

**INDEX**

Opinion: 6  
Sports: 9  
Notices: 11  
Classifieds: 15



# The REGISTER

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**NEWSLINE**

**Pet of the Week**



SEE PAGE 2

**Hubbard Happenings**

SEE PAGE 4

**Auxiliary Gift Shop**



SEE PAGE 7

**IN SPORTS**

**Boys soccer steps up into D1 tourney**



SEE PAGE 9

**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

## Tree lighting and Toys for Tots drive now includes a parade

By Marcelo Gusmão  
Staff Writer  
mgusmao@turley.com

LUDLOW – The Rotary Club will be partnering with multiple town organizations to arrange a Toys for Tots drive on Dec. 3.

April Beston, the president and treasurer of the Rotary Club, described changes that have been made to the annual Toys for Tots Drive, but what hasn't changed is the drive aims to bring the community together for a festive, all-ages event that provides an opportunity to give back to those in need.

"It will be very festive again, just like it was last year," Beston said. "The major difference is the children's parade."

"This year, we're kicking off the event at 3 p.m. in the back

Please see **TREE LIGHTING**, Page 7



Town Hall was decorated for the tree lighting in 2022.

Courtesy photo

## School Committee discusses Capital Improvement Funds

By Marcelo Gusmão  
Staff Writer  
mgusmao@turley.com

LUDLOW – The School Committee met on Nov. 14 to vote on the policy updates brought up at the last meeting, and to go over the requests for Capital Improvement funds for Fiscal Year 2025.

Superintendent Dr. Frank Tiano provided a spreadsheet to outline the district's priorities, to provide detail on what the school district submitted to the town for capital improvement. He clarified that capital funds are separate from the operating budget that is used to run the school.

"The capital improvement funds are the same funds that the Fire Department may access for a fire truck, police for cruisers, [Department of Public Works] for a backhoe, and so forth," Tiano said.

Tiano said that the school district is requesting \$458,185 in Capital Improvement funds for Fiscal Year 2025. He outlined what these funds will be allocated toward during the meeting.

According to Tiano's report, the school is requesting two HVAC units for the gym at the high school, which cost \$85,000 apiece. The school is also requesting to continue improving the display and sound systems in three classrooms at each of the aforementioned schools.

The proposal also seeks funds to improve the parking lot and sidewalk at East Street School.

A new addition to the list is a proposal for a replacement for the 25-year-old fire panel at East Street School.

"This is the only building that we do not have a sprinkler system," Tiano said. "We want to make sure that the Fire Department has the notifications reliable, timely, as they respond to an emergency."

"We know that this is one pot of money," Tiano added. "I don't know what the police will submit, and other departments, and so forth."

The Committee also voted on a consent agenda of policy updates as recommended by the Massachusetts Association of School Committees. Committee Member Joao Dias took issue with the wording of certain items, and asked for clarification.

Dias read, "complaints about school personnel will be investigated fully and fairly; however, before any such complaint is investigated, the complainant must submit his complaint in writing, anonymous complaints will be disregarded."

"That's changed out to 'complaint is investigated, the complainant must submit their complaint in writ-

Please see **SCHOOL COMMITTEE**, Page 8

## Faith Community Chapel pastor celebrates one year of service in town

By Marcelo Gusmão  
Staff Writer  
mgusmao@turley.com

LUDLOW – The Faith Community Chapel has received some improvements thanks to the efforts of Pastor Lisa, who wants to integrate the church more into the community.

Members of the community may have noticed that the property around the church on East St. has been improved, and the person to thank is Pastor Lisa Morrison, who just celebrated her first anniversary as a pastor in the community this fall.

"I've been an ordained minister for 30 years," Morrison said. "I have served in multiple positions, and I have also ministered overseas in South Africa and a number of mission trips around the world."

Originally from Maine, and having lived south of Boston for most of her adult life, Morrison said that she felt God called to her to come to Ludlow to work at the Chapel.

"I had been on a journey to help a South African student get her education here in the United States, and so we lived in Boston while she went to college, and then we moved to Kansas City in order to get her seminary degree," Morrison



Courtesy photo

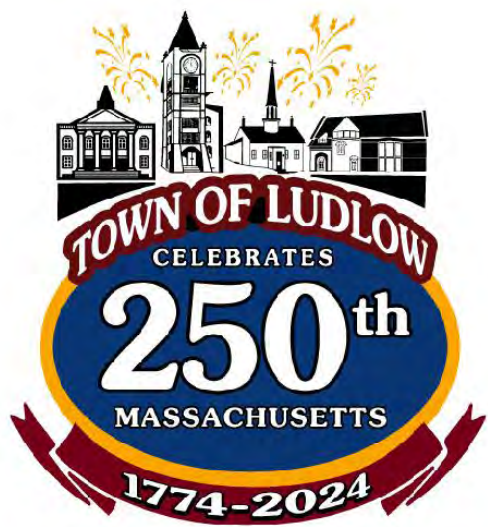
Pastor Lisa puts in some elbow grease to give the Faith Community Chapel a facelift.

said. "She went back to South Africa, and I was praying about what God wanted me to do next, and then the opportunity opened up for me to come here to the FCC."

The Chapel, formerly known as St. Mary's Church, has been located on East St. for more than 10 years.

"I've been going since Easter, and I think the pastor's just a wonderful person," said Kev-

Please see **PASTOR LISA**, Page 8



## CELEBRATION CALENDAR UPCOMING EVENTS [Ludlowma250.org](http://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](http://www.ludlowma250.org)

Judging for open class designs will take place December 10th-16th.

1st, 2nd, 3rd place winners will receive prizes.

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

Open to all Ludlow residents

[Ludlowma250.org](http://Ludlowma250.org)

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# LUDLOW

## PET OF THE WEEK

**JANESSA**

This is Janessa. She turned 14 back in June. She loves lounging, snuggling up, and treats!



## 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.

## Heritage 'Pops' Orchestra Christmas Party Dinner and Dance set for Dec. 15

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.

## Wilbraham Community Chorus to present winter concerts Dec. 3 and 9

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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# Wilbraham Holiday Tree Lighting Dec. 3

*Rotary Club to collect items for local organizations serving the homeless*

WILBRAHAM -- The Town of Wilbraham Holiday Tree Lighting, sponsored by the Rotary Club of Wilbraham-Hampden, will be held at Gazebo Park in Wilbraham on Sunday, Dec. 3. Music and refreshments start at 4:30 p.m. with a surprise visitor from the North Pole appearing at 5 p.m.

The Rotary Club of Wilbra-

ham-Hampden will be collecting hygiene items such as shampoo, soft soap, hand sanitizer, toothbrushes, toothpaste, combs, etc. Please bring your donation of hygiene items to the Holiday Tree Lighting and deposit the items in collection boxes near the gazebo. The Rotary Club will donate your items to local organizations serving homeless families and individuals.

The club wishes everyone a happy and peaceful holiday season!

Please call Club Secretary Brad Sperry at 413-537-4171 with questions.



# Rotary Club is selling lucky raffle calendars through end of November

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 Wilbra-

ham. 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 schol-

arships. 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.

## Wilbraham Garden Club will meet on Dec. 7

WILBRAHAM -- The December meeting of the Wilbraham Garden Club will be held on Thursday, Dec. 7 at noon, at St. Cecelia's Parish Center on Main Street in Wilbraham. A special Christmas luncheon will be served.

Once again, we will be entertained by the wit and wisdom of floral designer, Matt Flatow, from Flowers, Flowers on 758

Sumner Ave., Springfield. Matt will demonstrate and discuss his floral arranging techniques. He will be designing some beautiful arrangements for the holidays that will be raffled at the end of the presentation. We will be extending invitations to area garden clubs, so come early, get a good seat, sit back and enjoy this wonderful program.

## Wilbraham Women's Club to meet Dec. 14

WILBRAHAM -- The December meeting of the Wilbraham Women's Club will take place on Thursday, Dec. 14 at St. Cecelia's Parish Center on Main Street in Wilbraham. The Social Hour will begin at 11:30 a.m. and the luncheon is at noon. At this meeting there will be many delicious "hot" dishes and desserts. Join us for this fun-filled Christmas meeting. We will play some holiday themed games for prizes, and laughs.

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# What's Happening at Hubbard Memorial Library?

To register for programs or find out more information, visit [hubbard-library.org](http://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.

## FOR ALL AGES

**Free Tech Help** Call us at (413)583-3408x114 to book an hour long appointment. We can help you with your laptop, smartphone, or tablet. By appointment only, please no drop-ins.

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

## 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](http://mass.gov/next-gencareers).

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

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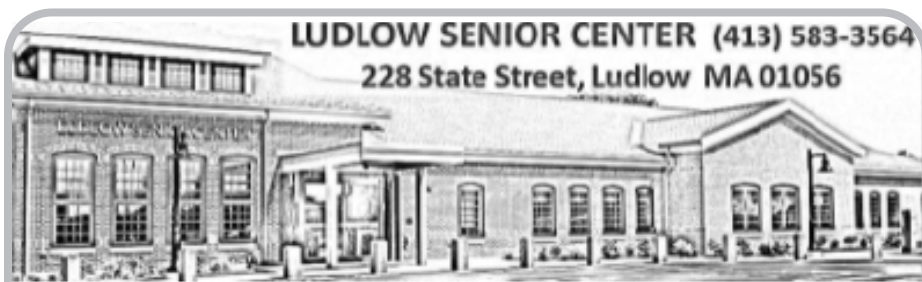
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## Welcome to the Ludlow Senior Center

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.

## Richard R. Green Insurance Agency toy and supply drive

Initiative is in its 18th year

HAMPDEN -- Richard R. Green Insurance Agency, Inc. is doing its 18th annual collection of toys for children and supplies for veterans' gift bags. This year, the toys will benefit the I Found Light Foundation located in Springfield. The gifts for veterans will be brought to the VA Center in Leeds.

For our veterans, the wish list for women includes clothing sizes 6-18, shoes sizes 9-12 and feminine products. For men: new socks and undergarments. Also, especially important for both men

and women: gift cards to local stores, deodorant, toothpaste, razors, shaving cream, shampoo, conditioner, soap, lotion, body wash and blankets.

The insurance agency will be collecting new, unwrapped toys and veterans' gifts through Dec. 13 and is collecting at the Hampden office located at 32 Somers Road and Monson office located at 128 Main St.

This year, the insurance agency will match the first \$500 in collected items FOR BOTH THE CHILDREN AND THE VETS. Please call 566-0028 for more information.

## 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.

## Wilbraham Girl Scout Troops 11714, 65269 welcome new girls

WILBRAHAM -- Girls in grades 2-12 are invited to join Girl Scout Troop 11714.

The troop meets monthly on Mondays, from 6-8 p.m. in Wilbraham.

Register now to claim her spot as troops fill fast. Annual membership cost is \$35 and financial assistance is available. You can register for a spot in the troop at <https://bit.ly/troop11714>.

Girls in grades 1-3 are invited to join Girl Scout Troop 65269.

The troop meets every other week on Thursday, from 6-7:30 p.m. in Wilbraham.

Annual membership cost is \$35 and financial assistance is available. You can register for a spot in the troop at <https://bit.ly/troop65269>.

See for yourself what Girl Scouts have to offer. Girl Scouts is the premier organization for girls to learn about leadership, financial literacy, life skills, science and technology,

the outdoors, and community service. Previous Girl Scout experience is not necessary.

Questions? Email [info@gscwm.org](mailto:info@gscwm.org) or call 413-584-2602.]

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# OPINION

## GUEST COLUMN



### Can I voluntarily suspend my Social Security payments?

Dear Rusty

My wife retired in 2015 and is receiving Social Security. I am past my full retirement age and I still work. I recently filed for Social Security benefits and received my first payment earlier this month and my benefits are around three times my wife's. I now find that, due to other income, I am having some regrets about filing for Social Security, as the taxes will be complicated. So, my questions are:

If I do a "Voluntary Suspension", can my wife still apply to get up to 50% of my benefits, or do I have to be "actively" receiving Social Security benefits? In other words, does the "Bipartisan Budget Act of 2015" prevent this?

If I do a "Voluntary Suspension", how soon could I "restart" my benefits?

Signed: Having Second Thoughts

Dear Second Thoughts

The Bipartisan Budget Act of 2015 closed a loophole which previously allowed someone to file for their Social Security retirement benefit in order for their marital partner to claim a spousal benefit, after which the primary beneficiary could suspend their own benefit and allow it to grow to maximum at age 70. That "file and suspend" option went away in April of 2016; thus, your wife cannot claim her spousal benefit while your Social Security retirement benefits are suspended you must be "actively" receiving benefits for your wife to get benefits on your record.

Nevertheless, because you've already reached your full retirement age, you can voluntarily suspend your benefit payments at any time to allow it to continue growing by simply calling Social Security at your local office or at the national number 1-800-772-1213 and asking them to do so. Your wife will not receive her spousal benefits for any months your benefits are suspended, but she would continue to get her own SS retirement amount, only the spousal portion of her monthly amount would be suspended.

You will be able to restart your benefits at any time by calling Social Security again and asking that your benefits be resumed. You can suspend and restart your benefits as needed (no restriction on how many times), but they will only start/resume the suspension effective with the month following the month you call. And, as you likely already know, for each month your benefits are suspended you will earn Delayed Retirement Credits resulting in a higher payment amount later.

Just for clarity, voluntary suspension of benefits is only available to those who have reached full retirement age but is an excellent way to increase your monthly Social Security payment. Your benefit will grow by .667% for each month suspended and, if your benefit is still suspended when you turn 70 years old, Social Security will automatically resume payments at that time, at your higher maximum monthly amount.

This article is intended for information purposes and does not represent legal or financial guidance. It presents the opinions and interpretations of the Association Mature Citizens Foundation's staff, trained and accredited by the National Social Security Association. To submit a question, visit [amacfoundation.org/programs/social-security-advisory](http://amacfoundation.org/programs/social-security-advisory) or email us at [ssadvisor@amacfoundation.org](mailto:ssadvisor@amacfoundation.org).

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## GUEST COLUMN

### State Auditor's monthly update

#### Reforms sorely needed at the Sex Offender Registry Board

By Diana DiZoglio,  
Massachusetts State Auditor



Serving as Massachusetts State Auditor doesn't just mean reviewing finances.

A big part of my role, as I often speak about with folks across the state, is reviewing the performance and efficacy of the Commonwealth's agencies and entities.

A great example of the responsibility to look beyond number crunching is our office's recently released audit of the Sex Offender Registry Board.

People are familiar with the concept that Massachusetts registers convicted sex offenders, maintaining a database of where such people live and work in an effort to maintain public safety. This system of public safety is maintained by SORB, a seven-member board appointed by the Governor and staffed by more than 70 individuals.

Our recent audit looked at SORB's operations from July 1, 2019 – June 30, 2021. Covering that two-year period, my team honed in on whether SORB classified sex offenders at least 10 days before they were released from custody, thus ensuring they were assigned an appropriate level.

Further, we looked at whether SORB used all the resources at their disposal to accurately identify sex offenders who were in violation of maintaining their registration.

I was disappointed to find that SORB underperformed in a way that could have a negative impact upon the public.

While incarcerated sex offenders are supposed to be assigned a classification at least 10 days prior to their release, per state law, SORB failed to do so with approximately 1/3 of those released during our two-year review window. More concerning, 77 offenders didn't receive their classification until after they were released.

This lax approach to the law meant those sex offenders' names, addresses, offenses, and registration statuses were not appropriately posted to SORB's website

for level 2 and 3 sex offenders and were not otherwise available to the public.

Our audit team also identified other vulnerabilities regarding how SORB tracked offenders who have been released from incarceration. Namely, SORB's database was not kept up to date in all situations, with approximately one out of five offenders showing incorrect addresses when compared against records maintained by other state departments (such as the addresses the Department of Transitional Assistance records).

Part of the benefit of SORB is that it tracks the location of high level offenders. By not ensuring that it has the current addresses of sex offenders considered in violation, SORB is not able to consistently communicate information about sex offenders' whereabouts, their offenses, and their classifications to local law enforcement agencies and the general public.

What's disturbing is that some of these issues were identified the last time my predecessor audited SORB. These issues must be immediately addressed.

Our office has recommended that SORB increase their collaboration with correctional facilities to establish more reliable procedures for providing anticipated release dates for incarcerated offenders. We've also recommended the implementation of a tracking process that identifies any delays or issues that may arise, to ensure that all sex offenders are assigned final classifications prior to each offender's release.

For ensuring residential address accuracy, SORB needs to not only work more closely with other state agencies to verify addresses – SORB must also make a point of updating those addresses in their system when they are found.

We will continue to work with SORB and encourage their adoption of practices that maximize public safety.

As always, please feel free to contact my office at any time for more information at [auditor@sao.state.ma.us](mailto:auditor@sao.state.ma.us) and 617-727-2075.

*The Office of State Auditor Diana DiZoglio conducts audits, investigations, and studies to promote accountability and transparency, improve performance, and make government work better. DiZoglio is the 26th Auditor of the Commonwealth of Massachusetts, sworn into her first term on Jan. 18, 2023. She is committed to help move Massachusetts forward by working to increase transparency and accountability in state government.*

## The REGISTER

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

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PLEASE REMEMBER TO RECYCLE THIS NEWSPAPER

# Wicked Good Treats by Elaine is November's featured vendor at auxiliary gift shop

By Kristin Rivers  
Staff Writer  
krivers@turley.com

PALMER -- Wicked Good Treats by Elaine was chosen as November's special vendor for the Baystate Wing Auxiliary Gift Shop.

Wicked Good Treats is run by Wilbraham resident Elaine Shepard, selling baked goods, breads, cookies, pies, jams and more throughout the year at farmers' markets, fall craft fairs and more.

She also sells pickles during the Big E at Saltbox Seasoning.

Shepard explained that she's done this for 16 years, crediting her children for her start.

"I used to do stuff with my kids when they were very small, and we started out making lollipops and things," Shepard said. "We'd go to a party, you go to someone's house, and you would always bring something. Sometimes, I would bring something chocolate, and they would say 'Oh this is so good; you should sell this,'" Shepard said.

Eventually, she did when she took part in the Mattoon Street Arts Festival.

"I sold out. I had nothing left. Every little last morsel was gone, and people loved it," Shepard said. "That was the beginning of it."

Shepard said Janice Fontaine, an Auxiliary Gift Shop board member, reached out to her about the opportunity to be a vendor.

"They got permission to have a vendor come in and they knew that I had been very successful," Shepard said. "I was one of their most popular vendors from previous years, and I said, 'Sure, I'd be happy to come back.'"



Submitted photo Elaine Shepard

Elaine Shepard of Wicked Good Treats by Elaine with Taylor Brown at the Springfield Pride Parade in June. Shepard, a resident of Wilbraham, is this month's vendor at the Baystate Wing Auxiliary Gift Shop.

Shepard added Baystate Wing Hospital "is a special place to me too" as they took care of her mother when she was ill and her daughter was a nurse there.

"So, it's nice to be able to do something that benefits the auxiliary when they've been so good to my family," Shepard said.

Shepard cherishes each day she has running Wicked Good Treats, including coming up with new products year after year.

"I think being able to be creative and working with customers one-on-one to make their parties very personal, it's one of the things that I enjoy," Shepard said.

Shepard added when you support a local business or vendor, "your money stays right in town."

"In all of my baking and making jam and making pickles and things, I always try to use local products grown right here," Shepard said. "From doing the different farmers markets, I have made great connections with the farmers and being able to use their products, their fresh produce, in my baked goods and in my pickles and in my jams and things. It's been very rewarding."

Shepard also appreciates the opportunity for her products to bring joy to others when they visit the hospital.

"People, even visitors, like to be able to say thank you to the staff and to be able to give them a small token," Shepard said. "Being able to say more than thank you, it makes you feel good to give something to people, to staff members that care for your family. So that's a nice feature when I'm there."

Looking ahead to the end of the year, Shepard will be busy working on orders for the holidays.

"We're doing orders for pies and breads for Thanksgiving. We're doing cookie trays and cupcake orders through Christmas," Shepard said.

Shepard wants the community to know Wicked Good Treats is here and she looks forward to working with more local farmers.

"I'm not about making a lot of volume. I just want to make things that look good and taste good," Shepard said. "I've met some great people. I look forward to meeting more people."

To learn more, visit [www.wicked-goodtreatsbyelaine.com](http://www.wicked-goodtreatsbyelaine.com) or contact Shepard at 413-427-5240 or [WickedGoodTreats@charter.net](mailto:WickedGoodTreats@charter.net).

## TREE LIGHTING from Page 1

parking of the Boys & Girls Club with a parade for the children," Beston said. "They will congregate at 3 p.m. to decorate ornaments, and then we will walk, with the Fire and Police Department cooperation, from the Boys and Girls Club to Town Hall, kind of the opposite route of the Rag Shag Children's Parade."

Beston said that the parade will set out around 3:30 p.m. and proceed down Chapin St., after which there will be time for kids to walk over to Town Hall, to get there around 4 p.m. The annual tree lighting will take place at 4:30 p.m.

"Hopefully people will have time to enjoy the festivities," Beston said.

At Town Hall, the Rotary Club will be collecting unwrapped presents for the Toys for Tots program with the Marine Corps. This year, the Club will also collect non-perishable food items, which will go to the food pantry at the Ludlow Veterans Center.

Beston also said that Santa and Mrs. Claus will be at Town Hall to visit with local children, and kids will be able to

hang ornaments on the tree.

Weather permitting, the band and chorus from Ludlow High will be present to perform.

"I expect folks to pitter patter out after that, as they did last year," Beston said.

The Rotary Club has been holding Toys for Tots drives for close to 20 years.

"Last year and this year, it's been a team effort," Beston said. "So, we want to give a lot of credit to everyone involved."

"I'm really looking forward to not only getting the entire community together for a festive event, but in particular having the kids participate and visit with Santa, as well as giving kids the experience of giving back to others, to our less fortunate, which is a major part of what Rotary does."

Beston described the event as a "big group effort," and thanked the town for its help in facilitating and arranging the celebration.

The Girl Scouts will also be providing Reindeer Food for the attendees, and



Courtesy photo

The Ludlow High chorus performed for the attendees during last year's tree-lighting.

cookies and hot chocolate are being provided by Big Y. Ludlow CARES will be present to distribute hot cocoa, and the 250th Committee will be participating again as well.

Beston also thanked the police and fire departments, Veterans Services, American Legion, and the Marines for their efforts to make this function a success.

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# Roca and DoorDash partner to offer local communities resources and support

By Dalton Zbierski  
dzbierski@turley.com

HOLYOKE -- Roca, Inc., a Massachusetts-based nonprofit organization dedicated to disrupting incarceration, poverty and racism by promoting hope and driving change, has partnered with DoorDash to provide support for residents in need across the state.

Through its Community Credits Program, established in 2021, DoorDash has committed to donating Roca \$3,000 in gift cards to support its programming and community engagement. This represents Roca's first corporate funding partnership.

Roca works to achieve its mission by engaging young adults, police and the systems at the center of urban violence in relationships to address trauma and make an impact. Roca has five sites in Massachusetts, including Holyoke, Springfield, Boston, Chelsea and Lynn; it also has a location in Baltimore, MD.

Roca currently serves 103 young women in Western Massachusetts and 126 young men in Holyoke alone.

"Having these community credits is a gamechanger," said Chris Judd, Roca's vice president of individual and corporate giving. "I think it's important I emphasize that our young people, not only being at the highest risk, are also very transient population. A lot of times, a lot of young mothers are in shelters, or, for young men, they're couch surfing and not always in a great living situation."

Roca can use the community credits to encourage young people to visit the facilities and attend programming. To make a difference, Judd said it is important to first get people through the doors.

"Sometimes, having these tokens will give them some incentive as well," Judd said. "We can say, 'Hey, your next meal is on us,' instead of them having to worry if their baby has (enough to eat)."

DoorDash launched its Community Credits Program to help empower local

organizations such as Roca and work with those in need. DoorDash Public Engagement Manager Darrel Davis said his team met with Roca earlier this year to learn more about the organization's mission and the communities it serves and left impressed.

"Just hearing from Roca, we were able to understand that these gift cards can definitely help them make a greater impact on the folks they interact with directly," Davis said. "From our perspective, this was really about how we could come together to support a really great community organization that's doing amazing work across the Commonwealth of Massachusetts."

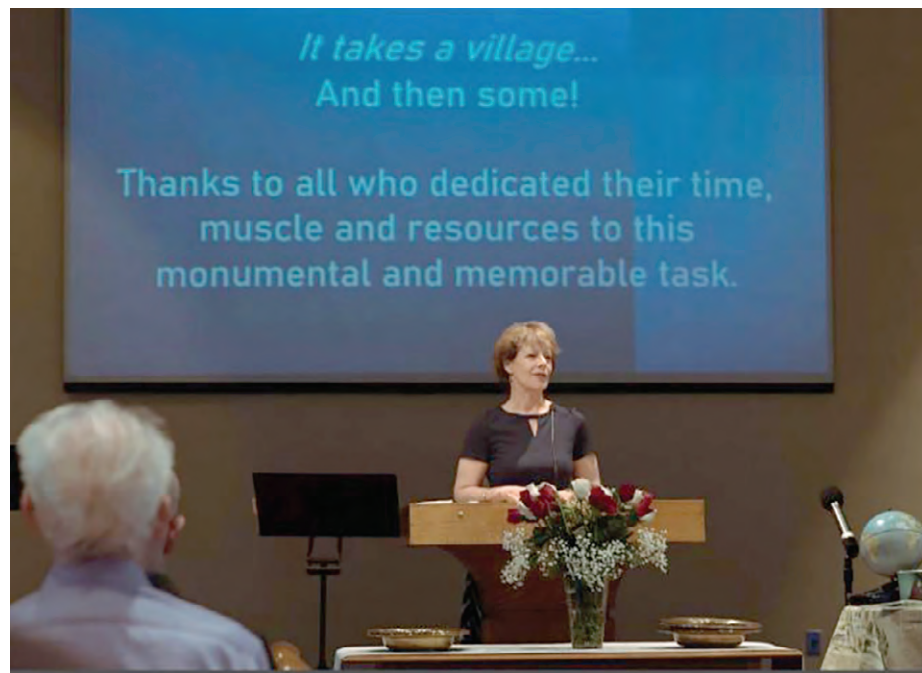
Davis said community is at the heart of everything that is done at DoorDash, which has been able to partner with more than 200 local, state and national organizations to help enhance programs.

Davis said recipients have informed DoorDash that the gift cards help promote youth development, entrepreneurship, workforce development programs and even vaccinations. He said that year after year, DoorDash has seen the program continue to grow in terms of the number of partners it unites with and supports, as well as understanding the needs of communities.

"We're trying to fine tune different ways to keep our Community Credits Program top of mind for organizations, but we're really proud to be supporting organizations across the commonwealth, including Roca, because it just means so much to the participants of their programs," Davis said.

Judd said that if she was being honest, she wishes DoorDash could offer more credits, but expressed great appreciation for the donation Roca will receive. She knows it will be significant.

"We'll be able to give young men and women these credits and say, 'Here you go. Set yourself up,'" she said. "For a nonprofit that is working with a population that is hard to engage, this is a valuable partnership."



Courtesy photo

Pastor Lisa speaks in front of a congregation in the Faith Community Chapel.

## PASTOR LISA from Page 1

in Vestal of the Rotary Club. "I think Pastor Lisa's got a great message to share."

Making the outside of the Chapel look nice has been one of Morrison's primary tasks.

"She's been maintaining the grounds to a much higher level. On either side of the front steps, there were overgrown bushes and it was never maintained, but [the Chapel] decided to start fresh, yanked everything out, and had a lot of volunteers. Now, it's more maintenance-free than it ever has been."

"We wanted to work on a beautification project, and the 250th Parade Committee was into this," Morrison said. "They gave us the initiative to work on the property and get it up so it's beautiful, not only for the parade but for us, as a House of God, wanting it to look nice."

Morrison said that the inside of the church has also received a facelift, with a new educational wing that was renovated over the last six months.

One way that the church hopes to draw in new visitors is a screening of the holiday classic, "It's A Wonderful Life," to be held at 6 p.m. on Dec. 9.

"We're going to have that here at the chapel, and everybody is invited," Morrison said. "It will be a fun evening to be together as a community and watch such

a classic movie."

Morrison said that the congregation is working on trying to form their own identity and get more involved in the community, "so that people understand who we are and that we're here to make a difference in the community."

Morrison said that the church wants to do more work with the community, and partner with other organizations. She said this was all in the interest of being good neighbors.

Morrison has put her focus in building relationships with East Street School, making connections at the Senior Center, and working on building a relationship with a funeral home that's just down the street.

"Some of us are part of the 250th Committee, too," Morrison said. "We're trying to be good neighbors and impact the community and be part of the community."

"It's such a nice community town. There's a lot of rich history, with the mills and Portuguese community," Morrison said. "Being part of 250th Committee, I'm learning more about the town than I would have had I not been involved. I'm enjoying it, learning more about the town makes me appreciate it more."

The Faith Community Chapel is located on East St. For more information, call 413-583-7875.

## SCHOOL COMMITTEE from Page 1

ing, anonymous complaints will be disregarded," he continued. "Their' is a plural, and 'complainant' is singular," Dias said. "I don't have a teacher's degree, but I think that's grammatically incorrect and since we're the board of the School Committee we should have it grammatically correct, no?"

"I don't feel that's an error," Committee Member Jeffrey Stratton said.

"I believe it to be grammatically correct," Tiano said. "In the past, one may have put 'his or her' in there, but I know in writing, I've seen that, I've used that."

Bowler said that when the members of the Committee were in school, they might have gotten points marked off for using the singular 'they,' but it was used

in the document for the sake of being inclusive.

"All that work was done at the policy subcommittee and with attorneys and with the superintendent," Laing said. "If the consent of the Committee is that it is not a grammatical error, we are going to let that stand."

The Committee voted three to one in favor of accepting the consent agenda, with only Dias voting against it.

The School Committee also scheduled its upcoming meetings.

Nov. 21 will be the budget subcommittee meeting, and then on Nov. 27, the Chairs of the Board of Selectmen and the School Committee will have a meeting with Superintendent Tiano.

On Dec. 5, there will be a policy subcommittee meeting, and the next School Committee meeting will be held on Dec. 12.

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## Boys soccer steps up into D1 tourney



LUDLOW – The Ludlow High School boys soccer team won another Western Mass. title. But this year, the Lions wanted to test their mettle as they entered the Division 1 state tournament. The Lions would win consecutive games on the road against Framingham and then St. John's Prep before finally being defeated 2-1 against Weymouth High School on Nov. 12 in the quarterfinal round. Ludlow's season ends with an impressive 18-2-2 record. More on the Lions great season in next week's edition.

James Dias plays the ball off his knee.



Lucas Alvan socks away a free kick.



Thomas Wadas tries to settle the ball.



Mathis Fitzgerald throws the ball back into play.



Christien Casares tries to kick the ball away as an opponent approaches.

## Lions cruise toward 'Meet of Champions'

LUDLOW – The Ludlow boys cross country team placed second at the state sectional meet held at Wrentham Developmental Center last weekend. Joe Keroack ran an impressive race placing second with a time of 15:55. He continues to grow as a runner and competitor. The boys team depth was showcased throughout the race. Kyle Martin achieved a personal best with an 11th place finish, completing the course in an outstanding 16:25. Not far behind, Lucas Franco and Logan Walsh crossed the finish line with strong times of 16:45. Freshman Tyler Tatro secured the team's fifth spot, clocking in at 17:23. Eli Lipson maintained his consistency throughout the season, contributing with a commendable time of 17:35. Ben Silveria wrapped up his high school cross country career by representing Ludlow in the seventh spot.

The girls' cross country team also had a great day, ranking ninth in the state sectional meet and concluding the season on a positive note. Leading the Lions was Sophia Quiterio, who not only qualified for the all-state meet but also achieved an impressive time of 21:01. Maddie Brown and Alyssa Vermette both ran close to their personal best, breaking 22:00 with times of 21:53 and 21:55, respectively.

Please see **LIONS**, Page 10

## Ludlow celebrates Athletic Hall induction



All of the inductees in this year's Ludlow High School Athletic Hall of Fame.



Members of the 1963 Boys Soccer team.

LUDLOW – On Nov. 5, Athletic Director Tim Brillo inducted the newest class into the Ludlow High School Athletic Hall of Fame. Those inducted were: Robert (Red) Markiewicz '59- Soccer, Basketball, Baseball, Bruce Hiorns '78- Cross Country and Track & Field, Walter (Wally) Les '82- Golf and Skiing, Michael Jordan '10- Soccer and Track & Field, Dan Crowley '12- Cross Country and Track & Field, Ariana Quesnel '12- Volleyball, Basketball, Track & Field, and Tyler Diotalevi '15- Soccer and Ice Hockey. Teams inducted were: 1963 Ludlow Boys Soccer, 1971 Ludlow Boys Soccer, and 2009 Ludlow Boys Cross Country.



The 1971 Boys Soccer team was also inducted.



Arian Quesnel receives her Hall award.



Robert "Red" Markiewicz is inducted to the Athletic Hall of Fame.



Dan Crowley was recognized for his contributions.

Turley photos by David Henry  
www.sweetdogphotos.com

# Basketball Hall of Fame creates new award with rapper

SPRINGFIELD – The Naismith Basketball Hall of Fame and ground-breaking rap star, renowned blockbuster film producer and actor, entrepreneur, and co-founder of the BIG3 basketball league, Ice Cube, are thrilled to announce a pioneering partnership culminating in the creation of the inaugural Ice Cube Impact Award.

This unique collaboration is set to honor Ice Cube's extraordinary contributions to the world of basketball, his unparalleled passion for the game, and his unwavering commitment to encouraging crucial dialogues surrounding inclusivity, equal opportunity, and racial and social justice while contributing to initiatives focused on education and community development.

"The Naismith Basketball Hall of Fame Award named in my honor is truly remarkable, and words alone can't express my gratitude for this recognition from such a prestigious organization," said Ice Cube, a lifelong Lakers fan who grew up playing basketball at the Inglewood YMCA. "Having an award bearing my name only in-

ensifies my commitment to advancing inclusivity and equal opportunity in sports, alongside my unwavering dedication to community activism."

The Naismith Hall of Fame will permanently house and amplify the Ice Cube Impact Award in its museum and honor subsequent award winners each year through a dedicated exhibit and in-depth storytelling about honorees who use basketball as a platform for good works in their own communities.

"Ice Cube's unquestionable passion for the game and his desire to see it utilized as a catalyst for positive impact on communities are unwavering," said John L. Doleva, President and CEO of the Naismith Basketball Hall of Fame. "His sphere of influence in both the entertainment industry and in the professional sports arena brings remarkable authenticity and value to this award. We are delighted to join hands with Ice Cube as he leverages his love of the game to inspire others. The Ice Cube Impact Award will stand as a testament to the power of basketball and the pro-

found impact it can have on communities worldwide."

Ice Cube's remarkable journey through the world of basketball has had a profoundly transforming effect. As the visionary founder of the BIG3, he created a professional league built on the game's proven bests--Hall of Famers, World Champions, and All-Stars. The BIG3 has launched and revitalized careers and opened doors for all players and coaches who wish to continue to positively contribute to the game in a format that captures the hearts and imagination of fans nationwide. His unique and innovative approach to the game, which incorporates elements of streetball and professional basketball, also showcases the immense power of sports in uniting communities, as exemplified by the Young3 program focusing on youth in underserved areas.

The Ice Cube Impact Award will be presented to Ice Cube at the Naismith Basketball Hall of Fame on Martin Luther King Jr. Day (Monday, January 15, 2024) in Springfield, Massachusetts.

# Railers pick up win over Newfoundland

ST JOHNS, NL – The Worcester Railers HC (4-5-1-1, 10pts) toppled the Newfoundland Growlers (5-5-2-0, 12pts) on Nov. 12 in overtime by the final score of 2-1 in front of a crowd of 4,284 at the Mary Brown's Centre.

Trevor Cosgrove (1-1-2) broke open the scoring for Worcester in the first, putting Worcester ahead 1-0 after one. Zach O'Brien (1-0-1) scored for Newfoundland in his return to the Growlers lineup for the first time this season. Ashton Calder scored his second game-winner in three games for Worcester in overtime as the Railers came out on top to wrap up the weekend, 2-1.

The Railers scored the game's first goal for the third time this season, as Trevor Cosgrove (1st) danced through the defense to beat Luke Cavallin in net for Newfoundland glove side. Zach White would drop the gloves with former Railer Josh Victor twenty seconds later. Worcester was outshot in the first period 13-10, but led at the end of twenty minutes, 1-0.

Zach O'Brien (1st) returned to the Growlers lineup for the first time this season after playing in Slovakia to start the season and potted his first goal since returning in the second. He grabbed the rebound off the post on the power play and patted it past Lennox to tie the game heading into the third at 1-1.

Worcester suffocated Newfoundland in the third, taking the period's first fifteen shots while preventing the growlers from getting their first until there was just seven minutes left in regulation. Zach White was awarded a penalty shot in the third but failed to capitalize as the game remained 1-1. Grant Cruikshank committed a tripping penalty late in the third period which sent Worcester to the power play to end regulation.

Ashton Calder (6th) found the puck along the near side just 13 seconds into overtime and ended up slapping the puck top-shelf past Cavallin to give Worcester their second win on the weekend, and four out of a possible six points against Newfoundland.

# 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](http://www.pioneervalleytip-off.com). All games will be held at the Mullins Center on the UMass-Amherst campus.

## LIONS from Page 9

The girls' team showcased a solid pack with senior Sayla Mchale finishing her career with a time of 22:48, closely followed by Gabby Gauvin at 22:54, and Faith Keroack at 23:43.

The boys (Joe Keroack, Logan Walsh, Kyle Martin, Lucas Franco, Tyler Tatro, Eli Lipson, Ryan Mateus and alternates Nathan St. Cyr, Ben Silveira and Mason Little) and Sophia Quiterio all headed to the Meet of Champions, held last weekend.

# T-Birds fall in 'School Day' game

HARTFORD, Conn. -- The Springfield Thunderbirds (7-6-1-0) the Hartford Wolf Pack (7-3-2-0) on Wednesday morning inside the XL Center.

The Wolf Pack took a page out of Springfield's school day playbook and came out with an offensive flourish in the opening 20 minutes. Just 5:05 into the festivities, and just under 15 seconds after beginning their first power play, the Pack man-advantage took a 1-0 lead on a tap-in goal on the near post by Hartford captain Jonny Brodzinski.

Just under six minutes later, Brodzinski became the passer, as he filtered a perfect pass to the slot area from the trapezoid, and Alex Belzile cashed in to make it 2-0 at 10:59.

Hartford's offensive blitz did not end there, and Adam Sykora got



extending the lead to 4-0.

At the other end, Louis Domingue had been perfect until an innocent-looking wrist shot from the right circle off the stick of Mathias Laferriere slipped through the veteran's legs at 15:20 of the period, finally getting Springfield on the board and narrowing the lead to 4-1 heading into the third. It was Laferriere's first goal of the season, with Zach Dean and MacKenzie MacEachern picking up the helpers.

Unfortunately for the T-Birds, the goal would only be a footnote, as Hartford extended back to a four-goal lead on a deflection tally from Adam Edstrom at 5:44 of the third to round out the scoring. Zherenko battled throughout and finished with 32 saves. Domingue needed to make just 23 saves for Hartford.

his first goal of the season, cruising down the slot to beat Vadim Zherenko over the shoulder at 18:53 to give the Wolf Pack a 3-0 lead at intermission.

The T-Birds could not find any puck luck in the second period, as a Hugh McGing chance on a 2-on-1 caught the crossbar early in the period. Later on, Nikolas Brouillard found his way to the crease area to jam a rebound through Zherenko on the backhand at 12:58 of the period,

## Follow Turley Sports on Instagram

Turley Publications sports department has recently joined Instagram. You can find our account by searching "turleysports." We will regularly feature samples of

photos that you will see in our publications on a weekly basis. Please follow and share with your friends and loved ones. We will be featuring photos from all 11 of

our sports sections, but as always, you can see all the photos that appear by subscribing to your local paper or picking up a copy in your community.

## 3 DAY SALE - NOV. 27, 28, 29

<p>USDA INSP. FROZEN PORK LOIN END CHOPS..... <b>\$1.29</b> lb</p> <p>USDA INSP. FROZEN MARINATED CENTER CUT BONELESS PORK LOIN ..... <b>\$1.99</b> lb</p> <p>USDA INSP. FROZEN WINNISIMMET SLOW SMOKED BACON 2 LB..... <b>\$3.99</b> ea</p> <p>USDA INSP. IQF FROZEN RAW SHRIMP 31/40 CT 2 LB..... <b>\$7.99</b> lb</p> <p>USDA INSP. FROZEN CENTERVILLE PIE CO. BUFFALO MINIS 9 OZ BOX.... <b>\$1.99</b> lb</p> <p>USDA INSP. FULLY COOKED BREADED HONEY CHICKEN WINGS..... <b>\$6.99</b> ea</p>	<p>USDA INSP. FRESH BONELESS BEEF STRIPOIN <b>\$5.55</b> lb</p> <p>USDA INSP. FRESH BONE-IN BEEF CHUCK ROAST <b>\$3.99</b> lb</p> <p>USDA INSP. FRESH BONE-IN RIBEYE ROAST <b>\$7.99</b> lb</p> <p style="color: red; font-weight: bold;">BUY NOW FOR CHRISTMAS!</p>	<p>USDA INSP. FROZEN PARTY WINGS PASTURE RAISED 4 PAK ..... <b>99c</b> lb</p> <p>USDA INSP. FROZEN BONE-IN SPLIT BREAST CHICKEN 20-24 LB ..... <b>69c</b> lb</p> <p>USDA INSP. FRESH CHICKEN DRUMSTICKS 10LB BAG..... <b>55c</b> lb</p>
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# PUBLIC NOTICES

## 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 westerly 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

**Commonwealth of Massachusetts  
The Trial Court  
Hampden Probate and Family Court  
50 State Street  
Springfield, MA 01103  
(413)748-7758  
Docket No. HD23P2325EA  
Estate of:  
Richard J Jaciow  
Also known as:  
Richard John Jaciow  
Date of Death: 09/14/2023  
CITATION ON PETITION FOR FORMAL ADJUDICATION**

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

The Petitioner requests that: **Steven J Krawczyk of Seymour, CT** and **Thistle L Krawczyk of Watertown, CT** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

**IMPORTANT NOTICE**  
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 12/13/2023.**

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

**UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)**

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

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

Date: November 13, 2023  
**Rosemary A. Saccomani**  
Register of Probate  
11/22/2023

**Commonwealth of Massachusetts  
The Trial Court  
Hampden Probate and Family Court  
50 State Street  
Springfield, MA 01103  
(413)748-7758  
Docket No. HD22P2202EA  
Estate of:  
Donald M Scott  
Date of Death: 08/28/2022  
CITATION ON PETITION FOR ORDER OF COMPLETE SETTLEMENT**

A Petition for **Order of Complete Settlement** has been filed by **Dawn Marie Boghosian of Ludlow, MA**

requesting that the court enter a formal Decree of Complete Settlement including the allowance of a final account, a determination of heirs at law and other such relief as may be requested in the Petition.

**IMPORTANT NOTICE**  
You have the right to obtain a copy of the Petition from the Petitioner or at the court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this court before: **10:00 a.m. on the return day of 12/18/2023.**

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

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

Date: November 13, 2023  
**Rosemary A. Saccomani**  
Register of Probate  
11/22/2023

## 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 personal 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

**Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Hampden Division  
Docket No. HD23P0437EA  
Estate of:  
Samuel James Vadnais  
Date of Death: 1/29/2023  
INFORMAL PROBATE PUBLICATION NOTICE**

To all persons interested in the above captioned estate, by Petition of Petitioner **Chelsea Venne of Ludlow, MA.**

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

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.  
11/22/2023

**Town of Ludlow  
Procurement Office**  
488 Chapin Street,  
Second Floor  
Ludlow, MA 01056  
413-583-5600 x1298  
**Requests for Proposals  
2023-015**

**Golf Professional Westover Golf Course**

The Town of Ludlow & The Westover Golf Commission are seeking sealed proposals from golf professionals to operate the Pro Shop at Westover Golf Course.

Documents will be available by email request after 10:00 AM on 11/27/23 at: lbelanger@ludlow.ma.us.

Bids will be received by the Chief Procurement Officer at Ludlow Town Hall, 488 Chapin Street, Second Floor Ludlow, MA 01056 until 2:00 PM on 12/13/23.

The Town of Ludlow reserves the right to reject any and or all proposals.  
11/22/2023

# BBB: What to do when an item is 'out of stock'

National experts are predicting an increase in spending this holiday season. There is also a concern if many of the items on consumers' holiday lists will be available on the shelf or online and are faced with the disappointing words: "Sorry, this item is currently out of stock." That's especially true when there are challenges with supply chains.

But does that mean the words "out of stock" are the end of the line? Not at all. With a little determination and some creative thinking, the item might be found and purchased. Here are BBB's tips for finding items that are sold out in stores.

## How to buy out-of-stock items

Try a different store. Avoid limiting the search to the most popular brick-and-mortar stores. Consider researching multiple vendors' websites to see who is carrying stock. If the large chain stores are out of what you need, try a reputable independent shop or a different type of store entirely. For example, when toilet paper was in short supply at grocery stores, some consumers found stock in unlikely places, such as hardware stores, restaurant suppliers, or office supply stores.

Check websites frequently. If there is an item out of stock when shopping online, don't give up hope right away. Bookmark the product page and check back daily. Many vendors restock high-demand products on a regular basis.

Sign up for restock alerts. Many companies offer restock alerts, which are usually sent by email. For example, on Amazon, look for an availability alert on a product's information page. Amazon will send an e-mail when the item becomes available. Keep in mind, you still must go to the website or store to make the purchase once the alert arrives.

Go straight to the product's source. If a brand name item isn't

available from a favorite retailer, check the brand's official website to see if it's in stock there. If not, consider getting in touch by emailing customer service or reaching out through social media.

Take advantage of return policies. If you suspect that an item will sell out quickly, but you aren't sure if you really need or want it, review the store's return policy. If a store gives you the option to return an item and offer a refund, you may want to purchase the item as soon as it's available. You can always send it back if it doesn't fit your needs, but you may regret not purchasing if the stock runs out for good.

Search for products on resale sites. If a product appears to be gone for good, don't lose hope just yet. Some resale sites may offer hard-to-find products. That said, watch out for scammers when looking for this year's hottest toy or a product that is very popular. Con artists prey on desperate shoppers by pretending to have an item that is impossible to find, accepting payments, and then never delivering the product.

Consider a personal shopping service. Personal shoppers can do the heavy lifting if there is a very specific product you are hunting for. Be sure to read reviews and ask for recommendations from friends and family members before deciding to hire.

Try out a subscription service. Subscription services offer regular deliveries of cleaning products, clothing and more. If the local stores are running out of fresh produce, for example, consider a meal delivery service.

Be patient. Sometimes, despite the best efforts, it just may not be possible to find most popular items. If this happens to you, be patient. You may have to wait a few months until suppliers can meet consumers' demands.

# State's Low Income Home Energy Assistance Program's winter heating season has begun

**BOSTON --** The Massachusetts Executive Office of Housing and Livable Communities is pleased to announce the start of the Low-Income Home Energy Assistance Program 2023-2024 winter heating season.


LIHEAP is a free, statewide service funded by the federal Low Income Home Energy Assistance Program that helps eligible households stay warm during the winter months by paying a portion of winter heating bills.

Applications for home energy assistance are currently being accepted online at [toapply.org/massliheap](http://toapply.org/massliheap), and income-eligible households may receive financial help to offset heating bills from Nov. 1, 2023, through April 30, 2024.

Both homeowners and renters can apply online or through local administering agencies for LIHEAP assistance. Households must meet specific eligibility requirements to qualify for aid, which will be paid directly to their heating vendor.

Eligibility is based on several factors, including household size and combined gross annual income of residents 18 and older. Qualifying households - including those with the cost of heat included in the rent - can receive assistance for all sources of heat, including oil, electricity, natural gas, propane, kerosene, wood and coal.

For more information, or to find your local LIHEAP agency, visit [www.toapply.org/MassLIHEAP](http://www.toapply.org/MassLIHEAP).



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413-589-7564 Office ❖ 413-589-7588 Fax ❖ 413-531-5360



# 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](mailto: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 hand-crafted 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](http://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](mailto:indianorchardcitizenscouncil@gmail.com) or stop in during operating hours. Follow the IOCC on Facebook and Instagram.

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

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

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

tion, call Maureen at 413-563-6226.

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

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

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

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

## Church DIRECTORY

**FAITH COMMUNITY CHAPEL**  
A Church of the Nazarene  
485 East St. Ludlow, MA 01056 413-583-7875  
Email: [faithcommunitychapel8@gmail.com](mailto:faithcommunitychapel8@gmail.com)  
[faith-communitychapel.org](http://faith-communitychapel.org)  
Lead Pastor: Reverend Lisa Morrison  
Associate Pastor: Gary Coombs  
Sunday Services:  
Discipline Groups 9:45 a.m. WorshipService11 a.m. and Facebook Live Stream  
OTHER PROGRAMS  
MONDAYS at 6:30 p.m. H.O.P.E. Meeting Recovery meetings for those with addictions, anxiety, and grief SMC. Call 413-519-4591  
TUESDAYS at 7 p.m. ZOOM Bible Study WEDNESDAYS at 7 p.m. Ludlow Christian Fellowship Meeting Hank Bastos, Leader, 413-348-6487  
SMC and Facebook Live Stream [ludlowfellowship.org](http://ludlowfellowship.org)  
FRIDAYS Children's After School Club (pre K through teens) 5-6:30 p.m. Church Fellowship Hall  
SATURDAYS at 10 a.m. Ecumenical Prayer Meeting

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Adult Religious/Marriage and Parenting for Men- 2nd and 4th Sunday of the month from 11-12 noon  
Classes for Single Adults(18-30)- 2nd & 4th Sunday of the month -11- 12 noon  
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Sunday Masses - 7:30 a.m.; 8:45 a.m. (Polish); 10 a.m. and 11:15 a.m.  
Sunday Evening Mass - 5:30 p.m.

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In Residence - Rev. Norman Bolton  
Deacons: Normand Grondin, Thomas Rickson, Keith Davies  
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[stelizabethludlow.org](http://stelizabethludlow.org)  
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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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MASS SCHEDULE  
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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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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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## 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.

# Simple ways communities can combat bullying

*Stand for the Silent, an organization helping to stop school bullying, helps communities address the issue*

OKLAHOMA CITY, OK -- It has been known that bullying around the country is a big problem. The statistics point to the fact that something needs to be done. People mostly look to the schools to handle the issue of bullying, but perhaps it is time for the whole community to take the issue on. With the community on board, addressing the issue to dismantle it, the schools and all areas will benefit. Tapping into how to get the community on board to combat bullying is a powerful method for creating a kinder world.

"We work with schools and communities around the country. We know how important it is to get the whole community on board with stomping out bullying," said Kirk Smalley, co-founder of Stand for the Silent. "It's really a team effort to address the issue, and we are happy to be at the forefront of helping people to make a difference."

Bullying is a common issue at school, with one in five high school students reporting being bullied on school property, according to the Centers for Disease Control and Prevention. But it doesn't stop once kids leave the school campus. The CDC reports that one in six high school students are cyberbullied, which takes place online, through texting, etc.

While we tend to think that bullying is a problem only for our youth, one look at the statistics surrounding workplace bullying proves otherwise. The CDC reports that up to 59% of workers in America say that they have felt

bullied in the workplace, while up to 15% globally have felt bullied, and 12% have witnessed others being bullied.

With youth and adults having bullying issues around the nation, it's time for communities to address the issue as a whole. Here are ways for communities to combat bullying:

**Guest speaker.** Stand for the Silent has a mission of traveling the country to speak with schools and communities about bullying. Inviting them to the community or school to talk is a significant first step toward making a change and setting a new tone.

**Make the commitment.** The community needs to commit to the idea of addressing bullying. Coming together to share in the mission of tackling the issue will be more successful if those involved are 100% on board with making it a consistent part of the community discussion.

**Raise awareness.** The more people talk about bullying in the community, including what it looks like, the damage that it does, and what to do to address it,

the more it takes the power away. When people are aware of the issue in their community, they will become more active in helping not to tolerate it.

**Partner up.** Community groups working to eradicate bullying can partner with other local resources, including groups, organizations, sporting teams, etc. That way, the message is being reinforced at every corner.

**Get people involved.** To get more community members engaged in addressing the issue, hold community events, have guest speakers, forums, question and answer sessions, etc. People need the facts and how to handle it, and they can get the answers at these events.

"Your community will feel the difference it makes once you get started addressing the issue together," adds Smalley. "Our youth doesn't live in a bubble, they are part of the community, so it's time for us to all stand together on this issue."

Some signs may signal a child is being bullied, such as having sudden

changes in school attendance, having difficulty concentrating, lacking the ability to be self-assertive, having injuries without an explanation of where they came from, a loss of appetite before going to school, etc. If a parent or teacher suspects a child is being bullied, the issue should be investigated and remedied immediately.

Smalley and his wife, Laura, started the organization following their 11-year-old son ending his own life due to bullying. They turned their pain and loss into a mission of helping others. He travels the country giving presentations about bullying to schools, providing bullying prevention, giving out scholarships, offering intervention strategies, and more. Those interested in getting involved can start a chapter of the group in their area, obtain a free K-2 bullying prevention curriculum, host a presentation at their school, and donate to help support the cause. To get more information, visit the site at: <https://standforthesilent.org/>.

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# REGION

## Multiple pets, large pets? No problem

*How to find pet-friendly accommodations for the whole crew*

“We are a country that loves our pets. Nearly 70% of U.S. households have at least one pet, says TripsWithPets.

More Americans have pets than ever before, and more consider them to be family members than ever before. As a result, more pet parents are bringing their furry loved ones along with them when they travel – whether on a vacation, a weekend getaway, a move, or even a business trip.

Fortunately, more hotels are allowing pets. However, that welcome typically extends to one or two pets, and there are weight restrictions to contend with. This means that those traveling with three or more pets, larger-size pets, or both, find it a bit more challenging to find pet-friendly accommodations than those traveling with only one small pet.

Almost 25% of American households have multiple pets (i.e. dogs and cats) and 36% of dog owning households have pups larger than 40 lbs. So, there is indeed a demand for hotels, vacation rentals, B&Bs, etc. to consider broadening their pet policies.

“We frequently get requests from pet parents with three or more pets, and those with larger breeds and bully breeds,” said Kim Salerno, CEO/Founder of TripsWithPets.com, a website that provides online reservations at pet-friendly accommodations across the U.S. and Canada. “They want to find a place to stay with their pets, but they’re not having any luck. I have three large dogs, and I know it can sometimes be tricky. There aren’t a lot of hotels that have policies stating they allow more than two pets, and don’t have weight restrictions.”

It may be a bit more challenging, but there are steps that pet parents can take if they want to bring multiple pets or large breeds along with them when they travel.

### Seek detailed pet policies

A visit to TripsWithPets is a great starting point. The site features comprehensive pet policy details for all of its pet-friendly properties, including the number of pets allowed and pet weight limits. Keep in mind that it is easier to find accommodations for larger pets than it is for more than two pets.

### Divide and conquer

If you can’t find a hotel that can accommodate your whole crew, consider booking two rooms. Hotel pet policies work on a per-room basis. So, if the hotel allows 2 pets per room, and you have three or four pets and two human travelers, you can book two rooms, and everyone will be welcome.

### Enlist extra assistance

If you still need some extra help finding accommodations, you can contact TripsWithPets directly. “We can personally help you find some options,” said Salerno. “If need be, we can reach out to some of our more flexible hotel and vacation rental partners on your behalf. We have a great relationship

with them, and they are often willing to make exceptions. We’ve helped many pet parents find the right accommodations in this way. Once, we even helped a couple driving across the country with four dogs and two cats find hotels all along their entire route.”

### Resist temptation

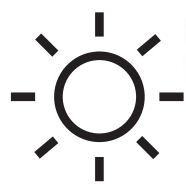
Whatever you decide, don’t be tempted to try to sneak unwelcome pets into any accommodation. In addition to being wrong, it’s unlikely to work, especially if you’re attempting to smuggle in a crowd of canines or a giant pooch. If you get caught you’ll be asked to leave. Further, it can give pet parents a bad rap which could result in more pet restrictions.

In the end, while it may be a bit more effort to take the whole furry gang with you on your travels, it’s very doable. “I travel successfully with all three of my large dogs, and one of mine is a bully breed,” said Salerno. “You just have to do a bit more digging...and we can help.”

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# Learn how to take charge of your diabetes with healthcare team

## November is National Diabetes Month

SPRINGFIELD -- Newer drugs, easier glucose monitoring, focusing on a healthy lifestyle and a coordinated approach working with your health care team is resulting in better outcomes for diabetes patients.

According to Dr. Cecilia A. Lozier, chief, Division of Endocrine and Diabetes at Baystate Health, managing diabetes takes a team to help you identify the right tools to live well with diabetes. Often this includes a primary care provider or diabetes specialist who helps match the right medications to your needs, and a registered dietitian, or certified diabetes educator who assists patients in understanding the way diabetes impacts their lives while guiding them to make small, but powerful, progressive steps towards a healthy lifestyle.

"A diabetes diagnosis most often begins with your primary care provider who will then work with you to manage your diabetes over your lifetime through matching the right medication to your body's needs to keep you healthy and maintain your blood sugars at a safe level," said Lozier. "They will also provide you preventative care by monitoring the other parts of the body most impacted by diabetes complications including your eyes, heart, kidneys and feet. Maintaining good blood sugar values while monitoring for and responding to a complication of diabetes should it occur is key to living a long, healthy life with diabetes."

Diabetes educators, who are nurses

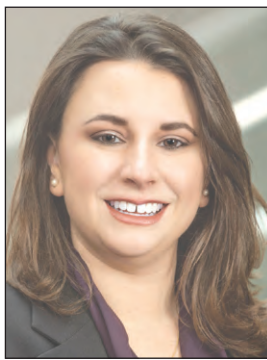
or other healthcare professionals trained in diabetes care and education, are an essential part of the health care team.

"There is a lot to learn following a diagnosis of diabetes and diabetes educators provide patients with comprehensive education. They guide diabetes patients on adopting a healthy lifestyle and personalize their diet and exercise plan. They can advise you on monitoring your blood sugar and how to respond to your numbers. And, they can look over your blood sugar patterns and help you learn to recognize how food and other things influence your sugars," said Lozier.

Primary care providers can also refer their patients to a diabetes and endocrinology specialist like Lozier in more complex cases.

"At Baystate Endocrine and Diabetes, we see about 10% of the patients in the area with diabetes. Often our patients have complex needs or have difficulty controlling their diabetes. Our role is to work with them to stabilize their diabetes while ensuring they get the comprehensive education needed to better understand their diabetes. Once this is achieved, we transition their care back to their primary care provider to continue monitoring and evaluating their diabetes," she said.

Diabetes is a chronic disease that happens when your blood glucose, also called blood sugar, is too high. The pancreas makes insulin, which is a hormone that helps glucose get into your cells to be used for energy. But when your body



Dr. Cecilia A. Lozier

doesn't make enough or any-insulin (type 1 diabetes), or doesn't use insulin well (type 2 diabetes), then glucose then stays in your blood and can cause health problems.

Symptoms of diabetes include frequent urination and thirst, extreme hunger, unusual weight loss, extreme fatigue and irritability. Those with uncontrolled diabetes may

have frequent infections, blurred vision, cuts and bruises that are slow to heal, tingling/numbness in the hands or feet, and recurring skin, gum or bladder infections.

November is National Diabetes Month and its theme - "Take Charge of Tomorrow" - focuses on taking action to prevent diabetes-related complications such as heart disease, stroke, blindness, kidney damage and limb amputations.

Newer ways to monitor blood sugar, called continuous glucose monitoring which do not require pricking the finger for a blood sample, a deterrent for many, are helping people with type 1 and type 2 diabetes to "take charge."

Continuous glucose monitors - including the Dexcom G7 and Abbott Freestyle Libre 3 - are sensor-based systems that continuously provide glucose readings day and night. Dr. Lozier and her colleagues have a lot of experience helping patients with diabetes by starting them on a continuous glucose monitoring system.

"The benefit of this technology is twofold. First, it is a painless system and the bar to see what your sugar is becomes quite low in doing so. Secondly, and most importantly, you can see how your sugars respond to different foods or conditions. I had a patient tell me recently how the sensor she was wearing helped her attain excellent sugar values by seeing how her body responded to different foods and by using that feedback to drive lifestyle changes," said Dr. Lozier.

There have been new diabetes medications coming to market recently which target not only improvement in your blood sugars, but also protect the heart and the kidney from the long-term impact of diabetes. These medications include the GLP1 agonists and the SGLT 2 Inhibitors.

Non-insulin injectable medications including Ozempic, Trulicity, and Victoza belong to the GLP-1 agonists medication class and they have been growing in popularity over the last few years designed for people with type 2 diabetes. Victoza is a daily injection while Ozempic and Trulicity are weekly injections designed to trigger insulin release, block sugar production in your liver, and slow the metabolism and absorption of sugar from your gut making you feel full. Commonly, these medications have the additional benefit of aiding in modest weight loss.

SGLT-2 inhibitor medications are pills which you take daily. These pills help the kidneys release sugar into the urine and out of the body. They are used for people with type 2 diabetes, but because of their powerful benefits on the kidney and heart, they have been studied for and are helping patients with kidney failure and heart failure without diabetes stay out of the hospital and slow their disease progression.

Mounjaro, similar to GLP-1 agonists, is a more recent drug in the class GLP-1/GIP agonists. It's the first medication available in the United States that activates both the GLP-1 receptor and the glucose-dependent insulinotropic peptide (GIP) receptors.

"Mounjaro is a new medication, so we are still learning about it, but it appears to be a powerful aid in management of blood sugars and weight loss," said Lozier.

She noted there are many tools available to help you on your journey with diabetes to

### "Take Charge of Tomorrow."

"Get connected with a team of health care professionals. Most importantly, actively engage with your primary care provider to be on top of monitoring your diabetes and establishing a smart medication regimen suited for you. Establish a relationship with a diabetes educator to understand how to live a long happy and healthy life with diabetes. Get set up with a continuous glucose monitor to receive and respond to feedback from your body to make health choices. You can do this," Lozier said.


For more information on Baystate Health, visit baystatehealth.org, and for assistance in finding a primary care provider if you do not have one, click on "find a provider" on the front page then enter primary care.



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**Deadline for photos and forms is Friday, December 6, 2023**

## BBB Tip: Healthcare scams are after your personal information

Healthcare scams are as varied as just about any con out there, according to the Better Business Bureau. The fraudster often poses as a government authority to persuade you to provide personal information related to your Medicare or Medicaid account for identity theft. In other cases, the con artist is after your health insurance, Medicaid or Medicare information to submit fraudulent medical charges.

### How the scam works:

The scam typically starts with an email, text message or phone call that appears to be from a government agency. Con artists use a variety of stories. In one common version, the "agent" tells you that he or she needs to update account information to send a new medical card. In another version, the scammer asks for your account number in exchange for free equipment or services. A third version involves a threatening robocall purporting to be from HealthCare.gov or the Health Insurance Marketplace. You're told you must buy health insurance or face a fine. Sure enough, you're soon asked to provide personal information. A more recent version has reported Medicare recipients receiving notices that new Medicare cards with microchips will be sent out and further verification is required.

recipients receiving notices that new Medicare cards with microchips will be sent out and further verification is required.

### Tips to avoid this scam:

Don't trust a name or number. Con artists use official-sounding names or mask their area codes by spoofing to make you trust them. Don't fall for it.

Hang up and go to official websites. You can enroll or re-enroll in Medicare at Medicare.gov or a marketplace health plan at Healthcare.gov.

Never share personally identifiable information with someone who has contacted you unsolicited, whether over the phone, by email, or on social media. This includes banking and credit card information, your birthdate, Social Security or Social Insurance number, and, of course, your health insurance number.

Guard your government-issued numbers. Never offer your Medicare ID number, Social Security number, health plan info, or banking information to anyone you don't know.

Know the signs. Medicare will never contact you via email, text message, or phone, asking you to verify personal information.