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The REGISTER

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DATEBOOK

Upcoming events

FIRST CHURCH IN LUDLOW - Holiday Fair Friday Nov. 17 and Saturday Nov. 18 from 9 a.m. to 3 p.m. Santa's Workshop will offer unique handcrafted items for holiday decorating and gifting.

SEE PAGE 12

Vietnam Veteran continues to volunteer after surgery

By Marcelo Gusmão
Staff Writer
mgusmao@turley.com

LUDLOW – This year, Robert Boduch was recognized as Veteran of the Year, and spoke of his volunteer work, his time in Vietnam, and a heart operation.

Boduch described himself as surprised when he heard about the nomination. Earlier this year, at the ribbon-cutting for the Veterans Center, Boduch had a close brush with death.

“I was there at the grand opening, but the next day didn’t go so good for me,” Boduch said. “I went to urgent care, and I coded on the floor. They brought me back, brought me to the hospital, and found out I needed a triple bypass.”

“24 hours later, I wasn’t doing good,” Boduch said. “They had to open me back up again. I had a bleeder. 11 units of blood later, and a lot of aggravation, I’m lucky I’m here.”



Courtesy photo

Please see **VIETNAM VETERAN**, Page 8

Presenting the Organization of the Year award, (from left) Legion Post #54 Commander Ryan Howe, Kevin Vestal, Selectman Derek DeBarge, and Director of Veterans Services Eric Segundo.

Vanished Valley honors veterans with annual Pig Roast

By Marcelo Gusmão
Staff Writer
mgusmao@turley.com

LUDLOW – Last weekend, Vanished Valley Brewing held its third annual Veterans Day Pig Roast.

Company owner Mike Rodrigues said that the Pig Roast has been the brewery’s way of honoring veterans since 2020, and that this year’s celebration “went very well.”

“My former partner, Manny Vital, it was his idea,” said Rodrigues. “We got together with the local [Veterans of Foreign Wars] chapter, and we wanted to do something to give to the veterans, because we feel like there’s not enough done for them.”

“To show our appreciation, we did the Pig Roast,” Rodrigues said. “All the food’s free for them and their families. We also have a beer that we released, called ‘Thank You For Your Service.’”

As with every year, the Pig Roast was serenaded with live music. Rodrigues said that all the food is made in-house, and that he does the pig roast himself.

Additionally, a portion of the proceeds from sales of

their “Thank You For Your Service” beer go to the local VFW chapter.

“We brew the beer, which takes about one day, and then three weeks before it’s ready to release, we package it,” Rodrigues said. “We don’t distribute any of this beer; it’s all sold here so that we can take the proceeds and give back to the veterans.”

“To show our appreciation, we did the Pig Roast.”

Mike Rodrigues

Vanished Valley first opened in 2016, citing a “passion for exciting craft beer and even better company,” according to its website. Rodrigues said that the company is not just a brewery, but offers a full menu, with both beer and wine.

“We believe in brewing only the beer that we love, through commitment to precision and the highest quality,” the website said.

Please see **VANISHED VALLEY**, Page 8

Selectmen discuss letter from Board of Health about Communication Procedure

By Marcelo Gusmão
Staff Writer
mgusmao@turley.com

LUDLOW – At last week’s Board of Selectmen meeting, Selectmen discussed a letter from the Board of Health that informed the Board of an Inter-Board Communication Policy.

Selectman Tony Goncalves read the letter from Board of Health Chair Kelly Lamas, which described the procedure during the Nov. 7 meeting.

“The purpose of this policy is to provide town boards and departments the process by which to request the presence of the Ludlow Board of Health members and Ludlow Health Department staff for inter-board meetings,” Goncalves read.

“If any town of Ludlow board requests the presence of the Ludlow Health Department staff member to attend the public board meeting, said board must make a request to the current Board of Health Chairperson two weeks prior to the meeting. No Ludlow health department staff member shall present at a town of Ludlow public board meeting without the presence of the current Board of Health Chairperson,”

Goncalves read.

Requests should be submitted in writing, either by email or postage. It also described cases of exceptional circumstances where an urgent request could be invoked, inclusive of threats to public health and safety, time-sensitive legal and regulatory obligations, events with potential significant financial impact, and unforeseen emergencies that cannot be reasonably anticipated.

The Selectmen expressed confusion at this message. Goncalves described himself as “a little shocked,” and said, “[The Board] should probably be a little bit more accessible.”

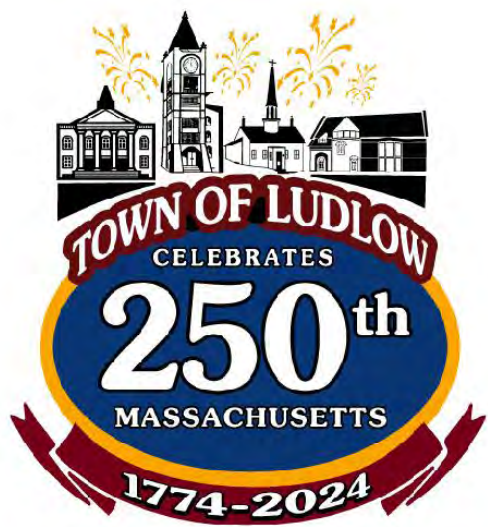
“I understand they’re saying, ‘there’s some guidelines for how we like to meet, if you can give us a heads up,’” said Selectman Bill Rosenblum. “That’s fine.”

“If we have an emergency, then we will do it, but it’s still going to take a week or two,” Rosenblum said. “You should be made available at any time.”

The Board of Health was unreachable by phone for comment on this issue.

Select Board Chair James

Please see **SELECTMEN**, Page 11



CELEBRATION CALENDAR UPCOMING EVENTS Ludlowma250.org

SUNDAY, DECEMBER 3

Breakfast With Santa



2 Seatings:
8am-9:30am • 10am-11:30am

Cost:
Children 2-12 years old - \$5 pp
Age 13 - Adult - \$7 pp

Location:
Harris Brook Elementary School,
209 Fuller St.

Enjoy a pancake breakfast with Santa and his elves. There will be picture time with Santa, fun activities & a raffle basket fundraiser.

For tickets contact Kathy at 413-589-7994 or pick up at Outside The Box Gift Shop, 314 Sewall St.

SUNDAY, DECEMBER 3

Tree Lighting Ceremony

The Ludlow 250th Celebration Committee in partnership with the Ludlow Rotary invites you and your family to the Annual Tree Lighting Ceremony

Time & Location:

3pm - The children's parade will kick off at the Ludlow Boys & Girls Club and travel to the Ludlow Town Hall.

4:30pm - Tree Lighting Ceremony with Christmas Caroling and a visit from Mr. & Mrs. Santa Claus.

There will be activities for the children and refreshments will be served. Please bring a new, unwrapped toy for the "Toys for Tots" program.

Also, in support of our Military Veterans, please bring a non-perishable food item for the Ludlow Veterans Services Food Pantry.



Christmas House Decorating Contest

To participate register your home address in the Christmas Contest on the Ludlow 250th website by December 8th.
www.ludlowma250.org

Judging for open class designs will take place December 10th-16th. 1st, 2nd, 3rd place winners will receive lawn signs.

For more information call Cindy Saleh @ 413-210-2750

Open to all Ludlow residents

Ludlowma250.org

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LUDLOW

PET OF THE WEEK COOKIE AND BANDIT



Submitted photo

These are Cookie and Bandit, the two conures that live with Joe and Kathy Barbieri.

Pancake Breakfast with Santa at Harris Brook Dec. 3

LUDLOW – The 250th Committee will be holding a Pancake Breakfast with Santa fundraiser that is set for Sunday, Dec. 3.

The breakfast will be held at the Harris Brook Elementary School Cafeteria. There will be two seatings, first at 8-9:30 a.m., and then again at 10-11:30 a.m.

The breakfast menu is pancakes with syrup, sausages, juice, water and coffee.

Families will have time to take a picture with Santa. There will be a fun kid's creative craft corner with complimentary crafts and activities for the children.

A basket raffle will be offered that includes kid's baskets, to help raise funds

for the upcoming 250th Celebration Events for 2024.

The Ludlow High School students and the Masons from the Brigham Lodge will be on hand to help with the event.

Tickets are \$5 for ages 2 to 12, or \$7 for ages 13 and up.

Tickets can be purchased at Outside the Box Gift Shop located at 314 Sewall St., or call Kathy Oumette at 413-589-7994 for tickets.

The Ludlow MA 250th Celebration Committee is asking for your support for this Breakfast with Santa as the funds raised from this event will help with the upcoming Ludlow 250th celebration events scheduled for 2024.

Rotary Club to sell lucky raffle calendars

WILBRAHAM – December could be a lucky month for 31 winners of the Wilbraham-Hampden Rotary Club's Lottery Calendar fundraiser. The club is selling its popular winter version of the Calendar Raffle throughout November for a chance to win a daily prize each day in December. See any club member for a chance to win gift cards or cash.

Raffle calendars are also on sale at the LUSO Federal Credit Union branch at 1 Crane Park in Wilbraham. There will be a winner every day and after the daily drawing, your ticket goes back into the mix for another chance to win.

Samples of gift cards to be drawn include those to Rice's Fruit Farm, Home

Depot, Amazon and Staples, plus many more. There will be three cash winners of \$100 each, according to the chairman of the fundraiser Tim Tracey of LUSO.

The fundraiser will benefit local community projects and scholarships. Calendars will be on sale now through the end of November for \$10 each and are available from any club member.

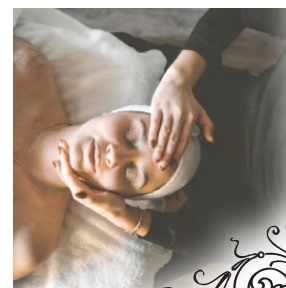
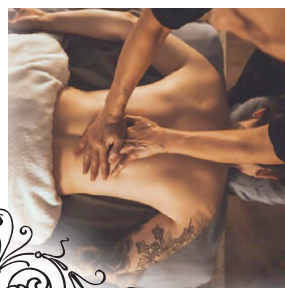
"There will be a winner every day. That gives every entry 31 chances to win and they make good Christmas presents," commented Tracey. To purchase a calendar call Tracey at 413-279-3002 or email TTracey@LUSOFederal.com.

For more information about joining the Rotary Club, call 413-537-4171.



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Girls soccer team scores a win



Girls team wins over South Hadley to claim championship.

LUDLOW— The school officials and parents at Pope Francis Prep want to congratulate the girls soccer team on their 2-0 victory over South Hadley on Oct. 31 to win Western Mass Class B championship. Gabriella Fialho a junior and Sophie Simard, a freshmen, are both residents in Ludlow.

Submitted photo

Nomination are papers available for the March 2024 Annual Town Election

LUDLOW – Nomination papers for the March 25, 2024, Annual Town Election are available through Feb. 2, 2024.

Town Hall is open Monday, Wednesday and Thursday 8 a.m. to 4:30 p.m.; Tuesday 8 a.m. to 5:30 p.m.; Friday 8 a.m. to 12 p.m.

Two openings for Board of Selectmen (three-year terms)

One opening for Board of Assessors (three-year term)

One opening for Board of Health (three-year term)

One opening for Library Trustee (three-year term)

One opening for Recreation Commission (three-year term)

One opening for School Committee (three-year term)

One opening for Planning Board (five-year term)

One opening for Ludlow Housing Authority (five-year term)

Town-wide office nomination papers must be signed by at least 50 registered voters in Ludlow. Candidates are advised to collect more than 50 signatures to ensure the requisite number of certified signatures.

Town meeting member nomi-

nation papers must be signed by at least ten registered voters of the precinct in which the candidate resides.

Nomination papers for all the above offices must be filed at the Town Clerk's office by 5 p.m. on Feb. 2, 2024.

Voters in each precinct will elect five town meeting members for three years and elect other members as necessary to fill existing vacancies.

Please call Kim Batista at the Town Clerk's office with any questions 413-583-5600, ext. 1230.

Heritage 'Pops' Orchestra Christmas Party Dinner and Dance

LUDLOW – Celebrate the Christmas season with the big band sounds of the 19-piece Heritage "Pops" Orchestra with vocals by Ann Maggs on Dec. 15 at the Polish American Citizens Club on 355 East St.

The event includes hors d'oeuvres from 5:30-6:30 p.m., a grand buffet dinner by John Diotalevi at

6:30 p.m. and dessert. Music and dancing will occur from 7-10 p.m.

Advance tickets cost \$25 per person and are available at the PACC bar or by calling Bob at 413-636-7588 or calling Paul at 413-800-4164.

There will be a giant wood dance floor, a cash bar and a 50/50 raffle.

Turkey giveaway on Nov. 20

SPRINGFIELD— On Monday, Nov. 20 Rep. Orlando Ramos and the Indian Orchard Citizens Council will host turkey giveaway for Indian Orchard Residents from 11 a.m. to 1 p.m.

"I'd like to thank my state Rep. Orlando Ramos and my Senator Adam Gomez for thinking of the Orchard Residents during this vital time of need in our community" said Council Zaida Govan and president of Indian Orchard Citizens council.



Frozen Polish Food Sale to occur Nov. 18

INDIAN ORCHARD – A Frozen Polish Food Sale (Pierogi, Goulabki, Kapusta) will be held at Immaculate Conception Church Hall

at 25 Parker St., Indian Orchard, on Saturday, Nov. 18, from 9 a.m. to 1 p.m. All are welcome to come and purchase.

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- Sales
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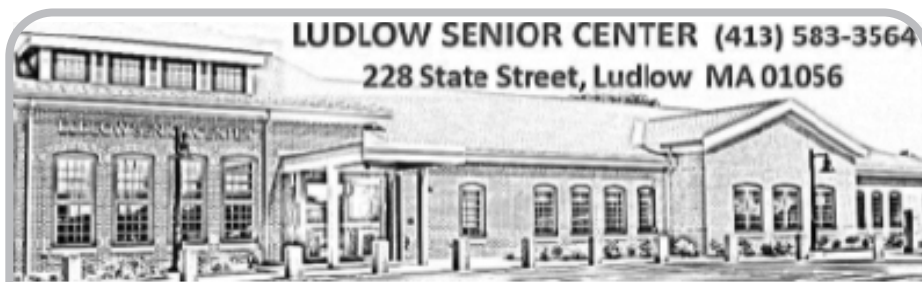
- Locally Grown Butternut Squash ... 69¢ lb
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- Locally Grown Yukon Gold Potatoes... 5lb Bag \$2.99
- Mass Grown Cranberries 12oz Bags ... 2 for \$5.00
- Golden Ripe Pineapples... \$2.99 each
- Locally Grown Mac or Cortland Apples... 5lb Tote Bags \$5.99
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LUDLOW SENIOR CENTER (413) 583-3564
228 State Street, Ludlow MA 01056

Welcome to the Ludlow Senior Center

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

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

Activities Calendar:

Please register in advance for items with*

Thursday, Nov. 16

8:30 a.m. Foot Care*
9 a.m. Tai Chi
9:30 a.m. Dominos
10 a.m. Veteran's Agent
10 a.m. Louis & Clark Tune-Up Clinic*
10 a.m. Sunshine Painting Class*
1 p.m. Mahjong
1 p.m. Writers Block*
2:30 p.m. Active Yoga

Friday, Nov. 17

8:45 a.m. Boomer Bootcamp*
10 a.m. Boomer Bootcamp*
10 a.m. Blood Pressure Checks
10 a.m. Coffee with a Cop
10:30 a.m. Trivia
1 p.m. Guidance by Li*
1 p.m. Ceramics
1 p.m. Healthy Bones & Balance*
1 p.m. Magic Class
1:30 p.m. Forget-Me-Not Circle*

Monday, Nov. 20

8:30 Foot Care*
9 a.m. Knitting
10 a.m. Boomer Bootcamp*
10 a.m. Computer Help
10:30 a.m. Rep. Saunders Office Hour
1 p.m. Scrabble
1 p.m. Better Together*
1:15 p.m. Pitch
2:30 p.m. Zumba Gold

Tuesday, Nov. 21

9 a.m. Quilting
9 a.m. Line Dancing
10 a.m. Cribbage

10 a.m. Mindful Meditation*
10:30 a.m. Gentle Yoga
12:30 p.m. Blood Pressure Check
1 p.m. Western Dance Lessons
1 p.m. Brown Bag Pick Up*
5:00 p.m. Movie: Daddy Long Legs (1955)
5:30 p.m. Power Pump Class*
5:30 p.m. Volleyball at East Street School

Wednesday, Nov. 22

8 a.m. Facials*
9 a.m. Ceramics
9 a.m. Zumba Gold
10:30 a.m. Healthy Bones & Balance Class*
1 p.m. Movie: Daddy Long Legs (1955)
1 p.m. Healthy Bones & Balance Class*

Thursday, November 23

Center Closed for Thanksgiving

*PLEASE register for Fitness Advisor, Boomer Boot Camp, Healthy Bones and 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, Nov. 16: Birthday Lunch, Baked Cod/Scalloped Pot/Mixed Veggies
Friday, Nov. 17: Cobb Salad
Monday, Nov. 20: Mild Chili/Corn Bread
Tuesday, Nov. 21: Thanksgiving Lunch, Turkey Dinner & Fixings (you must be registered)
Wednesday, Nov. 22: American Chop Suey/Garlic Bread
Thursday, Nov. 23: Center Closed for Thanksgiving

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

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

Community invited to remember loved ones

PALMER— As the holiday season approaches, the Baystate Wing Auxiliary will set up its annual Tree of Love. This special tree has been created to honor and remember loved ones and features ornaments you can purchase that will be hung on the tree which you can personalized with names of family and friends that you wish to honor and remember.

"These ornaments are a special way for families and members of our community to honor a special friend, family member, or coworker while also supporting the hospital's mission of improving the health and well-being of our community," said Evelyn Glabicky, president of the Baystate Wing Auxiliary. "For some families, remembering a loved one and being a part of the Tree of Love brings them some comfort. You may purchase the ornaments for \$5 for a single name and \$10 for a family."

The decorated Tree of Love will be displayed on the first floor of the hospital in the area near the gift shop.

All proceeds benefit the Baystate Wing Auxiliary, which then uses these funds to support hospital programs and services. In addition, to a recent \$25,000 donation to support the Emergency Department Capital Campaign, the Auxiliary awarded scholarships to seven local high school students this year who are pursuing a career in healthcare.

For over 65 years, the Auxiliary has supported Baystate Wing Hospital through its sponsorship of special events and gift shop sales. This diverse group of women and men includes teachers, nurses, business owners of all ages, and retirees, who live in many different communities and are united by a shared commitment to support the mission of the hospital.



Submitted Photo

The community is invited to remember loved ones with the Tree of Love.

For more information about the Tree of Love or to purchase an ornament visit the Baystate Wing Hospital Gift Shop Monday through Thursday 9:30 a.m. to 4:30 p.m. and on Friday 9:30 to 1 p.m. or call 413-370-8169.

Friends' Holiday Bazaar is Nov. 18

WILBRAHAM -- Kick off the holidays by joining The Friends of Wilbraham Seniors for a fun filled day! Come to their 14th annual Holiday Bazaar to be held on Saturday, Nov. 18, 2023, at St. Cecilia Church, 42 Main St, Wilbraham, from 9 a.m. to 3 p.m.

This bazaar is a full day of shopping with over 25 exhibitors, offering handmade soaps, greeting cards, Christmas ornaments, doggie goodies, and more! Their famous huge Raffle offers many chances to bring home a lovely gift basket or other gifts. Stay for lunch as the folks at Loom-

is Lakeside at Reeds Landing-Springfield cook up Meatball Grinders or pick a sweet treat from our Bake Sale of muffins, cookies and more – and hot coffee will be available too! But, best of all SANTA CLAUS will be riding into town at 11 a.m. and will stay 'til 2 p.m. for visits with children of all ages who can get their picture taken, and all children receive a FREE GIFT! This year's event proceeds will support Recognition Programs of Friends Volunteers.

For more information, call AnnMarie at 413-599-4803.

Enjoy Holiday Pops with Old Post Road Orchestra on Dec. 1 and 2

Enjoy an evening of Holiday Pops with the Old Post Road Orchestra. Featured will be traditional holiday favorites such as Sleigh Ride, themes from the Polar Express, and selections from the Trans-Siberian Orchestra, complete with rock band Dead Fiction, back by popular demand!!!

There are two opportunities to hear OPRO in concert - Friday, Dec. 1, 7:30 p.m. at St. Cecilia's Church, Main Street, in Wilbraham and Sunday, Dec. 3, 2 p.m.

at Mary, Mother of Hope Church, Page Blvd, in Springfield. Concerts are always-free and family-friendly!

Support for these concerts is provided by Berkshire Facial Surgery, Inc., RMG Wealth Management Group, a grant from the Wilbraham Community Association, and a grant from the Springfield Cultural Council, a local agency, which is supported by the Mass Cultural Council, a state agency.



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IN THE CLASSROOM

Ludlow High School students participate in challenge



Submitted photo

Seventeen students from Ludlow High School participated in the 18th annual Junior Achievement Stock Market Challenge

LUDLOW— Seventeen students from Ludlow High School participated in the 18th annual Junior Achievement Stock Market Challenge held at Cedars Banquet Facility in Springfield on Nov. 9.

The Ludlow High School team is sponsored by Ludlow-based Massachusetts Municipal Wholesale Electric Company. The students competed against 11 other schools in their session

and were led by Ludlow High School teachers Jennifer Picard and Eric Hanson.

“The Junior Achievement Stock Market Challenge is a great opportunity for students to practice what they’ve learned in class in a fun, fast-paced environment,” said Picard. In total, more than 330 students from 12 different high schools competed in the challenge.

HCC fall theater explores break room culture



Submitted photo

Student-actors Tora Mateo of Holyoke, left, and Matthew Haughton of Springfield review cash register receipts in the Hobby Lobby break room in a rehearsal scene from the HCC Theater Department’s fall 2023 production of “A Bright New Boise” by Samuel D. Hunter.

HOLYOKE — In 2016, Holyoke Community College theater professor Tim Cochran directed “The Whale” for HCC’s spring production. That show won an ensemble award at the New England Region Kennedy Center American College Theater Festival.

Since then, the play, about a morbidly obese man trying to reconcile with his estranged daughter, was adapted into a feature film that earned three Academy Awards in 2023, including one for lead actor Brendan Fraser.

Cochran hasn’t yet seen the movie, but the Oscar buzz inspired him to return to the work of the playwright, Samuel D. Hunter.

“It reminded me how much I liked working on ‘The Whale,’” Cochran said. “Samuel D. Hunter writes plays that are really intimate and really put the acting front and center. You really feel like you’re sneaking a peak at somebody’s life unfolding before you.”

The play that Cochran picked for the HCC Theater Department’s fall 2023 production is Hunter’s “A Bright New Boise,” which, while lesser known now, debuted first and won an Obie Award in 2011.

The HCC show runs Nov. 16-18 with performances at 7:30 p.m. and a 2 p.m. matinee on Sat., Nov. 18. The Friday, Nov. 17, show will be ASL-interpreted. All performances will be held in the Leslie Phillips Theater on the second floor of HCC’s Fine & Performing Arts building. Tickets will be \$5 (HCC students, staff,

and faculty); \$10 (general admission); \$8 (seniors). Available one hour before each show at the Leslie Phillips Box Office, or call 413-552-2528 to reserve. Due to language and situations, this play is not recommended for viewers under the age of 13.

Like “The Whale” - and Hunter’s other plays - “A Bright New Boise” is set in Idaho, the playwright’s home state. But Cochran, citing Hunter himself, says the location is not necessarily significant to the play’s themes and insights.

What is significant, though, is the location of individual scenes. Aside from a few set in a parking lot near an interstate highway, the rest of the “action,” such as it is, takes place in the break room of a Hobby Lobby retail store. That, by its very nature, invites commentary about religion, consumerism, and capitalism.

“It’s really a play about people in confrontation with others who are not like them,” said Cochran. “How do we negotiate extreme points of view in everyday life?”

Even though the play debuted in 2011, Cochran says it makes even more sense today, given the political climate and how divided American society has become.

“It’s seriocomic, or what some people call a dramedy,” said Cochran. “It’s funny, but it’s also really powerful and heavy at times. If people like ‘The Whale,’ if they liked the movie, this is going to be a great play to see.”

2023-2024 First quarter honor list

LUDLOW— These students have earned a place on the St. John the Baptist School honor list.

First Honor

Grade 5: David Antonucci, Catherine Chapline, Sophia Chaves, Scarlett Cobb, Stella Codding, Owen Ferreira, Lana Goncalves, Grace Niedziela, Mila Outhuse, Logan Phaneuf, Fiona Placzek, Nevaeh Rose, Spencer Scowyra, John Walsh IV

Grade 6: Sophia Simpson

Grade 7: Madison Charette, Nadia Rose Conrad, Enzo DiCesare, Fiona Leandro, Shawn Tierney, Maeve Warena

Grade 8: Isabella DiCesare, Lyla O’Sullivan

Second Honor

Grade 5: Sophia Asimakopoulos, Andreana Dzierwinski, Julia Flebotte, Liam Goncalves, Addison Meffen, Ryan Messina, Madeline Perry, Bartosz Piascik, Aidan Pires, Violet Rosati, Alex Woods

Grade 6: Francesca Filippone, Delaney Florindo

Grade 7: Matthew Deauseault, Shaun Ferreira, Landon Florindo, Lucas Goncalves, Michael Peritore

Grade 8: Bartosz Checiek, Piper Martins, Avery Morais, Anthony Morawiec, Payton Murray, Alexander Rosa, Gabriella Scibelli, Cameron Webb

Effort Honor

Grade 5: David Antonucci, Sophia Asimakopoulos, Catherine Chapline, Sophia Chaves, Scarlett Cobb, Stella Codding, Andreana Dzierwinski, Owen Ferreira, Lana Goncalves, Liam Goncalves, Corrina Martowski, Addison Meffen, Ryan Messina, Grace Niedziela, Mila Outhuse, Madeline Perry, Logan Phaneuf, Fiona Placzek, Nevaeh Rose, Spencer Scowyra, John Walsh, Alex Woods

Grade 6: Sophia Simpson

Grade 7: Dylan Chapdelaine, Madison Charette, Nadia Rose Conrad, Matthew Deauseault, Enzo DiCesare, Shaun Ferreira, Landon Florindo, Lucas Goncalves, Fiona Leandro, Michael Peritore, Shawn Tierney, Maeve Warena

Grade 8: Bartosz Checiek, Madelyn Dias, Isabella DiCesare, Melinda Lapointe, Avery Morais, Anthony Morawiec, Payton Murray, Lyla O’Sullivan, Alexander Rosa, Gabriella Scibelli, Cameron Webb

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OPINION

LETTER TO THE EDITOR

It may have been noticed by those familiar with its proceedings that I resigned from the Charter Committee.

In no way should this be viewed as a criticism of its personnel or operations. The members are an able and thoughtful group of people who have stronger connections to and greater experience in the community than I do and thus have more to offer.

The consultants are giving excellent guidance. The process of designing a charter is headed in a positive direction so I believe the final product will be something that voters ought to support.

That leaves me with nothing special to contribute and there may be other projects that can more directly benefit from my participation. A qualified alternate member will take my place.

I do hope that the Register will practice more regular and thorough reporting on what the committee is doing.

I also urge citizens to take an interest in watching the biweekly proceedings on Channel 191.

In the future there will be public forums inviting their participation. This committee is doing important and positive work that deserves public attention.

Michael Engel

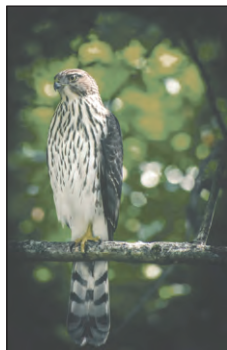
GUEST COLUMN



By Ellenor Downer

Cooper's hawk

I received an email from a reader, who had a Cooper's hawk in his yard for two days. He said, "The barred tail was distinctive flying through the yard ... and looked like a dart with the tail straight out. Many people don't realize they, like the Peregrine Falcon, were decimated by DDT and pesticides."



The Cooper's hawk is 16 inches long and as the reader said in his email they have a long tail with barring. They also have fine streaking on the breast. They are gray above with reddish brown barring. Their crown is darker than the back. The immature Cooper's hawk is dark brown above and light below with thin streaking. Immature plumage is kept for one year.

During the breeding season, these hawks have a regular feeding route where it hunts for common medium sized birds such as mourning doves, blue jays and starlings.

The female lays three to six pale blue green eggs with dark marks in a platform nest of sticks place in a tree ten to 70 feet high.

Cooper's hawks may show up at bird feeders especially during the winter months, when it roams a wider area for food. Cooper's hawks inhabit mixed forests and open woodlands. They make a loud repeated "kek kek kek" call given during alarm or during pair interaction. As mentioned in the email above, the Cooper's hawks were decimated in the 1950s and 1960s due to the use of DDT.

Other birds by the lake

He lives on a lake and said, "There is an old pine the Bald Eagles love to fish from. There are two Red Shouldered Hawks' nests within three or four hundred feet of each other and when the young start yelling for

Please see **BACKYARD**, Page 13



GUEST COLUMN

Random Act of Kindness

Barrett Family

By Barb Turcotte
Correspondent

Scott and Kim Barrett have been married for twenty-three years and have twins, Savannah and Dakota who are turning sixteen next month. The twins have had great examples all around them of how to be a good person.

Scott, with a big smile explained what a great feeling it was too often pay for coffees for the line of customers behind him. I think he may be a little partial to a particular establishment since he went there every morning and was where he met Kim. Anyone who's met Scott would certainly remember him for that big smile that always seems to adorn his face and what I'm sure endeared Kim to him. Luckily since Scott admits he was a bit shy, she took the initiative of making the first move, thus their journey began.

Kim has lived most her life in Ludlow and they actually live in the same house she grew up in while Scott moved to Ludlow when he was twelve. Savannah has already told Kim she plans to make the house hers one day. The house abuts a beautiful pond and they enjoy the large yard thoroughly from a fire pit to a garden, watching the geese who show up each year to even at one point, Savannah raising chickens she'd inherited from her grandmother. Along with the typical dog and cats the family also loves their bearded dragon named "Mushu". I was offered to hold him, but declined since he looked so comfortable sitting on Savannah's shoulder.

Unfortunately, a tree fell across their yard making a total mess and to their surprise here came their 85-year-old neighbor to help. Scott said he put him to shame as he effortlessly and steadily hand chopped the branches and came back each day until the job was done! But they have also been good neighbors by mowing the lawn and doing snow removal for one of their neighbors who had a stroke. Savannah volunteers at a consignment shop called "Second Times a Charm" where she helps other girls find beautiful prom attire. Savannah shared with me that she felt the greatest kindness she'd yet experienced was actually done by her mom. She revealed while going through a little bit of a rough time, with Kim's encouragement she became more confident and comfortable. She said she appreciated her mother's patience and how good it was to know that she could talk to her

mom about anything. In my opinion that's great parenting that a teenager would actually say that in her mother's presence. Scott explained how one day when Dakota was young he'd done something wrong and Scott was trying to explain to him why it was wrong and how he could have made a better choice. Scott said a man approached him, Scott thinking he was going to confront him when actually he praised him for his parenting skills. Scott has tried to teach Dakota what he remembers his father always telling him, "Stand up and look confident and you won't have to use your fists." Kim says Dakota has always been a protector and remembers vividly while on the playground when he was about four, there was a group of older kids that weren't letting the younger ones have turns. He told them they needed to take turns with the little ones and to Kim's surprise, they listened and incorporated everyone. Dakota always displays good manners; an example holding the door open for the person behind him but one particular day they had to tell him that was enough. Both Kim and Scott chuckled as they reminisced about the time he continued standing there holding the door for the long line of shoppers going in and out. One day when they were young Scott was walking them to their classes and Dakota took off running down the hall with Scott in pursuit. Dakota had seen a boy hit Savannah though by accident, he told him never to touch his sister again. Savannah's not so keen on his protecting her anymore but Kim's pretty confident she'd be happy if she ever needed his protection, knowing he'd be there. Though the family enjoys decorating the yard, Halloween is their favorite and feel that's one of their Random Act of Kindness for the observers. With skeletons, steaming pots of boiling brew and goblins with lighting to enhance each part of the display, they won second place in the town's contest! So as a family they not only continue to individually do kind gestures, they enrich the community with their festivities. If would like to tell me a story about a Random Act of Kindness please contact me at bdt514@aol.com or 413-788-7514. You don't need one, but if you'd like to have a predesigned flyer to include with your next gesture, let me know. It's a way to keep the memory alive long after the gesture is done. Who knows, you might see your story in this column, 'Just 'Cause' you witnessed, did or received something nice being done.

See you next month with another Random Act of Kindness!
~ Barb

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 mharrison@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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What's Happening at Hubbard Memorial Library?

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

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

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FOR ADULTS

Diamond Painting- Keychains, Monday, November 6, 10-11 a.m. This month's diamond painting will be keychains! Join us the first Monday of the month for a morning craft with Morgan. For questions call the circulation desk at 413-583-3408. Drop-in guests are welcome, while supplies last. Please register

NextGen Careers presented by MRC, Tuesday, November 7, 6:30-7:30 p.m. NextGen Careers is in the business of possibility at the Massachusetts Rehabilitation Commission (MRC). NextGen Careers is the new initiative to help young adults (ages 18-30) to explore the world of work. NextGen-ers learn to advocate for themselves, gain confidence, and fast track their job journey. Next step is yours! Learn more at mass.gov/next-gencareers.

New Englanders at the Little Bighorn, Tuesday, November 21, 6:30-7:30 p.m. Join us for a histori-

cal talk with Dennis Picard. Did you know not all the men with General Custer were cowboys or veteran soldiers of the Civil War? Some members of the 7th cavalry were recruited in places like Boston and Providence. Some lived right here in the Connecticut River Valley. Come hear their stories! Please register.

FOR TEENS

Nintendo Switch Night, every other Tuesday (11/14, 11/28), 6:00-8:00 p.m. Play Mario Kart, Smash Bros, or other Nintendo Switch games. For 6th-12th graders, space is limited to 16 people, please register.

Anime Club, every Tuesday, 3:30-5:00 p.m. Meet each week to watch & talk about anime, eat snacks, & try out your cosplay. Please register.

Beaded Holiday Earrings for Teens, Thursday 11/16, 3:30-5:00 p.m. Design and make 3 pairs of hand-crafted, holiday-themed earrings, for yourself or to give as gifts. Please register.

The 'Fellowship of the Pages' Tween Graphic Novel Book Discussion Group, Every Thursday, 4:30-5:30 p.m. Meet each week to discuss graphic novels, eat snacks, play games, and make friends. This month the group is reading "Apple Crush" by Lucy Knisley, copies of which are available in the Youth Room. Please register.

Dungeons & Dragons High School Adventure Ensemble, Fridays 2:30-4:30 p.m. This group is for experienced high school players and has room for 1 more player this fall. Please register.

The Read Between the Lines YA Book Group discusses "The Wrath & The Dawn" by Renee Ahdieh, Friday November 4th, 3:00-4:00 p.m. Book chat and snacks for ages 14 & up. Copies of each month's book are available in the Youth Room. Registration preferred.

FOR CHILDREN & TEENS

Thanksgiving Food Drive, October 30-November 21. The Youth Room is collecting Thanksgiving-dinner food to donate to the Survival Center. Bring in Thanksgiving food for our collection box, and your

child or teen can pick out a brand new free book to keep.

Pokemon Club, Mondays 3:30-5:00 p.m. For 7 & up. Trading, dueling, & gaming on handhelds, phones, or Nintendo Switch. Please have your name on everything you bring to the club. Please register.

Minecraft Club, Wednesdays, 3:00-4:45 p.m. Minecraft players of all skill levels can bring their own devices, or may use one of the library's eight computers to build, play & create. For upper elementary & up. Drop-in.

"Snack Attack" for 15-36 month olds, Wednesday 11/8, 4:00-4:45 p.m. This group will provide an opportunity for children and families to connect over building healthy relationships with food choices. Work on incorporating and introducing items from the 5 food groups while enjoying and creating a healthy snack together. Participants will focus on sensory exploration with the foods created, and listen to an interactive book while eating the creations. Nut and dairy free foods will be offered. Sponsored by Pathways for Parents. Please register.

Story Art for 4-6 year olds, Wednesday 11/15, 4:00-4:45 p.m. This group will support learners of ages 4-6 and their families in a multi-sensory format. Participants will hear a storybook and then do hands-on creative activities, using art as a way to encourage more successful learning. Sponsored by Pathways for Parents. Please register.

Massachusetts Children's Book Award Book Group for 4th-6th Grade, Thursday November 9th, 5:45pm - 6:30 pm. 4th-6th graders across the state are the ones to decide who wins this award after reading at least 5 of the nominated books. Meet with Youth Services Librarian July each month for 45 fun minutes to discuss, decide, play games, and share snacks. Everyone who has read at least 5 of the books by April 15th will cast their vote, celebrate with an ice cream party, and be featured in an article in the Register! Please register.

Roblox Club, Fridays 3:30-4:45 p.m. Meet new friends or play with old ones while playing Roblox; the library will help match kids up ac-

ording to age and game types. For ages 8+.

FOR CHILDREN

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

Storytime for 3-5s "All About Families", Mondays 10:00 a.m.-11 a.m. A six week session about parents, siblings, grandparents and even pets! 30 minutes of stories, finger-plays, songs and games followed by a snack and craft. Ends 11/20. Please register.

Thanksgiving Scavenger Hunt, Tuesday November 21, 9:00 a.m.-8:00 p.m. For all ages. Search the Youth Room for famous veterans, learn about their lives, & win a prize! Drop-in.

Sing With Me, Tuesdays 10:30-11:00 a.m. For ages 0-5. Join Youth Services Librarian July for 30 minutes of favorite children's songs & movement. Drop-in.

Storytime for 2-3s "All About Families", Wednesdays 10:00 a.m.-11 a.m. The fun, easy-going 45 minute storytime includes 15 minutes for free play, 15 minutes of stories, fingerplays & songs, and 15 minutes of craft and snack time. Ends 11/15. Please register.

Lego Build Challenge, Wednesdays 12:00-5:00 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.

Veteran Heroes Scavenger Hunt, Thursday November 9, 9:00 a.m.-8:00 p.m. For all ages. Celebrate Veterans Day by searching the Youth Room for famous veterans, learn about their lives, & win a prize! Drop-in.

November Grow, Play and Learn, Thursdays in September, 10:00-11:00 a.m. For ages 0-5. Come join us for stories, songs and skill building, led by Kelly Castor, Early Childhood Developmental specialist, who will guide caregivers in strengthening interactions with their children. Sponsored by Pathways for Parents. Please register. Registration for the November group is also open.

Wilbraham Community Chorus to present winter concerts

WILBRAHAM -- The Wilbraham Community Chorus will present its annual winter concerts on Sunday, Dec. 3 at St. Cecilia's Church, Wilbraham at 3 p.m. and Saturday, Dec. 9 at First Church of Christ, Longmeadow at 2 p.m.

The 70-voice Chorus is accompanied by both Marcia Jackson and Todd Rovelli and conducted

by Raymond Drury. Drury has selected an intriguing and varied program consisting of choral masterpieces from yesterday and today, folk songs, pop tunes, Broadway classics and seasonal numbers from composers such as Vivaldi, Forrest, Gjeilo, Bernon, Blake, Berlin and others.

Of particular interest will be

performances by Jackson and Rovelli of 4 - hand piano music, and a small chamber choir selected from the larger group. The concerts are open to the public and admission is free.

A free-will offering will be taken. Both concerts are partially supported by The Longmeadow and Wilbraham Arts Councils.



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VIETNAM VETERAN

from Page 1

Despite this close call, Boduch was determined to keep working for veterans in the area, and said as much to the Veterans Services Director, Eric Segundo.

Boduch is a veteran from the Vietnam War. He said that four weeks after he married Karen Boduch, to whom he's still married to this day, he was drafted to serve in field artillery, and was deployed from 1967-68.

"Normally, an artillery unit always supports other companies, so if they get into a fire-fight they would be supported," Boduch said.

"It's a beautiful country," Boduch said of Vietnam. "The sunsets are gorgeous, the water is beautiful. It's unreal – but hotter than heck. When the monsoons come, they're just terrible."

Boduch described a trip up the Mekong Delta River, when his truck was flipped over.

"We had a truckload of sandbags," Boduch recalled, "you pay people a penny apiece to fill up the sandbags, so the village people would fill them up."

"We were coming back, and then we got hit. The truck went down the hill, flipped over, and the guy I was with got shrapnel, he got hit in the shoulder, and he landed on me. I said I heard somebody in the woods; it was the green berets. They were ready for an ambush that night, they were setting up, and we ruined it."

Boduch described another time, when he was march-ordering from one position to another.

"We were setting up for that night," Boduch said, "I had a pom-pom gun on my right, and I was manning a 50-caliber. One of the tanks, when it was going into position, they ran over my rifle."

Boduch described the rifle as being bent in half. "So I was stuck with the 50 caliber that night," he said.

"We knew we were going to get hit, because they like to harass you at nighttime. They



Selectman Derek DeBarge (right) presents the New Volunteer of the Year Award to Steven Sawyer.



Director of Veterans Services, Eric Segundo, led the ceremony at the High School.



Senator Jake Oliveira spoke at the Veterans' Day ceremony.



Aaron Saunders, Jake Oliveira, Derek DeBarge, Glenn DuBois, and Ryan Howe were all gathered onstage for the ceremony.

don't like to let you sleep," Boduch said. "So then a flame-thrower came out at me, and it just died. The guy in the 50 just let loose like crazy. We couldn't find anything the next day."

Boduch "What I do is clean headstones in the cemetery," Boduch said, "anybody that's in the cemetery, including the veterans."

Boduch said that he has trouble working the cemetery in the summertime due to the temperature, and so he splits his time between working at the Veterans Center and at the Holyoke Sol-

diers' Home, where he's been volunteering for eight years.

"I just do a lot of volunteer work," Boduch admitted, "especially at the Soldiers' Home that doesn't have anybody."

"They leave them there, they think they're just staying overnight, and the kids take off," Boduch said. "Naturally, they get bitter. I try to get them to be a better person by going to see the toughest cases that they have."

Boduch said, "Loneliness is not good for anybody."

Boduch's volunteering is not limited to veterans' services,

though. He described bringing lunch to the lady across the street every other day, to "make sure she's okay, just like anybody else would do."

"We have a train set up at Look Memorial Park," Boduch said, "we've been doing that for three years."

"We have a lot of people there. Attendance-wise, I think the first night that we opened up we had 1800 people. It keeps on going, and every night is different," Boduch said.

According to Boduch, he was inspired to volunteer by his father, Cazimess Boduch, who was also a veteran.

"My dad was into this," Boduch said, "he started Chapter 94, the Disabled Veterans of D-Day when nobody would give him a job. He started lobbying for money in Washington to open up a charter and to help people." Boduch said that his father was wounded and spent two and a half years



State Representative Aaron Saunders was among the speakers on Nov. 11.



Ryan Howe, Commander for Legion Post #54, spoke on behalf of the American Legion.

in the hospital, recuperating after 33 operations. Even after his recovery, Boduch's father was disabled, losing the use of his right hand, though he went on to own a business for 70 years.

"Shrapnel goes through your body, and what it does, it has pressure points," Boduch said, "so wherever the pressure point is, it's ready to come out. So what they do is, they operate."

In spite of the lasting damage, Boduch said that he continues to advocate for enlistment.

"I think every person should experience the service, because, as everybody said, it makes a man out of you," Boduch said. "We served our country, and I'll tell you, I would do it again."

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VANISHED VALLEY from Page 1

The brewery was named in honor of the creation of the Quabbin Reservoir, and the flooding of portions of the towns of Dana, Enfield, Greenwich, and Prescott in 1938.

"Our brewery honors the memory of the work and sacrifice that was made to benefit others," the website states.

Vanished Valley Brewing is located at 782 Center St. in Ludlow.

"We still have some 'Thank You For Your Service' canned beer available, if you want to come in and buy some and support the veterans," Rodrigues said.

For more information, call 413-610-1572, or visit vanishedvalley.com.

Have Something to Share? Send your stories and photos to Marcelo Gusmão

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Lions, Palmer prepare for another holiday meeting

By Tim Peterson
Sports Correspondent

PALMER—The Ludlow Lions have won nine of the last eleven meetings on the gridiron against the Palmer Panthers.

The 76th meeting between the two rivals is scheduled to take place at historic Legion Field in Palmer on Thanksgiving morning. Kickoff is slated for 10 a.m.

“We’re looking forward to playing against Palmer on Thanksgiving,” said Ray Saloio, who has been the Ludlow varsity football coach since 2014. “I believe this is the third oldest Thanksgiving Day game in Western Mass. behind Mahar-Athol and Agawam-West Side. We’re going to Palmer to compete and hopefully come back with a victory. Then we’ll enjoy our turkey dinners.”

The last two Palmer victories in the series came in 2016 (34-6) and in 2021 (21-0), which was played at Legion Field.

Fourth year Palmer head coach Matt Marciniec is looking forward to hosting the Lions on Thanksgiving morning.

“It is always nice to have the

Please see **FOOTBALL**, Page 10



Staff photos by Jack Cascio NEAP:smugmug.com

Mike Sternowski set the field afire as he took the opening kickoff for an electrifying touchdown during last year’s matchup at Ludlow High School.



Luke Sunderland displayed his defensive prowess as he repeatedly pressured the Panther offense.



A pair of Ludlow tacklers take down a Palmer runner.



Anthonie Emco sends this pass to an open receiver.

Lions head for quarterfinals



Owen Wurszt socks a pass away.

LUDLOW – Once again, Ludlow boys soccer continues to live up to the challenge. The Lions are playing in the Division 1 State Tournament, going up against some of the best and largest schools in the state. Ludlow has been playing their tournament games on the road thus far, defeating Framingham 3-0 in the Round of 32, followed by a 3-2 win over St. John’s Prep. Earlier this week, Ludlow was supposed to face Weymouth in the quarterfinals. If the Lions are successful, they would play in the semifinals later in the week, with the state finals set for this weekend at a time and location to be determined.



Lucas Alvan takes control of the ball.



Thomas Wadas makes his way up the field.



Ethan Love waits for a pass.

Turley photos by David Henry www.sweetdogphotos.com

Volleyball All-Star Showcase set for next Tuesday

HOLYOKE – The 11th IVHF All-Star Showcase will feature the top players in Western Massachusetts in two showcase matches. The event will be held on Tuesday, Nov. 21 at the Holyoke Community College Bartley Center located at 303 Homestead Avenue, Holyoke.

The event will start with a 3-set Second team all-star match at 6 p.m. followed by the award presentation and a 3-set First team match at 7:30 p.m. Adult tickets are \$10, Seniors 65-and-over are \$5 and Students/Children are free of charge. Admission to the All-Star Game also includes a free of charge future admission pass to the International Volleyball Hall of Fame Museum. “The IVHF is very proud to have its home in Western Massachusetts and we are very excited to again recognize the top players in our area,” said IVHF Executive Director George Mulry. Selected players are chosen by vote of the Western Massachusetts girls high school coaches.

For more information on the Hall of Fame Girls All-Star Volleyball Showcase, contact events@volleyhall.org.

Alumni game at Chicopee Comp

CHICOPEE – All Chicopee Comprehensive High School football alumni are invited to participate in the 6th annual CCHS Alumni Football Game. The game will be taking place on Wednesday, Nov. 22 at 6 p.m. at Chicopee Comp High School, 617 Montgomery Street, Chicopee. All proceeds will benefit the Chicopee Comprehensive football team. For more information, please contact Tammy Martin-Griffin at tmg811@yahoo.com.

UMass hosting Pioneer Valley Tip-Off

AMHERST – The Pioneer Valley Tip-Off is a student-run high school basketball showcase featuring some of the best talent in Central and Western Massachusetts. The PVTO was started in 2011 by Scott Moses and Pat Salle, both students at the University of Massachusetts-Amherst and it continues to be entirely student-run by the McCormack Student Leaders Club today.

The PVTO is held each December on the University of Massachusetts Amherst campus, where we strive to create a professional environment for fans and players alike. This year's event will be held on Dec. 9 and 10 and will feature teams from throughout the region. A schedule is online at www.pioneervalleytip-off.com. All games will be held at the Mullins Center on the UMass-Amherst campus.

Follow Turley Sports on Instagram

Turley Publications sports department has recently joined Instagram. You can find our account by searching "turleysports." We will regularly feature samples of photos that you will see in our publications on a weekly basis. You can see all the photos that appear by subscribing to your local paper or picking up a copy in your community.

Sign up for the Wilbraham Turkey Trot

WILBRAHAM – Please join us on Thanksgiving morning, Nov. 23 for the Wilbraham Turkey Trot - a five-mile road race up Monson Road now in its 44th year. The annual tradition, started in 1980, has grown in recent years selling out at 500 runners the past several years. This year, the maximum has been increased to 550 participants.

The race returned successfully returned last Thanksgiving morning for the annual tradition benefiting the Community Survival Center. There is no vaccination requirement this year. The course starts in Woodland Dell Cemetery just up from race headquarters at the Wilbraham United Church. Runners then make a left onto Main St. and head up Monson Road. Once summited, runners turn left and enjoy scenic views

of the valley from atop Ridge Road and enjoy the downhill along Mountain Road before turning back on Main Street to the church. The race starts at 8:30 a.m. with bib pick-up beginning at 7:30 a.m. at the church.

The race focuses on providing a classic New England Turkey Trot with chip timing, race swag, and one big hill. Awards will be given for the first male and female runners to the top of Monson Road.

Registration is only \$20 and available online at www.RunReg.com/wilbrahamturkeytrot

Residents are asked not to park on Woodland Dell or Main Street on Thanksgiving morning and to avoid driving on the route until after the race has concluded at 10 a.m. Any traffic will be

detoured downhill from Monson Road to Main along Ridge and Mountain Roads.

Expected road closures are as follows:

Main Street: From Monson to Woodland Dell: 8:30-8:35 a.m.

Monson Road: Closed to downhill traffic from Ridge Road to Main Street: 8:30-8:50 a.m. (Traffic detoured down ridge road)

Ridge Road: Closed to uphill traffic from Mountain to Monson: 8:35-9:10 a.m.

(Traffic detoured down Mountain Road)

Mountain Road: Closed to uphill traffic from Main to Ridge: 8:40-9:25 a.m.

(Traffic can travel uphill via Monson Road)

T-Birds fall to Islanders in overtime

BRIDGEPORT, CT – The Springfield Thunderbirds (7-6-1-0) got a terrific netminding performance, but the offense went cold in a 2-1 overtime loss to the Bridgeport Islanders (4-6-1-0) on Saturday night at Total Mortgage Arena in Bridgeport.

The starting goaltenders were the best performers in the opening period. Malcolm Subban got the nod for the T-Birds after a strong relief effort in Providence on Friday and helped Springfield kill off a pair of Islander power plays in the first, denying nine shots in the period. At the other end, Ken Appleby was far busier than he was last Sunday when he needed to make just 17 saves in 60 minutes against the T-Birds. He had an answer for all 11 Springfield shots in the first frame.

The scoreless affair was broken at the 5:54 mark in the second period. After Springfield failed to generate a chance on an odd-man rush, it sprung the Islanders into the T-Birds zone on a 3-on-1, and Ruslan Iskhakov elected to take the shot himself from the right circle, slipping it between Subban's legs to

give Bridgeport the 1-0 advantage and snap a streak of more than 75 minutes without a goal for the Isles.

Despite some shaky moments in the stanza, the T-Birds fought back to even the score at 15:28. Near the end of a shift, Will Bitten entered the offensive zone on the left wing, dropping a pass at the top of the left circle for Joey Duszak. After stumbling slightly, Duszak regathered his footing and surprised Appleby with a low shot along the ice that sneaked home, equaling things at 1-1. Bitten picked up his first assist of the year, while Duszak's tally was his first goal as a Thunderbird.

Subban remained stout in between the pipes, as he shut down each of the other 13 shots he faced in the period, allowing just the Iskhakov wrister to beat him, taking the 1-1 tie into the final 20 minutes.

Shots and chances heavily favored

the Islanders in the third period, as Springfield just a single shot on goal in the final 20 minutes. Subban, though, maintained his poise and nearly singlehandedly earned a standings point for the T-Birds, forcing the 1-1 tie into overtime.

After winning their first two overtime games of the season, Springfield could not make it three straight, as Iskhakov stormed up the ice to create a 2-on-1 with Sam Asselin with under a minute left in overtime. Asselin hit Iskhakov in stride, and the skilled winger made no mistake in beating Subban on the stick side to seal the victory at 4:08 of extra time.

The T-Birds come back home next Friday, Nov. 17 for another Deuces Wild Friday at the Thunderdome, where the T-Birds will take on the Utica Comets for their first of four matchups on the season, with puck drop at 7:05 p.m.



FOOTBALL from Page 9

game at Legion Field and not have to get on and off a bus before and after the game," Marciniec said. "Seeing past players and the community come out for this great tradition is always a nice way to end the season whether we are home or away but having it on Legion is an extra bonus."

Overall, the Lions hold a 41-31-3 overall lead in the series, which began in 1947.

The members of the Ludlow football team, especially the seniors, enjoyed their turkey dinners a year ago following a 14-0 home victory. It was the final Thanksgiving Day game played on the grass field at the Ludlow Sports Com-

plex. A new turf surface is scheduled to be installed before next year's Thanksgiving Day game.

"The Thanksgiving Day game is always a very special day for the seniors because it's their final high school football game," said Saloio, who graduated from Ludlow High School. "You're always going to remember your last football game, especially if you're able to win it. No matter what you do in the future, nothing is the same as playing high school football. It's unique."

The seniors listed on the Ludlow football roster are Anthonie Emco, Josh Marino, James Ferrara, Dan Krutka, Alex Freitas, Dan McKenney Jr., and Mason Marques.

"We asked a lot from our seniors this

year," Saloio said. "We've also had a lot of injuries and we had to shuffle some players around to different positions."

Emco was the Lions starting quarterback at the beginning of the regular season before suffering a season ending injury against Smith Vocational in the second game of the regular season.

According to Saloio, sophomore Mason Morace will be the Lions starting QB against Palmer.

Ferrara, who's a wide receiver, also suffered a season ending injury.

Junior Kyle Rodrigues is another player who hasn't played this season due to an injury.

"The injuries have derailed us," Saloio said. "It has impacted in what we've been able to do, but some of our younger players have gained some experience, which should help us in the long run."

One of the Lions key defensive players is McKenney, who leads the team in interceptions.

Junior Ashton Leary, Marino, and Krutka are also key defensive players for Ludlow.

Ludlow (2-8) lost their first eight games of the regular season before winning two non-playoff games against Mc-

Cann Tech (41-12) and Mahar Regional (35-20).

Palmer also has a 2-8 overall record. They celebrated a 6-0 overtime win at home against Mahar and a 41-20 home non-playoff victory against Commerce on November 9.

The Panthers did win four games in a row against Ludlow between 2008-2011.

The seniors listed on the 2023 Palmer football roster are Peiwihiet Tim, Karter Benoit, Osvaldo Nieves Jr., Tanner Kirk, Andrew Menard, and Andrew Haley.

"It being the last game for our seniors is important for them. I want them to enjoy the experience and take it all in and it's always nice for us to get them a win in their last game," said Marciniec, who graduated from Palmer High School. "I try to talk to all the athletes about the importance of traditions but also explain how it's important to play this game like any other game of football."

Leading the Panthers offense is sophomore quarterback Matt Santos.

Another sophomore is Dylan Doherty, who's a running back. Freshman Dylan Holbrook is a tight-end, and Nieves is a wide receiver.

Haley and Benoit, along with sophomore Gavin Smola, are the Panthers leaders defensively.



Josh Marino makes a great defensive statement on the sideline.

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Pets face unprecedented crisis

EAST BROOKFIELD— Second Chance Animal Services, an organization committed to the welfare of pets to help them live better lives, is reaching out to the community with a heartfelt plea for support amidst a growing crisis that threatens the well-being of countless animals.

The rising tide of inflation has led to food insecurity for both humans and their pets, as the cost of pet care essentials skyrockets. Housing costs are soaring, forcing families to make heartbreaking decisions about their living situations, often resulting in the surrender of beloved pets. Additionally, the veterinary care crisis persists, with burnout among professionals causing a shortage of crucial services.

No longer an issue isolated to the south, shelters are reaching capacity across the country, forcing many to euthanize perfectly adoptable pets when they are out of space. Second Chance never euthanizes for space and is taking in as many transports as they can to save countless lives, but their space is being limited as they grapple with an increase in surrenders from local pet owners.

"We are being stretched to our limits and I am deeply concerned, but amidst the crisis, there is hope," said Second Chance CEO and Founder Sheryl Blancato. "With our passionate supporters behind us, we remain committed to providing crucial programs and services to address the root causes of pet surrender. We offer a blend of innovative initiatives that focus on illness prevention and intake prevention by providing essential assistance to overwhelmed pet owners."

Second Chance Animal Services' Efforts include; Full-Service Veterinary

Hospitals; The demand for assistance at the organization's four full-service veterinary hospitals continues to rise. More pets than ever are receiving care at subsidized rates, ensuring that all animals can access the vital care they need.

Community Outreach; This year Second Chance has been out in the community providing more life-saving vaccine clinics and Homebound to the Rescue visits than in recent years. These programs aim to bridge the gap between pet owners and essential veterinary services. Homebound to the Rescue works with community resources to bring veterinary care to senior housing communities at no cost. The program is made possible through generous grants and donations to keep pets and seniors together.

Pet Food Pantry; The organization's pet food pantry program is working overtime to meet the increasing demand. Distributions to human food pantries have surged, ensuring that pets and their families do not go hungry. Twice this year, Second Chance ran out cat food to meet requests from local pantries and reached out to the public for help refilling the supply.

Second Chance Animal Services is calling on the community to join the fight against the pet crisis. With support, more pets can stay in their homes with the people who love them. Together, we can make a difference and ensure that no pet is left behind.

For more information on how to contribute and support Second Chance Animal Services, please visit secondchanceanimals.org/donate. Check can also be mailed to Second Chance, 111 Young Road, PO Box 136, East Brookfield, MA 01515.

that the procedure as described would go over the head of the Director of the Board of Health, and discussed the exception clauses outlined in the letter.

"We also got a department head there," Goncalves said. "I'm just wondering if this should be going to the Department Head, not the Chair of the Board."

"You can take any one of these topics and...have something come up where we, or our Town Administrator, would have to contact our Director [of the Board of Health]," said Selectman Derek DeBarge.

"Boards have to realize, even elected boards, they're policy makers," Silva said.

"They don't govern, and they don't have any say at all over employees. We do. So, for them to say that no employee is going to speak to us or come to us... personally, from where I come from, they cannot do that. There's no way that they can tell a Department Head that they can't come before the Board if we request to get information, or whatever, from that department."

Selectmen Rosenblum and DeBarge, who both currently serve on the Charter Committee, said that the letter served as an example of the kind of procedures that slow down town government that inspired the town to seek a charter change.

"This is the perfect example of why we need a charter change," Rosenblum said.

DeBarge said, "we're trying to move things along, and it seems like when you make progress, something happens that takes you a couple steps back."

Silva asked Human Resources Director and Administrative Assistant Carrie Ribeiro if the Board of Health has the authority to implement this policy. Ribeiro said they do not, and Silva requested that the HR Department draft a letter in response that outlined as much.

"This really could have been taken care of a lot simpler and just having a discussion within Town Hall walls," Rosenblum said. "Instead of it being, 'well we're not going to talk to you, but we're going to tell you this is how it is.'"

SELECTMEN from Page 1

Gennette said that this letter came in response to an invitation from the Selectmen to a recent meeting with the CARES Coalition.

"This is because we were going to have a conversation publicly about the opioid crisis and CARES," Gennette said. "I sent a polite invitation to let them know that the visitation was going to happen, and it was to their benefit that they could actually be here if they want to talk about events with potential significant financial impact."

"I'm not really sure this really has a whole lot of cadence to it," Goncalves said. "[In] close to two years, I think this is the third piece of mail I've gotten from them, and it's telling me that I need two weeks' notice—I could probably get an appointment with the governor quicker."

"I think, actually, they're putting a burden on some of these employees," said Selectman Manny Silva. "If we go and we have questions...what are they going to do? Just all of a sudden say, 'sorry, I can't tell you anything.' They're putting a strain on employees, and I don't think that they can do that, quite honestly. They shouldn't do that, anyway."

"I think that if this board, or any other board, needs the Board of Health or anybody else, they should be able to reach out and get them on relatively short notice," Goncalves said. "We have full-time employees that I don't think need two weeks' notice. We don't need full-time employees if we're going to have to invoke the Chair and wait two weeks for permission."

"When we have more conversations going forward...either you're here or you're not," Gennette said. "It's not an official invitation, we're just letting you know that you can come in, you can be a part of these conversations, and we'd love to have you, but if you're going to expect a written invitation every time we're going to talk about something...it's just not going to happen."

The Selectmen were concerned

OBITUARIES

Joanne A. (Land) Banas, 80

LUDLOW - Joanne A. (Land) Banas, 80, passed away peacefully in her home on Friday, November 3, 2023. She was born in Worcester, NY on May 7 1943 to the late Edward Land Sr. and Norma (Decker) Land. She resided in Ludlow for 63 years.



Joanne was a loving, caring person who had many talents; sewing, crocheting, collecting glassware, supporting QVC and Amazon with her shopping to name a few. What brought her the most joy was cooking, baking and decorating cakes for family and friends.

Joanne was predeceased by her husband, the love of her life, Ralph just 2 months after celebrating their 60th anniversary in 2019 and her sister Jeanne (Land) Wills. She leaves behind her loving family; son Stephen Banas and his wife Mae; daughter AnnMarie (Banas) Edwards and her husband Rick, whom Joanne considered her "3rd son", all of Ludlow and son Michael Banas and his wife Jenn of Three Rivers. She also leaves her grandchildren Elecktra, Cheyanne, Gabriel, Aurianna, Brayden, Amanda and Ashley; her great-grandchildren Brianna and Anthony and her great-great-granddaughter Emma. In addition, she leaves her brother Edward Land Jr. and his wife Janet of Belchertown, several nieces and nephews and her "grand-dogs" Justus and Skylar.

All services are private. There are no calling hours. In lieu of flowers, donations in Joanne's memory may be made to the American Society for the Prevention of Cruelty to Animals at ASPCA.org.

Anna Maureen Psoter (1951 – 2023)

Anna Maureen Psoter, known to her friends and family as Maureen, Mo, or MoMo, passed away on Friday October 13, 2023 at her home in Durham, NC. The weeks preceding her death were filled with love and laughter through the many visits and calls from her family and friends.



Mo was born in Amesbury, MA in 1951 to the late Raymond and Janie (Toole) Newman. She grew up in Haverhill, MA attending St. James High School before studying at Northern Essex Community College and Northeastern University to become a radiologic technologist. Highly respected in her profession, Mo's career spanned five decades across three states. In 1973, Mo met Walter, the love of her life and husband of forty-nine and half years, while working in Boston. They married in 1974 and became the proud parents to three children. While she played many roles throughout her life, all paled in comparison to that of being "MoMo" to her much adored grandchildren. She will always be remembered as someone who sacrificed to help out those closest to her.

A long-time resident of Ludlow, Mo and Walter made a short trip to Durham, NC in 2020 and never left. Mo enjoyed the warm temperatures and was thrilled to wear shorts at Christmas time. When Mo was not working, she could be found puzzling, shopping, or watching movies, old Western's being her favorite. Some of her most enjoyable times came while traveling throughout the US and abroad with Walter.

Mo was preceded in death by her parents and son-in-law Robert Grote. She is survived by Walter, daughter Jodi, daughter Karla and son-in-law Jeremy, son Kevin and daughter-in-law Christina, and her beloved grandchildren Nik, Marina, Kris, Heidi, Beatrix, Regan, Shannon, and Dylan. She also leaves behind her dear sister Paula Paradis and Michael, brother Lawrence Newman and Jean Kuo, brother-in-law Carl Psoter and Susan, brother-in-law Eugene Psoter, many nieces and nephews, and her countless friends.

Mo's family extends their thanks and deepest gratitude to Angela and Brenda, long-time caregivers and friends to Mo. Your caring, compassion, humor, and dedication will always be remembered.

Plans will be made for a memorial service at a later date. In lieu of flowers, the family asks that gifts be made to Parkinson's Foundation as a Tribute Gift in Mo's name.

DEATH NOTICES

Joanne A. Banas.
1943-2023
Died on Nov. 3, 2023
Services are private

The Ludlow Register OBITUARY POLICY

Turley Publications offers two types of obituaries.

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

The other is a **Paid Obituary**, costing \$225, which allows families to publish extended death notice information of their own choice and may include a photograph.

Death Notices & Paid Obituaries

should be submitted through a funeral home to: obits@turley.com.

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


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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 pressreleases@turley.com.

COMING SOON

A FROZEN POLISH FOOD SALE (Pierogi, Goplaki, Kapusta) will be held at Immaculate Conception Church Hall 25 Parker St, Indian Orchard, on Saturday, Nov. 11, from 9 a.m. to 1 p.m. and on Saturday, Nov. 18, from 9 a.m. to 1 p.m. All are welcome to come and purchase.

FIRST CHURCH IN LUDLOW - Holiday Fair Friday Nov. 17 and Saturday Nov. 18 from 9 a.m. to 3 p.m. Santa's Workshop will offer unique handcrafted items for holiday decorating and gifting. The Bake Shoppe will be filled with delicious treats for all. The Bits & Pieces room and bookstore offer something for everyone. Beautifully decorated cemetery logs will be available for sale. Fantastic theme baskets and raffles will be sure to have something for everyone.

CHRIST THE KING CHURCH RAFFLE will be held on Sunday, Nov. 19 in the Parish Center beginning at 12:30 p.m. Tickets may be purchased at the Center on Tuesday, Nov. 14 between the hours of 3:30-6:30 p.m. and on Sundays, November 12 and 19 between 8:00 - 11:00 a.m.

ONGOING

LUDLOW LIONS CLUB Santa letters are back for Christmas 2023. Imagine the look of joy on your child's face as they open up a letter from Santa that is addressed to them and mentions the people and things that they love. Thanks to our affiliation with Santa, the Ludlow Lions are offering a personalized letter from Santa with the recipient's name and customization you provide. The child (or adult) will receive a personalized letter from Santa in an envelope stamped from the North Pole, along with a small bag of reindeer food, and a sticker. The cost is \$5.

Please fill out the form here: <https://www.cognitofirms.com/LudlowLionsClub/SantaLetter>
Deadline for submissions is Dec. 5. Santa will be mailing letters the 2nd week of December.

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

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

THRIFT SHOP: Now open at St. Gregory Armenian Church, 135 Goodwin Street, Indian Orchard, 9:30 a.m.-12:30 p.m. every Saturday offering quality items at affordable prices. Gently-used

clothing and accessories, household items, books, children's items, collectors' items and more are available. For more information, call the church office at 413-543-4763.

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

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

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

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

will be seated six feet apart. For more information, call Maureen at 413-563-6226.

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

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

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

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

Church DIRECTORY

FAITH COMMUNITY CHAPEL
A Church of the Nazarene
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Email: faithcommunitychapel8@gmail.com
faith-communitychapel.org
Lead Pastor: Reverend Lisa Morrison
Associate Pastor: Gary Coombs
Sunday Services:
Discipline Groups 9:45 a.m. WorshipService11 a.m. and Facebook Live Stream
OTHER PROGRAMS
MONDAYS at 6:30 p.m. H.O.P.E. Meeting Recovery meetings for those with addictions, anxiety, and grief SMC. Call 413-519-4591
TUESDAYS at 7 p.m. ZOOM Bible Study WEDNESDAYS at 7 p.m. Ludlow Christian Fellowship Meeting Hank Bastos, Leader, 413-348-6487
SMC and Facebook Live Stream ludlowfellowship.org
FRIDAYS Children's After School Club (pre K through teens) 5-6:30 p.m.
Church Fellowship Hall
SATURDAYS at 10 a.m. Ecumenical Prayer Meeting

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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
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In Residence – Rev. Norman Bolton
Deacons: Normand Grondin, Thomas Rickson, Keith Davies
Office Hours: Monday – Friday 8 a.m.-4 p.m.
stelizabethludlow.org
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Check out our Parish App
Wednesday, Nov. 15, - Daily Mass - 7:30 a.m. (C), Youth Group - 3:30 p.m. (ER), Confirmation Class - 5:30 p.m. (ER), Holy Mother Choir - 5:15 p.m. (C), Scouts - 6:00 p.m. (FLBH)
Thursday, Nov. 16, - Daily Mass - 7:30 a.m. (C)
Friday, Nov. 17, - Daily Mass - 7:30 a.m. (C), High School Service Group - 2 p.m. (JR), Marriage Ministry - 4 p.m. (FLBH)
Saturday, Nov. 18, - Confessions - 2:30 p.m. (C), Mass - 4 p.m. (C), St. Nick Christmas Bazaar - 9 a.m. (All Rooms)
Sunday, Nov. 19, - Mass - 7:30 a.m. (C), Mass - 9:15 a.m. (C), Mass - 11 a.m. (C), Mass - 5 p.m. (C), Confirmation Class - 8 a.m. (JR), Take & Eat - 8 a.m. (FLBH & K), Faith Formation - 10:15 a.m. (All rooms)
Monday, Nov. 20, - Daily Mass - 7:30 a.m. (C), Faith Formation - 6 p.m. (JR/ER), Bible Study - 6 p.m. (ZR)
Tuesday, Nov. 21, - Daily Mass - 7:30 a.m. (C), Bereavement Support - 6:30 p.m. (JR), St. Rita Choir - 6:30 p.m. (C), Scouts - 7:00 p.m. (FLBH)

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Sunday Mass: 8:45 a.m. (English), 10 a.m. (Polish)
Weekday Mass: Monday, Tuesday, Wednesday, Thursday – 7:45 a.m. (English)
First Friday Mass: 5:30 p.m. (Polish/English)
First Saturday Mass: 9 a.m. (Polish/English)
Confessions: Saturday - 3:15–4 p.m.

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Ludlow, MA 01056
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Rosary for Peace in Ukraine on Wednesday at 6 p.m.

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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.
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for complete schedule and events

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See our website for more information: orchardcovenant.org.

Hartsprings Bin receives extended stay at Hampden Senior Center

HAMPDEN -- The Hartsprings Bin will stay at the Hampden Senior Center at 104 Allen St. We have been allowed an extended stay of the bin and will gladly accept your donations. As you begin your Fall Cleaning, please consider donating your unwanted clothing, purses, shoes, jewelry, bedding (no pillows or rugs) small kitchen supplies, dishes, glassware, suitcases in good working order, duffle bags or tote bags. Books are also accepted, however, NO Encyclopedias.

If items are placed in The White Tall Kitchen plastic size bags, they will easily fit in the drop-down door of the bin. If you have large bags or boxes of items or anything breakable to donate, please feel free to contact Joan Shea at 413-566-8224 to arrange a special drop off.

Items left at the senior center are also accepted, and Joan will pick up from there for the truck. However, please refrain from leaving bags next to the bin. Please call Joan for help with any questions in regard to what you can donate if you are unsure. Thank you for your continuing support of this fundraiser, which supports The Building Fund of the Hampden Senior Center.

Healing Touch Spiritual Ministry

HAMPDEN – On Wednesday evenings from 7-8 p.m., the Federated Community Church in Hampden is offering healing touch sessions. The group of people offering this to the public is trained and certified in energy work.

It will be first come, first served and will have a free donation. A chairlift is available. For more information, one can contact 413-566-3711 or hampdenfederated@gmail.com.

Tips on dealing with grief during holidays

SPRINGFIELD— Looking at an empty chair at the table can bring a rush of emotions and it doesn't matter how long it has been, whether this year or in the past, since a family member or friend died.

"It's only natural to experience a range of emotions such as sadness, loneliness, and a feeling of helplessness and hopelessness as you navigate the hustle and bustle of the holidays alone. Those feelings of grief, especially during Thanksgiving and the December holidays, often become more intense for those preparing to spend these joyous occasions for the first time without a spouse, child or other beloved family member or friend by their side," said Dr. Anfang, vice chair for Clinical Services.

Dr. Anfang noted that planning for the approaching holidays is the first step in developing your coping strategy, and

there is no wrong or right way to deal with the holidays. Begin by making decisions that are comfortable for you and your family. Use your awareness that things are different to help you plan what makes sense. Holiday preparations, traditions, and family time may all feel less than normal. It is also important to remember that your emotions and energy level are strongly connected. Good self-care routines are important as you prepare and deal with the holiday season. Get plenty of rest and pay attention to healthy eating. Use alcohol in moderation. Plan self-care activities that will feed your mind, body and spirit. Give yourself permission to take care of yourself.

Anfang stressed that it's okay and not a sign of weakness to ask for help, whether it's help preparing some holiday treats, decorating the home, shop-

ping, or just a shoulder to lean on.

"If you wish, you can find a way of formally remembering your loved one who is not physically present with you. For example, serving their favorite dessert and reflecting on the joy that it brought to your loved one in the past. It is stressful to experience the holiday without your loved one, but you can find ways to honor and include them," Anfang said.

According to the American Association of Retired Persons "it's amazing how in times of grief, sometimes the biggest comfort is to give to others," whether it's a physical present or doing something nice for others in need or who are also hurting. Many people volunteer during the holidays, such as serving meals at a local shelter or distributing toys to needy children.

Still, for some the holidays may of-

fer a reprieve from sad feelings and you may find yourself caught up in the moment as you experience the joy of family and friends around you.

"If you are noticing more significant symptoms causing impairment at work, school or home, problems with sleep, low energy, dramatic change in appetite or weight, inability to concentrate, frequent crying, easy irritability, thoughts of hurting yourself or wanting to die, that may be time to seek some professional evaluation. A good place to start can be your primary care provider or a trusted clergy. Bottom line, help is available and do not suffer in silence," said Anfang.

If you do not have a primary care provider, you can find one at <https://www.baystatehealth.org/locations/search-results?loctype=primary%20care>.

BACKYARD

from Page 6

food the other nest invariably starts and I have them in stereo. Last year a pair of Blue Heron nested, but this year there is only one who patrols the cove shoreline alone. The eagles seem to ignore the adult." He also sees Golden eagles as well.

Bird tally

I received an email from a reader, who visits ponds in Warren. He sent a tally of bird observed on Nov. 2, 3 and 4. They included on Nov. 2 46 Canada geese and again the same number on Nov. 3 and six on Nov. 4; one pied-billed grebe on Nov. 3, four great blue herons on Nov. 2, two on Nov. 3 and 3 on Nov. 4; a red-tailed hawk on Nov. 2 and one bald eagle on Nov. 3.

He also reported seeing two American crows on Nov. 2, a yellow-bellied sapsucker on Nov. 2, two blue jays on Nov. 2, a titmouse on Nov. 2, one bluebird on Nov. 2 and two on Nov. 3, six robins on Nov. 2, two yellow-dumped warblers on Nov. 2 and again on Nov. 3 and three song sparrows on Nov. 2. Yellow-bellied sapsuckers, yellow-rumped warblers and bluebirds were eating poison ivy berries.

Canada geese

This weekend my granddaughter and I saw about two dozen Canada geese fly over her house. They were honking as they flew overhead. They headed for a beaver pond across the street.

People may report a bird sighting or bird related experience by calling me at 413-967-3505, leaving a message at extension 100, emailing my-backyard88@aol.com or edowner@turley.com or mailing to Barre Gazette, P.O. Box 448, Barre, MA 01005.

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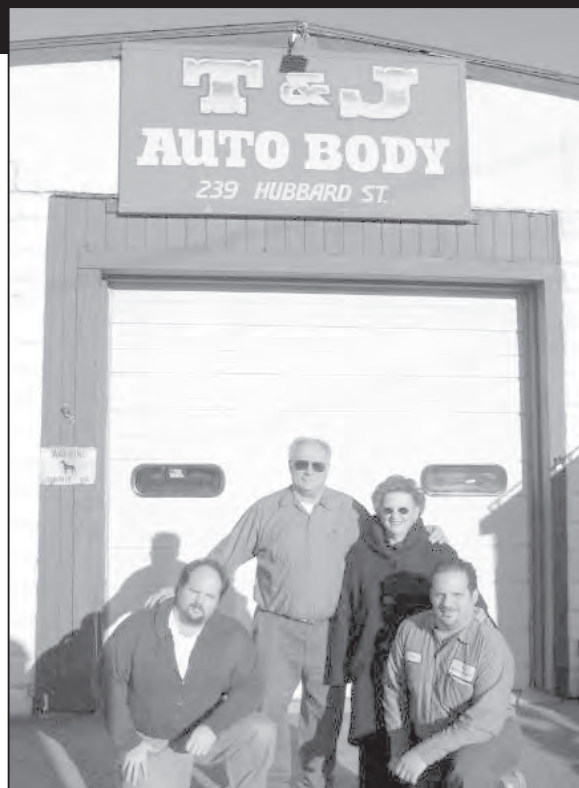
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PUBLIC NOTICES

Town of Ludlow LEGAL NOTICE
 The Board of Selectmen of the Town of Ludlow will conduct a public hearing on **Tuesday, December 5, 2023, at 5:30 p.m.** in the Selectmen’s Conference Room, Town Hall, 488 Chapin Street, Ludlow, MA. The hearing has been scheduled for the proposed adoption of percentages of the local tax levy to be borne by each class of real and per-

sonal property for the taxable year ending June 30, 2024.
 The Board of Assessors will be available at this hearing to provide information and data relevant to the fiscal effect of “Classification and Taxation of the Property According to Use”.
James Gennette, Chairman
Ludlow Board of Selectmen
 11/15, 11/22/2023

ly side of the road approximately 20’ from the road centerline. Pole 129/55 to be approximately 200’ northwest of pole 129/54. Pole 129/56 to be approximately 150’ north of pole 129/55.
James Gennette, Chairman
Derek G. De Barge
Manuel D. Silva
William Rosenblum
Antonio Goncalves
Ludlow Board of Selectmen
 11/15, 11/22/2023

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.
 11/15/2023

PUBLIC NOTICES ARE NOW ONLINE

- 1 Email all notices to notices@turley.com
- 2 Access archives and digital tear sheets by newspaper title.
- 3 Find a quick link to the state of Massachusetts’ public notice web site to search all notices in Massachusetts newspapers.

Public notice deadlines are Mondays at noon, Fridays noon for Monday holidays.

visit www.publicnotices.turley.com

Please check the accuracy of your legal notice prior to submission (i.e., date, time, spelling). Also, be sure the requested publication date coincides with the purpose of the notice, or as the law demands. Thank you.

TOWN OF LUDLOW LEGAL NOTICE
 You are hereby notified that a **PUBLIC HEARING** will be held at the Town Hall, Selectmen’s Conference Room, 488 Chapin Street, Ludlow, MA 01056 on **Tuesday, December 5, 2023 at 6:00 p.m.**
 Upon petition of: **EVERSOURCE** requests permission to install (2) 40’ utility poles, to be numbered 129/55 & 129/56 with anchoring along the following public way(s):
Lyon Street: To install two (2) 40’ utility poles and extend facilities from our last existing pole (129/54) to the Granby/Ludlow town border. Poles will be on the wester-

Commonwealth of Massachusetts The Trial Court Probate and Family Court Hampden Division Docket No. HD23P2313EA Estate of: Robert Alexander LaFromboise Date of Death: 4/1/2023 INFORMAL PROBATE PUBLICATION NOTICE
 To all persons interested in the above captioned estate, by Petition of Petitioner **Lindsay Marie LaFromboise of Ludlow, MA.**
Lindsay Marie LaFromboise of Ludlow, MA has been informally appointed as the Personal Representative of the estate



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