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# The REGISTER

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## Hot cocoa with Santa



Turley photos by Amanda Munson

### The Ludlow Fire Department Ladies Auxiliary with Santa, family, and friends.

By Amanda Munson  
 Staff Writer  
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LUDLOW – Hosting two sessions on Nov. 29 and Dec. 7, the Ludlow Fire Department Ladies Auxiliary kicked off the holiday season with a visit from Santa, paired with free hot chocolate, cookies, and the annual Christmas tree sale with assistance from the LFD. Supporting the Community Survival Center that services Ludlow with a food drive where guests brought

and donated non-perishable food items, the morning was full of good company and lots of Santa pictures! Standing next to the Christmas trees that smelled divine, Members of the LFD Ladies Auxiliary Tanya Nally and Belinda Zina shared that the group is restarting with hopes of hosting more events like these in the future. The group hasn't met in over 20 years. Having a soft launch in the spring, the members wanted to be able to sponsor and support the social club

for the fire department, while bringing in more of the community and engaging with them more. The funding aspect of the auxiliary group will help families in the future with scholarships, sports, and more. Held in the parking lot of the LFD, the Christmas trees were lined up for easy browsing and once families picked out the perfect one, the firefighters helped cut the trunk down with a chain saw and assist mounting the tree onto the cars.

Nally and Zina explained that the members began helping by making wreaths together, bringing in homemade cookies, and collaborating with Santa and the LFD to make this event happen. Explaining that this was the first big recent event for the group, Nally and Zina both agreed that the engagement from the community coming in and supporting them and the initiative was awesome to see.

Please see **SANTA**, Page 5

## School Committee gets update on special education

By Amanda Munson  
 Staff Writer  
 amunson@turley.com

LUDLOW – On Dec. 9, Superintendent Frank Tiano updated the school committee on the ongoing effort to update departments in the schools and the district about special education. Special Education is specially designed for instruction and/or related services provided to eligible students with educational disabilities to help them access the general education curriculum.

This education is governed by both federal and state laws and regulations, which is IDEA, Individuals with Disabilities Education Act and is celebrating its 50th anniversary this year. The presentation at the school committee highlighted that the new IEP, individualized educational program, that's been implemented for over a year, is pushing all students to be within the general educational classroom as much as possible.

Stating that makes sure to accommodate and modify so students have ac-

cess to those classes but also stating that not every student can be educated through a general ed classroom. Every year the IEP is updated and actively working towards a less restrictive placement and setting.

The presenter stated that every single student is a general ed student first and foremost, it doesn't matter if you have a disability or if you're an English learner, you are a general ed student first.

On the presentation slide, it states that as a district, it provides the related services for students with disabilities like OT, occupational therapy, PT, physical therapy, speech and language, behavioral supports, counseling, TVI, teacher of visually impaired, TOD, teacher of the deaf/hard of hearing, and AAC, augmentative and alternative communication.

At East St. Elementary, the programs available are integrated Pre-K classrooms, inclusion, and in-

Please see **SPECIAL EDUCATION**, Page 6



Turley photo by Amanda Munson

### Executive Director of the Community Survival Center Cristal Turcotte, with members of the LFD Ladies Auxiliary and CSC Board President Ronald Hokanson.

## Ludlow Fire donates food to Community Survival Center

By Amanda Munson  
 Staff Writer  
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INDIAN ORCHARD – On the afternoon of Thursday, Dec. 11, collecting food initially at the Ludlow Fire Department Ladies Auxiliary cookies with Santa event earlier in the week, the LFD met Executive Director Cristal Turcotte of the Community Survival Center to donate a total of 478 pounds of food. Meeting in the storage area of the center, surrounded by hundreds of non-perishable items ranging from canned goods to clothing bags for the thrift store, Turcotte shared what it's been like these past few weeks and what the center hopes to accomplish in the new year.

Beginning the position in June, transitioning from her previous job at the CSC as the pantry coordinator for 15 years, Turcotte began, "I was scared so I pushed the executive director title away

and said maybe next time, but then they were having a hard time finding someone and figured I should step up. I am glad I did, nothing has really changed, the physical aspect has but I still work in the back with the staff. When people come in with food, we bring it to the food pantry, we log it into our book and weigh it, then I send out thank you with the poundage on them. It's to let them know how much they donated, and we log it into our computers. Clothing donations when they come in, we store them either in the back room; we sort them daily and put them into a box. The volunteer hanging out the clothes checks them, and then before they get put into the store, a staff member checks them. The clothes get checked about three to four times before they are put onto the floor," Turcotte said.

Suggested foods to donate heading into the new year are protein packed

foods including canned meats, peanut butter, and hearty meals that are protein rich. With a goal to get through until the month of May, every donation counts.

Turcotte continued, "I always suggest items that they can make a meal out of, like a hearty soup that they can put over rice or mashed potatoes. Something that will fill them as a meal because those are the things that go the fastest. Referring to the LFD Ladies Auxiliary donation, it will help keep our shelves stocked for a little bit longer. We're hoping to get through May, which in May, we have our National Letter Carrier Food Drive and hopefully next year, we will do better than we did in 2025. I would like to hit a goal of 20,000 pounds of food donated. Around 12 years ago we received 31,000 pounds of food from that drive and

Please see **DONATION**, Page 9

## Favorite holiday traditions of Town officials, first responders

By Amanda Munson  
 Staff Writer  
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LUDLOW – During the week of Dec. 10, The Register visited the Town Hall and the Public Safety Complex to learn and share holiday traditions that town employees are looking forward to celebrating with their families in the following weeks. Beginning in Town hall in the Health Department, Health Director Paulina Matusik shared her favorite holiday traditions.

"Winter is my absolute favorite season; I love snow and snowboarding in the winter. The more snow the better. It's a magical time and my favorite thing would be to get snowed in. My favorite Christmas memory is two years ago, I went to Montreal with my family, and we did get snowed in. Having hot chocolate, sitting by the fire near the Christmas tree, and just being with my family from Poland. Christmas



### For the Health Department, Mill Towns Shared Services Health Inspector Tessa Obuchowski, Health Inspector Emily Quinn, with Health Director Paulina Matusik.

Eve is our big holiday and there's no meat aloud, so we fast all day until the first star comes up at night. My mom makes 12 different dishes and they're all nonmeat dishes and Pierogi is my favorite, cheese and potatoes specifically," said Matusik.

Walking down to the Collector's Office, Administrative Assistant Kristen

Ramos shared that at the age of two, her family would put her to bed around six o'clock at night and her grandfather would act as Santa Claus.

"My grandfather would slam the door and would say, ho ho ho, and would slam the doors. The adults would come wake up all the kids and we would open all of our Santa presents! We did it up until I was 16 years old, and we had all the cousins in it too; it was a big thing. My favorite food is my grandmother's stuffing, we are French Canadian, and she makes French meat stuffing," shared Ramos.

On the second floor at the Clerk's Office, Town Clerk and Records Access Officer Kim Batista explained that a tradition she cherishes is making a craft every year, whilst adding her dream on Christmas morning is to see snow in her windows.

"There's six of us girls and each one of us makes a

Please see **TRADITIONS**, Page 6



Turley photos by Amanda Munson

In front of Town Hall, the letters to Santa can be dropped off just in time for Christmas.

# LUDLOW

## St. Elizabeth Church serves up hot breakfast with St. Nick

By Amanda Munson  
Staff Writer  
amunson@turley.com

LUDLOW – On a cold Sunday morning Dec. 7, the St. Elizabeth Church held its annual breakfast with St. Nick, with assistance from volunteers and the Knights of Columbus. Serving up hot and fresh food made in house, with options like scrambled eggs and French toast, the room was full of families and friends from within the church and the public, enjoying each other's company and hitting pause for a few moments during the busiest time of year.

Speaking with Chairman of the event John Dryjowicz shared his own Christmas traditions and what he hopes families take away from this annual event. Dryjowicz began, "We've been making this breakfast for several years and it's always a hit. We incorporate the school also, so you see a lot of families here with the school kids. Some are parishioners and

some aren't, it's open to the public and we always sponsor it with St. Nick. Seniors must eat too and they're welcome! At the end of the day, to the bottom line, it goes to the social committee fund and with the cost of \$6.50 for breakfast, we make some revenue for the parish. It can go to the CCD program, for the youth for an event; there's enough to cover an event that's in the church. We love to support our youth because that's our church. If you really think about it, we were them at one point. There's a reason that grown-ups like us do this service work because it's something that our parents cut into our nature," explained Dryjowicz.

Dryjowicz continued sharing that on the committee, the volunteers were either cooking, doing dishes, setting up, bussing tables, or volunteering as St. Nick and all of them warmed his heart. "It kind of warmed your heart to see that they're involved. When I look at all the families together, it just

warms my heart because every Sun. we would eat at Grandma's house. At the time, we disliked it and now when I look back, those were precious times. To go out and see the family, it's going to be a blessing," ended Dryjowicz.

St. Nick and the Elf gave out age-appropriate Catholic books for children, as well as candy canes donated by Luso Credit Union, along with an opportunity for family photos. Volunteers from Pope Francis Preparatory School Isabella, Dylan, and Enzo were helping clearing and setting tablescapes, welcoming guests, and ensuring everyone was having a nice time.

Speaking with St. Nick, who was Volunteer Jacob Vautrain, shared why he continues to volunteer within his community and his experience being St. Nick to children who were so excited to see him on that Sun. morning. Vautrain began, "This year was my third year being St. Nick for St. Elizabeth's



Turley photos by Amanda Munson

The DaSilva family takes a photo with St. Nick, Jacob Vautrain and the Elf, Nadia Rose Conrad at breakfast with St. Nick!

breakfast. My favorite part about meeting people as St. Nick is the positive reactions I get from younger children. I enjoy seeing the kids smiling and getting up the nerve to come see me. I love hearing them say yes when I ask them if they've been good this year. Knowing that I made someone's day just by being there as St. Nick is a very fulfilling feeling," Vautrain said.

Vautrain continued, "My

mother is the one who introduced me to volunteering opportunities as a child, encouraging me and my brother to join the community service clubs that Ludlow Public Schools offered as well as ushering and greeting at mass at St. Elizabeth. While I didn't think much of it at first, the sense of community I gained, as well as the satisfaction of helping others, quickly motivated me to stay active in volunteer work. This

is why I would encourage anyone to volunteer. It's important for the younger generation to volunteer in their communities so they can meet people instead of just facing a computer screen. In a world with technology growing at rapid rates, community volunteering allows kids to meet people face to face, build relationships and show one another that they can do good for others," shared Vautrain.



The Nadeau family was happy to spend time together and enjoy their annual tradition.



With the help of volunteers, the line for breakfast kept coming after the church calling times ended.



The Knights of Columbus cooked for the families of St. Elizabeth Church and the public, with the fan favorite being the French toast.



THROUGHOUT 2025, THE CLUB HAS BEEN CELEBRATING OUR 75<sup>TH</sup> ANNIVERSARY BY HOSTING EVENTS TO CREATE COMMUNITY, RAISE AWARENESS, AND GENERATE FUNDS FOR NEW CLUB EQUIPMENT. BECAUSE OF YOU, WE HAVE REACHED OUR GOAL OF RAISING \$75,000 FOR CLUB PROJECTS!

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# New food services director introduced

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

LUDLOW — “The secret ingredient to any great kitchen is a happy team!” In the Dec. 9 School Committee meeting, Director of Food Services Kathleen Keady shared an update on the services within the Ludlow Public Schools. Keady began, “I am your new food service director for the district, and I am thrilled to be here. I absolutely love

what I do, and I’ll tell you what I’ve been doing since the middle of Aug. since I came here. I started with staff incentives; I had contests in my kitchens for my managers to do with their staff. They were competing against each other in the schools, and I asked the administrators to wander in, I asked teachers, students, and I got a lot of feedback; I also saw how competitive my managers are. The kitchen staff had a great deal of fun with it, it allowed them to

shine and to do things that in a short period of time, I suggested things and they jumped on it; they loved it! They highlighted what I worked with them on like new menu items, including colorful fresh fruits and vegetables,” said Keady.

Keady stated that they get a certain amount from the government for fresh fruits and vegetables but also mentioned that it will eventually run out. “The kids are responding, they love it and they love the

colors. It’s important for me to meet with my managers monthly, I go over topics with them in person as a group and discuss menu ideas, share their experiences and try new things. It gives them the opportunity to meet and talk things through,” stated Keady.

For what’s ahead, Keady emphasized the importance of increasing participation and plans to organize a food drive with the Community Survival Center coming up in February 2026.

# Senior Center, Fire Dept. deliver sand to seniors

LUDLOW - The Ludlow Fire Department and the Ludlow Senior Center delivered 70 buckets of sand through the annual ‘Sand for Seniors Program’.

On Tuesday, Dec. 9, members of the Ludlow Fire Department delivered buckets of sand-and-salt mixture to residents’ homes.

Each winter, Ludlow Fire

partners with the Ludlow Senior Center to provide older adults with a simple but effective tool to help prevent slip-and-fall injuries during icy conditions.

Older adults in need are given buckets of a salt-and-sand mixture for residents to use on their walkways and driveways in winter weather and icy conditions.

The Ludlow Senior Center identified community members in need, while the Ludlow Department of Public Works supplied the sand mixture. The buckets were donated by People’s Bank.

This initiative has become a yearly tradition as a way to strengthen community partnerships and highlight the town’s ongoing commit-

ment to supporting senior safety.

“This program is a wonderful way to connect with our community members in an effort to support those in need,” said Chief Pease. “Icy walkways can be extremely dangerous, and making sure they are properly sanded and salted can lower the chance of a fall.”

# Evangel Assembly hosts free Christmas Dinner

WILBRAHAM—Evangel Assembly is delighted to open its doors and hearts this Christmas, inviting the Wilbraham-Hampden community and neighboring towns to a complimentary Christmas Dinner on Thursday, Dec. 25, 2025.

The free dinner will be served from 11 a.m. to 1 p.m. at Evangel Assembly, located at 348 Stony Hill Road, Wil-

braham. Everyone is welcome-no registration required.

Whether you’re spending the holiday alone, looking to share a meal with loved ones, or simply wanting to celebrate with new friends, you’ll find a warm welcome, delicious food, and the joy of the season.

“This Christmas Dinner is our way of sharing the love and hope of Christmas

with our neighbors,” said Outreach Pastor Lori Phillips. “No one should spend Christmas Day without a hot meal and the company of others. We can’t wait to celebrate together.”

The event is open to all ages and backgrounds. Volunteers from Evangel Assembly will serve a traditional holiday meal in a festive, family-friendly atmosphere.

# Tree of Love fundraiser

PALMER—The Tree of Love annual fundraiser honors a loved one with a wooden ornament to be put on our tree near the Baystate Wing Gift Shop from November thru December.

A single name ornament is \$5 and a family name is \$10. More information and forms are available in the Gift Shop or by our tree on the 1st floor.

# Nomination papers available for town election

LUDLOW — Nomination papers for the March 23, 2026, Annual Town Election are available in the Town Clerk’s office.

- Assessor, 1 seat; 3-year term
- Board of Health, 1 seat; 3-year term
- Housing Authority, 1 seat; 5-year term
- Library Trustee, 1 seat; 3-year term
- Planning Board, 1 seat; 5-year term
- Planning Board, 1 seat;

- 4-year unexpired term Recreation Commission, 1 seat; 3-year term
- Select Board, 1 seat; 3-year terms
- Town Clerk, 1 seat; 3-year term
- Town Moderator, 1 seat; 3-year term

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

number of certified signatures.

Town meeting member nomination papers must be signed by at least ten registered voters of the precinct in which the candidate resides.

Voters in each precinct will elect five town meeting members for three years and elect other members as necessary to fill existing vacancies. Please call the Town Clerk’s office with any questions (413) 583-5600 Ext. 1.

# Lotto calendars available at Wing Gift Shop

PALMER—Baystate Wing Gift Shop Annual January Lotto Calendars are now available through Jan. 30, 2026. The drawing will be held Feb. 3, 2026.

The price is \$5 for one calendar with 31 chances

to win and \$10 for three calendars with 93 chance to win. The winner need not be present.

Funds are used for scholarship awards for seven local high school graduates and towards the gift

shop’s pledge of \$200,000 (in installments) to Baystate Wing to a specific department.

These make great stocking stuffers/gifts or recognition of someone in your daily life.

# PAV vote to be held Dec. 21

THREE RIVERS—The PAV of Wilbraham will be holding a vote on a recent bylaw change recommendation

at their members meeting at 11:00 a.m. on Dec. 21 2025 at the AmVets Post 74 hall in Three Rivers.

All members are asked to attend this very important meeting.

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# OPINION

## GUEST COLUMN



### About remarrying and benefits from an ex-spouse

Dear Rusty:  
I am almost 57, divorced after a 14-year marriage. My former spouse is 15 years older than I and made significantly more money than me. I am required to retire from my job at age 60 but expect to keep working in some capacity.

I have a girlfriend of a similar age to me. She did not earn as much as her former husband as she mainly raised their children. She is also divorced from an older spouse who made more money than she did. I am trying to figure out if we will be penalized if we marry or if it matters if we wait until after we reach 60 years of age. Can I claim my own benefits when I become eligible at 62, then claim survivor benefits later, whenever my former spouse passes? Is that affected if, or when, I remarry? I do not want to give up my potential survivor benefits from my ex-spouse. Are those affected if I remarry?

If I understand correctly, if I remarry even after 60, we would both forfeit divorced spousal benefits, is that right? Given that my girlfriend's former spouse probably made more money than I, would she be forfeiting her former spousal benefits if we were to marry, even after age 60?

Lastly, I am considering retiring abroad as an expat. Any suggestions about how that would affect our Social Security benefits?

Signed: Starting Over

Dear Starting Over:  
With certain exceptions, benefits from a living ex-spouse cannot be collected if you remarry (regardless of your age when you remarry). So, from what you've shared, whenever you remarry both you and your new wife will forfeit eligibility for benefits from your respective ex-spouses while they are living (FYI, there are exceptions for those who are disabled).

However, the rules are different for a surviving ex-spouse: if you remarry before age 60, you will forfeit your surviving ex-spouse benefit. But if you remarry after age 60, you retain eligibility to collect survivor benefits from a deceased former spouse. So, if you and your girlfriend remarry after you are both age 60, you will both still be able to claim survivor benefits based on your former spouses' records.

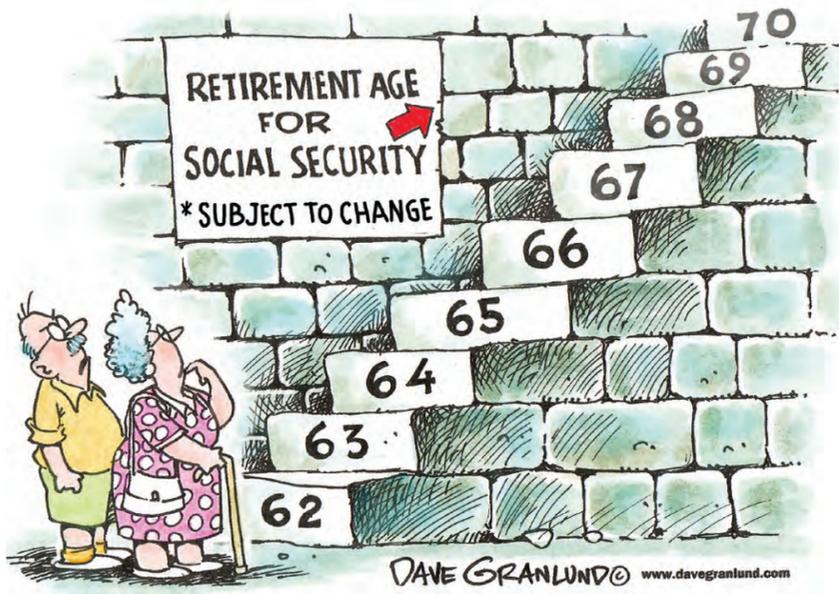
And, yes, it is possible for you to initially claim your own SS retirement benefit at 62 and claim your surviving ex-spouse benefit later after your former spouse dies. Provided you remarry after age 60 you do not lose that option, but if you were to claim a surviving ex-spouse benefit before reaching your Full Retirement Age, the monthly payment amount would be reduced, all SS benefits taken before FRA are reduced.

Note too, that if you plan to continue working after you are first eligible for SS benefits, Social Security has an "earnings test" which limits how much you can earn from working while collecting early benefits. The limit changes yearly for 2025 it is \$23,400 and if exceeded, SS will take back \$1 in benefits for every \$2 you are over the limit. And, as you likely know, claiming at age 62 will also mean a benefit payment of about 30% less than available at your FRA of 67. So, if you plan to work after age 62 and plan to claim early SS, you should take the "earnings test" into consideration. FYI, the earning test no longer applies after you reach your Full Retirement Age.

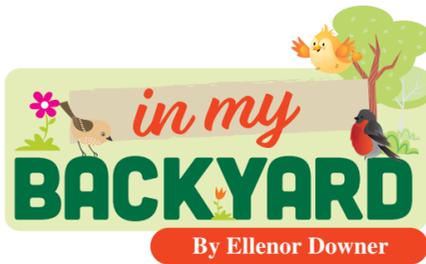
Now, regarding retiring overseas, be aware that Social Security has limits on where you can collect U.S. Social Security benefits. I suggest you use Social Security's Payments Abroad Screening Tool to find out if benefits are payable wherever you plan to retire abroad. That SSA tool can be found here:

[https://www.ssa.gov/international/payments\\_outsideUS.html](https://www.ssa.gov/international/payments_outsideUS.html)

*The Association Mature Citizens Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. This article is intended for information purposes and does not represent legal or financial guidance. It presents the opinions and interpretations of the Association Mature Citizens Foundation's staff, trained and accredited by the National Social Security Association. To submit a question, visit [amacfoundation.org/programs/social-security-advisory](http://amacfoundation.org/programs/social-security-advisory) or email us at [ssadviser@amacfoundation.org](mailto:ssadviser@amacfoundation.org). Russell Gloor is a Social Security advisor for AMAC.*



## GUEST COLUMN



**Purple finch**

An Oakham resident saw a purple finch in her yard recently.

The purple finch is about six inches long. It has a sturdy body, short tail and a conical bill designed to crack seed. The male has raspberry red covering its head, chest and back. The color fades into a lighter pink tone on the belly. The wings and tail are brown with red highlights. The female has no red coloring and is brown and white with heavy streaking. It has a white eyebrow stripe.

The purple finch and house finch are often confused. The purple finch as a more uniform raspberry color and the house finch is more orange red color. The house finches color is limited to the head and upper chest. The purple finch also has notch at the base of its tail and is larger.

Purple finches breed primarily in Canada and the northeastern United States including New England and the Great Lakes region. The purple finch is the state bird of New Hampshire.

A typical clutch consists of four or five pale blue eggs with small dark speckles. The female incubates the eggs for about 12-14 days while the male provides food. Once hatched, both parents feed the nestlings a mixture of regurgitated seeds and in-

sects to ensure proper nutrition. The fledglings leave the nest roughly two weeks after hatching, though parents continue feeding and protecting them for another week or two.

They are fond of black oil sunflower seeds, safflower seeds, and millet offered in tube or platform feeders. In summer they supplement their diet with insects and caterpillars as well as blackberries and cherries.

### Birds during snow storm

A Brimfield resident emailed, "During the recent snow storm (Tuesday, Dec. 2) there were 30 plus dark-eyed juncos in the yard and one white-throated sparrow."

### Bird bath visitors

The Brimfield resident said he went looking for his bird bath heater and could not find it.

He said, "Eventually I did find it, in the bird bath. It wasn't connected and grass had grown over the cord so I couldn't see it, but dug around and eventually found the cord, got it plugged in and now the bath isn't freezing."

He has a trail camera near the bird bath. Lots of birds are using the bird bath, mostly to get a drink. Birds coming to the bird bath include blue jay, Carolina wren, cardinal, cedar waxwing (six), chickadee, goldfinch, mourning dove, robin (three), titmouse and white-throated sparrow.

He said, "Robins took a bath but when it was warmer, temperature in the upper 40s. Junco are the only cold weather bathers." Mammals seen at the bird bath are opossum, raccoon, mouse at least two and a mole.

He thinks the tub he uses for the bird bath has a leak because the water level goes

down and he has to refill it ever couple of day. He said, "The local pond are now frozen. We did a few trips around the area and never saw any migrating ducks, just mallards and Canada geese."

### Helping birds

Birds are attracted to water during winter months. They do not bath when temperatures are below freezing, but they do take a drink. A source of unfrozen water will attract birds.

Providing wild birds with clean drinking water is helpful. However, providing a roomy bathing area that stays thawed even in severely-cold weather can be harmful in some cases. Before heating devices kept birdbaths ice free, birds could bathe in naturally-melted water and be able to fly off without their feathers freezing. According to the blog Cool Green Science-Stories of The Nature Conservancy, birds bathing while air temperatures are frigid risk harm due to frozen feathers: <https://blog.nature.org/2022/01/31/should-you-provide-birds-water-in-winter/>.

The article suggests modifying heated birdbaths so that birds can safely drink, but not bathe. A metal heating element that keeps a small section of the birdbath thawed works well. People, who have bird feeders or simple feeding stations may add shallow unbreakable container around the area. Yes, it can be labor-intensive, but they can easily pour water into them (hot water when it's below freezing) and provide fresh water for at least a short period of time. As a source of drinking water, the containers can be filled with pebbles that will form small pockets of water where birds can get a drink of water.

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

## The REGISTER

### LETTERS TO THE EDITOR

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

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

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

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

### SUBMISSIONS POLICY

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

Please send photo captions identifying all subjects in your image(s) from left to right.

We need first and last name, hometown, title if applicable, and a brief description of what subjects are doing in the photo. Email uncorrected, raw, RGB color digital photos at highest resolution directly off your camera to [mharrison@turley.com](mailto:mharrison@turley.com).

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

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

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

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### ELECTION LETTERS POLICY

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

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

### Campaign news

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

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

## GUEST COLUMN

### Give yourself the gift of self-compassion

don't meet our own expectations, and ruminating over our perceived failures don't do anything to improve our state of mind. In fact, it's damaging – and if you've ever been assessed for depression, those are some of the behaviors that might be identified.

There's a better way. This holiday season, give yourself the gift of self-compassion.

It's not just an idea. It's a way of living.

There's even an institute for its study and implementation, founded by Kristin Neff, an associate professor of educational psychology at the University of Texas at Austin. A pioneer in the field of self-compassion research, she

conducted the first empirical studies on self-compassion more than 20 years ago and now runs the Self-Compassion Institute ([self-compassion.org](http://self-compassion.org)).

### What is self-compassion?

Neff explains that self-compassion is showing yourself the same care and consideration you would show to a friend who is struggling or feeling bad about themselves.

"It means being supportive when you're facing a life challenge, feel inadequate or make a mistake," she writes. "Instead of just ignoring your pain with a 'stiff upper lip' mentality or getting carried away by your negative

thoughts and emotions, you stop to tell yourself: 'This is really difficult right now, how can I comfort and care for myself in this moment?'"

She points out that when we berate ourselves for mistakes or setbacks, we lose confidence and often give up. "By contrast, self-compassion provides the emotional safety we need to keep trying, even when things don't go as planned," she explains. "Most importantly, it allows us to learn and grow from our mistakes rather than getting derailed by shame and anxiety."

Neff has created a little industry featuring books, work-

Please see **HEALTH**, Page 8



By Teri (Dreher) Frykenberg, RN  
Guest Column

Remember "tough love"? It was all the rage in the '80s and legitimized unkind or even cruel behaviors in pursuit of persuading a loved one to change their behavior.

"Positive narratives of tough love not only coursed through communities but also became a staple for television shows for decades," wrote Peg

Streep in Psychology Today, "despite the fact that there is no evidence – and never has been – that what is called tough love works in any context, including addiction."

So there. Tough love doesn't work on ourselves either. It's been shown that negative self-talk, beating ourselves up when we

# What's Happening at Hubbard Memorial Library

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

Library Hours: M, W, F 9-5, TU, TH, 9-8, S 10-2. Closed Saturdays during the summer, Sundays and holidays.

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

## FOR ALL AGES

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

## FOR ADULTS

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

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

**Who picked this book? Book Club Meeting, first Thursday of the month,**

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

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

## FOR TEENS

**Anime Club, Tuesday, December 30 (biweekly), 3:30-5:00 pm.** For middle and high schoolers. The group chooses what to watch each week. Join us to geek out on Anime, try out your cosplay, and eat yummy snacks. Registration recommended.

**JJK Animarathon, Tuesday, December 30, 3:30-7:30 pm.** For middle and high schoolers. Join the Anime Club and wear your cosplay for half a season of a fan fave, with free pizza and drinks sponsored by the Friends of the Library.

**Online Gaming Club for YAs, every Thursday, 3:30 - 5:00 pm.** For ages 10-15. Play Roblox, Minecraft, & more. Roblox players must have their own accounts; Minecraft players can bring their own devices or use one of the library's 8 computers and/or Minecraft accounts. Please register.

## FOR CHILDREN AND TEENS

**Read to a Poodle, Monday, December 22, 4:00 pm.** Quill the poodle will visit the Youth Room after school every other Monday, and he is a great listener! Sign up for a 10-15 minute reading session. You can

bring your own book, or we can help you pick some out when you get here. Quill is a registered Brightspot therapy dog. Please register.

**Youth Chess Club, Monday, December 29 (biweekly), 3:30-4:30 pm.** Ages 9-17. All experience levels are welcome for an hour of chess, some instruction provided. No matter what level you start at, you'll be better after playing with the club! Please register.

**Youth Crochet Club, Tuesday, December 30 (biweekly), 5:30-6:30 pm.** For ages 10-17. For beginners through experienced crocheters, supplies provided or bring your own. Please register.

**Easy Gifts for Grandparents, Saturday, December 20, 11:00 am - 1:45 pm.** All ages. Make keychains, glass bead sun-catchers, and book lover votive jars, plus a personalized gift bag and tag. Drop-in.

**New Year's Sticker Making, Monday, December 29, all day.** All ages. Drop in to use our sticker maker and some fun designs to make stickers celebrating the New Year!

**Cupcake Liner Fireworks Craft, Saturday, January 3, 10:30 - 12:30 am.** Make cool fireworks-themed paper art—out of cupcake liners! Best for children who can use scissors. Drop-in.

**Drop-in Holiday Card Making, for the month of December.** All ages. Pre-cut designer papers, stickers, glitter, and more.

**Lego Build Challenge, every Wednesday, 12:00 to 5:00 pm.** 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.

## FOR CHILDREN

**The Night Before Christmas, Thursday, December 18, 6:30 pm.** For preschoolers and up. Kids wear pajamas to hear the famous story by Clement Moore, sing carols, drink cocoa, and have a surprise visit from a very merry guest. Please register.

**Labubu Scavenger Hunt, Friday & Saturday, December 26 & 27, all day.** All ages. Pictures of Labubus will be hidden around the Youth Room - find them all to win a prize! Drop-in.

**Gingerbread Slime, Tuesday, December 30, 2:00 - 3:00 pm.** For ages 6-10. Make sparkly, cookie-brown, gingerbread-scented slime! Please register.

**Movie: Lilo & Stitch, Wednesday, December 31, Noon - 1:45pm.** Join us for the new live-action version of Lilo & stitch, with free popcorn and drinks and a craft. Drop-in.

**Sing With Me, every Tuesday, 10:30 to 11:00 a.m.** For 0-5s. Interactive, participatory music for children and their grown-ups with favorite children's songs. It takes place on the library lawn, but we move inside for bad weather. Drop-in.

**Minecraft Club, every Saturday, noon to 1:50 pm.** For ages 7-11. Bring your own device or use one of the library's eight computers & Minecraft accounts to build, play, & create. Please register.

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



The Scott family donated food and enjoyed fresh baked cookies together.

## SANTA from Page 1

Under a pop-up tent, the table was full of every Christmas cookie imaginable, with families and friends bringing in more delicious treats as the event went on. When asked

why the community should continue to support their first responders, Nally and Zina stated that the Ludlow community is very appreciative of their hard work and it's nice to be able to do things like the Santa event

to honor them.

The Christmas tree sale will be going on until the trees are gone; the trees are \$60 and available at the Ludlow Fire Department. At the start of the sale, the LFD had a total of 450 trees.



Santa enjoys cookies and hot cocoa with the LFD Ladies' Auxiliary members and their families.

## EVANGEL Christmas Community Dinner

We would like to extend a warm invitation to all our neighbors to join us for a holiday meal, the company of others and celebration.




**Christmas Day 11 a.m. - 1p.m.**

EVANGEL ASSEMBLY – 348 Stony Hill Rd., Wilbraham  
No cost - No registration required.

## IOCC collaborates with the HCSD holding toy drive

INDIAN ORCHARD—Donations of new unwrapped toys are being accepted now through Dec. 20. The toy collection will benefit the Indian Orchard children at the holiday party.

Toys can be dropped off at IOCC, 117 Main Street, Indian Orchard, 10 a.m. and 2 p.m.

Checks can be made payable to the IOCC, and mailed to 117 Main Street, Indian Orchard, MA 01151

The Community Christmas/holiday party will be held on Saturday, Dec. 20 from 1 to 3 p.m. at IOCC 117 Main Street, Indian Orchard. Santa Claus will be available to distribute toys to the children.



—THE—  
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served with potato, veg



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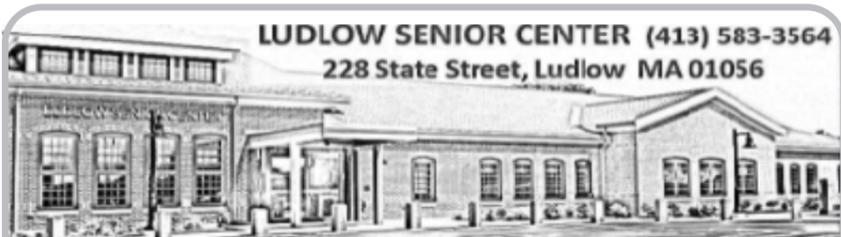
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**LUDLOW SENIOR CENTER (413) 583-3564**  
228 State Street, Ludlow MA 01056

## Welcome to the Ludlow Senior Center

Holiday cheer and excitement is in the air as well as entertainment, activities, new programs and a chance to meet and mingle. Gather with friends in the Center's beautiful dining room and enjoy a delicious lunch complete with coffee, tea, and dessert. To join us, just call 413-583-3564 a day in advance to reserve your spot (Call Friday for Monday lunch).

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

As the days grow colder and the season turns cozy, we look forward to sharing warm meals, great programs, and good company with you at the Center. Please note that if the Ludlow schools are closed or have a delay due to inclement weather, the Center will be closed or have a delayed opening.

### Activities Calendar:

Please register in advance for items with\*

#### Thursday, December 18

9 a.m. Tai Chi  
9:30 a.m. Dominos  
10 a.m. Sunshine Painting Class\*  
10:15 a.m. Mindful Meditation\*  
12 p.m. Funny Sweater Contest  
12:45 p.m. Mahjong  
2 p.m. Book Club: *Long Bright River!*  
Liz Moore  
2 p.m. Writers Block  
2:30 p.m. Active Yoga

#### Friday, December 19

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

#### Monday, December 22

9 a.m. Knitting  
9:30 a.m. Boomer Bootcamp\*  
10 a.m. Computer Help  
1 p.m. Scrabble  
1 p.m. Limitless Legends\*  
1 p.m. Paraffin Wax Hand Treatment\*  
1:15 p.m. Pitch

2:30 p.m. Zumba Gold

#### Tuesday, December 23

9 a.m. Quilting  
9 a.m. Line Dancing  
10 a.m. Cribbage  
10:30 a.m. Gentle Yoga  
12:30 p.m. Blood Pressure Checks  
1 p.m. Western Dance Class  
1:30 p.m. Bingo  
4:30 p.m. Power Pump Exercise Class  
4:30 p.m. Souper Supper Holiday Style  
4:45 p.m. Movie: *Christmas in Connecticut* (1945)

#### Wednesday, December 24

8:45 a.m. Zumba Gold  
9 a.m. Ceramics  
10:30 a.m. Healthy Bones & Balance\*  
**Center Closes at 11:30 a.m.**

#### Thursday, December 25

**Center Closed for Christmas Day**

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

#### Daily Events:

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

#### Menu:

Thursday, December 18: Birthday Lunch! Stuffed Pork Chop/Scalloped Pot/Veggie  
Friday, December 19: Fish Taco/Corn Slaw/Rice & Beans  
Monday, December 22: American Chop Suey  
Tuesday, December 23: Xmas Lunch! Pot Roast/Mashed Potatoes/Glazed Carrots  
Wednesday, December 24: No Lunch. Center Closes 11:30 a.m.  
Thursday, December 25: **Center Closed**  
Friday, December 26: **Center Closed**

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

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



Representing the Ludlow Police Department was Provisional Police Chief Michael Brennan.

### TRADITIONS from Page 1

different craft. I made a wreath last year and can't say what I am making this year, I don't want to spoil it. We have one here in Town Hall and it's a burlap wreath, so we change it up for the different holidays. My favorite food during the holidays is meat tortellini's," said Batista.

Administrative Assistant Julie Deyo shared her favorite memory is making Christmas cookies with her family. "From rolling out the dough, using cookie cutters, trying to get them on the baking sheets without breaking them, baking, frosting, decorating, and then sharing with family and friends. I did it when I was a child and still do it now with kids and grandkids. Most recently, we decorate a few hidden cookies in a non-traditional way, like aliens and ugly sweaters, snow globes or frogs and those always get eaten first," said Deyo.

At the Treasurer's Office was Administrative Assistant Tara Davis, who's been working in the town for two years, shared that her son will be joining the family for the holidays. "My son is in the Air Force, enlisted in Aug. and he'll be home for a couple of weeks during the holidays so that will make it super special. We got to go down to Texas and see him graduate; he's finishing his technical school. It's going to be special for that reason; I'll have my whole family together. We're just so proud of him. For dinner, we always cook a nice prime rib or roast beef; my whole family comes over, and we have 16 to 20 of us. It's going to be special. My other son will be home from college at the same time, so it's going to be great," shared Davis.

Walking down the hall into the Select Board's office, Executive Assistant Amy Kurtz has been with the Town for three years and explained that her favorite part about her job is her co-workers and was proud to announce her new tradition.

"My new tradition is seeing my grandson on Christ-



For the Clerk's Office, Administrative Assistant Julie Deyo with Town Clerk and Records Access Officer Kim Batista.



For the Select Board Office was Town Administrator Marc Strange, Executive Assistant Amy Kurtz, and Administrative Assistant Allison Chambers with Project Coordinator Brittany Beaumier from the Procurement Office

mas Eve and spending time with family. For my favorite food, it's any Italian pastry that my aunt made. She used to make every Italian pastry, so I started making fittels myself," stated Kurtz.

Following Kurtz was Administrative Assistant Allison Chambers who shared that on Christmas Eve, her entire family would meet and exchange gifts. When asked about her go-to holiday meal, "My mom would make baked shrimp and scallops, so that's what we are going to have." Representing the Procurement Office was Brittany Beaumier who said growing up; cinnamon rolls were a must before any other festivities happened in her house. "You woke up and the cinnamon rolls popped into the oven and cooked before you could do anything else, and that's what we do in my household now with my kids. They get very excited for their cinnamon rolls on Christmas morning. My husband's family is cool because they've done a new tablecloth every 10 years; everyone that comes on Christmas Eve will do some kind of drawing or statement, so throughout the years, it will fill up and then it will change once the 10 years are up. We've done that tradition with my family as well,"

Following Beaumier was Town Administrator Marc Strange, "We have a very small family, it's usually my wife and two kids so we usually order food for Christmas Eve and watch 'A Wonderful Life' by Frank Capra, it's my favorite. We wake up early, open gifts, and have breakfast together. I'm Italian so we always have seafood on Christmas Eve, we order everything like shrimp cocktail, lobster, crab, clam chowder," said Strange.

Heading over to the Public Safety Complex, beginning with EMS Clerk Julie Batista of the LFD who's been in the department for five years, shared the staff has been the source of the great feeling of walking into work every day. "We have so many traditions, we come from a large family right here in town and every year, right after Thanksgiving, we all get together. We have a big Polish family, so we make dozens and dozens of pierogies to last the whole fam-

ily through the season. It's everyone from my mother down to her great grandchildren that we all get together. It's one of my favorites because it kicks off the season," said Batista.

Following Batista was Administrative Assistant Shari Bray, who's been with the department for eight years and said that her favorite part is everybody she works with. "The old one when I was growing up as a kid that I love and that was when we decorated the tree as a family and my mother would make a chocolate fondue. We would have all sorts of candies and fruits to dip, while we were decorating," shared Bray.

Fire Prevention Captain Zac Ellison, who's been with the department for 13 years, shared that coming from a family of firefighters seemed like a career path he wanted to pursue. "I was lucky in that aspect because I really didn't want to do anything else. Carrying out that family tradition and being part of the community, a community that I grew up in, to give back and serve is an honor. For Christmas it's about kids, my nieces, and my friend's kids. Just watching other people's kids enjoy and see the glow in their eyes during Christmas is great to see. It kind of reminds you about your childhood. As a kid, I thoroughly enjoyed decorating for Christmas and now I get to put the lights up on the house," said Ellison.

Fire Chief Ryan Pease stated that his tradition he looks forward to every year is spending time with family and enjoys prime rib and beef tenderloin on the grill. Representing the LPD was Provisional Police Chief Michael Brennan, who said his mother hosts Christmas Eve and does salted cod for dinner.

"The Portuguese call it bacalao and we do that with pasta, sometimes we do more of an Italian style with it with marinara sauce, it's pretty good! With the kids, there's a game that we play that it's a dice game where you pass a bundle of items wrapped, and you have to tear it up before the other player rolls snake eyes. We've done it for the past five to six years," said Brennan.



Representing the Ludlow Fire Department was Fire Prevention Captain Zac Ellison, EMS Clerk Julie Batista, Administrative Assistant Shari Bray, and Fire Chief Ryan Pease.

## Santos Barber Shop

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# SPORTS

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## Lions offense scores big in first win

By Tim Peterson  
Sports Correspondent

WEST SPRINGFIELD—A year ago, Sean Kefalas recorded a hat-trick leading the Ludlow hockey team to an overtime win against Agawam in the season opener.

Kefalas began his senior season with two more goals, as the Lions coasted to an 8-1 win over the Brownies at the Olympia Ice Center in West Springfield, last Saturday afternoon.

“It feels great to win another season opening game,” said Kefalas, who’s been a member of the Lions varsity hockey team since he was a freshman. “We won the Western Mass. Class B title when I was a freshman. We had a lot of statement wins that season. This was another big statement win for us.”

Kefalas, who’s a starting defenseman, has scored 28 career goals.

Ludlow sophomore goalie Jack Benda (6 saves) made his first varsity start in this year’s season opener.

Benda was replaced in goal by senior Ethan Steigmeyer (8 saves) in the middle



Nick Deroin possesses the puck near the corner.

of the second period. “Jack played his heart out in his first varsity start. Then Ethan came in and he also played very well,” Kefalas said. “I’m very proud of both goalies.”

Kefalas is one of the Lions captains, along with junior Evan Dias, senior Tannar Severyn, and senior Nick Deroin.

Agawam freshman Thomas Christopher and Kefalas are cousins.

“My cousin plays for

Agawam, and it was a lot of fun playing against him for the first time,” Kefalas said. “I told my cousin that we were going to beat his team today, but I didn’t think we would score that many goals.”



Teddy Iwasinski crosses the ice looking to shoot in traffic.



Sean Kefalas is pressured with the puck.

Turley photos by Gregory A. Scibelli

## Girls basketball suffers opening loss to Amherst

LUDLOW – Last Thursday night, Ludlow High School girls basketball suffered a tough loss in its season opener on the road at Amherst Regional High School. Offense was at a premium as Amherst defeated Ludlow 33-26. Karley Roman would lead the Lions with 10 points while Madelyn Riley had four points for the Lions. Ludlow is 0-1.



Ava Friese holds the ball back and considers her next move.



Ellie Garcia catches her balance and heads down the court.



Aneysha Donais one-handedly holds the ball as she heads for the basket.

Turley photos by Gregory A. Scibelli



Maddy Riley heads into the paint.



Reese Carroll dives for the loose ball.

## Lions finish seventh in match

HOLYOKE – Last Saturday, Ludlow High School wrestling started its season by participating in Holyoke’s Knight-

Hawk Classic. The Lions, as a team, scored 110.5 points. West Springfield won the meet with 242.5 points. Jayden Parker

was Ludlow’s sole champion at 106 pounds. The Lions were scheduled to face Agawam earlier this week.



Jayden Parker grapples during a match.

Turley photos by Gregory A. Scibelli



Alex Winslow locks up to start a consolation round match.



Ahliyas Sanchez starts a match with Agawam’s Kaleb Progulske.

# T-Birds get clutch goals for win over Utica

UTICA, N.Y. - The Springfield Thunderbirds (7-11-3-2) received a pair of clutch, tie-breaking goals in the final period en route to a 3-2 win over the Utica Comets (5-14-3-1) on Saturday night inside Adirondack Bank Center.

For a second straight road contest, the T-Birds had to lean on their goaltender in the opening period, as Georgi Romanov was a frequently-tested goalie, making 14 saves in the opening period, including a flashy left pad save on an in-tight chance from Utica captain Ryan Schmelzer on the first shift of the night.

Springfield had the lone power play in the first, but instead, Romanov was pressed into duty again, to

which the Russian backstop answered the bell with a 2-on-1 denial on Nathan Lergare.

The Comets' efforts finally led to a breakthrough at 6:14 of the second as Dylan Wendt slid a pass to a streaking Jonathan Gruden, who threw a forehand over Romanov's shoulder from the left side to give Utica the 1-0 advantage.

Just over six minutes later, Springfield equalized as Chris Wagner drove the puck down the left wing to the goal before stuffing a forehand through Nico Daws to make it 1-1 at 12:39. The goal was Wagner's fifth in his last six games.

As the game entered the third, the T-Birds were



about to receive two clutch connections from a pair of rookies. First, Nikita Susuev netted his first AHL goal, as he swooped to a rebound behind Daws' net before wrapping it around to the right post and behind the Comet netminder to give Springfield a 2-1 lead just 1:48 into the third.

Lenni Hameenaho swiftly got Utica back to a tie score at 4:09, as he unleashed a wicked one-time slapper through Romanov's

stick side, bringing the game to a 2-2 deadlock.

One more time, though, the T-Birds had a rebuttal, this time from Marc-Andre Gaudet, who uncorked a slap shot that ricocheted off a Utica defender before bouncing behind Daws at 8:47 for the go-ahead goal, 3-2.

Romanov and the Springfield defense batted down the hatches from there, killing off a Utica power play and receiving numerous shot blocks in the closing minutes, including a clutch denial by Alek Kaskimaki in the dying seconds. Romanov improved to 2-0 for the season against Utica, stopping 65 of 67 Comets shots over his two victories.

# HCC wraps up first part of schedule with win

HOLYOKE - Women's basketball wrapped up the fall semester portion of their season on Saturday afternoon, winning a third straight game. The Lady Cougars racked up a season-high in points, thrashing local rival Springfield Technical CC 98-40. The home win extends Holyoke's perfect home record to 4-0.

Vivian Timmons (West Springfield, MA / Guilderland HS) and Annastacia Dixon (Keene, NH / Keene HS) led the charge for the Cougars, each registering a double-double in the contest while scoring a season-high in points. Timmons led Holyoke in points for the third straight game, scoring 36 in the win to go

along with ten rebounds. Dixon tallied 29 points and grabbed 15 rebounds for her double-double while also leading the Lady Cougars in steals with seven. Tatiyana Zuniga (Westfield, MA / Westfield HS) led the way in assists with ten and had six steals.

Women's basketball finishes the fall half of their campaign with a 6-2 regional record and a 7-4 overall record. Their scheduled Sunday, December 14th game has been postponed. Holyoke will enjoy some time off during the season hiatus, resuming with games on Jan. 10. They play their next home game on Thursday, Jan. 15 at 5:30 p.m.

## HOCKEY from Page 7

Agawam senior goalie Joe Wilkinson (15 saves) also made his first varsity start.

Wilkinson was replaced by senior Brady Blanchette (10 saves) before the start of the third period.

"Neither one of our goalies had played in a varsity game before," said Agawam head coach Todd Rowley. "We have about 15 new players on the varsity roster. Making the jump up to this level is extremely difficult."

Ludlow took a 1-0 lead at the 2:37 mark when freshman Teddy Iwasinski netted his first career goal, which was unassisted.

With three minutes left in the opening period, Kefalas scored his first goal of the season, which was assisted by senior AJ Stupak.

The Lions scored another goal by freshman Nathan Ribeiro less than twenty seconds into the second period, but it was disallowed by the referee.

Sophomore Andrew Lambert did score a power-play goal two minutes later, which was unassisted, giving the Lions a 3-0 lead.

Lambert is one of the six players from Belchertown High School listed on the Lions varsity roster.

The other five Belchertown players, who play hock-



Goalie Jack Benda deflects a puck away.

ey for Ludlow as part of a co-op, are junior Will Mitus, senior Gavin Harrington, freshman Nolan Chianciola, freshman Luke DeStafano, and senior Donald Rogers.

The Brownies supporters had something to cheer for following a tap-in goal from senior Andrew Holton, who's an alternate captain, along with senior Casey Thomas. Senior captain Anthony Barbarini was credited with the assist.

Ludlow quickly answered back with goals from Ribeiro and senior Connor Kokosa. Iwasinski assisted on Kokosa's goal.

With the Lions holding a 5-1 lead, Ludlow head coach Paul Rivest decided to change goalies.

"I told Jack and Ethan that they would be splitting playing time in today's game," Rivest said. "I wouldn't have changed goalies if Jack still had a shutout going."

Rogers and junior Peter LeBorgne are also goalies for the Lions.

"We have four very good goalies, who could probably start for any other team in Western Mass.," Rivest added. "We didn't have a goalie

a couple of years ago. I wish a couple of them were defensemen."

Stupak scored a pair of goals during the final two minutes of the second period giving the Lions a 7-1 lead entering the final period.

Kefalas scored the Lions final goal on a wrist shot less than two minutes into the third period.

It was the only regular season match-up between the two squads.



Cam Friese recovers the puck on defense.

*Are you having difficulty communicating with your partner, struggling with boundaries, and healthy relationships?*

**We invite you to join us Friday afternoons from 1-2:30 pm to explore these topics and more.**

This group will be held in zoom, is educational, confidential, and free.

Please contact **Pat James 413-726-8661.**

## SPECIAL EDUCATION

from Page 1

tensive learning programs. At Harris Brook Elementary, the school has inclusion, intensive learning programs, and SIP, structured individualized programs.

At Baird Middle School, the programs available include inclusion, intensive learning programs, focus programs, and SIP. At the Ludlow High School, it has inclusion, intensive learning programs, focus programs, SIP, and a transition program for 18- to 21-year-olds. All LPS schools have related services mentioned above.

The total number of students on IEPs as of Oct. 1, not including Pre-K is 421

students, 283 students who are full inclusion, and 38 students in partial inclusion. For special education costs, the known costs are staff, tuition, and services as well as unanticipated costs like out-of-district tuition and new students with significant support needs.

Ludlow was notified that LPS needs assistance by the district based on the special education annual determination, and in performance, the district is looking at MCAS scores which still counts; even with the knowledge that it's not a graduation requirement anymore.

Compliance and HS math were the strengths for LPS, and the area of focus is performance.

## HEALTH from Page 4

shops, coaching and videos that you can pay for, but there are also many free resources like guided practices and self-compassion exercises. A good place to start might be the self-evaluation, which asks how often...

I'm disapproving and judgmental about my own flaws and inadequacies.

I try to be loving towards myself when I'm feeling emotional pain.

I'm intolerant and impatient towards those aspects of my personality I don't like.

### Learning to practice self-compassion

Can we teach ourselves to become self-compassionate? Yes, but it takes work, and we may be trying to undo decades of behavior that stems from how we were raised, the people we've been exposed to, and the way we're used to talking to ourselves.

Here are a few things you can try:

Turn it around: Let's say you make a mistake at work or mess up a project. Rather than beating yourself up ("I'm such an idiot!"), imagine a friend in the same situation. Would you tell them they're an idiot? Probably not. You'd listen to them, offer a shoulder and discuss what to do differently the next time.

Put it in perspective: Remember yourself that struggle is a part of the human experience. You can say: "I'm not alone in feeling this way," or "We all struggle sometimes."

Soothe yourself: Find a mantra that works for you: "I will accept myself as I am," for example. You can also place your hand over your heart or give yourself a hug.

### Challenge negative thoughts

Write down what you're thinking or feeling, read it over and then replace those negative thoughts with kindness and compassion.

I wish all of you a peaceful - and self-compassionate - holiday season!

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

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# EARLY DEADLINES FOR ADS & LEGAL NOTICES

New Year's will bring early deadlines for all ads & legal notices to run in TURLEY PUBLICATIONS the week of Dec. 29, 2025 - Jan. 2, 2026:

**Friday, December 26 at 2 PM for January 1 issue**

- Country Journal • The Register • Wilbraham-Hampden Times • Agawam Advertiser News

**Monday, December 29 at 2 PM for January 1 issue**

- Sentinel • The Journal Register • Ware River News • Barre Gazette

**Tuesday, December 30 at 2 PM for January 2 issue**

- Quaboag Current • Town Reminder • The Holyoke Sun • Chicopee Register

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# DATEBOOK

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

## UPCOMING

**Dec. 20**  
**FROZEN POLISH FOOD** will be sold at Immaculate Conception Church Hall, 25 Parker St., Indian Orchard Ma. on the following Saturdays from 9 a.m. to 1 p.m.; Dec. 13, 2025, and Dec. 20, 2025.

Golabki (3) \$12--Kapus-ta (Large) \$10--Pierogi (12) Cabbage, Potato & Cheese \$14, Sweet Cheese, Blueberries \$15. All are Welcome to come and purchase. Credit cards not accepted.

## ONGOING

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

**BI-MONTHLY FOOD DRIVE** at First Church LUDLOW—On the first Saturday of each EVEN month (February, April, June, August, October, December) First Church in Ludlow, 859 Center St, collects non-perishable foods. From 10 a.m. to 1 p.m., drive through the back parking lot. We will take your donations out of your car & bring them to the Community Survival Center to be distributed to those in need. Bring all food items to drop off at our next Food Drive on June 7, 2025.

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

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

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

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

**AQUACISE AT THE CLUB:** The Ludlow Community Center/Randall Boys & Girls Club, at 91 Claudias Way, continues to offer Aquacise throughout the week. Aquacise is a low-impact, full-body workout performed in the water to put less stress on your joints and muscles while building strength. Classes are open to all members with pool-in-

clusive memberships and do not require prior registration. Classes are held 8:30-9:15 a.m., Tuesdays, Wednesdays and Thursdays. For questions, call 413-583-2072, ext. 124.

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

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

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

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

# OBITUARIES

## Robert A. "Bob" Sears

Robert A. "Bob" Sears, 89, of Ludlow, passed away peacefully on December 1, 2025. Born in Groton, CT, he was the son of the late Alfred and Louise (Jones) Sears.



brothers-in-law Wesley and John Haluchak, as well as his Godchild Marie, his nieces & nephews, extended family members and dear friends.

Bob worked for many years for Bess Eaton and most recently as a truck and bus driver for various area transportation companies including Blueline Bus Co., Rite Aid, STP, & Peter Pan. Upon retirement, he and his wife Patricia became snowbirds spending their winters in Clearwater FL for the last 14 years. Bob also loved to camp, ride his mo-

torcycle, and traveling, especially by train all over the US and Canada. Bob leaves his beloved wife of 61 years Patricia (Haluchak) Sears, sister-in-law Catherine Scharr,

Bob was predeceased by his 2 brothers Raymond and Joel. Funeral services will be held privately by his family. Donations may be made in Bob's memory to St. Jude Children's Research Hospital.

## DEATH NOTICES

**Robert A. "Bob" Sears**  
 Died Dec. 1, 2025  
 Services are private  
 Ludlow Funeral Home

## The Ludlow Register OBITUARY POLICY

Turley Publications offers two types of obituaries.

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

The other is a **Paid Obituary**, costing \$275, which allows families to publish extended death notice information of their own choice and may include a photograph.

**Death Notices & Paid Obituaries** should be submitted through a funeral home to: [obits@turley.com](mailto:obits@turley.com).

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

**DONATIONS** from Page 1  
 it dropped drastically. For those unsure about donating, if you are spring cleaning and find clothes that don't fit anymore or don't wear, we will gladly accept them. If you have the means to go to the grocery store, every bit counts. We always take monetary donations as well," said Turcotte.

On the CSC website, [communitysurvivalcenter.org](http://communitysurvivalcenter.org), an Amazon wish list can be found as well as a donation tab with links to directly donate to the center. Turcotte explained that the center's goal in 2026 is to better serve the communities by adding more visits. Currently the center can assist families six times a year, beginning in July and ending in June.

The families can use them however they want, if they space their visits seven days apart. "They could use four in a month but then

only have two lefts. A few families used up all their visits in the summertime, and I don't know what they're doing for the rest of the year. If we could offer eight visits instead of six, then maybe they could stretch it out a bit longer. We also have a senior program. Anyone over the age of 60 in Hampden County can come in once a month; they get 12 visits per year. We also have a pre-school program for any children who are not in school, who are home all day; they get 20 servings of breakfast and lunch once a month. We would like to also help so that parents can make it through the month," ended Turcotte.

Turcotte wanted to note and urge residents to avoid illegal dumping around the Planet Aide box in the parking area; it costs the center a lot of money to get rid of the items. For more information, visit the CSC website.

# LEGALS

Commonwealth of Massachusetts  
 The Trial Court  
 Probate and Family Court  
 Hampden Probate and Family Court  
 50 State Street  
 Springfield, MA 01103  
 (413)748-7758  
 Docket No. HD24P1227EA  
 Estate of: Nancy Cavin  
 Also known as: Nancy Z Cavin  
 Date of Death: 03/02/2024  
**CITATION ON PETITION FOR ORDER OF COMPLETE SETTLEMENT**

A Petition for Order of Complete Settlement has been filed by **Renee A Chase of Salt Lake City, UT** requesting that the court enter a formal Decree of Complete Settlement including the allowance of a final account 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 01/13/2026.**

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

file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

WITNESS, Hon. Barbara M. Hyland, First Justice of this Court.  
 Date: December 10, 2025  
**Rosemary A. Saccomani**  
 Register of Probate  
 12/17/2025

**Notice of Sale of Motor Vehicle Under G.L. c. 255, Section 25**  
 This ad is pursuant to MA Gen. Law Ch.255, Sec. 25 as of January 05, 2026 the following motor vehicle will be sold to satisfy a mechanics lien thereon for repairs, storage, towing charges, care and expenses of notices and sale of said vehicle:

2018 Ford F150 XLT Super Crew 4WD  
 VIN: 1FTEW1EG7JFB61167  
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 LKO: Jesse Paulo  
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 Ludlow, MA 01056

By: Ludlow Motor Sales  
 121 West Ave.  
 Ludlow, MA 01056  
 413-218-3548  
 12/17, 12/24, 12/31/2025

Commonwealth of Massachusetts  
 The Trial Court  
 Hampden Probate and Family Court

50 State Street  
 Springfield, MA 01103  
 Docket No. HD14P0331PM  
 In the matter of: Maria Martins of Milford, MA  
 Protected Person/  
 Disabled Person/Respondent  
**CITATION GIVING NOTICE OF CONSERVATOR'S ACCOUNT**

To the named Respondent and all other interested persons, you are hereby notified pursuant to Rule 72 of the Supplemental Rules of the Probate & Family Court, that the **Second and Final** account(s) of **Susan McCoy of Springfield, MA** as Conservator of the property of said Respondent has or have been presented to the Court for allowance.

**You have the right to object to the account(s).** If you wish to do so, you or your attorney must file a written appearance and objection at this court on or before 10:00 A.M. on the return date of **01/12/2026**. This day is NOT a hearing date, but a deadline date by which you have to object to the account(s). If you fail to file the written appearance and objection by the return date, action may be taken in this matter without further notice to you, including the allowance of the account(s).

Additionally, within thirty days after said return day (or within such other time as the

Court upon motion may order), you must file a written affidavit of objections stating the specific facts and grounds upon which each objection is based and a copy shall be served upon the Conservator pursuant to Rule 3 of the Supplemental Rules of the Probate & Family Court.

You have the right to send to the Conservator, by registered or certified mail, a written request to receive a copy of the Petition and account(s) at no cost to you.

**IMPORTANT NOTICE**  
 The outcome of this proceeding may limit or completely take away the above-named

person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

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

Date: December 08, 2025  
**Rosemary A. Saccomani**  
 Register of Probate  
 12/17/2025

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 201 East St., Ludlow, MA 01056 ♦ [www.ludlowmemorialcompany.com](http://www.ludlowmemorialcompany.com)  
 413-589-7564 Office ♦ 413-589-7588 Fax ♦ 413-531-5360

**EARLY DEADLINES FOR ADS & LEGAL NOTICES**  
*Christmas will bring early deadlines for all ads & legal notices to run in TURLEY PUBLICATIONS the week of December 22-26, 2025:*  
**Wednesday, December 17 at 2 PM for December 25 issue**  
 • Country Journal • The Register • Wilbraham-Hampden Times  
**Thursday, December 18 at 2 PM for December 25 Issue**  
 • Agawam Advertiser News  
 • Sentinel • Quaboag Current • The Journal Register  
**Friday, December 19 at 2 PM for December 25 Issue**  
 • Ware River News • Barre Gazette  
**Monday, December 22 at 2 PM for December 26 Issue**  
 • Town Reminder • The Holyoke Sun • Chicopee Register  
**TURLEY PUBLICATIONS**  
 24 Water Street, Palmer, MA 01069  
 413-283-8393 • [www.turley.com](http://www.turley.com)

**NOTICE ERRORS:** Each advertiser is requested to check their advertisement the first time it appears. This paper will not be responsible for more than one corrected insertion, nor will be liable for any error in an advertisement to a greater extent than the cost of the space occupied by the item in the advertisement.

**PUBLIC NOTICES ARE NOW ONLINE**  
 1 Email all notices to [notices@turley.com](mailto:notices@turley.com)  
 2 Access archives and digital tear sheets by newspaper title.  
 3 Find a quick link to the state of Massachusetts' public notice web site to search all notices in Massachusetts newspapers.  
**Public notice deadlines are Friday at 3 p.m.**  
 visit [www.publicnotices.turley.com](http://www.publicnotices.turley.com)

**TARGETED MARKETING LOCAL RESULTS**  
**Turley Publications, Inc.**  
[www.newspapers.turley.com](http://www.newspapers.turley.com)  
 AGAWAM ADVERTISER NEWS QUABOAG CURRENT  
 BARRE GAZETTE SENTINEL  
 COUNTRY JOURNAL THE SUN  
 CHICOPEE REGISTER WILBRAHAM-HAMPDEN TIMES  
 THE JOURNAL REGISTER TOWN REMINDER  
 THE REGISTER WARE RIVER NEWS

# Classifieds

12 WEEKLY NEWSPAPERS | SERVING 50 LOCAL COMMUNITIES

A TURLEY PUBLICATION | www.turley.com

COMMUNITY MARKETPLACE

Call us at 413.283.8393

## FOR SALE

### FIREWOOD

**DRY FIREWOOD**  
Oak/maple, cut/split/delivered, \$300 a cord, \$285 for 2 or more.  
Edwin Wroblewski Logging,  
**413-824-0731.**  
*Buying standing timber, paying good money.*

### FIREWOOD

Fresh cut & split \$225.00  
Seasoned cut & split \$325.00  
All hardwood.  
Tree length available

\*Also have seasoned softwood for outdoor boilers (Cheap). Quality & volumes **guaranteed!!** New England Forest Products **(413)477-0083**

**MORE HEAT LESS WOOD.** Central Boiler Classic Edge HDX Outdoor Wood Furnace. EPA Certified. Titanium Stainless Steel. \$2K Tax Credit. Call **(508)882-0178**

## WANTED

### WANTED TO BUY

#### ALL ANTIQUES AND OLD STUFF WANTED.

**BUYING** Bottles, Crocks, Jugs, Pottery, Costume Jewelry, Toys, Games, coins, sterling, Glassware, Silver-plated items, watches, Musical instruments, typewriters, sewing machines, tools, radios, clocks, lanterns, lamps, kitchenware, cookware, knives, military, automotive, fire department, masonic, license plates, beer cans, barware, books, oil cans, advertising tins, hunting, fishing, signs, and more.

Donald Roy **(860) 874-8396**

## WANTED

#### ALWAYS BUYING ALL ANTIQUES:

Musical instruments, guitars, horns, keyboards, vintage electronics, jewelry, coins, watches, military cameras, sports memorabilia, art, sterling, signs, automotive, hunting, advertising, radios, ham radio equipment, audio equipment, toys, one item or entire estate.

Call Paul **413-206-8688.**

## JUNK REMOVAL

### A Call We Haul FAST REMOVAL

Junk, Appliance, Cleanouts.  
We load it & take it.  
**413-531-1936**  
CREDIT CARDS ACCEPTED

## SERVICES



#### 2\*\*\*\*\*A & B HOUSEHOLD REMOVAL SERVICE\*\*\*\*\*

Cellars, attics, garages cleaned, yard debris. Barns & sheds demolished. Swimming pools removed. Cheaper than dumpster fees and we do all the work. Lowest rates. Fully insured. **(413)283-6512, cell (413)222-8868.**

**DRYWALL, PAINTING AND CEILINGS,** plaster repair. Drywall hanging. Taping & complete finishing. All ceiling textures. Fully insured. Jason at Great Walls. **(413)563-0487**

## SERVICES

### ELECTRICIAN

#### PJ's Electrical MASTER ELECTRICIAN

**Licensed & Insured**  
Providing safe, reliable electrical services for residential and commercial projects.

**NOW OFFERING FREE CONSULTATIONS.**  
Call today to schedule your appointment.  
**(413) 366-1703**  
(Lic. #24046-A)

#### JAMES FERRIS: LICENSE #E16303

Free estimates. Insured. 50 years experience. No job too small.  
Cell **(413)330-3682**

#### LICENSED ELECTRICIAN

I offer good quality electrical work, no project too small. Service upgrades, pools, trustworthy, dependable & insured. Master Elec. #20773A.  
Text/call Luis **413-218-3301.**

#### ZEN ELECTRIC COMPANY LLC

Fully licensed and insured; Master Electrician on staff. Call for all your electrical needs. No job too small. Senior citizen and Veteran Discount. A veteran owned company. MA License #8101A1.  
Call John at **(413) 206-6509**  
Every customer gets a free gem stone.

## HOME IMPROVEMENT

### CHAMELEON PAINTING & REMODELING

INTERIOR/EXTERIOR  
**Remodeling & Deck Specialists**  
Residential/Commercial  
Fully Insured • Free Estimates  
**413-351-1147**

## SERVICES

### INSTRUCTION

**NRA Certified Basic Pistol Course** with Live Fire for License to Carry permit \$140. Matt Marcinkiewicz **muscione@hotmail.com 413-537-0620**

### LANDSCAPING

**\*\*ALL SEASON\*\*** Specializing in shrub trimming, pruning, design, deliveries, loader, backhoe, insured. Professional. Please call Bob **(413)537-5789 (413)538-7954.**

## MASONRY

### STOP WET BASEMENTS ABC MASONRY & BASEMENT WATERPROOFING

All brick, block, stone, concrete. Hatchway doors, basement windows, chimneys rebuilt & repaired, foundations repaired, basement waterproofing systems, sump pumps. BBB+ rating. Free estimates. Lic #14790. Call **(413)569-1611, (413)374-5377**

## PAINTING

**KEN'S PAINTING SERVICES.** Interior painting/staining, wallpaper removal, wall/ceiling resurfacing, cabinet painting. Quality workmanship, fully insured. Free estimates. Call **413-896-8264.**

## PLUMBING

**GREG LAFOUNTAIN PLUMBING & HEATING** Lic #19196 Repairs & Replacement of fixtures, water heater installations, steam/HW boiler replacement. Kitchen & Bath remodeling. 30 years experience. Fully insured. \$10 Gift Card With Work Performed. Call Greg **(413)592-1505**

## TUNE-UPS

### SNOWBLOWER & LAWNMOWER TUNE UP & REPAIR

**A&M TUNE-UPS**  
Snowblowers, Push Lawnmowers, Riding Mowers & Small Engine Repair.  
Work done at your home.  
Call Mike **(413) 348-7967**

## SERVICES

### RUBBISH REMOVAL

**BOB ROBILLARD'S RUBBISH REMOVAL** Attics, Cellars, Garages cleaned, Pools/Hot Tubs Removed. Family owned/operated since 1950 **(413)537-5090**

## SNOWPLOWING

**RESIDENTIAL** Snowplowing Service. Wilbraham residential only Call or Text now. Limited space available. **413-519-5439**

## TREE WORK

**AAA-TROM'S TREE SERVICE PROFESSIONAL SERVICE.** Residential removal of trees, Free estimates, Fully insured W/Workman's Comp. Remove them before the wind takes them down. Cordwood, stump grinding. Call **413-283-6374.**

**DL & G TREE SERVICE-** Everything from tree pruning, tree removal, stump grinding, storm damage and brush chipping. Honest and Dependable. Fully insured. Now offering a Senior Citizen and Veteran discount. Call today for free estimate **(413)478-4212**

## STUMP GRINDING

**DL & G STUMP GRINDING** Grinding stumps of all sizes, insured & certified. Senior discounts. Call Dave **413-478-4212**

## AUTO

### CASH FOR JUNK AND REPAIRABLE CARS

**FREE TOWING FAST SERVICE CASH PAID AS IS CALL OR TEXT 413-219-6839**

## HOME IMPROVEMENT

Handyman Services  
**Walker Home Improvement**  
Finish Carpentry • Framing • Drywall • Painting • & more!  
**(413) 687-5552**

## HELP WANTED

**LUDLOW PUBLIC SCHOOL DISTRICT PARA-EDUCATOR.**  
Submit resume and letter of intent to:  
[www.schoolspring.com](http://www.schoolspring.com)

**NEIGHBORLY CLEANING & CARE** is looking for mature, responsible adults with own transportation, experience and references for a housekeeping position. Hours 7:30- 2:30. Call Nancy today **(413)267-4297 or (413) 544-0864.**

### VETERANS' SERVICE OFFICER POSITION

The Town of Sturbridge is accepting applications to fill the part-time, 10 hours per week, Veteran' Service Officer position. The position will act as a Veterans' Agent and thus requires all appropriate State and Federal certification.

Applications are available on-line on the Town of Sturbridge website under job opportunities.

<https://www.sturbridge.gov/your-government/pages/job-opportunities>

The position is non-union and reports to the Town Administrator. *The Town is an Equal Opportunity Employer (EOE).*

## REAL ESTATE

### FOR RENT



#### EQUAL HOUSING OPPORTUNITY

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

**QUAINT WEST BROOKFIELD BROOKHAVEN LAKE** by babbling brook, I-shaped 2bdm. ranch, 2/full baths, finished basement, walkout slider, enclosed front porch. Enjoy nature trails, very quiet private area. \$2850/monthly rental fee. Bernice Stone **774-262-6667.**

## FOR RENT



All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status (number of children and or pregnancy), national origin, ancestry, age, marital status, or any intention to make any such preference, limitation or discrimination.

This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings advertising in this newspaper are available on an equal opportunity basis. To complain about discrimination call The Department of Housing and Urban Development "HUD" toll-free at 1-800-669-9777. For the N.E. area, call HUD at 617-565-5308. The toll free number for the hearing impaired is 1-800-927-9275.

**STAY ON TOP OF IT ALL!**  
Subscribe Today!

Find archives of this local newspaper at [www.newspapers.turley.com](http://www.newspapers.turley.com)

# EARLY DEADLINE

In observance of **NEW YEAR'S** for Dec. 29-Jan. 2 newspapers there will be an **EARLY CLASSIFIEDS DEADLINE!** Place your advertisement no later than **Thurs., Dec. 26 at 3 p.m.**

A TURLEY PUBLICATION  
24 Water Street, Palmer, MA 01069 • 413-283-8393 • www.turley.com

## FILL OUT AND MAIL THIS MONEY MAKER

MAIL TO: Classifieds, 24 Water St., Palmer, MA 01069 DEADLINES: **FRIDAY AT NOON**  
or call: 413-283-8393

CATEGORY:			
1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20 Base Price \$26.00
21 Base Price \$26.50	22 Base Price \$27.00	23 Base Price \$27.50	24 Base Price \$28.00
25 Base Price \$28.50	26 Base Price \$29.00	27 Base Price \$29.50	28 Base Price \$30.00
29 Base Price \$30.50	30 Base Price \$31.00	31 Base Price \$31.50	32 Base Price \$32.00
33 Base Price \$32.50	34 Base Price \$33.00	35 Base Price \$33.50	36 Base Price \$34.00
37 Base Price \$34.50	38 Base Price \$35.00	39 Base Price \$35.50	40 Base Price \$36.00

**Quabbin Village Hills**  
Circulation: 50,500

**Hilltowns**  
Circulation: 9,800

**Suburban Residential**  
Circulation: 59,000

All Three ZONES for \$26.00 for 20 words plus 50¢ for each additional word.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Number of Weeks: \_\_\_\_\_ X per week rate = \$ \_\_\_\_\_  
Credit Card:  MasterCard  VISA  Discover  Cash  Check# \_\_\_\_\_  
Card #: \_\_\_\_\_ Exp. Date \_\_\_\_\_ CVV \_\_\_\_\_  
Amount of charge: \_\_\_\_\_ Date: \_\_\_\_\_

**OUR CLASSIFIEDS REACH 50 COMMUNITIES EVERY WEEK!**

## GREAT VALUE!

**ALL 3 ZONES NOW FOR THE PRICE OF ONE!**

Make checks payable to Turley Publications

**Turley Publications, Inc.**  
12 HOMETOWN NEWSPAPERS  
**413.283.8393**  
[www.turley.com](http://www.turley.com)  
24 Water Street  
Palmer, MA 01069

# Church DIRECTORY

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

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

Confessions: Saturday - 3:15-4 p.m.  
**ST. ELIZABETH PARISH**  
 191 Hubbard St., Ludlow  
 413-583-3467  
**Pastor – Rev. Msgr. Homer P. Gosselin**  
**In Residence – Rev. Norman Bolton**  
**Deacons: Normand Grondin, Keith Davies**  
 Office Hours: Monday - Friday 8 a.m. - 4 p.m.  
 Visit our website at [www.stelizabethludlow.org](http://www.stelizabethludlow.org)  
 Like us on Facebook Check out our Parish App

**Wednesday, Dec. 10** – Daily Mass – 7:30 AM (C) Adoration – 8 AM (C), Holy Mother Choir – 4:30 PM (C),  
 Scouts - 6 PM (FLBH), Cub Scouts - 6 PM (JR), Scripture  
 Enrichment – 6:30 PM (ER)  
**Thursday, Dec. 11** – Daily Mass -7:30 AM (C)  
**Friday, Dec. 12** – Daily Mass– 7:30 AM (C)  
**Saturday, Dec. 13** – Christmas Gift Card & Bag Project -  
 10:30 AM (JR), Confessions – 2:30 PM (C), Saturday Mass  
 – 4 PM (C)  
**Sun., December 14** – Daily Masses at 7:30 AM, 9:15 AM,  
 11:00 AM and 5:00 PM (C),  
 Confirmation Class - 8:00 AM (JR),  
 Faith Formation - 10:15 AM (FLBH/ST),  
 Lifeteen – 6:00 PM (JR)  
**Mon., December 15** – Daily Mass – 7:30 AM (C), Faith  
 Formation – 6 PM (JR),  
 Women's Bible Study - 6 PM (ER)  
**Tues., December 16** – Daily Mass - 7:30 AM (C), Middle  
 School Youth Ministry – 3:30 PM (JR),  
 St. Rita Choir - 4 PM (C),  
 Pasta Supper Committee Meeting – 6 PM (ZR), Bereave-  
 ment Support Group - 6:30 PM (ER),  
 Eucharistic Revival – 6:30 (FLBH),  
 Pastoral Council – 6:30 (JR)



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

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

**ORCHARD COVENANT CHURCH**  
 95 Berkshire Street  
 Indian Orchard, MA 01151  
 413-543-4204  
**Revs. Karen and Nick Munn, pastors**  
 Sunday School for all ages, 9:45 a.m.  
 Worship in person, 11 a.m.  
 Or watch our livestream.  
 See our website for more information:  
[orchardcovenant.org](http://orchardcovenant.org).

**OUR LADY OF FATIMA PARISH**  
 438 Winsor St., Ludlow  
 413-583-2312  
**Father Pedro DeOlivera**  
**Office hours: Monday - Thursday 9:00 a.m.**  
**to 5:00 p.m., closed 1:00 p.m.-2:00 p.m.**  
 Sunday Masses – 9 a.m. (Portuguese);  
 11 a.m. (English)  
 Monday and Wednesday Morning

Masses – 8:30 a.m. (Portuguese)  
 Tuesday and Friday Masses – 5:30 p.m.  
 (Portuguese)  
 Saturday Vigil Mass – 4 p.m. (English)  
 First Saturday of the Month – 8:30 a.m.  
 For more information, visit  
[ourladyoffatimaparish.org](http://ourladyoffatimaparish.org).

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

**STS. PETER AND PAUL UKRAINIAN CATHOLIC CHURCH**  
 45 Newbury St.  
 Ludlow, MA 01056  
**Phone: 413-583-2140**  
**Pastor: Father Andriy Krip**  
 Liturgy schedule:  
 Wednesday 9 a.m., Friday 9 a.m.  
 Rosary for Peace in Ukraine  
 on Wednesday at 6 p.m.

## CALL YOUR TURLEY REP TODAY! 283-8393



**YOUR LOCAL  
 TRUSTED  
 RELIABLE  
 DEPENDABLE**

# HOMIE PROs

<p><b>LANDSCAPING</b></p> <p><b>Keith Isham Landscaping, LLC</b>                  For a FREE Estimate CALL: 413-531-1216  <a href="http://www.keithishamlandscapingLLC.com">www.keithishamlandscapingLLC.com</a></p> <ul style="list-style-type: none"> <li>Property Maintenance</li> <li>Organic Tick &amp; Mosquito Control</li> <li>Loam and Seed</li> <li>Fertilizer &amp; Pest Management</li> <li>Mulch, Stone, Loam Applications</li> <li>Spring &amp; Fall Cleanups</li> <li>Power Seeding</li> <li>PH Remedy</li> </ul> <ul style="list-style-type: none"> <li>Walls, Walkways, Patios, Edging</li> <li>Landscape Design and Installation</li> <li>Walking Trails Installed &amp; Maintained</li> <li>Excavation - Drainage - Drywells</li> <li>Field &amp; Brush Hogging</li> </ul>	<p><b>SEPTIC SYSTEMS</b></p> <p><b>Hampden Septic</b>                  Pumping • Installation • Title 5 Inspections • Perc Tests  <b>566-2916</b>                  Evening &amp; Weekend Appointments Available!  <b>Billy Bond - The Area's #1 "Go To" Septic Guy!</b>                  Fully Insured • Family Owned</p>	<p><b>LUMBER &amp; FEED</b></p> <p><b>C.A. SMITH</b>                  LUMBER &amp; FEED COMPANY</p> <p>CABINERY                  DOORS • WINDOWS                  DECKING                  ROOFING                  AND MORE ...</p> <p>For Your Interior And Exterior Living Spaces!                  84 Hubbard St., Ludlow • 413-583-3472                  Mon- Fri 7:30am -5:00pm;                  Sat 7:30am – noon; closed Sunday</p>
<p><b>TREE WORK</b></p> <p><b>INSURED AND CERTIFIED</b></p> <ul style="list-style-type: none"> <li>Tree Removal</li> <li>Structural Pruning</li> <li>Crane Service</li> <li>Storm Damage</li> <li>Stump Grinding</li> </ul> <p><b>DL&amp;G TREE</b></p> <p>Give us a call for your free estimate                  and tree evaluation <b>413-478-4212</b></p>	<p><b>HOME IMPROVEMENT</b></p> <p><b>Walker Home Improvement</b>                  Repairs &amp; Renovations                  INTERIOR &amp; EXTERIOR</p> <ul style="list-style-type: none"> <li>Finish Carpentry • Framing</li> <li>Windows &amp; Door Replacement</li> <li>Drywall • Painting • Decks</li> </ul> <p><b>413.687.5552</b>                  Competitive Pricing • Licensed • Insured</p>	<p><b>SEAMLESS GUTTERS</b></p> <p><b>Verdon's</b>                  Seamless Aluminum Gutters</p> <p>Over 40 Years                  Experience                  Family Owned &amp;                  Operated</p> <p><b>65 Main Street, Wilbraham • (413) 596-9611</b>                  Mon.-Fri. 7am to 5pm - Please No Sundays - Lic.#105559  <a href="http://www.verdonsgutters.com">www.verdonsgutters.com</a> • <a href="mailto:verdonsgutters@charter.net">verdonsgutters@charter.net</a>                  Fully Insured &amp; Free Estimates</p> <p>CUSTOM MADE &amp; INSTALLED CONTINUOUS SEAMLESS ALUMINUM GUTTERS &amp; DOWNSPOUTS</p>

# DL&G TREE

Tree  
Removal



Structural  
Pruning



Crane  
Service



Storm  
Damage



Stump  
Grinding



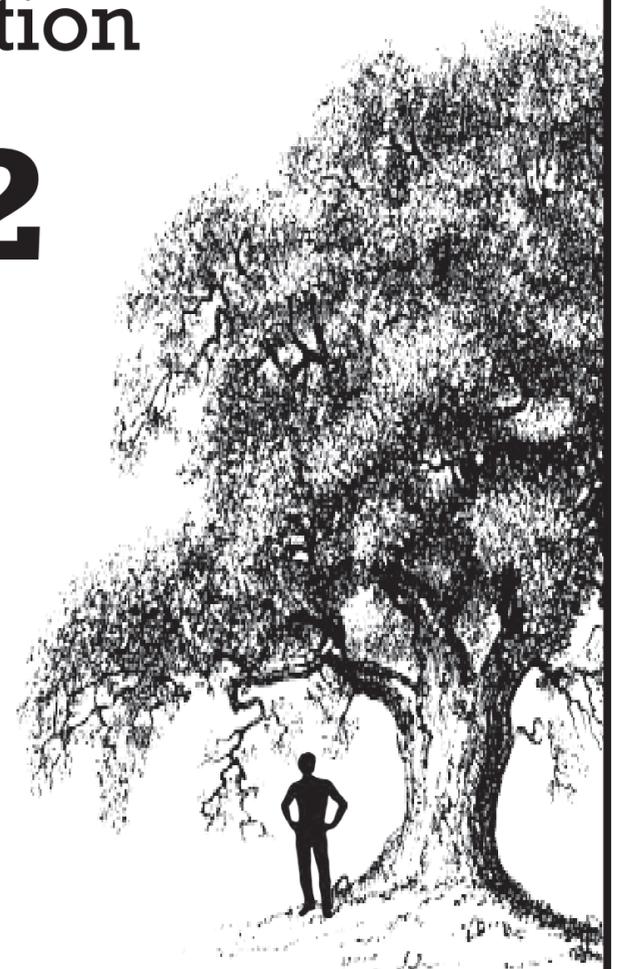
Lot  
Clearing



Give us a call for your free estimate  
and tree evaluation

## 413-478-4212

# DL&G TREE



**INSURED AND CERTIFIED**