin and ate the seeds and then went to one of the poles with sunflower seed heads and knocked the pole down. It didn't bother another pole with seed heads.”

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

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.

When will my disability become my regular Social Security?

Dear Rusty:

I hope you can answer this question.

I'm currently receiving Social Security Disability benefits, and I will be turning 65 in February 2026. I'm confused as to how Social Security Disability transitions to regular Social Security, and when. I assume it's age 65, but maybe it's my retirement date?

Also, does the amount remain the same or will it change? I'm not working. I've been on SSDI for about 15 years. Thank you.

Signed: Disabled Senior

Dear Disabled Senior:

If you are collecting Social

Security Disability Insurance benefits, those SSDI benefits will

automatically convert to become your regular Social Security retirement benefit when you reach your SS Full Retirement Age, which, in your case, is age 67. For information, FRA today is somewhere between age 66 and 67, depending on your year of birth, and the full retirement age for everyone born in 1960 or later is age 67.

The change from SSDI to your regular Social Security benefit

will be transparent to you because your monthly benefit amount will remain the same. SSDI benefits were originally awarded to you based upon your full retirement age entitlement when you applied for SSDI, even though you hadn't yet reached your FRA when you went on SSDI. Thus, the monthly benefit amount will not change because it is



based on your lifetime earnings record, from before you became disabled.

FYI, although age 65 was once Social Security's “retirement age,” full retirement age for Social Security today is based on the year you were born. So, your SSDI benefit will automatically switch to become your regular Social Security retirement benefit as soon as you reach age 67. Essentially, the only thing that will change is the Social Security Trust Fund from which your benefits will be paid.

The Association Mature Citizens Foundation and its staff are not affiliated with or endorsed by the Social Se-

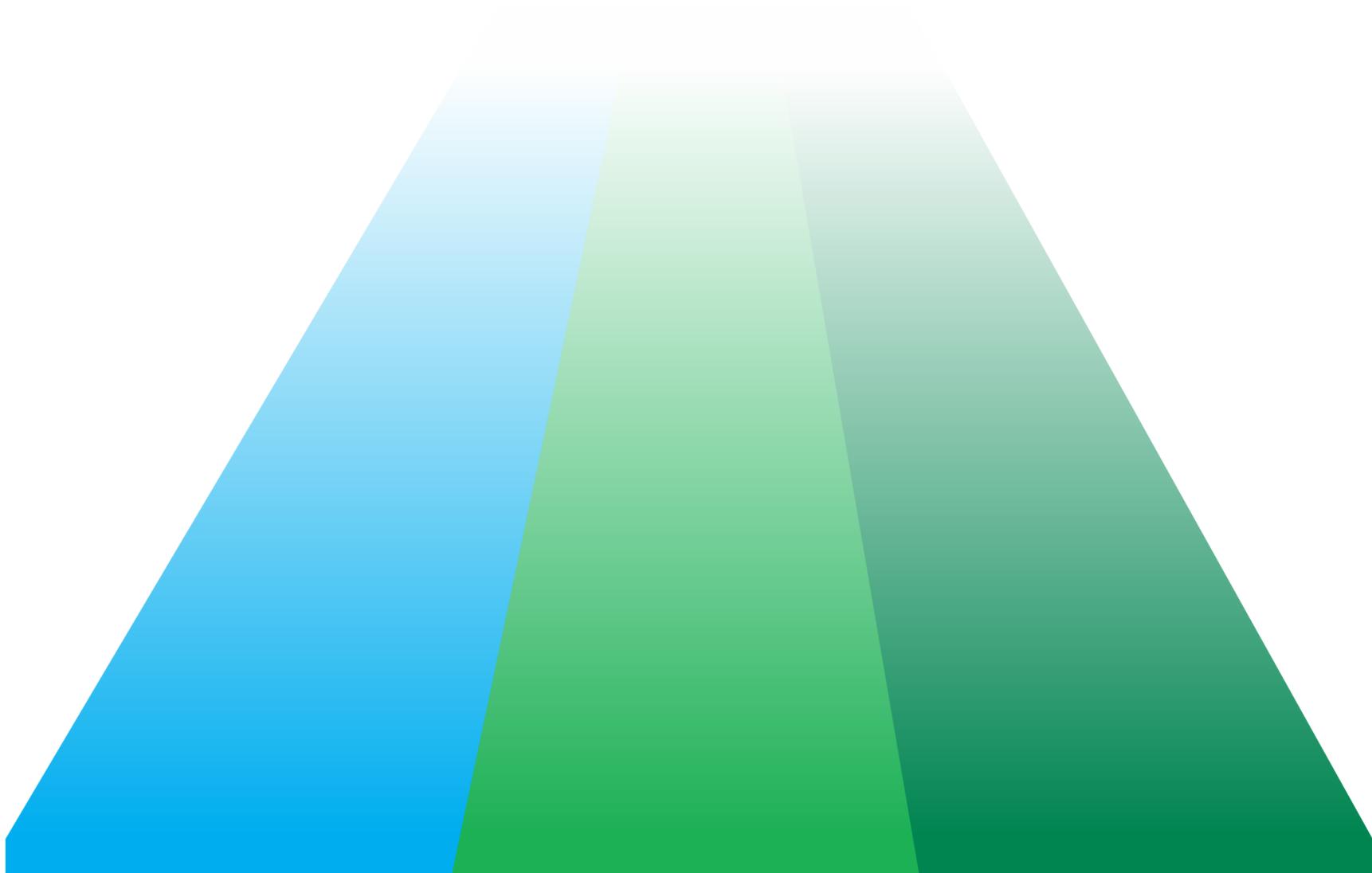
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EVERSOURCE



Do you ever think of the person in a blue uniform, the one behind that badge and wonder about them as a person, their life beyond their job? I'd like to introduce you to one of the city of Springfield's wonderful Police Officers, Tequila Taylor-Evans. Though the uniform and badge may be intimidating to some, she is far from that and instead a kind, genuine person in law enforcement for all the right reasons; she wants to help. She has a great sense of humor which with her name she'd have to have and jokes saying she certainly knows what her father's favorite spirit was.

After beginning her career in 2015 as a 911 Dispatcher for the Springfield Police Department, she decided to join the Police Academy where she graduated in 2024. She went on the work patrol, Neighborhood Stabilization and then continued on to become an Ordinance Officer where she's worked for the past two months. As an Ordinance Officer she patrols neighborhoods making sure the quality of life for the community is good. She offers help and tries to educate the residents about services available, really trying to help them resolve their problems.

I saw Tequila daily along with many of the Ordinance Officers as I was doing some volunteer work and enjoyed numerous conversations with them. At the time I was also involved helping with a MJK Foundation fundraiser and because of her bubbly personality asked if she'd like to help us on event night and she agreed. She was a perfect addition to the night doing a short stint of bartending then doing a little of everything from picking up dirty plates to being a tremendous help with the raffles. Just one of the ways she has done Ran-



By Barb Turcotte

dom Acts of Kindness within the community.

Tequila has allowed me share some of her childhood background and why she feels it's so important to give back to the community. She is one of four siblings and when she was just five, they were all placed in foster care. Her brother in group homes and her 2 sisters in different homes than her. She feels very lucky having been placed in a home with a good woman from the age of 5 to 13. When she was thirteen her Foster Mother moved to FL, but Tequila didn't want to move. Her best friend who she felt more like a sister than a friend lived next door, they were inseparable. So, her friend's parents became her new Foster Parents where she lived until becoming an adult and living on her own. She considers them her parents and still sees them and her best friend all the time. Her biological parents have since passed.

When there are requests to remove children from their homes, Tequila has gone on some of the calls and because of her own experience feels she can help and comfort the little ones during this critical situation.

She's the proud mom of two boys and a daughter. She laughed saying her house is the neighborhood house to hang out at and so often, instead of feeding her three kids, she finds herself feeding a whole bunch of the neighborhood friends. She's glad that pizza is one of their favorites!

Her five-year-old daughter is learning quite young about giving back from here

mom's examples. Tequila explained how one night she'd bought Chinese food and didn't expect the other kids to show up so had only bought a small quantity. She showed me a picture where her daughter had made up 5 little bowls of food for her friends, not a lot in each bowl, but enough so everyone had something. Her daughter is already learning about Random Acts of Kindness and will also be a great addition to our society like mom.

With the help of her sister and others, she's able to go back to school where she is studying Criminal Justice with the hopes of becoming a lawyer. She said she feels she has good skills regarding looking at all sides to find solutions and loves doing research.

She loves traveling and I was quite surprised to hear she loves being a solo traveler. She's gone to Jamaica alone and said she had a great time and in a few weeks is planning a trip to Chicago. Tequila said she's kind of a risk-taker and enjoyed the experience of skydiving. She's also nibbled on dried crickets! Yep, definitely braver than myself on many levels.

Tequila was such a joy to chat with and I'm so glad to be able to share with you the real person in the uniform and behind the badge. She's a true treasure who is there to help us all. Thank you!

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! ~

A hilarious "Divine" comedy show coming to Wilbraham Senior Center

WILBRAHAM—Time to sit back, relax and join us for a fun filled comedy fundraiser hosted by the Friends of Wilbraham Seniors. Get set to enjoy the hilarious "MisGivings" a divine comedy of belly laughs, blessings and bingo.

Join Father Patrick Aloysius Misgivings for this divine presentation of stories and one-liners about growing up Catholic. From miracles and marriage coun-

seling to bazaars and birth control, nothing escapes the good Father's razor sharp Irish wit!

The show will be held at the Wilbraham Senior Center, 250 Springfield Street, on Friday November 7. Doors open 6:30 pm. Tickets are \$18 and may be picked up at the Senior Center.

For those who cannot go the Senior Center for tickets, you may order them by sending in a check made

payable to Friends of Wilbraham Seniors and mail to Wilbraham Senior Center, 250 Springfield Street, Wilbraham, MA 01095.

Please write your phone number on your check and note it's for MisGivings Show. Your ticket(s) will be available at the door when you arrive. All open seating. No reservations. Limited seating. Any questions, call Matt Villamaino 413-896-2206.

Evangel Assembly hosts Open Door Open Mic Night on Nov. 8

WILBRAHAM—Evangel Assembly is excited to announce our Open Door Open Mic Night, a vibrant community event taking place on Saturday, Nov. 8 at 7 p.m. at Evangel Assembly, located at 348 Stony Hill Road, Wilbraham in the East Wing.

This event is open to all, inviting guests to enjoy a night of diverse performances or take the stage themselves for a 5-minute performance of their choice. Whether you're a singer, poet, comedian, or storyteller, this is your chance to shine! Open Mic participants can sign up

to perform by visiting <https://evangelassembly.churchcenter.com/people/forms/1054840>.

Spectators are welcome to come, relax, and enjoy an evening of local talent and entertainment in a warm, welcoming atmosphere. "We're thrilled to open our doors to the community for a night of creativity and connection," said Steve Devereaux, the Open Mic Organizer at Evangel Assembly.

"This event is all about celebrating the diverse talents of our neighbors and fostering a sense of togetherness." Join us for an unforget-

table evening filled with laughter, music, and inspiration. Admission is free, there will be coffee and treats for donations, and all are welcome. For more information or to register for a performance slot, visit <https://evangelassembly.churchcenter.com/people/forms/1054840>.

About Evangel Assembly
Evangel Assembly is a vibrant community church in Wilbraham, MA, dedicated to fostering connection, creativity, and faith. We are committed to serving our community through events and programs that inspire and uplift.

Wilbraham Junior Women's Club to host Designer Bag Bingo in Ludlow

LUDLOW—The Wilbraham Junior Women's Club is hosting a Designer Bag Bingo! This fabulous event will be held on Thursday, Oct. 16, 2025 at the Gremio Lusitano Club, 385 Winsor Street, Ludlow, MA.

It's an evening of fun Bingo and a chance to win all the designer bags you want in your closet! Doors open at 6PM and games

start at 7PM.

Admission tickets are \$35 in advance and \$40 at the door. Purchase a table of 10 for \$300. (a discounted rate of \$30 per ticket when purchased in advance!) Tickets include 10 bingo games, a dauber and a special lucky charm.

A cash bar will be available, and attendees can bring their own snacks or order off of the

club's menu. Extra bingo cards will be available for purchase as well as raffle tickets for our spectacular bag-themed raffle of over 30 beautiful handbags! All proceeds benefit charitable projects in the community!

Grab your friends and get your tickets at: WilbrahamJuniorWomens.org or Contact Brenda Willard at (413) 279-1394.



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LHS Senior Abby Coelho with Social Worker Ron Hokanson at the mental health fair last week.



Executive Board Member of Ludlow Cares Coalition Diana Roy, LHS Senior Michael Mariani, with Advisory Board Member of Ludlow Cares Coalition Pete Leonczyk.



LHS Seniors Faith Keroack and Hayden DelRosario Rodrigues displayed their superpowers, which was hardworking and social connection.

MENTAL HEALTH
from Page 1

loved that one as a student. The kids today came in kind of not knowing what to expect and they were coming out saying it was fun, which is great," added Howard-Bender.

Talking with LHS Senior and President of the LHS Cares Abby Coelho, Coelho shared how the two years of being involved within the LHS Cares Club and involvement within several other clubs in school and the community has helped her throughout high school. Being in the Ludlow Cares Committee, the Youth Advisory Board, DA's Office, and many others, Coelho said she loves being in-

involved and learning about more resources in town.

"This week we wanted to spread awareness of mental health, I feel like it's not talked about as much as it should be, and I think this was a great opportunity. People are having fun and also learning, and for me, it showed me how many resources there are. I've talked to many more people and teachers, and I realized I have so many people that I can reach out to like during a hard time. For people my age, I think they see it as weak or they don't see it as something that needs to be addressed. I think that especially at our age, we're going through so many things like college, classes, stress, and sports. For me, Hoka-

son is the founder of LHS Cares and he's helped me through so much with everything so keeping this going like mental health and suicide awareness makes it the norm. It's really important to keep talking about it," ended Coelho.

LHS Senior and President of the Art Club Robert Canceo who was next to a huge art mural in-the-making shared how this year was different compared to other years for the club. The art piece had numerous shapes drawn out with pencil and the art club asked students to paint the shape with the color that represents how they felt that day. After the piece is completed and touched up by the club, the artwork can be

viewed in a LHS hallway.

Canceo continued, "This is also the first year the art club is doing things around the school, before we used to be a club where people would come in and do art, but now we do things around the school. Art is known as a big stress reliever, especially for people suffering from anxiety, depression, anyone who can relate to that. Our goal is to have people paint a color that expresses their emotion onto the mural, everyone contributes and it's just to relieve stress. The mural, I think, is a sense of recognition as students are not alone because everyone contributed to this. Art to me is everything," stated Canceo.

Topics such as common stereotypes, relationships and dating advice, positive affirmations, and much more showed how many factors impact the youth in the community. Asking questions like 'how can you support a friend in an unhealthy relationship?' by the Ludlow Health Department to participating in a drunk goggle experiment conducted by the Ludlow Police Department, it opened the student's eyes to the amount of resources right in their hometown.

Howard-Bender ended with a few words that high-

lighted those who made this event possible, "What's really cool about these activities and being aware of mental health is just that idea that we are in a community, and that the members of the community are here to support us. It's just a matter of us kind of leaning into that community and realizing that there are supports out there, and anytime we get to interact with the students is fun. To the visitors, I want to thank them for participating with a full heart and realizing that they matter and their voices are

heard. To the students who were helping out, they were absolute rock stars and we could leave them to do the thing and don't even have to worry about them; they are amazing current leaders. To the other folks that helped out with this, Hines, Hokanson, Roy, Emily Connelly, Principal Lisa Nemeth who allowed us to do this and also the other Assistant Principal Mike Greg who's running the school while I'm down here!"

To learn more about the Jordan Porco Foundation, visit the website.



The LHS Drama Club had a table that encouraged everyone to be themselves, whilst having a craft that had students make their own pins.



LHS Seniors Lily Kolasienski and Ellie Garcia promoted the Best Buddies Club at the fair that does various activities and events for those in need.

Send Us Your Holiday Event Information

Turley Publications will print your holiday calendar listings FREE OF CHARGE in our Holiday Dazzler Supplement which publishes Nov. 19th.

Deadline for submissions is October 20th

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BUSINESS

Elevated beauty, everyday luxury at Caviar Salon & Spa

By **Amanda Munson**
Staff Writer
amunson@turley.com

LUDLOW – Ready for a new haircut or in need of a luxury treatment for a special occasion? Visit Caviar Salon & Spa in Ludlow at 459 East St. and learn about the variety of beauty services that will impress everyone. When speaking with Salon Owner Molly Bragiel who opened the salon in July of 2025, Bragiel reviewed what services they offer, her connection within the town, and her journey on becoming an owner with the help of those around her.

1. What kind of services do you offer? Are you planning to add more in the future?

At Caviar Salon & Spa, we specialize in high end hair services, including precision cuts, custom coloring, highlights, balayage, extensions, blowouts, and styling for all occasions. We also provide luxury treatments to keep hair healthy, shiny, and strong. In addition, our offerings include professional makeup services, eyelash extensions, and manicures - from acrylics to gel, dip, and custom designs. In the future, I would love to expand into something even bigger by offering a full-service spa experience, complete with pedicures, advanced aesthetics, facials, and even Med Spa-style treatments, creating even more ways for cli-

ents to feel pampered from head to toe.

2. Did you always want to be a salon business owner? What was your journey through school like and did that help you prepare you for owning a business?

I've been passionate about the beauty industry for as long as I can remember, and after working as a stylist for 15 years, I knew I wanted to create something of my own, a space where clients could feel both pampered and at home. Becoming a salon owner has always been a dream of mine, and opening Caviar Salon & Spa is the fulfillment of that vision. In school, I studied cosmetology at DiGrigoli School Of Cosmetology, which gave me the technical foundation to become the stylist I am today. While cosmetology school doesn't necessarily teach you the business side of running a salon, the years I've spent behind the chair taught me just as much about people, communication, and customer service as they did about hair. That experience along with ongoing learning in business management has absolutely helped prepare me for salon ownership.

3. Describe your connection within town and why you chose Ludlow as your salon home?

I've been working in Ludlow for over a decade, and during that time I've really grown to love this com-



Submitted photo

Caviar Salon & Spa staff beginning on the top left; Dakota Cust, Manuela Romano, Melina Cust, Salon Owner Molly Bragiel, and Amy Santos.

munity. The people here are warm, supportive, and welcoming, and many of my clients feel more like friends and family. I also love that Ludlow is so centrally located. It's made it easy to build great relationships not only with people here in town but also with clients from the surrounding communities.

4. Describe your support system that helped you in your journey?

I could not have accomplished this without the love and support of my parents, fiancé, and my two sons. My parents, Bill and Ann Marie Bragiel, have been

instrumental in every step of the process, truly the driving force behind bringing my vision for Caviar Salon & Spa to life. Beyond my dad's incredible ability to fix and build anything, he has an amazing eye for detail and craftsmanship, which helped transform this space into exactly what I dreamed of. What makes his contribution even more meaningful is that he dedicated himself to this project while dealing with his own injury and preparing for shoulder surgery. I truly could not have done this if it wasn't for him. My

mom was a constant source of strength throughout the entire process. Her hard work, and support carried me through every step, and I am deeply grateful for everything she did to accomplish this. I also want to thank my fiancé, Martin Bottari, who has been by my side through every step of this journey. His unwavering love, constant encouragement, and tireless support have meant the world to me. I couldn't have made this dream a reality without his belief in me and his dedication every step of the way. Most importantly, my two sons, Henri and Quinn, are the reason behind it all. They inspire me every single day, and everything I've worked for has been with them in mind. Their love and motivation pushed me to make this dream come true, and I am so proud to show them what's possible with hard work and determination. I would also like to recognize the many family friends who generously gave their time and effort to help, their willingness to step in and work so hard played a huge role in making this salon a reality. I feel incredibly blessed to be surrounded by such amazing people, and I will always be thankful for the love, support, and teamwork that helped make Caviar Salon & Spa come to life.

5. What is the biggest challenge that you encoun-

tered in the salon and spa business? What is your favorite part about your job?

The biggest challenge I've encountered in the salon and spa business has been navigating the transition from being behind the chair as a stylist to taking on the responsibilities of a business owner. There's so much more that goes into running a salon than people realize, managing the business side, handling unexpected issues, and making sure everything runs smoothly while still focusing on clients. It's been a huge learning curve, but also an incredibly rewarding one. My favorite part of the job will always be the people. I love making clients feel beautiful and confident, and I've built so many lasting relationships over the years. Beyond that, I love creating an atmosphere where people can relax, feel cared for, and leave feeling their absolute best. That connection and transformation is what keeps me passionate every single day.

6. Any words for the Ludlow community and support throughout the years?

I'm beyond grateful for the support from the Ludlow community. For over a decade, you've trusted me, encouraged me, and believed in me and that support made Caviar Salon & Spa possible. I'm so excited to give back and continue serving this amazing town!

Fundraiser Dine In~Dine Out with the Ludlow Memorial Day Parade

LUDLOW—Dine In / Dine Out with the Ludlow Memorial Day Parade Committee at the Villa Rose on Wednesday, October 8th from 12 to 9 p.m. to raise funds for the upcoming Memorial Day Parade in 2026. We would like to make our parade big-

ger and better for our Veterans.

The Villa Rose will generously donate 20% of your dinner bill (not including alcohol) to the Parade Committee to help us make the Parade bigger with more entertainment and music, our Veterans

deserve it.

Please tell your family and friends to join us on Wednesday, Oct. 8 at the Villa Rose located at 1428 Center Street (Route 21) for a delicious meal. We thank Tony Taveres and the Villa Rose for supporting our Veterans.

Food truck festival begins Oct. 10

INDIAN ORCHARD—The 9th Annual Indian Orchard Food Truck Festival will be held Friday, Oct. 10 thru Sunday, Oct. 12, 2025 from 12 p.m. to 7 p.m.

There will be food trucks, live music, beer,

vendors games, crafts, dancing and raffles.

On Friday, Oct. 10 there will be a community wide tag sale all day and a car sound show at 6 p.m.

The event will take place at Myrtle Street Park located at 117 Main St. in

Indian Orchard.

This event is hosted by the Indian Orchard Citizens Council. Bring your lawn chairs & blankets.

For more information email iocc.council@gmail.com or call 413-301-2533.

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CLUES ACROSS

- Comedic actor Rogen
- Bits per inch
- Tire pressure measurement
- Angels great Mike
- Own (Scottish)
- Notable FI racing team
- Upper bract of grass
- Tax collector
- Electronic counter-countermeasures
- Informal loan clubs
- Skeletal muscle
- Popular fish type
- Salts of acetic acid
- Arriving early
- Worded
- Single Lens Reflex
- Amphibians
- Warm greeting

CLUES DOWN

- Engine additive
- Amounts of time
- Fragrant brown balsam used in perfume
- Color properties
- One who hands over
- Thieves of the sea
- Put in
- Nocturnal rodents
- Pouches
- Systems, doctrines, theories
- Greek alphabet letter
- Greek goddess of youth
- Satisfy
- Partly digested food
- Dictator
- Parts per thousand (abbr.)
- The 17th letter of the Greek alphabet

CLUES DOWN

- A major division of geological time
- Angry
- Francis of ___
- Romanian monetary unit
- Stale
- Go quickly
- Commercials
- Canadian city
- One who slices
- Perform perfectly
- Nest of pheasants
- Tactile sensations
- Sword
- Climactic
- Adrenocorticotrophin
- Fisherman's tool
- Swiss river
- Plant that makes gum
- A French abbot
- One point east of northeast
- Get free of

Valley Press Club to honor Wayne E. Phaneuf with Lifetime Achievement Award on Oct. 9

SPRINGFIELD, MA - The Valley Press Club will honor former Republican Executive Editor Wayne E. Phaneuf with its Lifetime Achievement Award at a reception on Oct. 9, at 6 p.m. at Storrowton Tavern's Carriage House in West Springfield.

Phaneuf began his career at The Republican in 1969 and held several positions including reporter, columnist and managing editor before being asked to serve as the newspaper's executive editor in 1998. He retired in 2019.

Throughout his illustrious career, Phaneuf oversaw the coverage of many national, regional and local events including 13 presidential elections, Watergate, the Vietnam War, 9/11, the devastating Springfield tornado of 2011 and many more major stories.

While serving as executive editor, Phaneuf undertook a major project that

lasted over a decade with Joseph Carvalho that involved writing books about the history and culture of Western Massachusetts, something he continued to do in his retirement.

In 2018, Phaneuf was the recipient of Academy of New England Journalists Yankee Quill Award, the highest individual honor bestowed on journalists in New England.

To say it has been a wild ride would be an understatement. Now it is time to step back a bit and be thankful for having a job I have loved my entire adult life," said Phaneuf upon his retirement.

The Valley Press Club is excited to honor Wayne for his decades of journalistic excellence and leadership, as well as the impact he and the newspaper have had on keeping people and institutions accountable over the years," said Pe-

ter Goonan, club president. «We welcome his friends, colleagues, community leaders and the general public to attend the tribute on Oct. 9.»

Tickets for the event are \$60 and can be purchased online at valleypressclub.com. The event will include various food stations with hors d'oeuvres, pasta, salads and more. There will be a cash bar.

Tickets will be held for you at the door.

The Valley Press Club, known for its annual roasts, raises funds for scholarships for students planning a career in media. The club was founded in 1962 and has honored the following people with the Lifetime Achievement Award: 2005, Durham Caldwell; 2006, Robert McClellan; 2007, Jack O'Neil; 2008, Keith Silver; 2009, Barbara Bernard; 2010, Vinny D'Addario; and 2017, Ray Hershel.

AUTHOR from Page 1

calling on me," explained Engel.

When asked how the messages arrive, Engel shared that it's different each time. From viewing

photographs in an obituary to the messages coming randomly, Engel doesn't know how it happens but makes sure to tune into it wherever she is.

"It's not something that happens all the time, but I

know if there's an energy around me or if I feel it that I know that it's coming and I listen to it. I ask people if they want to hear the message and if it's something they want to hear, I would share it with them and if they don't that's fine, my job is done," said Engel.

Engel wrote two volumes of poetry titled "Speak to Me Serenity" and "Whispered on the Wind", and three books titled "Angels Abound, Angel Advocates", "Spiritual Journey of Hope and Healing", "Heartfelt Healing in Troubled Times". To learn more about adult programming, visit the library website.

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Lions suffer one-goal loss to Belchertown

By Tim Peterson
Sports Correspondent

LUDLOW— Just like in the first meeting of the regular season against Smith Division rival Ludlow, senior Timothy Haley scored a second half goal which helped the Belchertown Orioles sweep the season series.

Haley scored what turned out to be the only goal of the second half leading the Orioles to a 2-1 victory over the Lions at the Ludlow Sports Complex, last Thursday night.

“I just love playing soccer with all of my friends after not being able to play with them during the past couple of years,” said Haley following the road win. “I’m very glad that I’m able to help them out.”

Haley, who’s a first-year member of the Orioles boys’ varsity soccer team, had previously played soccer for a NEFC MLS Next Academy team. He wasn’t allowed to play for his high school soccer team during that time.

Back on Sept. 8, Haley scored a goal with less than five minutes remaining in regulation, which gave the Orioles a 1-0 home win versus the Lions, who are a Division 1 team.

Belchertown, who’s a Division 3 team, had a 6-3-2 overall record and a 4-2-1 league record, following last Thursday’s road contest. It’s also the first time that the Orioles have swept the Route 21 rivalry series.

“This is a huge win



Thomas Oakley makes a stop.

for us. It should help our state power rankings,” said Belchertown head coach Zach Siano. “It’s also the first time that we’ve been able to sweep Ludlow, who has always been one of the best soccer programs in the state. It just shows how hard my guys have been working.”

The Orioles also squeaked out a 1-0 win against the Lions in the first meeting of last season, but the second meeting ended in a 1-1 draw.

The Lions (3-5-2,2-4-1) haven’t celebrated a win in the series against Belchertown since posting a pair of 2-0 shutouts victories in 2023.

The Lions will probably need to win the rest of their regular season matches to qualify for this year’s Division 1 state tournament.

“Our backs are against the wall now,” said Ludlow head coach Greg Kolodziey. “We just need some results.”

The home team had a couple of scoring chances during the first 15 minutes of the opening half.

A shot attempt by junior Jayden Premo deflected off the right post during the fifth minute.

A couple of minutes later, senior Michael Mariani lined a shot from about 25 yards out that sailed wide right. Another shot taken by senior



Gabriel DiRosa guides the ball to his left as he sees pressure coming.

Ethan Love went over the crossbar.

“We did have a couple of chances to take an early lead,” Kolodziey said. “We really needed to put a couple of shots into the net, especially against a very good team like Belchertown.”

The match remained scoreless until the 26th minute.

That’s when Haley received a pass from senior Chase Connor before blasting a shot into the upper left corner past junior goalkeeper Nick Dion giving his team a 1-0 lead.

“I just saw that the keep-

Please see **LIONS**, Page 10



Desmond Danso eyes the ball in the air.



Spencer Huntley sends a pass away as pressure comes close.

Lions cross county hosts tri-meet

LUDLOW – Last Tuesday afternoon, both of Ludlow High School’s cross country teams scored sweeps in a tri-meet with East Longmeadow and a co-op of Putnam, Duggan, and Renaissance. The boys narrowly beat East Longmeadow 28-29 and beat the Springfield schools 15-50. The girls defeated East Longmeadow 19-40 and the Springfield schools 15-50.

In the boys race, Tyler Tatro placed second overall at 17:04 with Mason Little finishing fifth overall at 19:11. In the girls race, Alyssa Vermette was the first place finisher overall at 23:25. Sophia Quiterio was second at 24:33, and Maddie Pereira was third at 25:15.

T-Birds score preseason win over Bruins

SPRINGFIELD – The Springfield Thunderbirds picked up a 2-1 overtime victory on Sunday over the Providence Bruins inside the MassMutual Center to close their preseason slate.

The Bruins picked up the first goal of the afternoon on a power play with 1:08 remaining in the first, as Lynden McCallum lifted a one-timer over the right shoulder of Vadim Zherenko to give Providence the 1-0 lead at intermission. That came less than a minute after Hugh McGing was

Please see **T-BIRDS**, Page 10

Lions beat Orioles in five sets

BELCHERTOWN – Last Wednesday night, a tough matchup between Ludlow and Belchertown girls volleyball ended with the Lions scoring a 15-9 win in the fifth and deciding set for a 3-2 win. Ludlow improved to 5-8 while Belchertown fell to 2-9 on the season. Belchertown took the first set 25-21 with Ludlow coming back and taking two straight 25-19, and 25-12. Belchertown tied it 2-2 with a win in the fourth set 25-21 before the Lions took the finale.



Ella Lariviere gets a bump to her far left.



Hayden Morin goes high for the spike.



Khloe Davis meets the ball for a bump.



Caitlyn Peccka winds up to serve.



Dylan Londraville reaches high to get a hit on the ball.



Olivia Slatton serves the ball for Ludlow.

Turley photos by Gregory A. Scibelli

Owls suffer defeat to Anna Maria

WESTFIELD — Anna Maria QB Nikolay Boyce threw for 297 yards and five touchdowns to lead the AmCats to a 41-14 win over Westfield State University in a Massachusetts State Collegiate Athletic Conference football game at Alumni Field in Saturday afternoon.

Boyce's big day offset a 100-yard receiving game for Owls' senior WR Casey Tang, and 95 yards on the ground from first year FB Manny Mengata.

Anna Maria improves to 3-2 overall and 3-1 in the MASCAC, while Westfield is now 2-3 overall and 2-2 in the conference.

Westfield turned the ball over eight times on

the afternoon, which led to three AMC TD's. Westfield jumped out to a 7-0 lead on its first possession of the game, capping a 3-play, 53-yard drive with an 8-yard touchdown run from Aidan Patterson.

Anna Maria stacked up a 35-7 lead by the half as Boyce tossed TD's of 13, 67, 38 and 30 yards around a 22-yard interception return for a touchdown from Mar-Zhon Brinson.

Westfield trimmed the lead to 35-14 on the Owls first drive of the second half, as QB Miles Foerster found Teng deep downfield for a 54-yard scoring strike.

Boyce tacked on a 3-yard pass to Tyler Garretson, for

Garretson's second TD catch of the day, early in the fourth quarter to cap the scoring.

Boyce finished 18-30 for 297 yards with five TD's and two interceptions. He spread the ball around to five different receivers, four of whom had 60-plus yards, led by Jeremiah Cadet's 67 yards on a screen pass for a TD, and Garretson had six grabs for 64 yards. Cadet finished with nine carries for 61 yards on the ground as well.

Westfield's Foerster completed 6 of 19 passes for 130 yards, with one TD and five interceptions. Mengata carried 25 times for 95 yards, with Patterson adding seven carries for 58 yards. Teng led the

Owls with three catches for an even 100 yards. Defensively, Westfield got a pair of interceptions from senior CB Zach Allen. Tafari Proctor led the Owls with eight tackles.

Brinson had a pair of interceptions for the AmCats, who were led by seven tackles from Charles DiMartino.

Anna Maria finished with 21 first downs t the Owls 20. Westfield was 7-11 in third down efficiency compared to 2-8 for the AmCats. Anna Maria outgained the Owls 396-349, while Westfield held a sight 31-29 advantage in time of possession.

Both teams will be idle next weekend before returning to action on Oct. 18.

LIONS from Page 9

er was a little bit forward, so I put the ball into the upper corner." Haley said. "It was just an amazing feeling after scoring that goal."

Haley, who scored a team-high eight goals in the first ten matches of the season, had another scoring opportunity a little more than ten minutes later, but this time Dion was able to make the save.

With 34 seconds left in the first half, Ludlow tied the

score when junior Mehmet Bayoglu put a shot into the back of the net past senior goalie Luke Dudek for his first varsity goal. Premo was credited with the assist.

"Mehmet is a first year varsity player and it was nice to see him score his first varsity goal at the end of the first half. He's a hard worker."

Dudek left the match with a left leg injury after colliding with a Ludlow player ten minutes into the second half. He was replaced in goal by sophomore Andrew Lambert.

Lambert, who saw some playing time in the Orioles 5-1 non-league home win over Granby on September 30, is also a hockey player.

During the winter, Lambert is a member of the Ludlow hockey team, which began a co-op with Belchertown a year ago. A couple of Ludlow soccer players, who also play hockey, are junior Evan Dias and senior Ethan Steigmeyer.

The Orioles soccer team retook the lead again during the 63rd minute of the sec-

ond half when Connor sent the ball to Haley, who fired a low shot into the back of the net.

Haley, who hasn't made a college decision, grew up playing soccer with Connor.

"I've known Chase since I was four years old. He's always finding me the ball," Haley said. "I just love playing on the same soccer team with him."

The Lions couldn't score the tying goal before the referee blew his whistle for the final time.

T-BIRDS from Page 9

awarded a penalty shot, but could not get the puck past Simon Zajicek in the Bruins goal crease.

Springfield had an answer from one of their veterans at 3:53 of the second when Corey Schueneman lifted a point wriester through traffic and past Zajicek to tie the score. McGing had what appeared to be the go-ahead goal on a power play at 14:07 of the

period, but after replay, the officials waved it off, saying that the T-Birds forward had directed the puck in with a kicking motion.

Zherenko's night was complete after 40 minutes and 20 saves on 21 shots. Gage Alexander came on for the third period and overtime and stopped all nine shots he faced.

After neither team could break the ice in the third period, the T-Birds picked up the

triumph in the extra frame as Nikita Alexandrov fed a saucer pass to McGing's blade at 3:32, and McGin got enough of it to beat Zajicek upstairs to finish the game.

The T-Birds now prepare themselves for the regular season slate, beginning with MGM Springfield Opening Night on Saturday, Oct. 11, at 6:05 p.m. against the Charlotte Checkers inside Thunderdome. The action starts with the Community

Bank N.A. Block Party from 3 to 5 p.m. at the Plaza at MGM Springfield, featuring live music from Moonlight Saints. Fans are encouraged to arrive at the MassMutual Center early for pregame ceremonies, including full team introductions, which will begin promptly at 6 p.m. - all fans in attendance will receive a T-Birds 10th Anniversary Banner and a magnet schedule.

100 YEARS from Page 1

but significantly in the past 13 years, the church has called Ludlow home. Morrison began, "When the church moved from Springfield to Ludlow, I believe most of the people transferred over to Ludlow. The church was located on Wilbraham Rd. next to Duggan School, and now we have lots of new people coming that weren't attending before. We have reached new people in the Ludlow area," said Morrison.

Morrison continued sharing how she ended up in town, sharing further she was teaching in South Africa teaching pastoral ministry courses to students who were going into the ministry, and eventually came back to America. "It was a combination of my pastoral work and my teaching, a compliment of both. I also was pastoring in Plymouth, Massachusetts and I loved it. I've been in pastoral ministry and teaching at the collegiate level for 35 years. For the FCC, we have the foundation of 100 years and have lasted, but most churches today aren't lasting very long. This shows the faithfulness of the people and the faithfulness of God that it's still going and a church that is still viable. We are still an active church and that's exciting!" said Morrison.

When asked about why it's significant to celebrate a century anniversary, Morri-

son commented how everybody is looking for a place of community and belonging, "The church really offers that and you come together with a common purpose and a common goal to love God and if you believe in God, then it's a great place to come and gather. To serve together and love together; we are called Faith Community Chapel so we are a community of faith, and you want to go to a place where everyone knows your name. The fact that this church is still existing and fulfilling that purpose is wonderful," said Morrison.

Around the time Morrison came to Ludlow, it was when the town was celebrating its 250 anniversary and found an opportunity to get to know the town and have the town know the church, highlighting that FCC is a community church and Morrison wants the church in the community. "I was on the Picnic Committee and I just got to know the people in town, it was to a point that the committee even asked to have their meetings in the church which was wonderful. We had someone build a Mister Rogers trolley in the parade that had the message 'we are glad to be your neighbor', and it was a wonderful experience and got us into the town," added Morrison.

The FCC will be hosting a Trunk and Treat event on Oct. 18 from 2 to 4 p.m. located at 485 East St.

ROAD RACE from Page 1

we mostly run from Sole Syndicate, you can also find us starting runs from our other favorite spot, Mill's Tavern and Grille."

When asked about why it was important to host a 5K race in the area, Ryan and Teresa commented on the energy of the town and wanting to highlight local businesses. "The town of Ludlow has so much to offer, especially with the revitalization of the Ludlow Mills. We wanted to celebrate this energy by hosting a race that runs around the entire area. This route will not only showcase the iconic Clocktower but will also bring attention to the River-Walk and the great local businesses."

Sharing the connections within the Ludlow Boys and Girls Club and Sole Syndicate Brewery, along with growing up in the town, Ryan and Teresa continued. "Both the LBGC and Sole Syndicate Brewing hold a very special place in our hearts. Our history with Sole Syndicate goes back to the earliest days of our little run club. They were supporters from the start. The staff at Iron Duke were always accommodating, offering their space for our weekly runs as well as our annual Yule Jog Christmas Fun Run. You truly can't think of RBRC without thinking of the partnership we share with Sole Syndicate Brewing. Our connection to the LBGC is deep and personal. Ryan spent his childhood summers attending the LBGC summer camp with his brother, Eric. The camp, back at the old location on Chestnut St., was where they spent their summers making friends, learning to swim, taking field trips and roller skating in the gymnasium. Those positive memories left a lasting impression on Ryan and it is the greatest honor to be able to give back to an organization that gave so much to him and his family. The LBGC is also connected to us through Teresa's childhood friend, Darlene Rae. Darlene was a very active member of the club, and her passing in 2021 was a huge loss for her family, friends, the LBGC, and the entire Ludlow

community. In the past, the RBRC has used the Yule Jog to raise money for the Darlene Rae Scholarship Fund at the LBGC. It has been our dream to host a timed race in Ludlow and donate the proceeds to a great cause. To help the LBGC celebrate its 75 years is a fitting way to honor our friend, our community, and the Club's mission," stated Ryan and Teresa.

When Ryan and Teresa were asked about how the funds of the race would benefit the community, they both shared the impact to the local economy, the promotion of an active lifestyle, and is a direct fundraiser for the LBGC. "The Ludlow Clocktower Classic 5K offers significant benefits that reach across our entire community. First, the event powerfully supports health and wellness by promoting an active lifestyle for residents of all ages, welcoming everyone from competitive runners to families with strollers. Second, it provides a measurable economic impact: by bringing people to the center of town, the race directly increases foot traffic and potential revenue for our local businesses. Third, this shared activity fosters community building, creating a positive and inclusive environment that brings neighbors and friends together. Most importantly, the race serves as a vital fundraiser for the Ludlow Boys and Girls Club, with all proceeds directly benefiting their essential mission in our community," said Ryan and Teresa.

The couple began dating in 2016 and Teresa was the one who introduced Ryan to the sport, where they both now share the love for what running does for them, beyond the exercise.

"For us, running is a deeply personal journey. It's certainly a great form of exercise, but what makes it truly special is that it means something different to every single person-whether they're challenging themselves, prioritizing their health and well-being, or trying to hit a personal record. All those reasons are equally valid and while the act of running is often solitary, the best part is the incredible supportive community it creates," ended Ryan and Teresa.

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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 10-2. Closed Saturdays during the summer, Sundays and holidays.

The library will be resuming regular operating hours on September 1. Please note a change in Saturday operating hours of 10-2 rather than 9-1.

FOR ALL AGES

Social Services Drop-In, Wednesday September 3, 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

Mediumship Talk Thursday, September 25 at 6:30 PM.

Jacqueline Engel, a local writer, author, and spiritual medium will give a talk on what mediumship is, differentiate between other psychic abilities, and explain how a medium communicates with the spirit world. Please register on our website.

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 mass-book.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

Nintendo Switch Night for YAs, Tuesday, October

14, 6:00 - 8:00pm. For middle & high schoolers. Meet once a month to play Mario Kart, Smash Bros, or other Switch games, while munching on free pizza & drinks! 16 person limit. Please register. Generously sponsored by the Friends of the Library.

Read Between the Lines High School Book Discussion Group, October 24, 3:00 - 4:00 p.m. For ages 14 -18. Fun, relaxed book discussion for high schoolers. This month's book, *Stalking Jack the Ripper* by Kerri Maniscalco, is available in the Youth Room. Please register.

Melted Crayon Pumpkin Decorating for YAs, Tuesday, October 28, 4:00 p.m. For middle and high school age. Melted crayons and white pumpkins donated by Randall's Farm make a unique, no-carving variation on pumpkin decorating. Please register.

FOR CHILDREN AND TEENS

Spooky Candle Making for Kids, Thursday, October 9, 4:30pm. Ages 5 & up. Make "candle corn" or spooky-themed candles, without hot wax or fumes! Please register.

Pokemon Club, every other Wednesday, October 15, 3:30 - 4:45 p.m. For ages 9-14. Bring your cards, Nintendo Switch, phone, or tablet for Pokemon Go, handheld gaming, and trading. All trades supervised by staff and trades must be of equal market value. Please register.

Youth Chess Club, every other Monday, October 20, 3:30 p.m. For ages 9-17. All experience levels welcome; some instruction provided. Bring your chess set if you have one. Please register.

Youth Crochet Club, every other Tuesday, October 23, 5:30 to 6:30 p.m. For ages 10-17. For beginner to experienced crocheters; supplies provided or bring your own. Registration recommended.

Tween Graphic Novel Book Group, Thursday, October 23, 5:00 to 5:45 p.m. Ages 9-13. Discuss graphic novels, play games, and make crafts. This month's graphic novel is available in the Youth Room. There will be snacks! Please register.

Lego Build Challenge, every Wednesday, 12:00 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. For grades 3-8. 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. Please register.

Saturday Online Club, every Saturday, noon to 1:50 p.m. For grades 3-8. See description above. Please register.

Please see **HUBBARD**, Page 12

OBITUARIES

Mary (Mae) S. Macdonald Dubois

Mary (Mae) S. Macdonald Dubois, 100, of Ludlow passed away peacefully at her home of 74 years on Sept. 29, 2025 surrounded by her loving family.

Mae was born in Dundee, Scotland in 1925 to Charles and Margaret (Petrie) Macdonald. Mae, her mother, and her sister, Greta, joined her father in the United States in 1932, settling in West Orange, New Jersey. She graduated from Kearny High School, where she lettered in basketball and was on the honor society. After graduation, Mae began working at an insurance company in Newark, New Jersey.

While visiting family in Ludlow, Massachusetts, Mae became friends with Lauretta (Dubois) Raymond. With Lauretta's encouragement, Mae started writing letters to her brother, Homer R. Dubois, who was stationed on the U.S.S. Sigourney in World War II. This happenstance correspondence was the start of a life-long commitment. Mae and Homer were married on July 30, 1949 in Arlington, New Jersey and moved into the house Homer built for them in Ludlow in 1951. They raised three children there, Nancy Fernandes of Ludlow, Suzanne Parker of Springfield, and Rene Dubois of Monson. Along with raising their children, Mae acted as the secretary to her husband,

the Fire Chief of Ludlow, for many years. Before Ludlow had a permanent fire station, Mae was responsible for sounding the town-wide alarm for the fire department from their home. Years later, she also worked at the Treasury Department for the Town of Ludlow.

Mae loved spending time with her family, and the dinner table during holidays, birthdays and picnics, was always a place of laughter and love. She was blessed with six grandchildren: Amanda Mistalski (Gary) of Wilbraham, Andrew Fernandes (Chrissy) of Ludlow, Christopher Fernandes of Springfield, Mary Fernandes (Aaron) of Ludlow, Ethan Dubois (Maggie) of Monson, and Avery Dubois (Frankie) of Monson; and eight great-grandchildren: Kylie & Kenzie Plasse, and Jameson Houle of Ludlow, Gray & Adaline Mistalski of Wilbraham, Madilynn Fernandes of Ludlow, and Rene & Dominic Dubois of Monson. She is survived by three nieces.

Mae and Homer were married for 71 years before his passing in 2021. She missed her husband, Homer, every day in her own way. After his passing, she lived independently in their home, insisting on cooking for her-

self, doing her laundry and cleaning the house all on her own. Despite using a walker during her last few years, family would often stop over to visit and find the furniture in the house rearranged! Mae became an avid texter



in her late 80's, using it to stay in touch with family, and even sending a selfie once or twice. She was infamous for her chalkboard messages that greeted you at her door, where she would share her thoughts and poetry that she had written. Her family is thankful for all of the years that they had with Mae and the rare blessing that she was able to meet eight of her great-grandchildren. Mae will be missed every day, but her family finds solace in knowing that she has been reunited with her husband and her mother for all of eternity.

Visiting hours were held at Ludlow Funeral Home on Sunday, Oct. 5. Committal services were at Ludlow Funeral Home on Monday, Oct. 6 at 10:15 a.m. with a service at 11 a.m., followed by burial at Island Pond Cemetery. The family invited everyone to a reception at Tony and Penny's Restaurant, 18 Canterbury St in Ludlow, immediately following the burial services.

DEATH NOTICES

Mary (Mae) S. Macdonald Dubois
Died Sept. 29, 2025
Ludlow Funeral Home

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 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.

LEGALS

LEGAL NOTICE SPECIAL PERMIT HOME OCCUPATION

The Ludlow Planning Board will hold a public hearing in Ludlow Town Hall, Selectmen's Conference Room on **Thursday, October 23, 2025, at 7:00 p.m.** on the application of Joshua Edward Picard of **23 Adams Street Ludlow, MA (Assessors' Map 16A, Parcel 24)** for: **online book sales.**

If for any reason this hearing is cancelled, it will be rescheduled to Thursday, November 13, 2025.

Raymond Phoenix, Chairman
10/08, 10/15/2025

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. HD24P2217EA
Estate of:
William Herman Leab, Jr.
Date of Death: 09/07/2024

CITATION ON PETITION FOR SALE OF REAL ESTATE BY A PERSONAL REPRESENTATIVE

To all interested persons:
A Petition for Sale of Real Estate has been filed by: **Jeannine Bourdeau of Belchertown, MA** requesting that the court authorize the Personal Representative to sell the decedent's real estate at a private sale.

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 10/28/2025.**

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.

Witness, **Barbara M Hyland**, First Justice of this Court.

Date: September 23, 2025
Rosemary A Saccomani, Register of Probate
10/08/2025

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Hampden Division
Docket No. HD25P1779EA
Estate of:
Anthony R. Malfino
Date of Death: 06/26/2025
INFORMAL PROBATE PUBLICATION NOTICE

To all persons interested in the above captioned estate, by Petitioner of Petitioner **Laura Malfino of Ludlow, MA.**

Laura Malfino of Ludlow, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being 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.
10/08/2025



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DATEBOOK

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

OCTOBER 18

Ludlow High Class of 1980 Reunion. Saturday, Oct. 18 from noon - 4:30 p.m. at Vanished Valley, 782 Center St., Ludlow. Tickets are \$40 per person. Deadline is Oct. 8. For tickets email: 01056clas-sof1980@gmail.com More information on Facebook page: Ludlow High School, Class of 1980.

UPCOMING

Oct. 24

RAG SHAG PARADE & TRUNK OR TREAT - Save the date! Parade begins at 6 p.m. at the Ludlow Town Hall!

Nov. 8

St. Nicholas Craft Fair at Christ the King Parish, 41 Warsaw Avenue, Ludlow on Nov. 8, 2025. We have many talented crafters along with Gift Raffles and of course 50/50 Raffle. This year we will be offering a new menu. Please come and join us.

Nov. 15

St. Nick's Christmas Bazaar will be held Saturday, Nov. 15 in the Pastoral Center at St. Elizabeth Parish in Ludlow from 9 to 3 p.m. Approximately 40 vendors will sell stained glass, primitive decor, Avon, and Hockey Association items - to name a few. Great way to start your Christmas shopping.

ONGOING

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

BI-MONTHLY FOOD DRIVE AT FIRST CHURCH LUDLOW—On the first Saturday of each EVEN month (February, April, June, August,

October, December) First Church in Ludlow, 859 Cen-

ter St, collects non-perishable foods. From 10 a.m. to 1 p.m., drive through the back parking lot. We will take your donations out of your car & bring them to the Community Survival Center to be distributed to those in need. Bring all food items to drop off at our next Food Drive on June 7, 2025.

CRAFTERS WANTED for the Rosary Sodality's Saint Nicholas Craft Fair and raffle on Saturday, November 8, 2025 at Christ the King Church, 41 Warsaw Avenue, Ludlow, MA, from 9 a.m. to 3 p.m. The cost is a non-refundable \$40 fee for an 8-ft. 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 refreshment will be available.

BI-MONTHLY FOOD DRIVE On the first Saturday of each EVEN month (February, April, June, August, October, December) First Church in Ludlow, 859 Center St, collects non-perishable foods. From 10 a.m. to 1 p.m., drive through the back parking lot. We will take your donations out of your car & bring them to the Community Survival Center to be distributed to those in need.

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

SENIOR BINGO: Hosted by the Indian Orchard Citizens Council 3:30-5 p.m. every Monday. Free to play with great prizes. For more information, call 413-209-8240.

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

book and Instagram.

AQUACISE AT THE CLUB: The Ludlow Community Center/Randall Boys & Girls Club, at 91 Claudias Way, continues to offer Aquacise throughout the week. Aquacise is a low-impact, full-body workout performed in the water to put less stress on your joints and muscles while building strength. Classes are open to all members with pool-inclusive memberships and do not require prior registration. Classes are held 8:30-9:15 a.m., Tuesdays, Wednesdays and Thursdays. For questions, call 413-583-2072, ext. 124.

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

QUABBIN VALLEY TWIRLERS If you missed the first lessons in the fall, now is the time to give yourself a gift of dancing enjoyment for the coming holiday time. Do you want some exercise, mental acuity, and lots of fun with great people? Try our national folk dance, square dancing with the Quabbin Valley Twirlers. They dance in Belchertown and Ludlow with Sunday and Wednesday evenings available. For more information, call Gloria or Fran at 413-467-3352.

BIBLE STUDY: A weekly Bible study led by Ludlow resident Hank Bastos takes place at 7 p.m. on Wednesdays at 485 East St., Ludlow. Call 413-348-6487 for more information.

SHARE YOUR SIGHT: Volunteer to read, shop or walk with a blind or vision impaired person in your community. Call the Massachusetts Association for the Blind and Visually Impaired at 1-888-613-2777 for details.

Knights sponsor Benefit Dinner to support Community Survival Center

WILBRAHAM - The Wilbraham Knights of Columbus Council 10195 will sponsor a major fundraising benefit dinner to support the Community Survival Center in Indian Orchard.

The Survival Center helps feed and cloth over 400 individuals each month in Wilbraham, Hampden, Ludlow, Indian Orchard and 16 Acres. According to Executive Director, Cristal Turcotte, this year is particularly impacted by the

anticipated federal cuts in SNAP and the less successful Stamp Out Hunger Food Drive by the National Association Letter Carriers. "Our shelves are very bare" according to Turcotte, "and with the holidays fast approaching we are asking for assistance to help us support those in need."

The benefit dinner will be held Saturday Oct. 18 at 5 p.m. at Saint Cecilia Parish Center, 42 Main Street, Wilbraham and will fea-

ture a delicious homemade chicken parm Italian dinner complete with pasta, salad, bread, coffee and cannolis. The event will include numerous raffles and musical entertainment with sing-alongs.

Tickets are \$20 and may be purchased by contacting George Reich at ticketskoc10195@gmail.com or may be picked up at after Mass in the St. Cecilia rotunda starting on Sept. 27.

HUBBARD from Page 11

FOR CHILDREN

Grow, Play and Learn Playgroup for 0-2, Thursdays, 9:45 - 10:30 a.m. Targeted for children birth to age 2 and their caregivers. Stories, songs and skill building, led by Early Childhood Developmental specialist Jane Christian of Pathways for Parents, guiding caregivers in strengthening interactions with their child. Program includes curriculum, "Ages and Stages" Questionnaire, and resources to fit your child's individual needs. Please register. Sponsored by Pathways for Parents CFCE.

Grow, Play and Learn Playgroup for 2-5, Thursdays, 10:45 - 11:30 a.m. Targeted for children 2-5. See description above. Please register. Sponsored by Pathways for Parents CFCE.

Storytime Series for 3-5 year olds, Mondays, through November 10, 10 a.m. Stories, songs, and games about firefighters, teachers, doctors, and other community helpers, with a craft and snack at the end. Tailored for 3-5 year olds. Please register. No class October 13.

Storytime Series for 2-3 year olds, Wednesdays, through November 5, 10 a.m. See description above; tailored for 2-3 year olds,

with a free play period at the beginning with a craft and snack at the end. Please register.

Homeschool Storytime: "True Tales", Wednesdays, through November 5, 1:00 - 1:45 p.m. For ages 5 and up. A fun, gently educational storytime that uses non-fiction picture books to share inspiring stories about real people and historical events, with a craft or activity at the end. Please register.

Banned Books Week Scavenger Hunt, this week! All ages. To celebrate National Banned Books Week, which fights censorship and celebrates the freedom to read, search the Youth Room for books that have been censored and learn some of the crazy reasons why! Drop-in.

Massachusetts Children's Book Award (MCBA) Book Group, monthly, begins Thursday, October 9, 6:00 - 6:45pm.

For 4th to 6th graders. Kids decide who wins this award after reading at least 5 nominated books. Meet to play games, discuss the books, which to vote for, and eat snacks. Celebrate at the last meeting in April with an ice cream party sponsored by the Friends of the Library, where we'll cast our votes and pose for photos for the newspaper! Please register.

Banned Books Week Sticker Making, Friday, October 10th, 11:30 am - 3:30 pm. All ages. Stop by to make stickers celebrating your right to read! Drop-in.

Saturday Morning Scooby-Doo Sleepover, October

18th, 11:00 am - 1:00 pm. Rated G. Wear your pjs and bring your stuffie, pillow, & blankie for spooky Scooby-Doo cartoons, including breakfast munchies! Please register.

Read to a Poodle, every other Monday, October 27, 4:00 - 4:45 p.m. For beginning readers. Quill the poodle will visit the Youth Room every other Monday and he is a great listener! Sign up for a 10-15 minute session. Bring your own book, or we can help you pick some out. Quill is a registered Brightspot therapy dog. Please register.

Pumpkin Decorating for Kids, Thursday, October 30, 4:00 p.m. For ages 2-10. Decorate pumpkins donated by Randall's Farm with paints, pom-poms, glitter and more! Please register.

Trick or Treat & Scavenger Hunt, Friday, October 31, all day. All ages. Come to the Youth Room in costume on Halloween to trick-or-treat, and do a fun scavenger hunt for candy or a prize!

Sing With Me, every Tuesday, 10:30 to 11:00 a.m. 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.

Church DIRECTORY

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

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

CHRIST THE KING CHURCH

41 Warsaw Ave., Ludlow
413-583-2630
Pastor Rev. Raymond A. Soltys
Saturday Vigil Masses - 5 p.m. and 6:30 p.m.
Sunday Masses - 7:30 a.m.; 8:45 a.m. (Polish); 10 a.m. and 11:15 a.m.
Sunday Evening Mass - 5:30 p.m.

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, Thomas Rickson, 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

Wed., October 8 - Daily Mass - 7:30 AM (C), Adoration - 8 AM (C) Holy Mother Choir - 5:15 PM (C), Cub Scouts - 6 PM (JR), Unlocking the Mysteries of the Bible - 6 PM (FLBH),

Thurs., October 9 - Daily Mass - 7:30 AM (C),
Fri., October 10 - Daily Mass - 7:30 AM (C),
Sat., October 11 - Confessions - 2:30 PM (C),
Saturday Mass - 4 PM (C)

Sun., October 12 - Daily Masses at 7:30 AM, 9:15 AM, 11 AM and 5 PM (C)

Mon., October 13 - Daily Mass - 7:30 AM (C)

Tues., October 14 - Daily Mass - 7:30 AM (C), Spaghetti Supper - 4:30 PM (FLBH/K/F), Middle School Youth Ministry - 3:30 PM (JR), St Rita Choir - 4 PM.(C), Bereavement Support - 6:30 p.m. (ER)

FIRST CHURCH IN LUDLOW

859 Center St. Ludlow
413-583-3339
Reverend Darcy Borden, Pastor
Office hours Monday & Wednesday 10 am to 2 pm
Available by appointment at other times
Sunday worship at 10 am alternating weekly with Grace Union Church, Wilbraham
Call or check Facebook or the website for the schedule of worship and events
Service live-streamed at 10 am on Facebook
https://www.facebook.com/firstchurchludlow
Website: www.ludlowfirst.com



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.

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

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.

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ALASKA COAL STOVE 2020, CHANNING III, Model 140, paddle feed. Very good condition. Excellent source to heat up to 85000 BTUs. 48" hearth pad included. Reasonable offer. **413-238-5986**.

BLAZE KING "PRINCESS" WOOD-STOVE, \$1800. Craftman table saw, jointer, planer, Porter cable router with table, Jet band saw, Nova wood lathe. Call/text **413-544-1355** for more details.

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Call **413-658-8535**.

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New England Forest Products
(413)477-0083

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SEASONED OAK CORD WOOD. Cut and split. \$250 per cord or \$150 for 1/2 cord plus delivery fee. COD. Russell **413-426-4123**.

TAG SALE

164 METACOMET ST., BELCHERTOWN. OCT. 11 & Oct. 12, 9am-4pm. Miscellaneous household items, books, toys, game, Barbies.

18 FOX RUN LANE, HAMPDEN - Furniture, tools, household appliances. **Sun., Oct. 12 10am-5pm.**

LARGE TAG SALE. OCT. 11, 12, 13 - 8AM-4PM
103 MOUNTAIN VIEW ST., SOUTH HADLEY.
Rain or Shine.

Something for everyone including antique platters and glassware and much, much more for personal use and home, some new or gently used.

WANTED

WANTED TO BUY

ALL ANTIQUES AND OLD STUFF WANTED.

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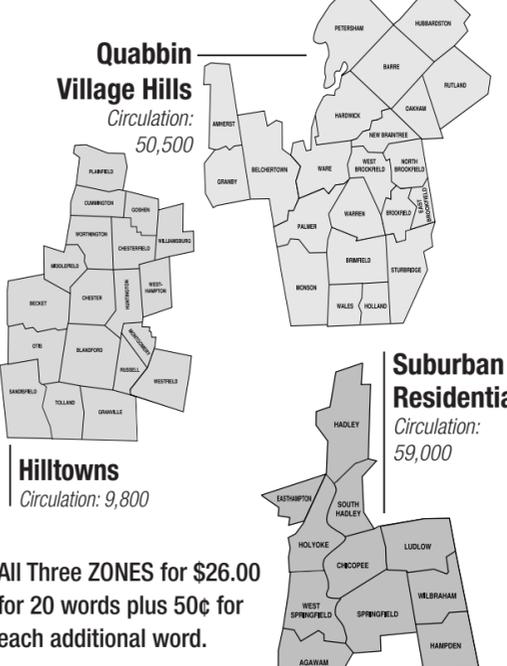
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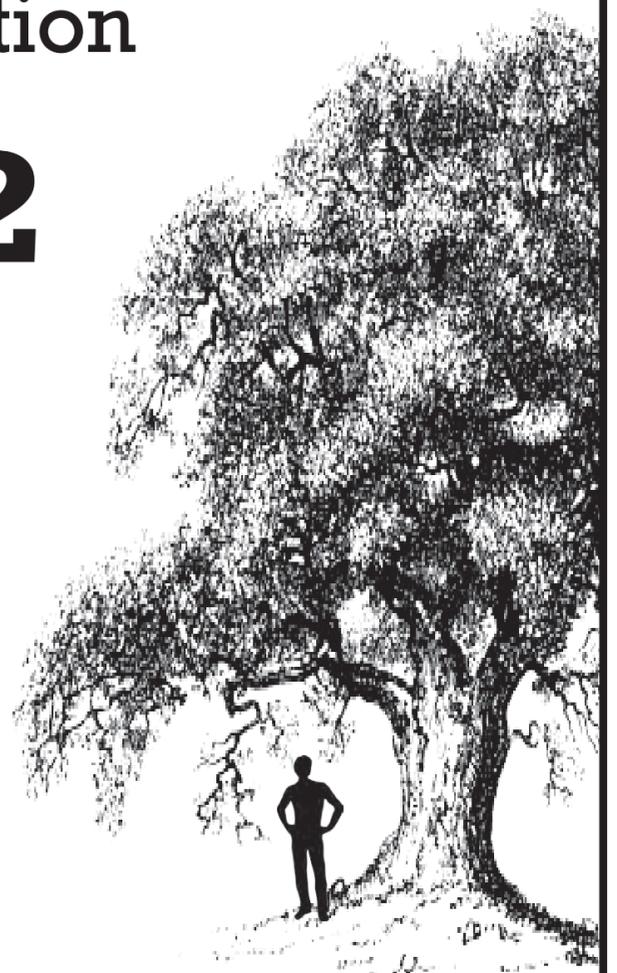
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