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The REGISTER

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NEWSLINE

Pack 180 Cub Scouts help Veterans



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Pet of the week



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Baby's First Christmas



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IN SPORTS

Pioneers offense too much for Ludlow



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DATEBOOK

Ongoing events

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.

SEE PAGE 14

Ludlow honors veterans with Wreaths Across America ceremony

By Marcelo Gusmão
Staff Writer
mgusmao@turley.com

LUDLOW – On Dec. 16, the town came out to Island Pond Cemetery, where residents honored veterans as part of Wreaths Across America.

Residents came out on a sunny Saturday to a ceremony led by Director of Veterans Services, Eric Segundo.

“It is important to have an intimate moment when you place the wreath to honor the hero,” Segundo said. “Remember to take a step back and look at the complete picture of the wreath and the stone.”

As part of the ceremony, wreaths were placed in honor of each branch of the military, including the Army, Marines, Navy, Air Force, Space Force, and Coast Guard, and then for Prisoners of War and for Purple Heart recipients.



Photo by Marcelo Gusmão

Please see **WREATHS**, Page 9

Scouts stood by the flags they placed so the wind wouldn't knock them over.



Submitted photo

Santa Claus collected toys with Ludlow police (from left) Geovanny Da Costa, Matthew Cieslak, Isaac Santana, as well as Linda Collette and Corporal Eric Guidmond.

PlayNow Toy Store collects \$10k worth of toys for Toys for Tots

LUDLOW – The Stuff the Cruiser Toy Drive that was held Dec. 9 was made possible by PlayNow Toy Store, a local business in town.

PlayNow is owned by Ray Vigneault, who personally arranged for Santa Claus to join the Police Department as they collected for the Toys for Tots drive.

“We raised almost \$10,000 in toys between the toy drive

day and accepted donations at PlayNow through Oct. 15 to Dec. 11,” said Vigneault.

The charity started in 1957 in Los Angeles, when Daine Hendricks couldn't find an organization to donate a Raggedy Ann doll to needy children. Her husband, Major Bill Hendricks, was inspired by

Please see **TOYS FOR TOTS**, Page 10

Officials from schools discuss mental wellness with School Committee

By Marcelo Gusmão
Staff Writer
mgusmao@turley.com

LUDLOW – At last week's School Committee meeting, Superintendent Dr. Frank Tiano held a presentation about the need for the town to support the school to better address student mental health.

Tiano was joined by four teachers from each of Ludlow's schools, including English Language Arts teacher and Department Head Michelle D'Amore from Baird Middle School, Social Worker Ron Hokanson from the High School, Principal Nikki Reed from Harris Brook Elementary School, and School Adjustment Counselor Maura Ricardi from East Street School.

“We talk about our Youth Mental Health Crisis, and this was declared by Surgeon General [Dr. Vivek Murthy] a year-and-a-half ago,” Tiano said. “He said in a statement that he believes that we are at Crisis Level for mental health concerns for our youths, particularly our adolescents, from puberty through age 20.”

The presentation provided an opportunity for representatives from the town's school district to share the impact that the crisis has had on the students.

“Ninety percent of our kids get off the bus, they come in, they get educated, and they go home, but we do have instances where kids are struggling, and parents are struggling,” Tiano said. “In terms of a mental health crisis, a lot of people associate this with the pandemic, but there were levels of mental health issues with our adolescents for the decade prior to the pandemic.”

Tiano described a study done in Western Massachusetts in September 2023, which listed 45 percent of youths aged 14-24 reported feeling “so sad or hopeless, almost every day, for two weeks or more in a row, that they stopped doing usual activities.”

“That stat is disconcerting on its face, but as you pour through the research, it's disheartening both for educators and for parents as well,” Tiano said.

“I am the only mental health support in the entire building,” Ricardi said. “We did have a social worker last school year, but her position was cut, so I feel grateful to be able to speak to you guys and some of our parents that are here.”

“I do consults with parents every single week,” Ri-

Please see **SCHOOLS**, Page 8

Dr. Christopher J. Root DMD MAGD and team welcome

Dr. Mary Chalino DMD



Dr. Mary Chalino DMD has joined our clinical team as a full time Associate Dentist. Dr. Chalino completed a rigorous one-year advanced General Practice Residency (GPR) at Yale New Haven Hospital, focusing on medically complex cases and performing full mouth rehabilitation procedures in the operating room. She completed rotations in General Anesthesia and Internal Medicine as well.

Her dental training was completed at Tufts University School of Dental Medicine, where she served as Vice President of her class. She received her B.A from Wesleyan University in Middletown, CT, double majoring in Biology and Neuroscience & Behavior.

Dr. Chalino is well-versed in all aspects of dentistry, including Restorative, Endodontics, and Oral Surgery. She devotes close to 100 hours of Continuing Education per year to advance her clinical skill set. She travels across the US to attend seminars on full mouth rehabilitation and advanced treatment planning. She is a member of the American Academy of Cosmetic Dentistry (AACD), American Academy of General Dentistry (AGD), and American Dental Association (ADA). She is an active member with the Massachusetts Dental Society, and currently serves on the Health and Wellness Committee.

Outside of dentistry, Dr. Chalino is married to her husband, Joey, and lives in Central MA. She has visited almost 30 countries and is fluent in Arabic. She loves puppies, barre workout classes, and long road trips.

Dr. Chalino is passionate about providing positive dental experiences. We are excited by her dedication to the patients she serves, the breadth of talent and precision she brings to dentistry, and our shared engagement with professional development. We look forward to our collaboration and ongoing commitment to providing the highest standard of dental care.

For an appointment with Dr. Chalino, please call 413-279-2016

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Thurs. 12:00-8:00

Town opens Autism Cares Center to support families

By **Marcelo Gusmão**
Staff Writer
mgusmao@turley.com

LUDLOW – The Autism Cares Partners recently opened a center on Moody St. that will offer services to help families and children with autism-related learning disabilities.

Chelsea Gaudreau is the board-certified managing Behavior Analyst, and the center's primary clinician.

"I oversee the services for kids in the center diagnosed with autism from ages 2-6 years old," Gaudreau said. "Every child has a technician that works with them. Right now, I'm the supervising clinician, so I do all the assessments, write the programming, and offer parents support and training."

Several officials attended the ribbon-cutting for the center, including Town Administrator Marc Strange, Superintendent of Ludlow Schools, Dr. Frank Tiano, and Police Chief Dan Valadas.

"It will be great to have them in town," Strange said. "Great to have their business, particularly one that tends to the needs of these kids."

Parents are able to send kids to

the facility in place of school up to first grade. Parents may also choose to send their kids for half-days.

"Some of the districts in the area only offer half days for preschool and kindergarten, so we can supplement what that district is offering," Gaudreau said.

Gaudreau said that the center will be funded by insurance, and will utilize ABA methodology to better help children to adjust to the school setting.

"We're focusing on more intensive Applied Behavior Analysis services," Gaudreau said. "Essentially, kids diagnosed with autism need their learning styles tailored to them."

Strange said that the Center will offer a variety of services, including visual immersion systems, behavioral analysis, social skills groups, parent and family support, diagnostic evaluations, speech therapy, occupational therapy, and "whatever kids and families need."

"They have a nice little space over there with multiple classrooms and spaces for kids to do whatever learning or therapy sessions that they need," Strange said.

Gaudreau said that the Center

has had people calling every day, including both families with children with autism, and people within the families' support networks.

"We are officially open," Gaudreau said. "We've been getting a lot of phone calls. Our process through insurance takes six weeks, so we're hoping to have kiddos starting after first of the year."

"As a town what we can do, other than trying to keep taxes low, is get the word out and do things like the ribbon-cutting and make sure, to the extent that we can, that the community knows that they are in town and they're open for business," Strange said.

Gaudreau said that people can call themselves, or they can talk to their Primary Care Physician and have the physician make a referral.

"Anybody in the support system can call," Gaudreau said. "Local school districts have social workers who can help coordinate, too, though we would need to speak with family and meet the child to move forward."

For more information, call the Center at 413-268-6057, or email them at LudlowCenter@autism-carepartners.com.

Oliveira and PVTa to hold press conference to launch Browse Borrow Board

On Thursday, Dec. 21 at 10 a.m., Senator Jake Oliveira, Western Mass Legislators, and representatives from the Pioneer Valley Transit Authority will hold a joint press conference to launch Browse Borrow Board.

The Browse Borrow Board program brings MassDOT riders the opportunity to browse digital audiobooks, eBooks, newspapers, and magazines while waiting for their bus to arrive before borrowing and enjoying their reading materials on the go. The program was made

possible through Senator Oliveira's FY24 budget amendment which increased State Aid to Regional Public Libraries.

Speakers will include Senator Jake Oliveira, PVTa Administrator Sandra Sheehan, MassDOT Deputy Chief of Possibility Jaelyn Youngblood, the Executive Director of the Massachusetts Library System Sarah Sogigian, and Melissa Andrews, the Chief of Collection Management from the Library for the Commonwealth and Boston Public Library.

Wilbraham Troop 359 Bottle & Can Drive Saturday, Jan. 6

WILBRAHAM – Wilbraham Troop 359 will have their Bottle & Can Drive on Sat, Jan. 6, 2024, from 8 a.m. to Noon. It will be held in St. Cecilia's Church parking lot. All donations to Troop 359 provide support toward camping equipment and supplies, program materials, registration and activity fees throughout the year. People come to the troop's bottle & can drives year after year. The generous community support and donations are greatly appreciated.

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

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PET OF THE WEEK

ODIN

This is Odin. He loves to eat!



Pack 180 Cub Scouts help Veterans



Submitted photo

St. Elizabeth Pack 180 Cub Scouts Elijah and Allison L. (brother and sister) with Ashe and Joshua C. (brothers) presented Ludlow Veterans agent Eric Segundo a check towards the Thanksgiving food basket event as well as 245 canned goods collected from families and friends to create a wonderful meal for our town's veterans and their families.

LUDLOW - St. Elizabeth Pack 180 Cub Scouts responded to a request for help concerning the veterans' Thanksgiving Day food basket this past November.

The Cubs, parents, and leaders of the unit presented Ludlow Veterans agent, Mr. Eric Segundo, several cartons containing 245 cans, bags, and boxes of requested items.

Also, the group shared their Randall's Farm Scarecrow prize, a check

for \$200, to further fill the baskets for Thanksgiving or Christmas. Currently, Pack 180 is holding a year long, open recruitment for participants at the Saint Elizabeth Social Center. Each Wednesday at 7 p.m., doors are open for those wishing a program of fun, STEM projects, adventures, and basic scout skills.

Further information can be found by emailing Info@scouts180.org or Join@scouts180.org.



Our First Big Event of 2024!

Visit us at Ludlowma250.org

First Night

Saturday, February 24, 2024

(SNOW DATE: FEBRUARY 25, 2024)

Ludlow High School, 500 Chapin St.

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Ludlow Fire Department shares Fire Safety Tips for decorating this Holiday Season

LUDLOW — Chief Ryan Pease and the Ludlow Fire Department would like to share fire safety tips for community members to be mindful of while decorating for the holidays.

According to the National Fire Protection Association (NFPA), between 2017-2021, firefighters responded to an average of 150 home fires that started with Christmas trees per year. Fire departments also responded to an estimated average of 793 home structure fires per year that began with decorations, excluding Christmas trees.

Christmas Tree Safety

According to the NFPA, nearly one in five Christmas tree fires were started by lamps or bulbs, and 8% by candles. Although the NFPA notes that Christmas tree fires are not common, they can grow very fast. The following tips are recommended to help prevent a fire.

Choose a tree with fresh, green needles. The needles should not fall off when touched.

Place the tree at least 3 feet from any heat source, including fireplaces, radiators, candles, heat vents and lights. Do not place the tree in an area where it may be blocking an exit.

Before placing the tree in the stand, cut 2 inches from the base of the trunk. Always add water to the tree stand daily.

Ensure your string lights are intended for indoor use and use lights that have the label of a recognized testing laboratory. Replace any string of lights with worn or broken cords or loose bulb connections.

Never decorate a tree with lit candles.

Always turn off the lights on your tree before going to bed or leaving home.

Dispose of the tree after Christmas or when it is dry. As trees dry out, they become more flammable and should not be left in the home or garage, or placed outside against the home. Approximately 30% of Christmas tree fires happen in January.

General Holiday Decorating Tips

Choose decorations that are flame resistant or flame retardant.

Be careful about the placement of

decorations, and be sure to keep them away from lit candles and other heat sources.

Hang lights using clips, not nails, so that the cords do not get damaged.

Some lights are only for indoor or outdoor use, but not both.

Do not place decorations in the way of windows and doors.

Candle use:

Candle fires peak in December and January with 11% of candle fires in each of these months.

Blow out all candles when you leave the room or go to bed.

Keep candles at least 1 foot from anything that can burn.

Use candle holders that are sturdy, and won't tip over easily. Put candle holders on a sturdy, uncluttered surface. Lit candles should not be placed in windows where a blind or curtain could catch fire.

If a candle must burn continuously, be sure it is enclosed in a glass container and placed in a sink, on a metal tray, or in a deep basin filled with water.

Candles should be out of the reach of children and pets. Consider using battery-operated candles around children.

Never use a candle if oxygen is used in the home.

Holiday Entertaining Tips

Make sure your smoke alarms are working.

Stay in the kitchen when cooking on the stovetop.

If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.

Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

Have a "kid-free zone" of at least 3 feet around the stove and areas where hot food or drink is prepared or carried. The steam or splash from hot food or drink could cause serious burns.

For additional holiday fire safety tips, visit nfpa.org. The Ludlow Fire Department wishes everyone a safe and happy holiday season.



LIGHT A CANDLE OF LOVE.

Since Christmas is a time for remembering, we are lighting a candle in our funeral homes for all the families we have served.

As you enjoy this Christmas season, we hope this gesture will serve to remind you of the holidays past and the importance of family.

May the quiet peace of Christmas fill your heart and home.



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OPINION

LETTER TO THE EDITOR

The Ludlow Lions Club would like to thank those who contributed to make our annual Christmas Party for 35 people with developmental disabilities a huge success. A delicious dinner was served at Tony and Penny's. Santa brought gifts for our guests, and sent them home with a bag full of surprises. There was a lot of dancing and laughter to the tunes of DJ Dennis. A good time was had by all who attended.

A special thank you to the following for making this event possible; Apex Dental Associates PC,

Atty. John P. DaCruz, PC, Baltazar Contractors, Inc., Chemi-Graphics, Inc., Chenier's Gravel Bank, Inc., Country Bank for Savings, J.L. Massa Collision, James F. Shea & Sons, LLC, Kelly & Valaquez Eye Center, Kotowicz Custom Homes, LLC Ludlow Country Club, Ludlow Eye Care, PC, dba Ludlow Eye Associates, Ludlow Fire Fighters Social Club, Ludlow Funeral Home, Ludlow Heating & Cooling, Inc., Marta Law Offices, Mr. & Mrs. Michael Fillion, Mr. Victor Jeronimo, Nowak Funeral/Cremation Services, Peter S. Benton, CPA, PC, Pioneer Valley Financial Group, Inc., Polish American Citizens Club, R B Enterprises, Randall's Farm, Inc., TD Bank, The Dowd Agencies, Inc. (Ideal Insurance), Tony & Penny's Restaurant

The Ludlow Lions

GUEST COLUMN



I'm 65 and working; can I collect ex-spouse benefits?

Dear Rusty

I turned 65 earlier this year and I still work full time.

I was divorced four years ago after 38 years of marriage, but my ex-husband has been collecting Social Security for at least 10 years now. Can I start collecting Social Security and still work full time? And can I collect my ex-husband's amount if it is more than mine and what is the best way to achieve this? When I went to my local SSA office, they said they had no way of knowing that.

Signed Working Divorcee

Dear Working Divorcee

Although you are eligible to claim Social Security at age 65, because you are working full time you may wish to wait a bit longer to do so. That's because Social Security has an "earnings test" which applies to anyone who collects benefits before Full Retirement Age and you have not yet reached yours.

The earnings test imposes a limit on how much you can earn before SS takes away some of your benefits. If you exceed the annual earnings limit (\$22,320 for 2024), Social Security will want back \$1 in benefits for every \$2 you are over the limit and you will need to repay that, usually by having future benefits withheld. If you significantly exceed the limit, you may even be temporarily ineligible to receive SS benefits until you either earn less or reach your full retirement age (FRA) of 66 years and 8 months.

So, if your earnings from working will significantly exceed the annual earnings limit, which changes yearly, it's likely that your wisest move would be to wait longer to claim your Social Security. As a bonus for doing so, your monthly payment will have grown and will be higher when you claim later. The earnings test no longer applies after you reach FRA.

Regarding benefits from your ex-hus-

Please see **SOCIAL SECURITY**, Page 13

Air traffic controller shortage & holiday travel...



GUEST COLUMN



Cookies made with a familiar herb

This weekend was supposed to be the weekend when all four of us partook in a cookie-making marathon.

Usually, we start baking right after Thanksgiving, but this year the kids were involved in a play, then a concert, and alas, there was no time. We started out strong yesterday and then I began to feel a little funny.

By midafternoon I was definitely under the weather and that was it for my cookie-making. We got two batches in before I left the kitchen.

One is an almond covered thumb print, and the second is a coriander cookie – one of my all-time favorites. It must have been a favorite to a few other folks along the line because the recipe dates back to the early 19th century!

I tried them for the first time at Old Sturbridge Village's Christmas by Candlelight some years back and making them has been a tradition in our house ever since. Why don't we take this opportunity to learn about a very versatile plant.

Most gardeners already know that Coriander (*Coriandrum sativum*) is one of the few herbs that goes by two different names depending on the part of the plant used.

Its foliage, known as Cilantro, is used fresh in a number of culinary delights. When the plant goes to seed, known as Coriander, it can be used in that stage as well, eaten whole, crushed or powdered.

I liken cilantro to being the "marigold" of the herb world. Either you love the smell/taste of it or you hate it.

I, for one, immensely dislike it and if given the chance to pick it out of my salsa I will certainly do it! Even in a restaurant.

I found it interesting to learn that some people possess a genetically predisposed aversion to it, according to studies by Charles J. Wysocki of the Monell Chemical Senses Center in Philadelphia. To me it has a bitter taste that I have a hard time describing beyond that. Dirty? Soil-like?

Most people that do dislike it have a similar lack of descriptive ability; they

just can't put their finger on it, but they don't like the taste...or the smell of it. It's funny that when my oldest daughter received her Ancestry DNA results, she was shown not to possess the genetic aversion. Well, she didn't get that from me.

Cilantro is often used in salsa and other Mexican, Asian and Italian dishes including curries, sauces, salads and soups. If you prefer to grow the plant more for its greens and less for its seeds, manage it as you would spinach.

Sow seeds in the ground in the cool of the season and in succession every two weeks. It dislikes being transplanted but doesn't mind pot culture.

Harvest greens rather aggressively – about one-third of the plant at a time. Just like spinach, there are slow-to-bolt varieties to choose from such as aptly named "Slow Bolt" and "Longstanding". Cilantro's flowers are edible, and they attract lots of beneficial insects such as lady beetles, parasitic wasps and syrphid flies.

Coriander seeds, on the other hand, have a pleasant (at least to me) fragrance once dried. The scent is easier to pinpoint too; nutty and spicy (ever so slightly) come to mind.

Coriander seed is also well known in various ethnic cuisines and is a favorite in spice blends, curry being the most popular. It is also used in the making of a number of distilled spirits, herbal liqueurs and Christmas cookies as I have come to find out and favor!

The Herb Society noted that during World War II coriander seeds were coated in white or pink sugar and thrown from carnival wagons, earning the name "confections" or "confetti." When the seeds were replaced by balls of colored paper the name confetti stuck.

Take this one to your next game of Cruise Ship Trivia!

It is easy to harvest the seeds. Simply let the heads dry to brown right on the plant. Clip them and place inside a paper bag; as they dry further, they will open, and the seeds will pop out.

Even if you are only interested in harvesting the seeds, multiple plantings (or a big garden patch) are necessary to get a decent-sized harvest. Let a few drop their seeds and you will be blessed with a few self-sown plants next spring.

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For 31 years she has held the position of staff horticulturist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to pouimette@turley.com with "Gardening Question" in the subject line.

The REGISTER

LETTERS TO THE EDITOR

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

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

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

Send letters to: The Register, 24 Water Street, Palmer, MA 01069 or email mharrison@turley.com. The deadline for submissions is Friday at noon.

SUBMISSIONS POLICY

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

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

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

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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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Baby's First Christmas
2023



John Jude O'Connor

January 22, 2023

Parents: Kaitlin O'Donnell & John O'Connor, Stoneham
Grandparents: Jim & Chris O'Donnell, Ludlow
Madeline Spinosa, Medford
John O'Connor, Hebron, NH



Raelynn Brown

July 20, 2023

Parents: Ryan & Ashley Brown, Hampden
Grandparents: Art & Lynn Anderson, Wilbraham
Rick & Joanne Brown, Monson



Willa Rae Grzymkowski

October 26, 2023

Parents: Elaina Natario & Eric Grzymkowski, Salem
Grandparents: Ann & Mark Natario, Belchertown
Great Grandparent: Claire Natario, Ludlow



Theodore Thomas Bermanni

April 2, 2023

Parents: Kristen Natario & Jeff Bermanni, West Newbury
Grandparents: Thomas & Karen Natario, Greenland, NH
Great Grandparent: Claire Natario, Ludlow



Juliette Lee Natario Dornfried

October 7, 2023

Parents: Kara Natario & Bryan Dornfried, Boston
Grandparents: Thomas & Karen Natario, Greenland, NH
Great Grandparent: Claire Natario, Ludlow



Gia Elizabeth Goncalves

June 20, 2023

Parents: Jillian Veamour & Derek Goncalves, Ludlow
Grandparents: Dawn Veamour, Palmer & Gerry Veamour, Chicopee
Isabel & Steve Malle, Ludlow
Joe Goncalves, Ludlow



Mya Rose Charles

March 5, 2023

Parents: Amanda Leone & Deon Charles, Ludlow
Grandparent: Tina Leone, Ludlow

**EARLY DEADLINE
For All Advertising
& CLASSIFIEDS**

<p>All Papers Will Deadline Thursday, Dec. 21 at Noon for Publication Dec. 25-29</p>	<p>⋮ ⋮ ⋮ ⋮ ⋮ ⋮ ⋮</p>	<p>All Papers Will Deadline Thursday, Dec. 28 at Noon for Publication Jan. 1-5</p>
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RANDOM ACTS OF KINDNESS

Second Times a Charm

Natalina Tulik & Michelle Anecchiarico

I'm sure when Ludlow residents Natalina Tulik and Michelle Anecchiarico met fifteen years ago as PTO members they never envisioned they'd become partners of a non-profit charity. What an incredible journey these two have taken from only one conversation to making "Second Time's A Charm" a reality.

Natalina, a lifelong resident of Ludlow has been married twenty-nine years, has two daughters and works in the administrative offices of Mt. Holyoke College. She's done and continues to do numerous things for her community such as establishing and naming the Lenore Paul Community Garden after a late and beloved Ludlow teacher. She started this non-profit with 15 students as an after school program to grow food and it quickly turned into thirty-three beds. Half of the plots are designated for the school and its students while the other half is used by Ludlow residents at no charge. When there is an abundant harvest they donate it's produce to the Survival Center in Indian Orchard. What a full circle of Random Acts of Kindness by many!

Michelle who has been married thirty years, has been a Ludlow resident for twenty of those and also knows about

giving back. She has two children and is an English teacher at Baird Middle School as well as a being a skiing coach. When an accomplished freshman racer on her team died by suicide three weeks after the season ended, Michelle helped the students and residents with their grieving. She established an annual walk held in September called "Hope Stroll" that takes place along the river front near the Ludlow Mills. She and the students make posters and paint rocks with inspiring words then scatter them along the path in Nathan's memory. She's also involved with 'For the Love of Good' which helps the homeless acquire needed clothing and assorted items. The donations are spread out on a designated day and area for people to come and take whatever they need at no charge. She laughs saying she never knows what will show up on her porch as people leave donations there all the time.

So you can see whatever these two women touch, it's going to be successful and for the good of others. The idea for "Second Time's a Charm" came when Natalina not only had sticker shock when shopping for her daughter's prom gown but more so because of her daughter's friend. After being invited to her prom, this young girl had to miss the opportunity of creating this precious high school memory simply because a gown was beyond her budget. After the prom

Natalina noticed that everyone was trying to sell their gowns, hence this idea hatched.

She spoke with Michelle about this in June and by January they had their non-profit status. The concept was to have people donate their unwanted formal wear still in good condition and they would offer it to others for a minimal suggested donation. When Natalina put their vision on Facebook they were shocked to have 200 dresses almost immediately donated! They quickly out grew their original storefront in Ludlow and are now located in Three Rivers. The 'store' is totally staffed by volunteers and neither woman takes anything for themselves, this is truly a labor of love and support from their husbands!

Beginning the 2023 season they had an inventory of 2,738 items, not including shoes and jewelry. But their full inventory includes formal short dresses, gowns, even some wedding gowns, shawls, shoes and jewelry with sizes ranging from 0 to extra plus sizes. It's organized better than a store with each size categorized and then arranged by colors. They did have men's clothing at one time but quickly realized they didn't have enough room for both even with ten dressing rooms, so they donated those items to a men's nonprofit with the same ideals, Suit Up Springfield.

They said nothing goes to waste! As

an example, if gowns need to be passed along they donate them to a group that turns them into children's bereavement dresses. Other things are donated to Big Brothers-Big Sisters or to the previous mentioned charities.

They have an annual adult prom in the fall at the Ludlow Country Club as a fundraiser. They also have dress drives at seventeen locations in W. MA twice a year to replenish their supply, therefore always having a revolving inventory.

They are excited to begin their sixth season on January thirteenth but are only open Saturdays and Sundays from 10am to 2pm until May. Since they both have full time jobs that's their time for themselves and their families.

What a beautiful fashion, (no pun intended), of helping so many enjoy a special occasion. Help yourself and others enjoy a wonderful day with your own Random Act of Kindness.

If you would like to tell me a story about a Random Act of Kindness please contact me at bdt514@aol.com or 413-788-7514. Who knows, you might see your story in this column, 'Just 'Cause' you witnessed, did or received something nice being done.

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

SCHOOLS from Page 1

cardi said. "I keep my documentation of what we're talking about, how can I help them, moms, dads, and grandpar-

ents who are saying, 'I don't know what else to do.' We have their children, we're responsible for their children, their children's wellbeing during the day, and then they're going home at the end of the day and for a parent to say 'I don't know

what else to do' is really concerning."

Ricardi said that part of her job is to connect parents and guardians with community resources that can help support them.

Reed shared the regular responsibilities of school counselors at Harris Brook, from servicing students one-on-one and in small groups, to teaching lessons, consulting with teachers regarding social skills and behavioral needs, writing behavior intervention plans and social skills assessments, and more.

"We used to have a position who supports children who are on the autism spectrum," Reed said. "That position was eliminated, so now they have taken on that role as well."

Reed said that counselors have to help children with the loss of a parent, issues with self-harm and suicidal ideation, homelessness, and hygiene and body image issues.

"We've had so many parents just say, 'I give up, I don't have any idea what to do, tell me what to do with this child,'" Reed said. "They're at their wit's end and frustrated with how to parent."

"It's a lot for one position," Reed said. "It wasn't until I started writing it down that it kind of floored me. No wonder they're coming in looking exhausted. No wonder they seem manic some days, running around like chickens, and other days paralyzed because they've just heard a really traumatic story and had to file on the family who's struggling."

"That impacts your teachers as well," Hokanson said. "They're face-to-face all the time, and then the counselors have to pick up those pieces."

"The majority of my caseload is extremely anxious, extremely depressed individuals who struggle with day-to-day

getting through the day, getting the motivation to get through their day," Hokanson said.

"We were talking to the kids about some of the issues we want to deal with," Hokanson said. "Number one was the mental health of their friends and the students in the school. That's not from us; that's coming from the students. They're telling us we need to do more."

"I'm still in contact with former students in their 20s," D'Amore said, "asking 'what's happening with kids today?' Though they're only 10 years older than our Baird students, they recognize that growing up and parenting have never been harder."

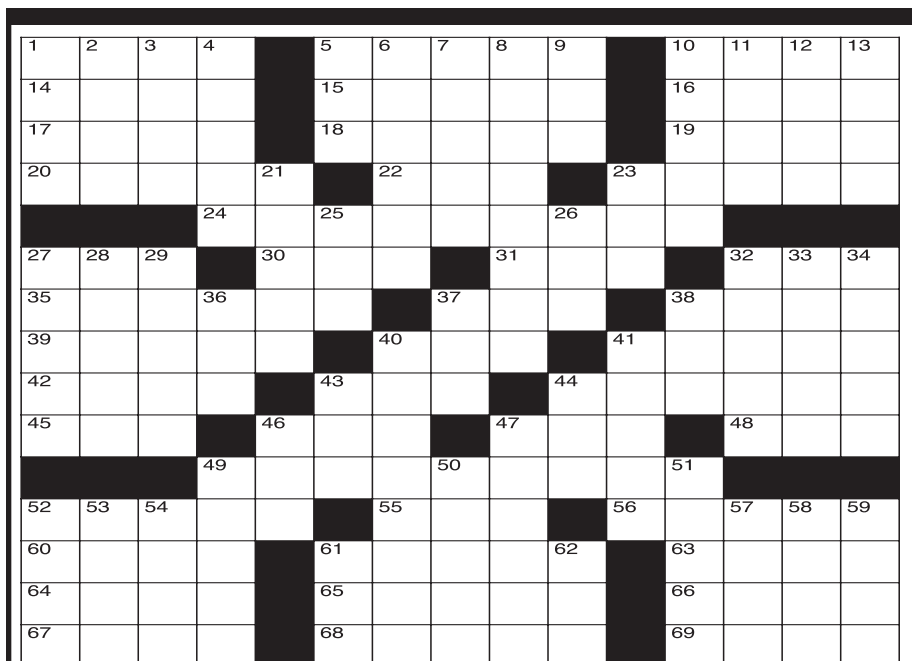
D'Amore said that public schools are tasked with shaping students into well-adjusted members of society, and that mental health and emotional well-being is at the root of everything they do.

"We need support from our community to overcome these challenges," D'Amore said.

D'Amore listed the various ways that budget cuts have served to exacerbate these problems, including increasing class sizes, fewer personnel to support student needs, and cutting extracurricular activities that are vital to student development.

"We can't do it without sufficient personnel and resources, and we are currently operating with far less than a skeleton crew at Baird," D'Amore said. "Why do yearly budget cuts in the millions of dollars continue to be acceptable in Ludlow?"

The School Committee was appreciative of the efforts the schools make to support students, and discussed ways that the Committee can help to prioritize mental health services going forward.



CLUES ACROSS

- 1. Droops
- 5. Subatomic particle
- 10. Not in danger
- 14. Nursemaid
- 15. Black band worn in mourning
- 16. Long song in opera
- 17. Edible seed of a Philippine tree
- 18. Chicago political family
- 19. Pursues pleasure from one place to another
- 20. Appetizer
- 22. Hill (Celtic)
- 23. Simple shoe
- 24. Songs to one you love
- 27. Secret activities
- 30. Upset
- 31. Popular hot drink
- 32. Body art (slang)
- 35. Fired
- 37. Blood relation
- 38. Identical
- 39. Porticos
- 40. Partner to cheese
- 41. Type of sword

- 42. Enough (archaic)
- 43. Surface layer of ground
- 44. Cotton fabric woven like satin
- 45. Choose for a post
- 46. Father
- 47. Tell on
- 48. Indian title of respect
- 49. Fonts
- 52. Fencing sword
- 55. Mock
- 56. Vaccine developer
- 60. Atmosphere surrounding a person or place
- 61. Marten with a short tail
- 63. Chinese temple
- 64. Invests in little enterprises
- 65. Popular cut of meat
- 66. Charity
- 67. Iron-containing compound
- 68. River in Northern Europe
- 69. One point east of southeast

CLUES DOWN

- 1. Exhausts
- 2. Genus of fish related to gars
- 3. Impudent behavior
- 4. Adherents to Islam
- 5. They come after A
- 6. Spoke
- 7. Room to receive guests
- 8. About opera
- 9. End-blown flute
- 10. Heroic tales
- 11. Member of a Semitic people
- 12. Dog's name
- 13. Opposite of west
- 21. Political divisions in ancient Greece
- 23. Ocean
- 25. Cool!
- 26. Young woman about to enter society
- 27. One from central Caucasus
- 28. Indian city
- 29. A way to serve ice cream

- 32. Emaciation
- 33. Escort aircraft carrier
- 34. Italian city
- 36. Mythical settler of Kansas
- 37. Unhappy
- 38. High schoolers' test
- 40. Measured in pace
- 41. Satisfies
- 43. Gullible person
- 44. Enclosed space
- 46. Substance used to color something
- 47. Shirt type
- 49. Discover by investigation
- 50. ___-Castell, makers of pens
- 51. Semitic Sun god
- 52. Grads wear one
- 53. French river
- 54. Part of a cap
- 57. Digestive fluid
- 58. Metrical foot
- 59. Body part
- 61. Very fast airplane
- 62. Supplement with difficulty

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.**

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Ludlow Register

Ludlow honors veterans with Wreaths Across America ceremony



Photos by Marcelo Gusmão

Director of Veterans Affairs Eric Segundo (right) urged attendees to take a moment to think about the veteran they're honoring as they lay their wreath.

WREATHS from Page 1

The wreaths were placed by members of the Boy Scouts of America, accompanied by Paul Chrzan, Derek DeBarge, Jack Pedro, Christine Bassett, Jim Fatal, Melanie Segundo, Ryan Howell, and Steven Sawyer and his wife.

"Today, more than ever, we reflect on our nation's veterans and active duty service members who have and continue to fight to protect the innocent and the oppressed," Segundo said. "This na-

tion has always been the first to stand up for the freedoms of people around the world."

"Many of you have answered that call and served your country as well. For this, we say, thank you," Segundo said.

Wreaths Across America's mission is to "remember the fallen, honor those who serve, and teach the next generation the value of freedom." For more information about the organization, go to their website at wreathscrossamerica.org.



Steven Sawyer and his wife presented the wreath in honor of Purple Heart recipients.



Olivia Gravel and Allen Reed served pastries to the attendees provided by Freedom Credit Union.



Veteran Bob Boduch volunteered to help with the wreath-laying at Island Pond Cemetery.



Eric Segundo took a moment to honor veterans as he placed a wreath.



The high school basketball team came out on Saturday to attend the ceremony.



Families volunteered to coordinate the event, (from left) Juan Luis and Matteo Rivera, Chloe and Julia Liszka, and Laurie Smith.



Selectman Derek DeBarge accompanied a Boy Scout to lay a wreath in honor of the U.S. Marine Corps.



The crowd of residents stood for the Pledge of Allegiance during the ceremony.

What's Happening at Hubbard Memorial Library?

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

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

FOR ALL AGES

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

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

FOR ADULTS

Calling artists and more! The Hubbard Memorial Library in Ludlow is seeking local artists, craftspeople and collectors who would like to display their wares in the library's display case. Exhibits remain in place for one month. The display case measures 70 inches long by 42 inches high by 11 inches deep, and has shelves which can be adjusted or removed to fit different sized items. For more information, or to arrange a showing, please contact the library at 583-3408 Ext. 114 during normal library hours.

Happy Hour Book Club, last Thursday of the month (12/28), 6:30-7:45 p.m.

This month's book is "Looking For

Jane" by Heather Marshall. This novel is perfect for fans of Kristin Hannah and Jennifer Chiaverini. Pick up a copy of the book at the Circulation Desk. New members are welcome!

FOR TEENS

Nintendo Switch Night, every other Tuesday (12/26, 1/9/24), 6:00-7:45 p.m.

Play Mario Kart, Smash Bros, or other Nintendo Switch games. For 6th-12th graders, space is limited to 16 people, please register.

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

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

Sewing Scrunchies for Tweens/Teens, Thursday, December 28, 6:00 p.m. Ages 10 & up. Learn how to sew your own scrunchies using the library's sewing machines. Materials provided. Please register.

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

The Read Between the Lines High School Book Group discusses "The Holiday Swap" by Maggie Knox, Friday December 22, 3:00-4:00 p.m. Book chat and snacks for ages 14 & up. Copies of the book are available in the Youth Room. Registration preferred.

FOR CHILDREN & TEENS

Drop-In Holiday Card Making, Holiday card making supplies will be set up in the Youth Room until Christmas.

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

everything you bring to the club. Please register.

Snow Slime, Tuesday, December 26, 2:00 p.m. Ages 5 & up. Make sparkly snow slime. Please register.

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

Massachusetts Children's Book Award Book Group for 4th-6th Grade, Thursday January 11th, 6:00pm - 6:45pm. 4th-6th graders across the state are the ones to decide who wins this award after reading at least 5 of the nominated books. Meet with Youth Services Librarian July each month for 45 fun minutes to discuss, decide, play games, and share snacks. Everyone who has read at least 5 of the books by April 15th will cast their vote, celebrate with an ice cream party, and be featured in an article in the Register! Please register.

Wildlife On Wheels, Wednesday, December 27, 10:30 a.m. All Ages. Meet and learn about five animal friends from the Zoo At Forest Park. Drop in.

World's Cutest Critters Scavenger Hunt, Wednesday, December 27, 9:00 a.m.-8:00 p.m. All ages. Learn about unusual, adorable creatures whose pictures are hiding throughout the Youth Room and win a prize.

Roblox Club, Fridays 3:30-4:45 p.m. Meet new friends or play with old ones while playing Roblox. For ages 8+.

Wreck the Tech: Friday, December 29, 11:00 a.m. Ages 9 and up. For curious budding engineers: take apart gadgets and old electronics and learn what's inside. Please register.

Holiday Movie & Craft: "Elf" and Make a Reindeer Ornament, Saturday, December 12, 10:00 a.m. Rated PG. Enjoy hot cocoa and a funny Christmas movie, stay after to make a reindeer ornament. Drop in.

BINGO, Saturday, December 30, 10:00 a.m., All Ages. Finish up the year with a fun game for the whole family, with free books and prizes to win. Please register.

FOR CHILDREN

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

Winter Storytime Session: Going Places, Mondays 10:00 a.m. (starting 1/08/24) Ages 3-5. Stories, songs and games featuring far away places with a craft and snack at the end. Please register.

Sing With Me, Tuesdays 10:30-11:00 a.m. For ages 0-5. Join Youth Services Librarian July for 30 minutes of favorite children's songs & movement. Drop-in. Does not meet on Tuesday 12/26.


Winter Storytime Session: Going Places, Wednesdays, 10:00 a.m. (Starting 1/10/24) Ages 2-3. Stories, songs and games featuring far away places with a craft and snack at the end. Please register.

Lego Build Challenge, Wednesdays 12:00-5:00 p.m. Pull a Lego Build Challenge Card and try to build it with the library's Legos, or free build just for fun. All creations will be put on display in the Youth Room for the week. Drop-in.

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

Meet "Sister Detectives": Child authors Emma & Bailey, Thursday, December 28, 3:00 p.m. For preschool and up. Meet the real life sisters who wrote the book "Sister Detectives", hear them read the book, make a craft based on the dog from the book, then make their favorite drink from the book, boba tea. Please register.

Night Before Christmas Program, Thursday, December 21, 6:00 p.m. For preschoolers and school age children. Wear your pajamas to hear the famous story Night Before Christmas, sing carols, drink cocoa, and then enjoy a surprise visit from a certain special, merry guest. Please register.


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TOYS FOR TOTS from Page 1

his wife to gather local Marine reservists and coordinate to collect approximately 5,000 toys for local children, through

collection bins placed outside Warner Bros. movie theaters.

PlayNow is located in the Ludlow Plaza on Center Street. For more information, you can call the store at 413-610-1459.



Submitted photo

Bikes, balls, games, and various other toys were collected by PlayNow and the Police Department for the Toys for Tots drive.

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Pioneers offense too much for Lions



Turley photos by David Henry www.sweetdogphotos.com
Mason Morace heads up for a shot.

PALMER – Last Friday night, Pathfinder boys basketball prevailed over visiting Ludlow 70-48.

One of the big keys was a big second quarter for Pathfinder as well as great defense

by the Pioneers in the final frame holding the Lions to just four points. Pathfinder was led by Hunter Griswold with 22 points followed by Richie Gula with 20 points. Seth Mitchell added 10 points

for the Pioneers.

While Ludlow got points from eight different players, it was not enough to combat Pathfinder's high scorers. Stephen Goodreau had 13 points to lead the Lions.



Daniel McKenney, Jr. takes a jump shot near the free throw line.



Daniel Krutka makes a pass on the run.



Jackson Mateus heads around the perimeter.



Giovanni Acevedo reaches over his opponents and flips the ball in the net.

Lions fall to Lancers

WEST SPRINGFIELD – Last Saturday afternoon, Ludlow was edged by Longmeadow 3-2 in hockey action. The Lions fell to 0-2-1 on the regular season. Ludlow hopes to grab its first win this week with games against Minnechaug and East Longmeadow coming up.

Turley photos by David Henry www.sweetdogphotos.com



Ryan Goodwin passes the puck away.



AJ Stupak sprints up the ice.

Lions winless in first three

LUDLOW – The Ludlow High School girls basketball team suffered losses in their first three games of the regular season. The Lions fell to East Longmeadow, Franklin Tech, and last Friday evening, the Lions fell to Frontier Regional in their home opener. In the 62-13 loss to the Hurricanes, Nora Adams and Kayliana Moret had four points each. Ludlow's offense struggled to put points on the board as they have been rolling out a fairly new starting lineup.



Brice Pereira looks to send the puck away under pressure.



Sean Kefalas reaches his stick out to grab the loose puck.



Luke Martin heads up the left side.

T-Birds suffer 1-0 shutout against Bears

HERSHEY, PA – The Springfield Thunderbirds (14-9-2-0) could not solve the top-ranked defense in the AHL, as the Hershey Bears (22-6-0-0) skated off with a narrow 1-0 triumph on Sunday inside Giant Center. The battle of the Eastern Conference's two best defensive

Please see **T-BIRDS**, Page 13

Shenette declares for modifieds tour

WORCESTER – Driving the No. 8, John-Michael Shenette will chase the NASCAR Whelen Modified Tour Rookie of the Year honors in 2024. When the NASCAR Whelen Modified Tour begins a 16-race schedule in February at New Smyrna Speedway in Florida, Shenette plans to be in attendance. It will be the first race in his quest to compete in a majority of the races on the schedule to chase the prestigious award.

Formerly based in Thompson, Connecticut, Shenette is the CEO of Eighty-Two Services, a General Contractor located in Concord, North Carolina. The team, Eighty-Two Autosport, will also contest additional SMART Modified Tour and Open Modified events when available in 2024.

Shenette made his debut on the NASCAR Whelen Modified Tour at Langley Speedway in 2023

and finished 12th. He also competed in events at North-Wilkesboro Speedway and Martinsville Speedway prior to the end of the season.

“We’re excited for 2024,” John-Michael Shenette said. “Last year was about putting a car on the track. We struggled with a mechanical issue that plagued us at all three events and prevented us from logging laps. All-in-all, it was a good year - we were able to build a great group, add a second car and square away all the bits and pieces that it takes to run. The NASCAR Whelen Modified Tour is the best of the best in modified racing, if not NASCAR as a whole. Our team is ready for the challenge. Chasing the prestigious Rookie of the Year award is on our bucket list, but we’re also looking for consistency and to chase our first career win in Mod-

ified in 2024.”

Shenette was born in Worcester, and started racing at 7-years-old at Thompson Speedway Motorsports Park’s “Little T” track in Connecticut. He’s raced on and off his entire life - running in the Pro Stocks, Thompson Modifieds, PASS Super Late Models, ARTS Trucks, Karts and now Tour-Type Modifieds 30 years later.

Shenette and his NASCAR Whelen Modified Tour team, led by crew chief Scott Morin and car chief Stephen Robinson, will open the 2024 season at New Smyrna Speedway on Saturday, February 10, as NASCAR opens their 76th season of racing. For more information on the team, fans are encouraged to follow the team on Facebook on their new page, Eighty-Two Autosport, for the latest news and information, including race day updates.

Candlepin League News

By Ryan Drago
Staff Writer
rdrago@turley.com

Tuesday Night Commercial Elks League

PALMER – The Commercial Elks League had another week of bowling before their holiday party.

The standings as of Dec. 5, Life is Good still leads in the #1 spot with nine wins, two losses and one tie. Tied for second place is The Champs R Here and Acres with each time carrying a 9-3 record.

Team BK has a record of 6-6. Last in Line has a record of 5-6 and 1 tie. The winner of round 1 Compression is 5-7. Blue B’s has a record of 3-9.

The two teams tied for second place Acres and Champs R Here bowled each other on Dec. 12. In game one, The Champs won against Acres by a score 413-384. John Colkos of Champs R Here started off strong with a 114 game. Taylor Colkos started off with 109 and Steve Manolakis bowled 101.

In game two, Acres won the game 386-372. Paul Tereso and Dave Cobleigh of Acres were over their average and scored 103 and 100 in game two. In game three, Acres won 436-379. Kenny Trudel of Acres finished the night with a 109 game. Matt Bertelli had a strong finish by bowling a 117. Topping his own teammate’s score, Dave Cobleigh finished with a 121 game.

Acres won total pinfall with a final score of 1206-1164.

The number one seed Life is Good bowled against Compression. In game one, Life is Good won by a score of 358-327. In game two, Life is Good and Compression tied at 341. In game three, Compression won over Life is Good 373-329.

Compression won total pinfall by a final score of 1041-1028.

Last in Line bowled against Team BK for the night. In game one, BK was victorious over Last in Line 384-352. Pulling for the team was Jeff Whyte and Paul Nothe by scoring 112 and 107. In game two, BK remained strong and won 388-358. Nothe stayed consistent by remaining in the 100s with a 108 in game two.

In game three, Team BK won the last game 369-360. Team BK won all three games and total pinfall with a final score of 1141-1070.

The Tuesday Night Commercial Elks League will be hosting a holiday party and banquet the following Tuesday night. The league will have a fun night of bowling by hosting a random draw doubles tournament.

Thursday Night Mixed League
The Thursday Night Mixed League at Diamond Junction Bowling Lanes continued with the holidays right around the corner.

Team Five bowled against Team Three on lanes four and five. In game one, Team Three won by a score of 382-370. In game two, Team Three won again by a score of 419-384.

In game three, Team Five won the last game by a score of 419-382. Team Three won total pinfall by a final score of 1183-1173.

On lanes six and seven, Team Six bowled against Team Two. In game one, Team Two won a close game against Team Six 383-380. In game two, Team Six defeated Team Two 440-403. In game three, Team Two won the last game 401-389.

Team Six won total pinfall with a final score of 1209-1187.

On lanes two and three was a match between Team One and Team Four. In game one, Team One was victorious over Team Four 385-371. Kris Rickson of Team One started off the night with a 108 game. In game two, it was close all game but Team One wins another by a score of 427-425. Rickson bowled 120 in game two.

In game three, Team Four won the last game 437-401. Nick Maslon of Team Four finished with a 102. Rickson finished the night with a 115 and three game series of 343.

Teams Four, with a big win in the third game won total pinfall by a final score of 1233-1213.

Visit Diamond Junction Bowling Lanes at 1446 N. Main St. The Alley can be reached by calling 413-289-0013.

Railers fall short to Thunder

GLEN FALLS, NY – The Worcester Railers HC (8-11-2-2, 20pts) fell short to the Adirondack Thunder 13-6-2-1, 29pts), on Saturday night by the final score of 4-1 in front of 3,841 fans for their Teddy Bear Night at the Cool Insuring Arena. The Thunder extended their win streak to 4 games. The Railers will head back home to face the Trois-Rivières Lions at 5:05 pm on Friday, December 23rd, as one of their three “Home for the Holidays” matchups.

The Thunder scored the first three goals of the game as Patrick Grasso (10th) and Nico Blachman (2nd, 3rd) put Adirondack ahead 3-0 after two. Joey Cipollone tallied his first professional goal on a tip-in out in front before Ryan Smith (11th) gave the Thunder back their three goal lead, and delivered the game’s final score of 4-1.

The first period saw a lot of physicality which led to a total of 24 minutes in penalties. It all started with a Rock ‘Em Sock ‘Em

fight toward center ice with Railers forward Jake Schultz (0-0-0) and Adirondack defenseman Darian Skeoch (0-1-1). Adirondack let the teddy bears fly early in the period after an odd-man rush goal by Patrick Grasso (1-0-1). Grasso received a pass by Grant Jozefek (0-1-1) from across the slot, moving left to right, to beat Henrik Tikkanen on his high glove side. The next goal didn’t come until the 16th minute when the Thunder Forward Ryan Smith (1-2-3) placed a low shot on net from in-between the dots on the rush to give a rebound opportunity to Forward Nico Blachman (2-0-2) and beat the outstretched blocker of Henrik Tikkanen. The Thunder lead the period in shots on goal 13-5.

The second period was a lot quieter compared to the first. Henrik Tikkanen made a lot of high-quality saves throughout the period. Blachman and the Thunder would break through, however. After a failed offensive zone entry by the Railers, Adirondack’s For-

ward Erik Middendorf (0-1-1) entered the right half of the Railers’ defensive zone slowly and stopped at the top of the circle. He found Blachman crashing towards the net late and blasted it past Henrik Tikkanen’s low blocker side from the high slot to make it a 3-0 game with 4:37 left in the period. The Thunder led the period with shots on goal 9-8.

The Railers finally got on the board early in the third period after a blast from the left point by Ryan Verrier (0-1-1) that was then deflected in the slot by Joey Cipollone (1-0-1) for his first professional goal. The Thunder would capitalize on a breakaway opportunity in the middle of the third after Colin Felix’s (0-1-1) minor penalty expired. Felix passed the puck up to the speedy Ryan Smith who elevated the puck upstairs where it hit the crossbar, hit a Railers back-checker, and inadvertently ended up in the back of the net to make it 4-1 Thunder. The Thunder led the period in shots on goal 11-9.

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HOLIDAY HAMS

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Early Deadlines

for all LEGAL NOTICES...

All Papers Will Deadline
Thursday, Dec. 21
at Noon for Publication
Dec. 25-29

Happy Holidays!

Happy New Year!

All Papers Will Deadline
Thursday, Dec. 28
at Noon for Publication
Jan. 1-5

OBITUARIES

Maria Helen Dias, 83

LUDLOW - Maria Helen Dias, 83, of Ludlow, MA, passed away December 16, 2023.

She was born in Portugal to the late Armando and Elvira Fernandes. Maria Helena, was the beloved wife of the late Antonio Dias.

She leaves her loving children; Natalie Vale da Serra and her husband Joe, Sergio Dias and his wife Joy, and Helen St. Marie; Cherished grandchildren Jenny, Shaun, Krystal, Melissa, Brittney, Ryan and Justin as well as her great-grandchildren Kayleigh, Meghan, Natalia, Leo, Lucia,



and Lara; and other loving extended family.

Funeral services will be held on Thursday, December 21, 2023, from the Ludlow Funeral Home.

Visiting hours are Thursday morning from 8:30 to 10:15am followed by a Liturgy of Christian Burial at 11:00 am in Our Lady of Fatima Church with intermittent in Island Pond Cemetery.

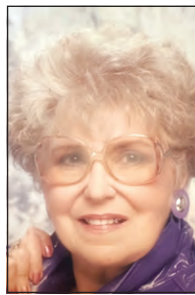
It was the wish of Maria Helena's family that donations be made in lieu of flowers to: Stjude.org, St. Jude Place, Memphis,

Doris Irene (Nault) Nichols, 93

LUDLOW - Doris Irene (Nault) Nichols, 93, of Ludlow passed away on Sunday Dec. 10, 2023.

Born in Holyoke she has lived in Ludlow for many years. She was a former member of the Kiwanis Club and a faithful communicant of St. Elizabeth's Parish where she belonged to the Red Hatters and volunteered her time for the French Meat Pie project.

She was the wife of the late Charles Dustin in 1967 and Edward Nichols in 1998; She leaves her daughters Debra Belisle and Dianne Dustin; step-children David Nichols, Linda Nichols, Robin Nichols, Doreen Nichols and Melonie Nichols; Grandchildren Rebecca, Eugene, Ricky, Shelley, Robert, Charrie, and the late Michelle; brothers Francis and William Nault and prede-



ceased by Mary, Rita, Claire and Raymond. She also leaves several great-grandchildren, great-great grandchildren and extended family and friends, also sadly predeceased by her great granddaughter Amanda.

Funeral services for Doris will be held on Wed. Dec. 20, 2023 from the Ludlow Funeral Home. Visitation is Wed. morning from 8:30-10:15 a.m. at the Funeral Home with a Liturgy of Christian Mass celebrated in St. Elizabeth Church at 11 a.m. followed by burial in Island Pond Cemetery in Ludlow.

In lieu of flowers please make donations in Doris' memory to American Cancer Society

For further information please visit ludlowfuneralhome.com

Delfina Terrinca, 90

Delfina Terrinca, 90, peacefully departed from this world surrounded by her loving family on Sat. Dec. 9, 2023.

She was born in the city of Chaves, Portugal, to her parents, Antonio and Delfina Batista. She immigrated to the United States in 1966 alongside her family and settled in the town of Ludlow. Delfina worked for many years in the textile industry, but ultimately her greatest love was her children, grandchildren, and great grandchildren.

We all gave her a purpose in this life a purpose so great that carries on through each generation. Engrained in all of us is the importance of family and love. This love has carried on to each one of us. Caring for her grandchildren and great grandchildren gave her immense joy, whether it be cooking their favorite meals, taking walks, or just being in their presence.

Delfina is survived by her loving children; Duarte and his wife Kelly Terrinca of Florida, Delfina Stevens and her long time partner Douglas Wright of South Dennis, Graciete and her husband Brian Lavoie of Belchertown, Bert (Humberto Jr) and his wife Linda Terrinca of Ludlow. Her memory will forever be cherished by



her grandchildren: Cori and her husband Gabriel, Kristina and her husband Kyle, Samantha and her husband Andrew, Nikolas and his wife Karissa, Paige, Alec, Abigail, Betinho, Robbie and Mikal.

Additionally, she leaves behind her beloved great-grandchildren: Isabella, Gabriel Jr, Ava, Gigi, Nina, Mason, and Sydney. A piece of her will live inside each one of us. She was predeceased by her husband Humberto Terrinca. Although we are saddened with grief to let her go, it brings us great joy and comfort to know she will finally be reunited with her husband.

The family would also like to give a big thank you to all the staff at Palmer HealthCare and New England hospice who took exceptional care of our Mother in her final days. We are eternally grateful for your kindness.

An excerpt from a poem her granddaughter Cori lovingly wrote about her Vovo : "We will all learn from you Grow from you and Remember you You, Delfina are our Hero". May you rest in eternal peace Vovo, we will treasure everything you ever taught us. We love you.

The family held a private service on Wed. Dec. 13 at Ludlow Funeral Home.

SOCIAL SECURITY

from Page 6

band, you cannot collect his instead of yours. What you may be able to do, when you claim your own benefit, is to get an additional amount, which brings your monthly payment up to 50% of his. In order for that to happen, you would need to satisfy the following criteria:

You are not currently married. The personal benefit you are entitled to at your FRA must be less than 50% of your ex-husband's FRA entitlement.

If the above are true, when you claim your own SS retirement benefit you will also get a "spousal boost" to bring your payment up to what you're entitled to as an ex-spouse. The amount of the spousal boost, if you claim Social Security at your FRA, will be the difference between half of his FRA entitlement and your FRA entitlement. If you claim your benefit before your FRA, not only will your own benefit be reduced for claiming early, but the amount of your spousal boost will also be reduced. Benefits claimed before FRA are always reduced.

Whenever you decide to claim Social Security, you will be automatically deemed to be filing for benefits from your ex-husband as well (you shouldn't need to apply separately). You've already satisfied the basic criteria of at least 10 years married to get benefits

from an ex-spouse and, if you satisfy the above criteria as well, you will be entitled to a spousal boost when you claim.

But your current earnings from working full time will likely affect your eligibility to collect Social Security benefits at this time, so waiting until your full retirement age to claim may be your best choice.

If you will only slightly exceed the annual earnings limit you can consider claiming earlier, as long as you are comfortable with receiving a permanently reduced amount, and the prospect of not getting benefits for a number of months if you exceed the earnings limit, the number of months you will go without benefits depends on how much you exceed the limit by.

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

DEATH NOTICES

Maria Helen Dias, 83
Died Dec. 16, 2023
Services
Dec. 21, 2023
Ludlow Funeral Home

Doris Irene Nichols
Died Dec. 10, 2023
Services
Dec. 20, 2023
Ludlow Funeral Home

Delfina Terrinca
Died Dec. 9, 2023
Services held on
Dec. 13, 2023
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 \$225, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

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

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.

T-BIRDS from Page 13

teams lived up to that billing in the opening 20 minutes, as neither Springfield's Malcolm Subban nor Hershey's Hunter Shepard showed nerves in their goal crease. Subban had a trio of high-danger denials off odd-man rushes, including a right-pad kick out on a Jimmy Huntington breakaway.

Shepard had his own sterling saves, including a point-blank snapper from Kean Washkurak. The biggest fireworks of the period came in the form of mitts dropping between former T-Bird Dylan McIlrath and Sam Bitten less than four minutes into the action.

The early scrap between two of the toughest customers in the AHL added a big boost to both benches but ultimately did not lead to either team cracking into the scoresheet in the first 20 minutes.

As difficult as it was for the teams to establish in the first, it became even more difficult in a second period that saw only seven combined shots between the

two teams, with Subban stopping four Hershey attempts and Shepard blocking three Springfield offerings, forcing the scoreless draw into a final period.

The game gave every indication that the first goal would be pivotal, and at 5:31 of the third, Pierrick Dube finally got on the board for the Bears, blasting a slapper that glanced off Subban's left shoulder and squeaked across the line just moments before a T-Birds defender could get to the goal line to save it.

The winger's 14th of the season proved to be the only tally, as Springfield could not dent Shepard the rest of the way. Former Bear Jakub Vrana had perhaps the best chance to tie the game on a one-timer from the right circle, but Shepard slid from right to left to deny the chance, and Springfield succumbed to their first shutout defeat of the season.

The two teams will have a grudge match on Friday night inside the MassMutual Center as the T-Birds begin a seven-game homestand. Puck drop on Friday is set for 7:05 p.m. for another Deuces Wild Friday.

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DATEBOOK

DATEBOOK

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

ONGOING

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

THRIFT SHOP: Now open at St. Gregory Armenian Church, 135 Goodwin Street, Indian Orchard, 9:30 a.m.-12:30 p.m. every Saturday offering quality items at affordable prices. Gently-used clothing and accessories, household items, books, children's items, collectors' items and more are available. For more information, call the church office at 413-543-4763.

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

LUDLOW SENIOR CENTER 55 AND OVER

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

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

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

H.O.P.E. RECOVERY GROUP: Having Our Pathways Encouraged meetings are for those who have experience with addictions, grief, anxiety and depression, (including anxiety and depression due to COVID-19) and for loved ones who might need help in their recovery. This group is also for those who can help

lead others in their recovery by example. This meeting in no way replaces professional therapies. It is a time for sharing strength, encouragement and hope. No fees. Bring your own non-alcoholic beverage. Pre-packaged snacks are available. Small group structure based on basic Christian principles, concept, purposes and confidentiality. COVID-19 guidelines are observed.

Masks required. 6:30-8 p.m. every Monday at Fellowship Hall in Faith Community Chapel, 485 East Street in Ludlow. Parking lot behind Chapel. Fellowship Hall entrance at back of Chapel. Seating is limited. To reserve yours, call 413-519-4591.

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

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

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

WFOL membership is a gift that keeps on giving

WILBRAHAM – The Wilbraham Friends of the Library would like to remind residents that a membership to the WFOL is a gift that gives back all year long.

Memberships start at \$15, fit everyone and don't end up in a closet waiting to be re-gifted. The funds collected from membership fees go to the Wilbraham Public Library to support programs for all ages, the popular museum pass program, furnishings and other needed library equipment.

What does the gift recipient get from a membership? Knowing that you care enough about the library they use to help support it. When they check out a museum pass, they will think of you. When they attend a musical or educational program, they will think of you. Maybe they will even invite you to join them!

To purchase a gift membership, drop by the library or email friends@wilbrahamlibrary.org. A card notifying the recipient of the gift will be sent to them.

For more information, contact the Friends at friends@wilbrahamlibrary.org.

Wilbraham library to hold Sourdough Workshop

WILBRAHAM – Baker and food blogger Sourdough Brandon will present his Sourdough Starter Workshop at the Wilbraham Public Library on Monday, Jan. 22 from 6 – 7 p.m. Attendees will learn how to build, maintain, and store a sourdough starter and will even receive a free sample to get baking. Online registration is required, and space is limited.

To register, please contact the library at 413-596-6141 or visit the Event Calendar at www.wilbrahamlibrary.org. This free program is sponsored by the Wilbraham Friends of the Library.

Christmas Community Dinner

WILBRAHAM – Evangel Assembly is eager to invite the Wilbraham-Hampden Community and neighbors to a Christmas Dinner on Dec. 25. This free dinner will be served from noon to 2 p.m. on Christmas Day at 348 Stony Hill Road in Wilbraham.

Federated Community Church of Hampden updates

HAMPDEN – The Federated Community Church of Hampden, located on Main Street, will be offering Spiritual Healing on the first Sunday of each month at 11:30 a.m., beginning in January.

Christmas Eve – Due to Christmas falling on a Monday, there will be one Christmas Eve service at 10 a.m. Dec. 24. This will allow for families to focus on their home celebration without rushing out to an evening service.

PLEASE RECYCLE THIS NEWSPAPER

Church DIRECTORY

FAITH COMMUNITY CHAPEL A Church of the Nazarene

485 East St. Ludlow, MA 01056 413-583-7875
Email: faithcommunitychapel8@gmail.com
faith-communitychapel.org
Lead Pastor: Reverend Lisa Morrison
Associate Pastor: Gary Coombs

Sunday Services:
Discipline Groups 9:45 a.m. WorshipService11 a.m. and Facebook Live Stream
OTHER PROGRAMS

MONDAYS at 6:30 p.m. H.O.P.E. Meeting Recovery meetings for those with addictions, anxiety, and grief SMC. Call 413-519-4591

TUESDAYS at 7 p.m. ZOOM Bible Study WEDNESDAYS at 7 p.m. Ludlow Christian Fellowship Meeting Hank Bastos, Leader, 413-348-6487

SMC and Facebook Live Stream ludlowfellowship.org
FRIDAYS Children's After School Club (pre K through teens) 5-6:30 p.m.

Church Fellowship Hall
SATURDAYS at 10 a.m. Ecumenical Prayer Meeting

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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

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Sunday Masses – 7:30 a.m.; 8:45 a.m. (Polish); 10 a.m. and 11:15 a.m.
Sunday Evening Mass – 5:30 p.m.

ST. ELIZABETH PARISH 191 Hubbard St., Ludlow 413-583-3467

Pastor – Rev. Msgr. Homer P. Gosselin
In Residence – Rev. Norman Bolton

Deacons: Normand Grondin, Thomas Rickson, Keith Davies

Office Hours: Monday – Friday 8 a.m.-4 p.m.
stelizabethludlow.org

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Check out our Parish App

Wednesday, Dec. 20, - Daily Mass - 7:30 a.m. (C), Youth Group - 3:30 p.m. (JR), Confirmation Class - 5:30 p.m. (JR), Holy Mother Choir - 5:15 p.m. (C), Scouts - 6 p.m. (FLBH), Scouts - 7 p.m. (JR)

Thursday, Dec. 21, - Daily Mass - 7:30 a.m. (C) Friday, Dec. 22, - Daily Mass - 7:30 a.m. (C), Youth Ministry - 12N (K)

Saturday, Dec. 23, - Confessions - 2:30 p.m. (C), Mass - 4 p.m. (C),

Sunday, Dec. 24, - Mass - 7:30 a.m. (C), Mass - 9:15 a.m. (C), Mass - 11 a.m. (C), Mass - 5 p.m. (C), Take & Eat - 8 a.m. (FLBH & K)

Monday, Dec. 25, - Daily Mass - 7:30 a.m. (C) Tuesday, Dec. 26, - Daily Mass - 7:30 a.m. (C), St. Rita Choir - 6:30 p.m. (C), Scout Troop Committee - 7 p.m. (ER),

IMMACULATE CONCEPTION CHURCH 25 Parker St, Indian Orchard, 413-543-3627

Very Rev. Piotr Kalik

Office Hours: Monday, Tuesday, Wednesday, Thursday, 9 a.m. —1 p.m.

CLOSED FRIDAY

MASS SCHEDULE

Saturday Vigil Mass: 4:15 p.m.

Sunday Mass: 8:45 a.m. (English), 10 a.m. (Polish)
Weekday Mass: Monday, Tuesday, Wednesday, Thursday – 7:45 a.m. (English)

First Friday Mass: 5:30 p.m. (Polish/English)

First Saturday Mass: 9 a.m. (Polish/English)

Confessions: Saturday - 3:15–4 p.m.

STS. PETER AND PAUL UKRAINIAN CATHOLIC CHURCH 45 Newbury St. Ludlow, MA 01056 Phone: 413-583-2140

Pastor: Father Andriy Krip

Liturgy schedule:

Wednesday 9 a.m., Friday 9 a.m.

Rosary for Peace in Ukraine

on Wednesday at 6 p.m.

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Father Pedro DeOlivera

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Sunday Masses – 9 a.m. (Portuguese);

11 a.m. (English)

Monday and Wednesday Morning

Masses – 8:30 a.m. (Portuguese)

Tuesday and Friday Masses – 5:30 p.m. (Portuguese)

Saturday Vigil Mass – 4 p.m. (English)

First Saturday of the Month – 8:30 a.m.

For more information, visit

ourladyoffatimaparish.org.

FIRST CHURCH IN LUDLOW

859 Center St., Ludlow

413-583-3339

Reverend Dorothy Borden, Pastor

Office hours Monday & Wednesday 9 am -3 pm

Sunday worship service 10 am

website: www.ludlowfirst.com or

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Best Friends Animal Society offers tips on how to keep your pets safe during a flood event

It's been a rough winter so far, and everywhere are showing severe flooding.

If you're a pet owner, that means you'll also need to keep your pets out of harm's way. Best Friends Animal Society, a leading animal welfare organization working to end the killing of cats and dogs by 2025, offers the following tips to keep your pet as safe as possible:

Outside animals should be brought indoors unless evacuation is required.

Do not wait to evacuate. The longer you wait, the more difficult it will be to get out with your pets.

If evacuating, please bring your pets with you. If that is not possible, do not keep animals enclosed in a pen or crate and make sure to keep pets on the highest floor or point of your home.

Make a plan of where to go with your pet(s). Identify pet-friendly emergency shelters that may be open in your area for temporary respite. There are also pet-friendly hotels that you may be able to locate online.

Put together an emergency go-bag of all your pets' essential items, such as medications, food, bowls, leash, crate, toys, blankets, and identification tags. It's also pertinent to have your animal's vaccination and medical records handy, including their microchip number, together inside a waterproof, sealed bag. Keep the bag as close to the door so that if you need to evacuate immediately, you can grab your pet and the bag and leave.

Identify a neighbor who has access to your home and can grab your pets and their go bag if you are not home during a flooding event.

Close all windows and doors.

Additional Do's and Don'ts:

Do not attempt to walk through floodwater. As little as six inches of moving water can knock you and your pet down.

Do not allow your pet to drink any floodwater. Floodwater is polluted with chemicals, sewage and other harmful debris and foreign materials that

are harmful to your pet.

Do not assume your pet can swim. Animals can panic if put in a situation that they are too stressed to handle.

Do not drive through water or even over bridges that sit above fast-moving water, as they can collapse at a moment's notice.

Do dry off a pet as quickly as possible. Wetness can cause bacterial growth and inflammation on their skin.

Don't have a pet? Now is the perfect time to adopt or foster a pet in need. Shelters across the country are at capacity due to less people choosing the adoption option. Every time you adopt, you are saving two lives: the life of the pet you are bringing home, as well as opening space for another homeless dog or cat to be taken in by shelters and rescue groups. To learn more, visit bestfriends.org.



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TurleyPublications

Wilbraham Art League Show at Wilbraham library

WILBRAHAM — The Wilbraham Art League will be showcasing original artwork in the Brooks Room of the Wilbraham Library until Dec. 29. Over 40 paintings in a range of styles and sizes will be on display. The League has over 50 members from various towns in the area, who work in watercolor, acrylic, oil, pastel, graphite and other media. They have held shows in numerous local venues with many of their members winning awards for their work.

One of the pieces on display is by Walt Damon, graduate of Minnechaug High School in 1965, a lifelong resident. He served on the Wilbraham Finance Committee and Open Space Committee for several years. He started painting as a child

with miniature figures.

“I only started painting on canvas upon retirement a decade ago,” he said. “I paint in either acrylics or artist oils on canvas or canvas board.”

His painting in the show is titled “The Pan”.

“It is my interpretation of a darker Peter Pan in Neverland (with its two moons) standing on the edge of Neverwood, contemplating a mischievous adventure against the pirates partying on the Jolly Roger. Meantime, the Lost Boys are safely sitting around the fire in a cave high up in the mountain,” Damon said.

The painting is in acrylics on canvas board. A two-dimensional metal figure of Pan has been applied to the painting.

Rick’s Place celebrates selection as a Big Y Community Bag Program Beneficiary

WILBRAHAM — Rick’s Place has been selected as a beneficiary of the Big Y Community Bag Program for the month of December.

The Big Y Community Bag Program, which launched in January 2019, is a reusable bag program that facilitates community support with the goal to make a difference in the communities where shoppers live and work.

Rick’s Place was selected as the December beneficiary of the program by store leadership at the Big Y located at 2035 Boston Road, Wilbraham, MA

01095. Rick’s Place will receive a \$1 donation every time the \$2.50 reusable Community Bag is purchased at this location during December.

Rick’s Place is a nonprofit based in Wilbraham, MA. Since 2007, Rick’s Place has been providing free grief support to youth and their families in western MA and northern CT. Learn more about Rick’s Place by visiting www.ricksplacema.org.

For more information on the Big Y Community Bag Program, visit bigy.2givelocal.com.



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ping local and how your community benefits. Remind yourself Main Street is the heartbeat and those businesses are essential to our local economy.

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Wilbraham-Hampden Times • Town Reminder • Ware River News



Winter pickleball classes at HCC

HOLYOKE — Holyoke Community College is running a series of pickleball classes in January and February for beginners, intermediates, and tournament-level players in the warmth and comfort of the college’s indoor athletics facility.

The group classes will be led by pickleball coach and racquet sports instructor Kelly Canniff, who has 25 years’ experience educating children, adolescents, and adults.

Sessions run on both Tuesday and Thursday mornings on the pickleball courts inside the David M. Bartley Center for Athletics & Recreation on the main HCC campus, 303 Homestead Ave.

Each class runs 90 minutes. The cost for each three-week, three-session series is \$90.

Pickleball 101: Tuesdays, Jan. 16-30, or Thursdays, Jan. 18-Feb. 1. Classes start at 8:30 a.m. and 10:30 a.m. Pickleball 101 is geared toward beginners or those who have played a few times and

covers topics such as serving, developing a forehand, scoring, basic rules, positioning, and strategy.

Pickleball Intermediate Level: Tuesdays, Feb. 6-20, or Thursdays, Feb. 8-22. Classes start at 8:30 a.m. and 10:30 a.m. This series is designed for players who have taken beginner classes or already have some familiarity and experience with the game and want to advance their play by improving their groundstrokes, overhead shots, volleys and serves, and adding direction, control, and accuracy.

Pickleball Tournament Ready Prep: Tuesdays, Feb. 27- March 12, or Thursdays, Feb. 29-March 14. Classes start at 8 a.m. and 10:30 a.m. These classes are designed for players who want to prepare for tournament-level play, with practice that will help them improve shot variety and accuracy and develop better strategies for playing doubles.

To register, please go to: hcc.edu/health-and-fitness.

Foundation for TJO Animals surpasses Goal on Giving Tuesday

Funds raised for purchase of therapeutic laser to benefit animals at the TJO Animal Control & Adoption Center

SPRINGFIELD -- The Foundation for TJO Animals participated in Giving Tuesday this year with a hefty goal to raise \$25,000 for the purchase of a special therapeutic laser for the Thomas J. O’Connor Animal Control & Adoption Center vet clinic.

This vital piece of equipment promotes healing, helps with cell regeneration, reduces inflammation and much more. More importantly, it decreases recovery time and discomfort for the animals in the care of the adoption center. The laser is not limited to surgical patients; animals with chronic conditions including skin and ear infections, aller-

gies, arthritis and wounds will benefit as well.

The Foundation for TJO Animals, the nonprofit organization that provides fundraising and granting support for animals in the care of the Thomas J. O’Connor Animal Control and Adoption Center, proudly surpassed its goal. With the support of generous donations from the community, more than \$25,000 was raised to make that effort a reality. Hundreds of animals will benefit each year from laser therapy via the therapeutic laser.

Lori Swanson, executive director of the animal control and adoption center said, “This year, the Foundation for TJO Animals’ goals was quite lofty. With a goal of \$25,000, the community once again rose to the occasion to improve the lives of animals. We are grateful for each, and every donation made to the Foundation on Giving Tuesday.”

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Holyoke Community College receives \$600k grant to expand free child watch program

HOLYOKE - Holyoke Community College has been awarded a \$600,000 grant from the Irene E. and George A. Davis Foundation to expand its Itsy Bitsy Child Watch program to serve more student-parents.

Itsy Bitsy Child Watch is a free center on HCC's main campus for parents in need of short-term childcare while they attend class, study, or meet with tutors and advisers. It opened as a pilot program for the fall 2022 semester with a \$100,000 state allocation. At the time, HCC was only the second community college in Massachusetts, and the only one in western Massachusetts, to offer a free campus child watch service.

The center is open to HCC student-parents with children three months to 12 years old.

Since its launch, the program has proven to be widely popular and transformational for many HCC students.

Without it, "I could not come to school," said biology major Alondra Serano, of Holyoke, one of the first HCC student-parents to sign up for the Itsy Bitsy Child Watch program last year for her daughter, Anna, now 3.

"Our first semester, we had 19 students enrolled," said Kimm Quinlan, director of HCC's Early Childhood Initiatives, which includes the Itsy Bitsy Child Watch. "Now we have more than 40. After just one year, it has become clear that there is a demonstrable need and demand for expansion."

The \$600,000 grant will enable HCC to relocate the center to a larger, fully renovated new space, hire additional staff, and extend its hours of operation to accommodate more children, especially during public school vacations, which do not always align with the college calendar.

"HCC remains at the forefront of pioneering innovative pathways to enhance educational accessibility for every student," said Paul Belsito, executive director of the Davis Foundation. "At HCC, the concept of community is a verb in action, and the success of The Itsy Bitsy Child Watch is a testament to this commitment. Here at the Irene E. and George



Submitted photos

A. Davis Foundation, we are honored to be able to contribute to the growth of this vibrant and impactful program, which not only offers the highest quality childcare support to student-parents but also positions HCC as a proactive leader in early education and care as well as higher education."

Sometime in 2024, the Itsy Bitsy Child Watch center, now located on the first floor of the Marieb Science building, will move to a renovated space on the second floor of the Frost Building, closer to other student service and support programs, such as the Thrive Student Resource Center and Food Pantry; Homestead Market, which accepts SNAP benefits; CHD Mental Health Services; Financial Aid; and the new Elaine Marieb Adult Learner Success Center (also scheduled to open in 2024).

"This investment will enable our early childhood team to provide high-quality early learning experiences for more children," said President George Tim-

mons. "The remodeled space will provide the youngest members of our campus community with ample opportunities to explore, play, and learn. Dozens more HCC student-parents will be able to attend classes and access campus-based student resources without having to worry about childcare."

Based on one year of data, the Itsy Bitsy Child Watch has already proven to be having a positive impact on student retention, course completion, and success, said Quinlan. Fall 2022 to spring 2023 retention rates for students who used the child watch center were 86 percent, "which is a really great number," while 82 percent completed all their courses, and on average saw their grade point averages increase by more than 1 point.

"So, we do think that reducing the barrier of child care and allowing students to attend class, meet with their advisers, and meet with tutors has absolutely helped this small group of people, and we hope that continues," Quinlan said.

STCC secures funding for decarbonization efforts

SPRINGFIELD — Springfield Technical Community College received \$791,694 from the state Division of Capital Asset Management and Maintenance to support projects to advance decarbonization efforts, address deferred maintenance and increase climate resilience.

STCC will use the funding for energy efficiency projects that lessen the consumption of onsite fossil fuels or increase efficiency.

STCC also will make repairs to campus buildings to increase efficiency, including but not limited to window replacements, door replacements, insulation and weatherization.

On Dec. 11, Sen. Adam Gomez, D-Springfield, joined the Healey-Driscoll administration in announcing that STCC received funding through Fair Share funds as part of the fiscal 2024 budget.

"STCC continues to benefit from a regional legislative delegation that supports public higher education needs," said STCC President John B. Cook. "To Senator Gomez, Representative Williams, and all of our delegation, we are thankful knowing these funds help the college with decarbonization and energy efficiency requirements that carry a high cost."

"Combating climate change and securing resources for environmental justice communities continues to be a priority of mine for my district and our Commonwealth," Gomez said. "The securing of this grant for STCC falls in line with two of my legislative priorities next year that ensure the state is able to meet net zero carbon goals as set forth in the Climate Change Road Map Act of 2021."

DCAMM provided \$11,875,404 to be divided among the 15 community colleges, including STCC, to assist with meeting Massachusetts' decarbonization goals and focus on energy-efficient measures where decarbonation is not possible. Each community college received \$791,694.

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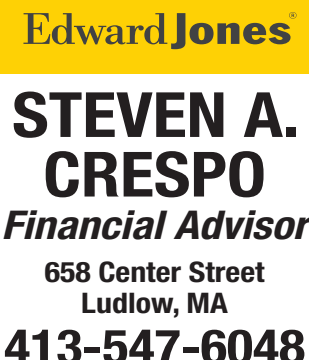
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