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NEWSLINE

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IN SPORTS

Ludlow boys suffer first loss



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DATEBOOK

Upcoming 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 16

Scouts pick up Christmas trees for fundraiser

By Marcelo Gusmão
Staff Writer
mgusmao@turley.com

LUDLOW – After the holidays, Scouts Troop 1774 has been helping residents dispose of old Christmas trees.

For eight years, Laurie Smith has been a part of the Boy Scouts of America's Troop 1774, based out of the Fish and Game Club in town.

"I have two boys in the troop, they're completing their eagle projects," Smith said. "We were part of the team that created the pack and the troop, we've been in it for the long haul."

"We started it a few years ago as a fundraiser," said Smith. "We offered to go around and pick up trees from people. They just need to bring their tree out to the curb, and we come and pick it up and request a donation."

Smith said the funds raised by this would go to supporting the troop and organizing more activities like this, such as outdoor activities. As for the scouts, Smith said they love the experience.

"They can earn conservation hours by helping out," Smith said. "All the scouts need to earn service hours and conservation hours, so this is a good opportunity for them to earn those hours. They all need to participate in some of our fundraising,



Submitted photos

Alex Winslow volunteered for Scout Troop 1774.

at least one fundraiser per year, so it's an opportunity for them to participate in that as well."

"Everything we do has a cost," Smith said. "(These fundraisers) help take some of the financial pressure off the families for some of the activities that we do."

Smith said that she has been receiving emails, texts, and Facebook messages from fam-

ilies who wish to have their trees picked up. With the use of a truck and a trailer or two, the Scouts drive around to collect as many trees as possible along their route until they need to drop them off.

"We section it out and map it out, so that there's one vehicle going to one side of town, and the other vehicle on the other side," Smith said.

"All in all, between the two weekends, we'll be picking up about 38 trees," Smith said. "We bring them to various goat farms in town or outside of town, to anybody who can take a few."

The scouts also pick up artificial trees, which they take to the Department of Public Works for proper disposal.

Please see **SCOUTS**, Page 7

Charter Committee debates form of government, election scheduling

By Marcelo Gusmão
Staff Writer
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LUDLOW – The Charter Committee has been discussing the pros and cons of adopting a council/manager or a mayor/council form of government, as well as discussing when to hold their town elections.

The committee is still reaching out to mayors to visit and talk about this process, as they did with town managers last month. At the start of the meeting, the committee welcomed Kat Anselmo, who will be attending the meetings as a student.

"I'm representing the Student Council at Ludlow High School," Anselmo said. "I was just wondering, because I know Ludlow's transitioning to a new Charter, how the new government is going to work and what it's going to be like. I can report back to my fellow classmates, too."

Patricia Lloyd of the Col-

lins Center went over the process of how the new charter would be implemented.

"The committee has expressed that they want an election on the charter before it's approved," Lloyd said. "That makes perfect sense. It certainly helps with buy-in to have the whole town having approved the process going forward. It's also common practice that either the legislature or the town requires this."

Lloyd said that the Collins Center generally recommends there be a vote, and this can be written into the charter. She added that in cases where it's not included, the legislature often requires it.

Lloyd then summarized the differences between the Council/Manager form of government, versus the Mayoral form.

"Town Managers, the Chief Executive Officer of the town, they are appointed by the Town Council," Lloyd

said. "The Town Manager and a Council Manager usually appoints and manages most employees, and they prepare and submit budgets to the Town Council."

"The council becomes the legislative body of your town, so there are usually about nine to 13 members elected for two-year terms," Lloyd said. "They appoint the town manager, the town auditor and town clerk, in most circumstances, and the council has the job of approving or rejecting the budget, approving appropriations, etc. Sometimes the council president is on the School Committee."

Lloyd then explained that under the mayoral form of government, the mayor would be the chief executive officer of the city.

"(The position is) usually elected, and that means that they report directly to the

Please see **CHARTER COMMITTEE**, Page 8

Free Fly-Tying Classes for 2024

By Marcelo Gusmão
Staff Writer
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LUDLOW – The Western Massachusetts Fly Fisherman's Club's fly-tying classes are designed to educate adults and children through their free fly-tying classes, beginning on the second Thursday in January and continuing for eight consecutive Thursdays. The classes are held from 7-9 p.m. at the Ludlow Elks Club at 69 Chapin St.

All classes are directed by Manny DaSilva as the lead instructor tying the demonstration flies. He is supported by many of the experienced WMFF Club members who assist the students with hands-on guidance whenever necessary.

"It's that time of year again to start filling up your fly box with your favorite flies for the upcoming fishing season," DaSilva said. "It's also time again for

Please see **FLY-TYING CLASSES**, Page 8

LUDLOW

Historical association hosts murder mystery dinner

LUDLOW – The Belchertown Historical Association will be hosting its 15th annual murder mystery dinner on Saturday, Feb. 3 at 6 p.m., with the show starting at 6:30 p.m., at Tony and Penny’s Restaurant in Ludlow.

This is a new venue for us this year and the Historical Association looks forward to sharing this exciting evening with all of you. Actors and friends from the Belchertown United Church of Christ’s Playhouse, will once again be ready to entertain us with murder and mayhem.

“Foul Play on the Fairway” is the

theme this year. This event will serve as a fundraiser for both the Historical Association and the Belchertown United Church of Christ, as well as providing revenue to a local business.

The tickets are \$43 and include the show and a buffet dinner of chicken, haddock filets, pot roast with a vegetarian option of pasta primavera along with a soup, salad and dessert. Tickets are available at Cold Spring Discount Liquors (on the Common in Belchertown).

For more information people can call Sally Shattuck at 413-230-2022.



PET OF THE WEEK BOWIE

Bowie is a 6-month-old German Shepard mix. He is a rescue dog from Mississippi, and he now lives in Ludlow. Bowie loves his chew toys, treats, playtime, and hugs; he has to be included in all family hugs. He’s a self-appointed greeter of company, and is developing a lovable personality.

Haviland Pond decorated for the Holidays



Submitted photo

LUDLOW -- It’s the holiday season, and the Ludlow Pond Committee along with Bud Ellison of the Fire Department Social Cub, along with residents Andrea

and Mario Morton, decorated a section of Haviland Beach with lighted Christmas trees. They are very grateful to Randall’s Farm, Impact Fire Services, the Fire De-

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.

The Kick-Off Celebration of Ludlow’s 250th Year!
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- Local Food & Restaurant vendors.
- Fire pits with S’mores & Hot Cocoa
 - Ice Carving demonstrations
- Snowman & snow sculpture contests
 - Special visit from Elsa & Anna
 - Fireworks after sundown.

And so much more! Something for all ages!

Follow us on Facebook Ludlowma250

Announcement from the Ludlow 250th Semi-Quincentennial Celebration Committee

LUDLOW -- Bruce Durand, the Chair of the Ludlow 250th Celebration Parade Committee is proud to announce the members of committee.

They are, Alesia Barbaro, Linda Belisle, Mark Caplette, Paul Chrzan, Linda Collette, Michael Cortina, Tony Curto, John Diotalevi, Bill Koss, Isabel Martins, Lucy Palmeira, Kathy Ouimette, David Sady, Cynthia Saleh, Ron Saloio, Eric Segundo, Marybeth Silva, Regina Stanek, and Michael White.

The committee is currently working very hard to bring a great parade for the town’s upcoming 250th birthday celebration. The parade will kick off on Saturday, June 15 at 10 a.m. at the High School, please mark your calendar for this important date.

The parade committee encourages all those who wish to march such as; Veteran’s groups, active members of our military, civic organizations, church groups, social groups, youth organizations, athletic organizations and businesses to become part of our parade.

If interested, please register by going to our Ludlow 250th website at Ludlowma250.org to participate in the parade. If you have any questions, please contact Bruce Durand at 413-547-8998 or email him at ludlow250parade.com.

Ludlow 250th Celebration Parade Committee needs support from all local and surrounding communities. The committee is looking for sponsors for the bands that will be marching in the parade; such as the Polish American String Band, Aqua String Band, Woodland String Band, Great American Band, Hog River Dixie Land Band, Holyoke Caledonian Pipe Band, Ludlow Community Band, Ludlow High School Band, Baird Middle School Band, and Melha Shriner’s Band.

If interested in sponsoring a band, please contact Bruce Durand at 413-547-8998 or email him at ludlow250parade.com for sponsorship levels. The Ludlow MA 250th Celebration appreciates your support.

Teens Who Code to meet in Wilbraham Jan. 31

WILBRAHAM – Teens Who Code will have their first meeting on Wednesday, Jan. 31, 2024, from 3:30-5 p.m. at the Wilbraham Public Library. Facilitated by Mrs. Christine Goonan, this club is looking for new members. Grades 6-12 can explore project-based coding in a fun and friendly environ-

ment. Meetings are once a month in the Teen Loft at the library, and all attendees need a laptop to join in. Online registration is required at www.wilbraham-library.org or call 413-596-6141. After registering, teens will receive more info by email. This is a free program hosted by the Wilbraham Public Library.



Submitted photos

Jake Oliveira, Manny DaSilva, Aaron Saunders, Scarlett Giane and Tony Goncalves share samples during the ribbon-cutting.

Ribbon-cutting for new Brazilian restaurant

By Marcelo Gusmão
Staff Writer
mgusmao@turley.com

LUDLOW – This Monday, the Giane family welcomed Selectmen and local politicians to their new restaurant, the Monster Den, for a grand opening.

The Giane family had previously been cleaning houses for a company, but when work became unclear due to the pandemic they decided to look for another source of income.

“Our family decided to make our homemade sandwiches to sell to our friends and to our church,” Scarlett Giane said. “Everyone started to order it, and after the pandemic was over and we went back to cleaning houses, they continued to call my dad.”

The Giane family are from São Paulo, Brazil, where Rogerio Giane owned a food truck. Their new restaurant aims to bring Brazilian cuisine to town with a bakery and sandwich shop.

Scarlett Giane said that the business will be run entirely by the family and owned by her parents, Rogerio and Simone, who will also run the kitchen. Scarlett is working as the general manager, and her sister is working as a cashier.

A ribbon-cutting ceremony was held for the restaurant from 8-11 a.m. on Monday, Jan. 7, which was attended by numerous local officials, including State Sen. Jake Oliveira (D-Ludlow), State Rep. Aaron Saunders (D-Belchertown) and Selectman Tony Goncalves, among others.

“We had a lot of people show up,” Giane said. “We had a soft opening in the morning, the senator came by, a lot of members of the Board of Selectmen were also there, and (they) gave us a certificate of congratulations for opening. It was lots of fun; we had some little snacks for them to try from the menu as well.”

The Monster Den has a menu available on their Instagram and Facebook pages, which lists the different Brazilian dishes the restaurant



Presenting a certificate of congratulations (from left) owner Simone Giane, her daughter, General Manager Scarlett Giane, State Sen. Jake Oliveira (D-Ludlow), owner Rogerio Giane, and State Rep. Aaron Saunders (D-Belchertown).

will offer.

“We have the breakfast menu, which is basically Brazilian pastries; it’s everything you can find in a Brazilian bakery,” Giane said, listing homemade bread, chicken balls, cheese balls, cheese bread and others.

“From the noon to when we close at 10 p.m., we have some regular sandwiches,” Giane said. These include cheeseburgers and chicken burgers, but the real claim to fame is the House Special, the enormous Monster Den.

“The House Special is where the name of the restaurant came from,” Giane said. “It’s a ginormous monster of a burger called the Monster Den. We have kielbasa, beef, and chicken versions, and it serves three or four people.”

The Monster Den is located on 135 East St. For more information,



Rogerio Giane helps State Sen. Jake Oliveira (D-Ludlow) pick a sample.

visit their Facebook and Instagram pages.



Local representatives met with the Giane family at the Monster Den.

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MMWEC Green Bond Issuance Complete; Long-Term Financing for Site Solar Project

LUDLOW – Massachusetts Municipal Wholesale Electric Company, the Commonwealth’s designated joint action agency for municipal utilities, has closed on approximately \$15 million in green bonds to complete the long-term financing of the MMWEC/Master Sergeant Alexander Cotton Memorial Solar Project in Ludlow.

The issuance of \$14,995,000 in MMWEC 2023 Series A Revenue Bonds, which are designated green bonds, was completed in late December 2023. The bonds were issued to finance the 6.9-megawatt solar array located on a 35-acre parcel of MMWEC’s Ludlow campus.

Bond proceeds will provide long-term financing for the project, repay a short-term construction loan issued in anticipation of the issuance of bonds, fund required reserve accounts, pay capitalized interest and pay costs of issuance. Green

bonds are earmarked to be used exclusively for climate and environmental projects.

The MMWEC Master Sergeant Alexander Cotton Memorial Solar Project is named in honor of the late Master Sergeant Alexander Cotton of the 439th Airlift Wing at Westover Air Reserve Base, in appreciation of his dedication and service, and in recognition of the long history between MMWEC and neighboring Westover.

Fitch Ratings earlier assigned a rating of AA- to the bonds. The AA- rating reflects the credit quality of two of the six project participants with the largest share – Ipswich Electric Light Department, which owns 34.8% of the output, and Peabody Municipal Light Plant, which owns 29.0%.

Payments from the project participants, which also include the municipal utilities located in Boylston, Mansfield,

Marblehead and Wakefield, are made pursuant to identical, take-or-pay power sales agreements with MMWEC that are absolute and unconditional. Fitch identifies the key ratings drivers as the strong credit quality of the lead participants and the strong take-or-pay language in MMWEC’s power sales agreements.

The project will generate more than 13,800 megawatt hours per year, enough to power over 1,500 homes. It will displace approximately 13,192,800 pounds of CO2 emissions from Massachusetts power plants per year, based on current ISO New England average emissions.

MMWEC’s enabling legislation in 1975 gave it the unique power to issue tax-exempt revenue bonds to finance electric generating facilities and other projects. Using this statutory authority, MMWEC has issued more than \$7 billion in bonds since 1976 to finance and refinance its 780-megawatt ownership in-

terest in six major generating plants.

“MMWEC is pleased to be able to offer all Massachusetts municipal utilities the opportunity to add more carbon-free energy to their power portfolios through its ability to finance these projects,” said MMWEC Chief Executive Officer, Ronald C. DeCurzio. “We continuously investigate potential project opportunities for the municipal utilities, in alignment with our collective effort to reach net zero carbon emissions by 2050.”

MMWEC is a not-for-profit, public corporation and political subdivision of the Commonwealth of Massachusetts created by an Act of the General Court in 1975 and authorized to issue tax-exempt debt to finance a wide range of energy facilities. MMWEC provides a variety of power supply, financial, risk management and other services to the state’s consumer-owned, municipal utilities.

Great Decisions Discussion Group returns in 2024

WILBRAHAM – Registration has begun for the 2024 Great Decisions Discussion Group, to be held at the Wilbraham Public Library beginning Feb. 7. Sessions will be held in the Brooks Room on Wednesdays from 4-5:30 p.m. on Feb. 7, 14, 21 and 28, and March 6, 13, 20 and 27. If any sessions are canceled for snow or other bad weather, April 3 and 10 will be used as make-up dates.

The topics from the upcoming series are Mideast Realignment, Climate Technology and Competition, Science Across Borders, U.S. - China Trade Rivalry, NA-

TO’s Future, Understanding Indonesia, High Seas Treaty and Pandemic Preparedness.

Great Decisions Groups meet all over the country – in private homes, libraries, and other venues to discuss selected topics in the area of current affairs. Participants can have their opinions tallied in a National Opinion Poll, which then gets sent to the White House, members of Congress and the national media. This is a wonderful program to learn more about what is happening in the world and to have your voice heard by people who make the

decisions.

The Foreign Policy Association, which selects the key issues for discussion, publishes a briefing book for participants to read in advance so they can be informed and ready to engage. Participants can order the book from the FPA website at www.fpa.org, or by calling 1-800-477-5836. A copy of the book will also be available at the library Service Desk for in-library reading.

Please register through the Events Calendar at www.wilbrahamlibrary.org or call the library at 413-596-6141.

Sourdough Workshop to be held at the Wilbraham library

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.

Margolis Orthodontics to hold January food drive

WILBRAHAM – Margolis Orthodontics, 3 Crane Park Drive, Suite 5, Wilbraham, is holding a food drive for the month of January. They are hoping to help the needy families in the area. Any non-perishable items would be appreciated. Anyone who makes a food donation will be entered into a gift card raffle.

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

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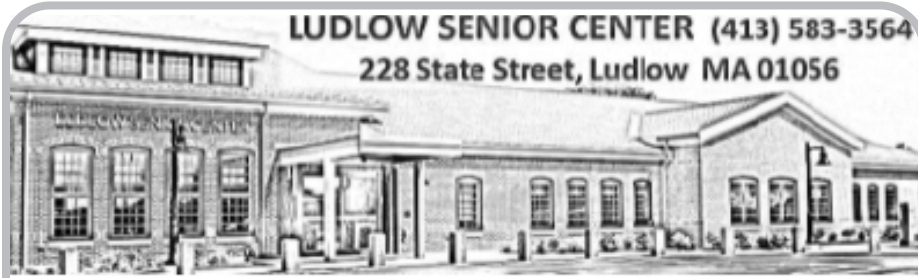
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Come to the Ludlow Senior Center

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

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

Activities Calendar:

Please register in advance for items with*

Thursday, Jan. 11

8:30 a.m. Foot Care*
 9 a.m. Tai Chi
 9:30 a.m. Dominos
 10 a.m. Sunshine Craft Class*
 10:30 p.m. Friends Meeting
 10:30 a.m. Veterans Agent*
 10:30 a.m. Sen. Oliveira Office Hour
 1 p.m. Mahjong
 2 p.m. Writers Block*
 2:30 p.m. Active Yoga

Friday, Jan. 12

8:45 a.m. Boomer Bootcamp*
 9 a.m. Reiki*
 10 a.m. Boomer Bootcamp*
 10 a.m. Blood Pressure Checks
 10:30 a.m. Trivia
 1 p.m. Ceramics
 1 p.m. Health Bones & Balance Class*
 1 p.m. Magic Class

Monday, Jan. 15

Center Closed

Tuesday, Jan. 16

9 a.m. Quilting
 9 a.m. Line Dancing
 10 a.m. Cribbage
 10:30 a.m. Gentle Yoga
 12:30 p.m. Blood Pressure Checks
 1 p.m. Western Dance Lessons
 1 p.m. Brown Bag*
 1 p.m. Better Together*
 1:30 p.m. Bingo
 4:45 p.m. Movie: The Burial
 5 p.m. Trivia

5:30 p.m. Power Pump Class
 5:30 p.m. Volleyball at East Street School

Wednesday, Jan. 17

9 a.m. Ceramics
 9 a.m. Zumba Gold
 10:30 a.m. Healthy Bones & Balance Class*
 10:30 a.m. Tea & Croissant Day
 12 p.m. Lunch & Learn Fire Safety*
 12:45 p.m. Movie: The Burial
 1 p.m. Healthy Bones & Balance Class*
 4:30 COA Meeting

Thursday, Jan. 18

8:30 a.m. Foot Care*
 9 a.m. Tai Chi
 9:30 a.m. Dominos
 10:30 p.m. Charter Commission Info
 1 p.m. Mahjong
 2:30 p.m. Active Yoga

*PLEASE register for Boomer Boot Camp, Healthy Bones & Balance, Foot Care, and other programs as noted by calling 413- 583-3564

Daily Events:

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

Menu:

Thursday, Jan. 11: Breaded Pork Chop/Scalloped Potatoes/Green Beans
 Friday, Jan. 12: Mac & Cheese/Stewed Tomatoes
 Monday, Jan. 15: Center Closed
 Tuesday, Jan. 16: Hot Dog w/Roll/Baked Beans/Power Salad
 Wednesday, Jan. 17: Lunch & Learn* Shephard's Pie/Biscuit
 Thursday, Jan. 18: Birthday Lunch! Chicken Marsala/Rice/Carrots

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

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

Ludlow Police arrest and charge man with enticement of child

LUDLOW — Chief Daniel Valadas reports that the Police Department arrested and charged a local man with enticement of a child.

Michael Wilson, age 35 of Ludlow was arrested and charged with the following:

Enticement of a Child Under 16 (Felony)

Disorderly Conduct

On Saturday, Jan. 6, at approximately 12:06 p.m., police responded to the area of 65 East St. for reports of a male watching two young girls.

Upon arrival, officers observed a gray Toyota Camry, parked in an east-bound-facing direction in the westbound lane in front of 65 East St., which was blocking the travel lane.

The driver of the vehicle, an adult male, later identified as Wilson. Two adult women, later identified as the mothers of the young girls, were engaging with Wilson from the sidewalk.

A preliminary investigation determined that two young girls noticed an adult man, Wilson, who was watching them as they made a purchase from Walgreens at 54 East St.

Wilson then approached the two young girls in the parking lot and tried to lure them into his vehicle. The two girls



Submitted photo

Michael Wilson, age 35 of Ludlow was arrested and charged with enticement of a child on Saturday, Jan. 6.

went and found their parents who were in the area at the time.

Wilson was arrested without incident and was held on \$15,040 cash bail. He was arraigned this morning in Palmer District Court.

"I would like to commend the efforts and professionalism of the police officers, dispatchers and the shift sergeant for their quick response to a frantic 911 call," said Chief Valadas. "Their response led to a detailed and thorough on-scene investigation that resulted in an arrest for a very serious crime."

Cosmic Bracelet Class: Unveil the power of your zodiac gemstone

Presented by the Scantic River Artisans

HAMPDEN – Embark on a celestial journey with our exclusive workshop designed to deepen your connection with the universe and express your unique essence through a personalized gemstone bracelet.

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one-of-a-kind.

Our experienced instructors will guide you through the art of bracelet-making, providing tips and tricks to ensure your creation is not only visually stunning, but also aligned with your zodiac's distinctive energy.

The event will occur on Thursday, Feb. 22 from 6 – 8 p.m. in the Community Room of the Hampden Senior Center, located at 104 Allen St.

The cost to sign up is \$20 and includes wine and one bracelet. To sign up, contact Sue Superson at sjsrighter@aol.com.

Wilbraham Men's Glee Club begin rehearsals

WILBRAHAM – The Wilbraham Men's Glee Club began rehearsals for the 2024 concert season on Monday evening, Jan. 8, 2024, at Christ The King Lutheran/Episcopal Church, Wilbraham at 7 p.m. Rehearsals will continue each Monday thereafter at Christ The King Lutheran/Episcopal Church at 7 p.m. until local performances in late April.

The chorus is conducted by Ray Drury and accompanied by Marcia Jackson. Drury has selected a varied program for Men's voices consisting of contemporary works, folksongs, pop tunes and sea shanties.

Interested singers should be able to "carry a tune" and be willing to pay a nominal fee for sheet music. No audition is required. Hope to see you there!

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OPINION

GUEST COLUMN



New questions for the New Year!

Jim, who gardens in Bridgewater, sent this question in to the Garden Lady.

"I liked your article on experimenting with holly seeds. I do some of my own propagating with trees and perennials, so the holly seeds thing was good. My question concerns being dioecious and at what point can one determine male or female? Is there some way to determine sex at an early stage or must I grow a dozen plants for years before I can wean out the males and keep the females? I have read that a single male will successfully pollinate all the females within a half mile radius so finding the females is my goal at the earliest possible stage of growth."

Sadly, the only way to figure out whether you have a male or female holly is by examining the flowers, so yes, that will require growing them on for some time; my research indicates about four to seven years.

The male flowers will have four petals and four stamens where you will see the pollen at the end. Female flowers look very similar except there is a green "bump" in the center of the petals – the ovary, where the berries will form from.

Garden centers usually propagate vegetatively from either male or female plants, so they are not playing the waiting game. Starting hollies from seed is still a fun experiment, time consuming nonetheless.

Dawn was worried that her amaryllis plant was dead. "My amaryllis was originally a Christmas gift. I've enjoyed it for a few years now, but its leaves yellowed, then they withered and died. I'm worried that I killed it!"

As soon as I heard from Dawn, my thoughts went to my own amaryllis, still in my bedroom window despite the fact that its leaves are brown and have fallen around the outside of its pot. I haven't watered it since it started to "decline."

It has sat there in this sorry state for a few weeks now. Never fear, it's likely our bulbs have gone dormant.

This timing is a little off if you think about all of those boxed sets of amaryllis bulbs sitting on store shelves just in time for Christmas giving and planting. Bulb companies can "time" growth stages a little more reliably than we can.

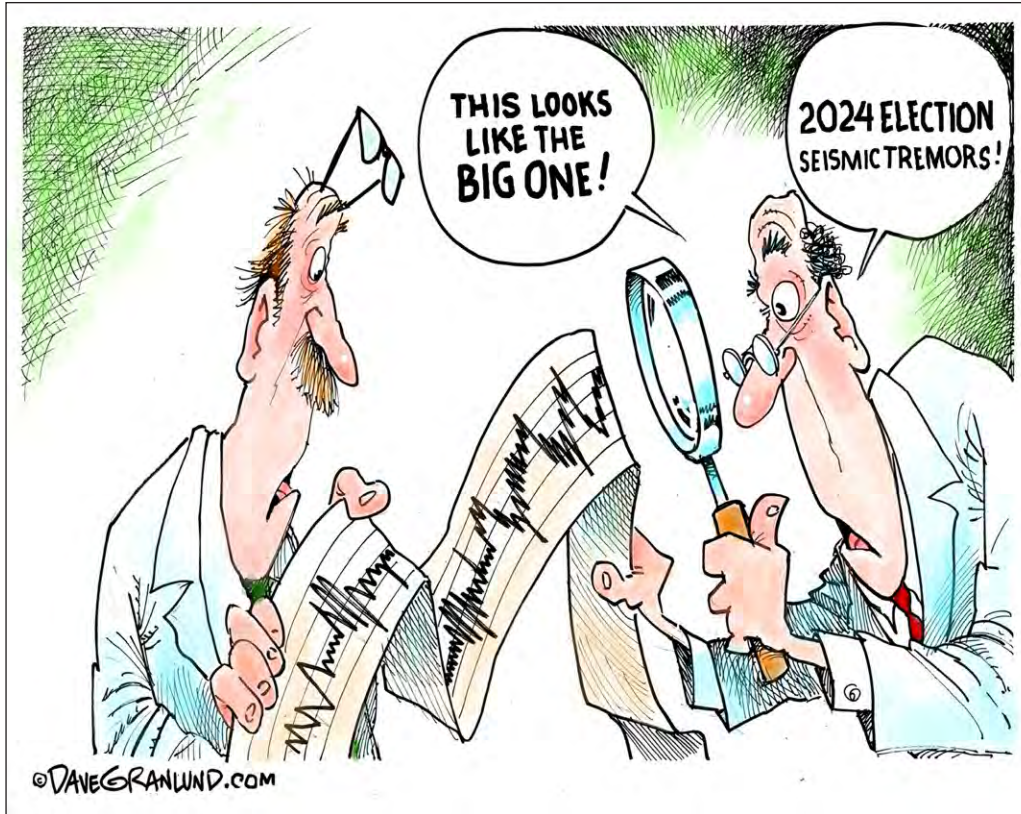
After a month or two of dormancy watering can resume and with good fortune, blooms should reappear in 6-8 weeks. Some experts recommend putting the dormant bulbs in a cool, dark room to rest.

I often move dormant pots of bulbs to my mudroom where temperatures are in the 50s this time of year and when I see green tips on the bulb I bring it back into the living area of my house. Usually regrowth comes, but a flower sometimes doesn't.

In this case, the bulb is likely depleted of nutrients and without enough reserves left for re-bloom. I would recommend watering with an all-purpose plant fertilizer during active growth.

Seed production also diminishes the plant's reserves, so be sure to deadhead the individual flowers as they go by, leaving the stem intact until it yellows. Hopefully these tips will give your amaryllis a few more good years of flowering.

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.

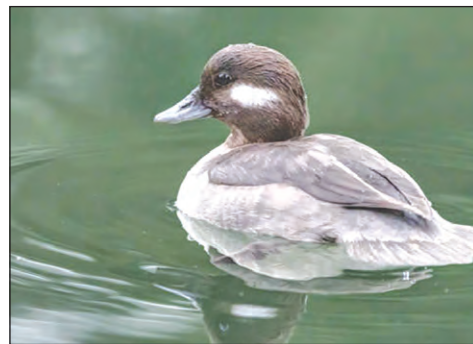


GUEST COLUMN



By Ellenor Downer

Female Bufflehead



I received an email from a Brimfield resident, who along with his wife, participated in the Allen Bird Club's Christmas Bird Count on Saturday, Dec. 16.

One unexpected species they saw were three female buffleheads at the Springfield Reservoir.

The bufflehead is a small duck about 14 inches long. It has a distinct, large rounded head.

The male has a white wedge behind its black head. The male also has white flanks and breast. The female is gray brown with a small patch of white behind the eye.

They are diving ducks and feed on mollusks, fish, snails and crustaceans. They summer on wooded lakes, rivers and winter on lakes and coastal waters.

The female lays eight to ten ivory to buff eggs in a tree cavity or nest box. There courtship begins in January and these ducks show a high level of aggression during that time.

Buffleheads are generally silent. However, the female makes guttural sounds during courtship.

Bird count

In his email, the Brimfield resident said he did his first Allen Bird Club count in the late 1970s. He said, "We have been covering the town of Ludlow, excluding the

Westover Conservation Area covered by others, since 1989. The club's count circle center is in Springfield and includes adjacent towns.

He also said, "We had an excellent day weather wise, but the songbirds were hard to come by. With all the water ice free, we had high number of Canada geese (93), common mergansers (170, mostly males) and mallard (115). The common mergansers and many of the mallards were at the Springfield Reservoir."

He reported 20 ring-necked ducks at a pond near the Ludlow Country Club was another unexpected species in the count. In all, they had 32 species on their list, slightly more than the average of 29 species. Following the time in the field, the participants held a zoom meeting to discuss the results. No one mentioned seeing any winter finches i.e. redpoll, siskin or evening grosbeak.

Large flock of Canada geese

Recently, I saw a large flock of Canada geese in a cornfield in Spencer. There must have been at least 100. I did not stop to take an accurate count, but it was the largest flock I've seen.

Christmas card count

Years ago, Thelma Crawford, told me she kept a Christmas card bird count every year. While she was alive, we would share our card counts. Often the bird fell into the unspecified species category. I wven received a Christmas card one year with a loon with an evergreen wreath around its neck.. This was the first year I did not receive any Christmas cards with birds even one perched off in a distant tree in the background.

Suet feeder

I now have my suet feeder out all the time as I have not seen any sign of wandering black bears in awhile. I also feed a combination of mixed bird seed, black oil sunflowers and shelled peanuts, which I mix together to put out daily. I have the usual juncos, chickadees, titmice, nuthatches, blue jays, mourning doves and of course, squirrels. I have not seen the cardinal pair yet, but then I don't have a lot of time to spend watching my feeders.

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

This paper publishes birth, engagement, wedding and significant anniversary announcements free of charge. Simply log on to our web site, choose the paper you want the announcement to appear in, then use our SUBMISSION link to email your information.



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The REGISTER

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

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

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

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

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

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

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

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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

Calling artists and more!

The Hubbard Memorial Library in Ludlow is seeking local artists, craftspersons 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.

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

Mass Center for the Book Monthly Reading Challenge

Each month, you'll be challenged to read a book based on a chosen theme. January's challenge is a book you read years ago that you may feel differently about now. Those who participate will be entered to win a free book! For more information and to sign up, please visit massbook.org/readingchallenge.

Chair Volleyball for Seniors, every Thursday starting January 18 until March 28, 1:30 p.m.

Have some fun this winter by join-

ing us for chair volleyball! No running or jumping required. There will be no chair volleyball on February 22. Please sign up on our website or by calling the circulation desk at 413-583-3408. Walk-ins are welcome.

Digitizing Our Past, Thursday, January 25, 6:30-7:30 p.m.

In 2022, the Hubbard Memorial Library and the Ludlow Historical Commission worked with the developers of the Ludlow Mills, Westmass, to secure hundreds of glass plate negatives. This presentation will feature the history of glass plate negatives, details about the negatives found in the Mills, as well as a demonstration of how we digitize them. Please sign up on our website or by calling the circulation desk at 413-583-3408.

A Tree of Life: The Pittsburgh Synagogue Shooting, Tuesday, January 30, 6:00-7:30 p.m.

A Tree of Life is "the first film to document the survivor's stories and the only documentary with this level of personal access to the survivors and families of the victims, viewers will experience first-hand how the lives of those directly affected have profoundly changed and how the Pittsburgh community and the congregations set out on a path towards healing." Please sign up on our website or by calling the circulation desk at 413-583-3408.

Happy Hour Book Club, last Thursday of the month (1/25), 6:30-7:45 p.m.

This month's book is "A Fall of Marigolds" by Susan Meissner. This engaging historical fiction novel explores a connection between two women, one from 1911 and the other from 2001. Pick up a copy of the book at the Circulation Desk. New members are welcome!

FOR TEENS

Nintendo Switch Night, every other Tuesday (1/23/24 & 2/6/24) 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.

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.

Water Bottle Stickers For Teens,

Thursday, January 25, 3:30-4:30 p.m.

Learn how to use the library's Critcut machine to design and make water bottle stickers. Please bring your own bottle. Drop in.

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.

"Read Between the Lines" High School Book Group, Last Friday of the month, 3:00-4:00 p.m.

Book chat and snacks for ages 14 & up. January's book is "This Time Next Year" by Sophie Cousens; copies of the book are available in the Youth Room. Registration preferred.

FOR CHILDREN & TEENS

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

Minecraft Club, Wednesdays, 3:00-4:45 p.m.

Minecraft players of all skill levels can bring their own devices, or may use one of the library's eight computers to build, play & create. For upper elementary & up. Drop-in.

Massachusetts Children's Book Award Book Group for 4th-6th Grade, Thursday January 11th & February 8th, 6:00 p.m - 6:45 p.m.

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

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

Make Peace Stickers, Friday, January 12, 1:00-3:00 p.m.

All ages. Today is an early release day from Ludlow Public Schools, and Monday is Martin Luther King, Jr. Day, come make peace stickers to celebrate Dr. King's message of peace. Drop in.

Winnie The Pooh Scavenger Hunt, Thursday, January 18, 9:00

a.m.-8:00 p.m.

All ages. Celebrate the birthday of A.A. Milne, the author of Winnie The Pooh by searching the Youth Room for pictures of classic moments from stories, and win a prize! Drop in.

Sharpie Tie-Dye Wrist Warmer, Thursday, January 18, 5:30 p.m.

Ages 8 & up. Make your own unique wrist warmers with fabulous tie-dye like designs. No sewing needed. Please register.

Creative Collaging, Friday, January 26, 9:00 a.m.-5:00 p.m.

All ages. Lots of fun paper and picture book dust jackets will be out all day, along with scissors and glue with which to cut up and create. Drop in.

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.

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.

Paw Patrol: The Mighty Movie (& Craft), Saturday, January 20, 10:00 a.m.

Watch the latest Paw Patrol movie and then make masks and badges of the characters after the showing. Drop in.

SCOUTS from Page 1

"Anybody could bring their tree to the DPW on their own," Smith said. "Many people, once they've got their tree home and they're done with it, it's shedding and they don't want to put it on the roof of their car, or in their truck or minivan. This way is nice, clean, and easy for everybody else to just bring it out to the curb, and we come and get it."

To keep up with demand, the Scouts have elected to extend their ser-

vices until Jan. 13.

If you'd like to know more about Scout Troop 1774, you can visit their Facebook page, or send an email to ludlowtroop1774@aol.com.



Brady Fisher and Elizabeth Richter dropped trees off at Lupa Zoo.

Support the local businesses that support your local newspaper.

Let them know you saw their ad in the

The Register

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.**

CHECK OUT ALL THE

Turley Publications

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New Year's resolutions for mental wellness

From Miravista Behavioral Health Center

HOLYOKE – As we approach the dawn of a new year, Miravista Behavioral Health Center is championing the spirit of mental wellness by encouraging individuals to set realistic and attainable New Year's resolutions. Recognizing the importance of fostering positive mental health habits, Miravista is dedicated to empowering individuals on their journey towards overall well-being.

In a world where the pursuit of perfection can sometimes overshadow the significance of self-compassion, MiraVista Behavioral Health Center emphasizes the need for resolutions that prioritize mental health and which are both realistic and achievable. This approach aims to reduce the pressure often associated with traditional New Year's resolutions and promotes a more holistic perspective on personal growth.

So how best to set resolutions which focus on one's mental health and well-being? MiraVista offers these helpful key themes:

Prioritize self-care rituals

Resolve to incorporate daily self-care rituals into your routine. This could include activities like meditation, reading, taking a warm bath, or going for a nature walk.

Establish healthy boundaries

Set clear boundaries in your personal and professional life. Learn to say 'no' when necessary and prioritize activities that contribute positively to your well-being.

Cultivate mindfulness and presence

Make a commitment to being more present in the moment. Practice mindfulness through activities like meditation, deep breathing exercises, or simply taking a moment to appreciate the present.

Nurture positive relationships

Focus on building and strengthening positive relationships. Invest time in meaningful connections with friends and family, fostering a support system that contributes to your emotional well-being.

Limit screen time

Reduce the time spent on electronic devices and social media. Allocate time for activities to promote mental health, such as reading, engaging in hobbies, or spending quality time with loved ones.

Practice gratitude

Start a gratitude journal and make it a habit to reflect on the positive aspects of your life. Regularly expressing gratitude can shift your focus towards positivity.

Engage in regular physical activity

Choose physical activities that you enjoy and make them a regular part of your routine. Exercise has proven ben-

efits for mental health, releasing endorphins that can boost mood and reduce stress.

Seek professional support

Break down the stigma surrounding mental health by committing to seeking professional support when needed. Therapy or counseling can provide valuable tools for managing stress, anxiety, or other mental health challenges.

Embrace a healthy sleep routine

Prioritize sleep by establishing a consistent sleep routine. Ensure that you are getting enough restorative sleep each night, as it plays a crucial role in mental and emotional well-being.

Learn a new skill or hobby

Engage your mind in positive and creative activities by learning a new skill or picking up a hobby. This can provide a sense of accomplishment and contribute to your overall sense of well-being.

CHARTER COMMISSION

from Page 1

voters and not to the council," Lloyd said.

Lloyd said that the mayor is responsible for day-to-day operations such as preparing and submitting the budget and that the council is still the legislative body of the city.

Lloyd then went over the different power balances between the mayoral form of government versus the council/manager form.

"In a council/manager form, governing power is really centered on the council," Lloyd said. "There's often a joint goal setting, a public process where the council sets the budget goals for the town, and sometimes those goals are made out to be elements of the manager's performance evaluation, so the manager is then accountable directly to the council for those goals.

"Under the mayor/council form, governing power shifts to the mayor and their tenure and performance," Lloyd said. "The council is more reactive, as the mayor has veto authority.

When you're looking at the balance of power, the balance is a little bit heavier on the mayor."

Committee Chair Marissa Ribeiro Dahan indicated that she would like the committee to prepare to vote on the Mayor or Council/Manager form of government at the first meeting in February.

"Once we make this decision, we'll hopefully be able to dedicate meetings to specific other questions that we need to answer," Ribeiro Dahan said.

The other discussion that the committee had was regarding how to schedule elections. An argument was made that though holding town elections on even years, alongside state and presidential elections, would increase voter turnout, there was concern that it may draw uninformed voters.

"Some people would argue that if you're going there for the presidential election and the state election, you haven't necessarily paid attention to the local issues, and yet you're voting on all the issues," Lloyd said. "I don't think there's a lot of research yet coming down on how that affects results.

It definitely affects turnout, (but) I'm not sure if the research is up to date on how that affects the outcome."

"I agree that it could muddle the waters," Committee Member Judy Breault said. "You're coming out to elect a president, and now if there's five other things on the ballot and you haven't really prepared, you're just checking it off."

Breault added that there could be other ways to improve voter turnout, such as extending the polling hours.

"We have maybe 12% turnout in a local election, unless there's a debt exclusion or something, then we go to 15-16%," said Committee Member Bryan Bylicki. "Yet, when there's a governor or a presidential race, we're close to 50% plus sometimes. I want more people to be able to vote and have a say. I'm a strong believer in small-d democracy, the idea that people should have a say, and 12% is not really doing it."

"I think it's actually insulting to the voter to say that you're overburdening them with information to go to the ballot," said Committee Member and Se-

lectman Derek DeBarge. "With town information for an election and national information for an election, I really don't see the burden in that."

"I've always liked the idea of being able to do it in November at the same time, for voter turnout," said Selectman and Committee Member Bill Rosenblum. "But now, understanding the other side of it, you muddle the voter's mind."

"I think sometimes you get that larger turnout on a national level just because of the publicity of it," Rosenblum said. "In most instances, talking about your 10-12% that comes in on a local one, I don't know if people are informed enough, because it's not advertised as much."

Concerns were also raised over the need to purchase new voting machines to accommodate the change in scheduling.

The committee holds its meetings on the first and third Thursdays of the month, at 6 p.m. at Town Hall.



FREE FLY TYING CLASSES

Sponsored by the Western Mass Fly Fishermen, the Ludlow Elks Lodge 2448 and Turley Publications are starting January 11th, 2024.

Held at the Ludlow Elks Lodge located at 69 Chapin St. Ludlow Mass.

Thursday nights for eight weeks from 7PM to 9PM.

The classes are open to the public with children 8 years and up accompanied by an adult.

Classes are geared to the beginner or novice.

Course materials and tools will be supplied.

Should you have your own tools, feel free to bring them.

No Registration is Necessary!

Should there be Bad weather please contact the Ludlow Elks after 4:00 PM for any cancelations at (413) 583-2448 or check our website <http://www.wmffclub.org>

FLY-TYING CLASSES from Page 1

the Joseph Berkowicz Memorial fly-tying classes to start."

"Thanks to the support of the Ludlow Elks Lodge 2448 and the many volunteers from the Western Mass Fly Fisherman, the classes remain free," DaSilva said.

The classes are open to the general public. There is no cost to the students; the only stipulation is that whenever there are youths aged eight years or older involved, that they be chaperoned by an adult family member.

"The classes are geared for the novice," DaSilva said. "We tie two flies per class. The tools and materials for each fly will be supplied but should you have your own tools, feel free to bring them. We will be demonstrating the methods to tie nymphs, wets, streamer and dry flies."

Each class builds on the previous one by reinforcing the skills introduced. The classes welcome students if they have never tried fly-tying or if they have some experience and are looking to improve their skills.

The classes will begin on Jan. 11 and continue every Thursday until Feb. 29. The flies that will be tied are:

Class 1, Jan. 11: Woolly Worm and Woolly Bugger

Class 2, Jan. 18: Grey Hackle and March Brown Nymph

Class 3, Jan. 25: Leadwing Coachman and March Brown Wet

Class 4, Feb. 1: Gold Ribbed Hare's Ear Nymph and The Professor

Class 5, Feb. 8: Deer Hair Nymph and Letort Hopper

Class 6, Feb. 15: Hornberg and Mickey Finn

Class 7, Feb. 22: Gray Ghost and Cardinelle

Class 8, Feb. 29: Elk Hair Caddis and March Brown Dry

The last class is followed by a Graduation Certificate Ceremony and a raffle of fly-tying equipment and materials.

"In case of bad weather, please call the Elks Lodge after 4 p.m. at 413-583-2448 for any cancellations," DaSilva said.

If you have any questions, send an email to wmffclub@gmail.com.

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Ludlow boys suffer first home loss

By Tim Peterson
Sports Correspondent

LUDLOW—The faithful supporters of the Ludlow boys varsity basketball enjoyed watching home victories against Smith Vocational (67-66), Hampden Charter School (62-56), and Westfield Tech (62-31) during the first month of the 2023-24 regular season.

There wasn't very much to cheer about in the Lions fourth home game.

The Westfield Bombers walked into Mullins Gymnasium and posted a 77-47 non-league victory, last Wednesday night.

"Things just didn't go our way in tonight's game," said Ludlow head coach C.W. Zimmer. "Westfield is a very quick team and they forced us to make a lot of turnovers. We had a hard time handling their full-court press. Playing a good team like Westfield is only going to help us become a better team. We do have a bunch of young players on the varsity team. This was a good learning experience for them."

The Lions, who had a 3-3 overall record following their first home loss, had a total of 26 turnovers against Westfield. "We do have a pretty good fan base this year, so losing a home game is a little bit disappointing," Zimmer said. "We're currently members of the Tri-County North, but we're hoping to move up to the Bi-County league when they realign the leagues in two years. I think we can



Turley photos by David Henry www.sweetdogphotos.com
Jack Mateus makes a pass on the run.

compete with those teams."

Just like the Tri-County League, the Bi-County League is split up into two Divisions. The top three teams in the Bi-County East standings are Monument Mountain, Hoosac Valley, and South Hadley. The teams in the Bi-County West are Granby, Palmer, Southwick, and Monson.

One of the four sophomores listed on the Lions varsity basketball roster is Mason Morace, who scored seven of his



Daniel Krutka lifts a shot with pressure from both sides.

team-high 10 points during the second half.

"Mason played his best game of the season tonight," Zimmer said. "He's one of our sophomores and we're very excit-



Mathis Fitzgerald attempts to shoot under pressure.

ed about that class."

Another sophomore is Jackson Mateus, who's a returning varsity player, fin-

Please see **BASKETBALL**, Page 10

Lions score shutout over Chicopee

By Tim Peterson
Sports Correspondent

HOLYOKE—Longtime Ludlow hockey coach Paul Rivest probably wishes that his squad could score two goals in each period of every game.

The Lions accomplished that feat in a 6-0 shutout victory over Fay Division rival Chicopee at the Fitzpatrick Skating Rink in Holyoke, last Wednesday afternoon. The six goals was a season high for the Lions.

"We had trouble scoring goals early in the season," Rivest said. "We were able to score six goals on about 50 shots in today's game. Everyone also had an opportunity to play in today's game, which is a good thing."

The Lions (3-3-1) had a 0-3-1 record after their first four matches. They then defeated East Longmeadow, and Oakmont Regional before reaching the .500 mark for the first time this winter against the Pacers (0-7), who co-op with four high schools.

"Our main goal coming was to reach the .500 mark," Rivest said. "We dug ourselves a hole before winning our first game of the season against East Longmeadow. That was a very big game for us."



Tanner Severyn makes his way up the ice.

The Pacers base school is Chicopee High School, but none of the players listed on their hockey roster attend that school. The Pacers head coach is Chad McGillicuddy.

The players from Chicopee Comp are freshman Brennan Corcoran, freshman Bryson Labonte, senior Stephen Samson, freshman Oliver Nardacci, and sophomore Nathan Robitaille.

The players from South Hadley High School are freshman Mason Peters, freshman Ryan O'Donnell,



Nick Staeb wrists a pass forward.

junior Brayden Grochowalski, junior Tyler Denison, junior Chris Walczak, senior Mike Beaulieu, and senior Devin Carleton.

The players from Granby High School are senior Connor McDonell, sophomore Max Kennedy, and sophomore Braydon LaDuke.

The Pacers also have four players from the Pioneer Valley Chinese Immersion Charter School, which is in Hadley.

Ludlow freshman net-minder Peter LeBorgne only

had to make a couple of saves. He shared the shutout with sophomore Ethan Steigmeyer, who played the final six minutes of the game.

"I really didn't want to take Peter out of the game because it would've been his first shutout in a varsity hockey game, but I wanted to give Ethan some playing time. He always works very hard at practice," Rivest said. "Peter is only a freshman and

Please see **HOCKEY**, Page 10

Renaissance too much for Ludlow

LUDLOW – In its final action of the 2023 part of its schedule, Ludlow suffered a 63-22 loss against the Renaissance School. Ludlow's offense had a tough time getting going and the Lions dropped to 1-6 on the season.

Ludlow has yet to play a league game, but their league schedule was supposed to start earlier this week against Granby. The Lions then host Lee on Thursday, Jan. 11 at 7 p.m.

HoopHall Classic to be broadcast nationwide

The Naismith Basketball Hall of Fame announced today the broadcast schedule for the 2024 Spalding HoopHall Classic, an annual basketball showcase now in its 22nd year. Games will be played at Blake Arena from January 11-15 at Springfield College, the Birthplace of Basketball.

ESPN is returning as a broadcast partner, with 10 matchups broadcast nationally across Sunday and Monday's schedules. Coverage starts on Sunday with LaLumiere School, KY, vs. Prolific Prep, CA, at 1:30 p.m. Two matchups will be broadcast on ESPN2, five on ESPN, and three on ESPN+.

Saturday's slate of eight games, which will tip off with Bishop Hendricken High School (RI) vs. Gulli-

Please see **HOOP HALL**, Page 10

T-Birds suffer loss against rival Bruins

PROVIDENCE, R.I. -- The Springfield Thunderbirds (16-12-3-2) could not overcome an early blitz by the Providence Bruins (19-12-3-0) in a 6-3 loss on Sunday afternoon at Amica Mutual Pavilion.

It did not take the Bruins long to flex their offensive muscles, as John Farinacci slipped into an open area in front of the net, received a pass from Brett Harrison, and one-touched it past Vadim Zherenko to make it a 1-0 Bruins lead just 2:40 into the game.

Just 1:04 later, Justin Brazeau added to the advantage, taking a Georgii Merkulov pass and deking to the backhand past Zherenko on a point-blank opportunity. Anthony Richard added a third at 6:05, and before the T-Birds knew it, the home side had a 3-0 lead.

After a pair of matching mi-

nors put the game at 4-on-4 for the first time, the Bruins found another seam in the defense, as Frederic Brunet made a perfect diagonal pass to the right post, where Ian Mitchell guided it into the twine, ending a potent first period for the Bruins with the 4-0 goal at 17:05.

Malcolm Subban entered in relief of Zherenko to start the second period, but the Bruins were not done on the attack, as Jayson Megna beat Subban on an odd-man rush from the slot, and the lead ballooned to 5-0 at 6:27 of the frame.

Despite the mountain of a deficit, the T-Birds showed tremendous character as Zach Bolduc and Adam Gaudette each found the back of the net behind Michael DiPietro in just a 2:12 span to bring the margin down to 5-2 at the 13:52 mark of the period. Bolduc's

fifth of the season broke a personal 11-game drought, and Gaudette scored for a third straight game, becoming the first AHL player to reach 20 goals this season.

The third period went 11 minutes with relatively minimal offensive chances for each team. Springfield would get another one as MacKenzie MacEachern roofed a shot from the right of the crease at 11:54 to cut the margin down to 5-3 off a slick set-up from Wyatt Kalynuk, but the comeback effort would not get any closer. Richard's second goal of the afternoon, a power play marker into an empty net, ended the scoring at the 17:54 mark of the third.

The T-Birds continued their four-game road swing on Wednesday night when they visited the Bridgeport Islanders.



Daniel McKenney takes a free throw.

HOCKEY from Page 9

he'll eventually get his first shutout. They do get along with each other very well."

Senior defenseman Brice Pereira, who's also a captain, gave his thoughts on the Lions first shutout of the regular season.

"It feels great to post our first shutout of the season," said Pereira, who was also a key member of the Lions golf team last fall. "Peter is doing a very good job as our first year starting goalie. Ethan also played well at the end of today's game. We just want to keep on winning now."

Ludlow took a 1-0 lead five minutes into the opening period when a shot taken by sophomore Sean Kefalas from the blueline was redirected into the net by his classmate A.J. Stupak. Senior Ryan Kurtz was also given an assist.

"We haven't scored the first goal of the game very often this season," Rivest said. "It was nice to play with the lead for a change."

Two minutes later, senior Luke Martin received a pass from sophomore Nick Staeb before firing a one-timer past Chicopee junior goalie Damian Loinaz.

The Pacers couldn't capitalize on three power-play chances during the final eight minutes of the first period.

Ludlow senior Thomas Dero-in scored a power-play goal in the middle of the second period.

The duo of junior Ryan Goodwin and senior Cody Sanderson were credited with the assists.

With 1:43 left in the second period, Sanderson netted a



Brice Pereira takes possession of the puck.

short-handed goal, which gave Ludlow a comfortable 4-0 advantage entering the final 15 minutes of the contest.

The Lions also scored two more power-play goals in the third period.

Freshman Evan Dias, who had an assist in the East Longmeadow game, scored his first varsity goal less than two minutes into the final period.

Sophomore Tanner Severyn and Kefalas were credited with the assists.

Junior Michael Rubin closed out the scoring with his first varsity goal, which was assisted by Kurtz, with 1:46 remaining on the scoreboard clock.

The two hockey teams are scheduled to play a primetime game at the Olympia Ice Center in West Springfield on February 8.



AJ Stupak makes a pass into the offensive zone.

BASKETBALL from Page 9

ished the Westfield game with 9 points.

The Lions' other two sophomores are Giovanni Acevedo, and Cam Lyman. They each scored two points in last Wednesday's home loss.

The only junior on the Ludlow boys' varsity basketball team is Cooper Zukowski, who also scored two points against Westfield.

Rounding out the varsity squad are seniors Daniel Krutka (6 points), Andrew Provost (5 points), Dan McKenney Jr. (5 points), Mathis Fitzgerald (2 points), Stephen Goodreau (1 point), and Luca Martins.

The seniors are hoping to finish their high school careers by playing in both the Western Mass. and state tournaments.

A year ago, the Lions lost at Norwood in a preliminary round game of the Division 2 state tournament.

Two years ago, they lost at Oliver Ames in the same round.

Based on this year's enrollment, the Lions were moved down to Division 3. The Lions played well during the first quarter of last Wednesday night's game against the Bombers.

The home team took an 8-4 lead when Jackson buried a 3-pointer from the top of the key with 3:35 left in the quarter.

The Bombers (3-4) closed out the quarter with a 13-3 run.

Westfield would then outscore Ludlow, 37-16 over the next two quarters.

The Lions, who were trailing 54-27 entering the fourth quarter, did score 20 points over the final eight minutes, but the outcome had already been decided at that point.

HOOP HALL from Page 9

ver Prep (FL) at 9 a.m. and conclude with Grayson High School (GA) vs. Perry High School (AZ) at 9 p.m. will stream on the NBA App, with the first four games and last four games simulcast to NBA TV and NBA YouTube, respectively. Additionally, content and highlights from Saturday's games will be featured on NBA Future Starts Now. This marks the first time that HoopHall Classic games and content will be featured on NBA platforms.

BallerTV continues as a broadcast partner for the event and will stream 14 games throughout the weekend.

18 of ESPN's Top 25 High School basketball programs will be participating in the event: Montverde Academy (#1), Long Island Lutheran High School (#2), Paul VI High School (#3), Link Academy (#4), Christopher Columbus High School (#5), Prolific Prep (#7), Arizona Compass Prep (#8), Don Bosco Prep (#9), La Lumiere School (#11), Harvard-Westlake High School (#12), Brewster Academy (#13), IMG Academy (#14), Bishop O'Connell High School (#15), Gonzaga College High School (#16), Oak Hill Academy (#17), Archbishop Stepinac High School (#19), Grayson High School (#24), and McEachern High School (#25).

Ten of the last 12 No. 1 overall picks in the NBA Draft have played at the HoopHall Classic. This year, HoopHall Classic will feature 43 players in ESPN's Top 100 from the Class of 2024, 18 from the Class of 2025 Top 60, and five from the Class of 2026 Top 25.

The tournament will feature four women's games this year. Eight of the Class of 2024's HoopGurlz WESPAN Top 100 recruits will be featured, five from the Class of 2025's Super 60, and two from the Class of 2026's Terrific 25.


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CAREER Education

HCC announces healthy cooking series for new year

If you've made a New Year's resolution to eat healthier in 2024, Holyoke Community College might have just what you need.

The college is running a series of noncredit cooking classes this spring focused on diabetes but geared toward anyone interested in learning how to prepare healthier, more nutritious meals.

Classes in the "Nutrition for Diabetes" series run either on Tuesday or Wednesday nights beginning Feb. 7. All classes are held at the HCC MGM Culinary Arts Institute, 164 Race St., and taught by Marissa Chiapperino, a registered dietician and instructor in HCC's Culinary Arts program.

"Certain foods can lower your risk of heart disease and diabetes or help to manage it," Chiapperino said. "Making healthy adjustments to your daily meal plan does not have to be hard or boring. Oftentimes, adding in sources of healthy fats, whole grains, and high fiber fruits and vegetables can boost flavor and decrease the risk of chronic disease."

Each three-hour, stand-alone class will focus on a different theme. The first

hour will be an education session with Chiapperino, followed by a two-hour hands-on cooking activity after which participants can take home leftovers and recipes that align with the nutritional topic of the evening.

Wed., Feb. 7, 6-9 p.m.: "What is a carbohydrate?" (white bean egg shakshuka, breakfast casserole, overnight oats, vanilla bean pancakes, salmon toast)

Tues., March 5, 6-9 p.m.: "What is a protein?" (grilled skirt steak with chickpea salad, fideo, raspberry chicken, tahini-baked cod)

Wed., March 20, 6-9 p.m.: "What is a fat?" (smoothie bar, zucchini fritters, roasted chickpeas, cheesy egg souffles, Vietnamese spring rolls with peanut sauce)

Wed., April 17, 6-9 pm.: "How to read a food label" (grilled swordfish and pepper salad; chicken, lemon and olive bake; sweet potato berry muffins; easy breakfast salad; cheddar and herb savory overnight oats)

Tues., April 30, 6-9 p.m.: "What is a carbohydrate?" (desserts for diabetes:

chocolate date spread, oatmeal cookies, orange chamomile blondies, homemade popcorn four ways, caramelized spiced pears)

In addition, on Tues., April 2, from 6-9 p.m., Chiapperino will lead a similarly structured class on meal planning, "Building a balanced meal," featuring chilled avocado and cucumber mint soup, eggplant and lentil meatballs, chili-stuffed spaghetti squash, kale and fava bean salad, and grain-free granola.

"Making dietary changes can feel overwhelming," she said. "In this class, we will talk about how meal planning can make or break your ability to lead a more nourishing life with food. The concepts discussed will be suitable for those with many different health concerns and also those who just want to get more comfortable in the kitchen."

Chiapperino holds a bachelor of science degree in dietetics from the State University of New York at Oneonta and a masters of public health from the University of Massachusetts Amherst. She specialized in medical nutrition therapy for critical care and oncology at West-



chester Medical Center in New York and was the first bariatric dietician at Holyoke Medical Center, where she helped build their nutrition program.

She is a past president of the Western Massachusetts Dietetic Association and currently serves as executive secretary.

Each session is \$84. For more information, or to register for classes, please go to hcc.edu/healthy-cooking

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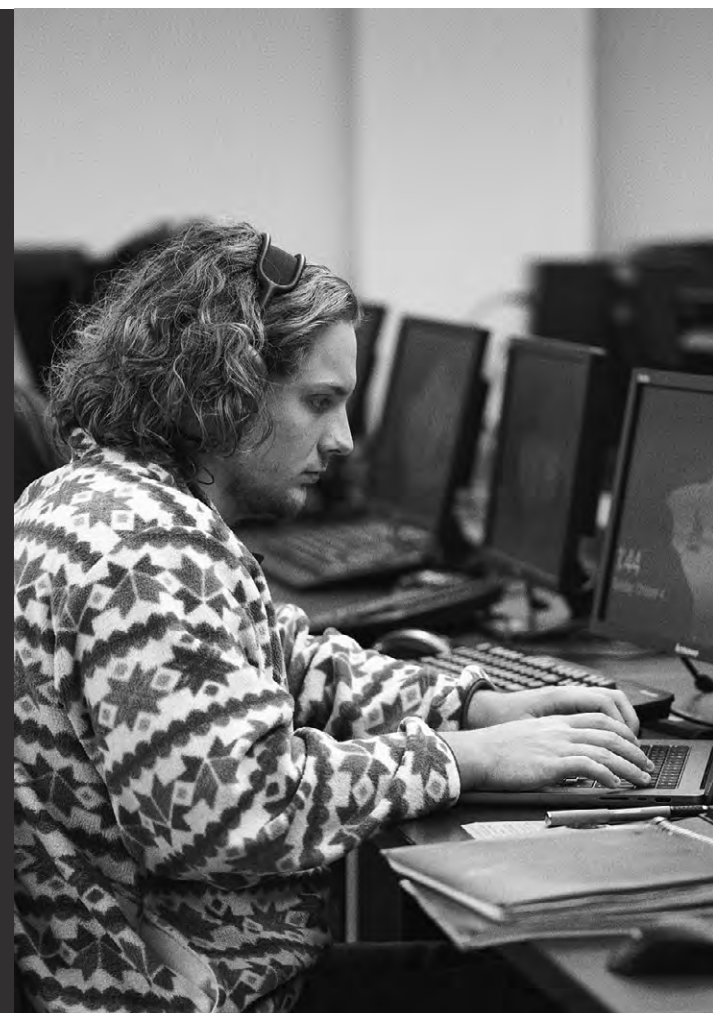
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CAREER Education

Hampden Charter School of Science marks 14 years of educational excellence

Hampden Charter School of Science (HCSS) is a top-ranking free college-preparatory public school founded in 2009 and serving families with students in grades 6th-12th at two campuses in Western Massachusetts: HCSS-East (Chicopee Campus) and HCSS-West (West Springfield Campus).

HCSS proudly provides seven years of unparalleled college preparatory education for grades 6-12 students, paving the way for college admissions and a wealth of scholarship opportunities. College and Career Readiness at HCSS is a tailored process forging the best possible alignment between each distinctively talented student and the most suitable college or university for them. Students collaborate closely with their counselors to delve into their manifold talents and interests, set aspirations based on these insights, and identify colleges that align with their ambitions.

- College Board AP Capstone Diploma Program: A prestigious program that enhances research, analysis, and presentation skills.

- Focused Attention in Small Classes: With an average class size of fewer than 20 students, each individual receives the attention they deserve.

- University Partnerships and Dual Enrollment: Engage in university outreach programs that offer dual enrollment opportunities, bridging the gap between high school and college.



- Enhanced College-Prep Curriculum: HCSS's amplified curriculum prepares students comprehensively for higher education.

- Early SAT and PSAT Preparation: To build a strong foundation, Rigorous SAT and PSAT training starting in 8th grade.

- Comprehensive College and Career Guidance: A thorough guidance program that starts as early as 6th grade, equipping students for future academic and career choices.

- Experiential College Campus Visits: Hands-on learning through college campus tours and informative sessions, providing real-world college experience.

- Community-Driven Guest Speakers and Career Workshops: Gain insights from guest speakers and partake in career workshops led by community professionals.

- Consistently High College Acceptance Rates: An impressive average college acceptance rate of 95% since 2014.

- Substantial Scholarship Achievements: More than \$51M in scholarships raised since 2014.

HCSS Curriculum Highlights:

- Project-Based Instruction and Con-

textual Learning: Engage in real-world problems and hands-on projects that bring learning to life.

- Developmentally Appropriate and Data-Driven Instruction: Personalized teaching strategies delivered by dedicated and highly qualified educators.

- High-Level Academic Discussions: Opportunities to improve critical listening, thinking, and analysis skills across all subjects.

- Advanced Placement (AP) Opportunities: Access 14 AP courses starting in 9th grade to challenge and elevate academic capabilities.

- Early Honors Courses: Availability of honors courses beginning in 7th grade for an academically accelerated path.

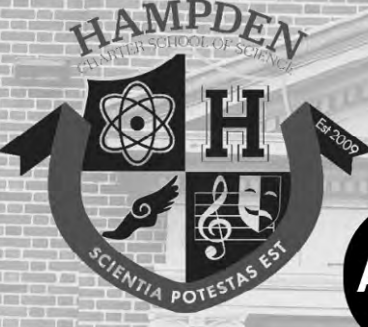
- Inquiry-Driven Curriculum: A focus on fostering inquiry, discovery, innovation, and collaboration in learning.

- Comprehensive Support Services: SPED and ELL services ensure that 100% of at-risk students meet high school MCAS graduation requirements.

- Extensive Tutoring Programs: Free in-school, after-school, and Saturday Academy tutoring, in addition to 24/7 online support in all subjects.

- Project Lead The Way (PLTW): A new addition fostering STEM skills through hands-on projects and real-world challenges, preparing students for future innovation and leadership.

Apply by March 3, 2024, for grades 6th-10th at www.hampdencharter.org.



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CAREER Education

St. Michael's Academy to hold Open House

Are you looking for a school that educates each of its students as an individual? Are you looking for dedicated teachers who want their students to succeed? Are you looking for a school that combines faith with education in order to teach strong moral values, respect and kindness? Are you looking for a school with a structured environment that promotes learning?

Then we have a school for you!

St. Michael's Academy, located at 153 Eddywood Street in the East Forest Park section of Springfield, invites you to an Open House and Curriculum Fair on Sunday, Jan. 28, 2024. There will be a special presentation for prospective students and their families that will begin at noon. The event will include an information session, followed by a panel of students, teachers

and parents for questions and finish with a full school tour. The full school will be open to visitors with teachers in each of the classrooms to accommodate questions.

Attend the Open House and learn what St. Michael's Academy can offer your child. St. Michael's Academy is not just books and papers. The educational process strives to form the entire child academically, spiritually, physically and emotionally. The dedicated teaching faculty truly care about their students and want them to learn, grow and succeed. The final result is a graduate who is well prepared for high school, college and beyond. Each student takes with them a solid foundation for continued growth and achievement, having learned the value of respect, kindness and community service.

Unable to attend the Open House on January 28th? Simply call the Admissions Office at (413) 782-5246, ext. 1208 and schedule an informational session and tour.

St. Michael's Academy is located off of Plumtree Road in Springfield, directly behind Holy Cross Church. The Academy educates students from preschool 3 years old, through grade 8. It is the largest Catholic elementary school in Western Mass and the only Catholic elementary school in Springfield.



Apex Homecare of Western MA expands programs and staffing to meet growing needs in the elder care arena

Direct Support Professionals at Apex Homecare of Springfield provides home care aides to increase independence for the people with disabilities and seniors, every day.

Caregivers and students pursuing a degree in the healthcare field are encouraged to contact the agency to take advantage of Apex's Direct Support Professional (DSP's) training program. To attract top quality Aide's, the agency provides attractive benefits and a career path.

The direct care worker shortage is a global issue, stretching well beyond Massachusetts. In the U.S., 3 out of every 4 agency providers has a wait list for caregiving services. According to the Global Coalition on Aging Report, 70% of Americans who reach age 65 will need long-term services and support. If nothing changes, the report predicts there will be a national shortage of 151,000 care workers by 2030, and a 355,000-caregiver shortfall by 2040.

Pew Research states that one in four Americans live with a disability that interferes with activities of daily living and a recent national survey reports 90% of Americans age 50 and over want to 'age in place'.

To compound the situation, demand in the family caregiving market is increasing as well. Currently, 53 million Americans serve as family caregivers and the number is growing.

An Executive Order from the White House signed in April 2023 offers new



Direct care workers and students pursuing a degree in healthcare are encouraged to contact Apex.

resources to remedy the caregiver shortage crisis to meet increased need. It is the most sweeping set of executive actions to improve care in the nation's history and takes immediate action to enhance job quality for the direct care workforce. Like many of Apex's services, the Executive Order also provides resources for family caregivers that foster emotional well-being and stems the financial and health strain that caregiving has on a family.

About Apex Homecare

Apex provides a safe, compassionate and friendly atmosphere to enable the client to enjoy and maximize the excellence of life in the comfort of his or her home. If you or a loved one needs services, contact Cheryl Rumley RN at Apexhealth01@verizon.net. If you are seeking a career in the caregiving, disability or healthcare field, visit the Apex career page.



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CAREER Education

Come and see what great things are happening at St. Stanislaus

St. Stanislaus School in Chicopee is under the new leadership of Principal Katherine Rorrio, who fully appreciates the Franciscan values and long-standing traditions of the school. Mrs. Rorrio is a graduate of the school, was a teacher at the school for 20 years, and is now Principal.

This year the school's theme is "For it is in giving that we receive", an inspirational quote from St. Francis about the value of giving back. Students are focusing on a different Corporal Work of Mercy each month. Some of the Corporal Works of

Mercy that have been covered are – Feeding the Hungry and Working for Peace. The most recent Work of Mercy was Shelter the Homeless. Students and families collected 100 blankets, 50 hats, coats, and many undergarments that were donated to a local homeless shelter to help those in the community. Service projects are done throughout the year to help teach students the value of giving back.

The school will be holding an Open House on Sunday, Jan. 21 from 11 a.m. - 1 p.m. (no appointment needed).

If you would like to schedule a private tour for another time, please call the school to schedule an appointment at (413) 592-5135.

St. Stanislaus School is a Roman Catholic, Franciscan, co-educational Pre-K through 8th grade school. Students are assisted in developing their potential spiritually, physically, and socially within a safe and diverse community. A foundation of academic excellence is created to prepare students to become contributing members of a global society. The school

has a welcoming Franciscan environment, modern air-conditioned facility, strong core curriculum, enrichment classes, certified faculty, full-day preschool (PreK3 and 4) and Kindergarten, free breakfast and hot lunch, before & after school program, and one to one use and integration of iPads and Chromebooks into curriculum. Financial Aid is available. Interested students are invited to "spend a day with us". To learn more please visit www.saintstansschool.org.

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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 indianorchardcitizenscouncil@gmail.com or stop in during operating hours. Follow the IOCC on Facebook and Instagram.

LUDLOW SENIOR CENTER 55 AND OVER CO-ED VOLLEYBALL LEAGUE: At East Street

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

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

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

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

who can help lead others in their recovery by example. This meeting in no way replaces professional therapies. It is a time for sharing strength, encouragement and hope. No fees. Bring your own non-alcoholic beverage. Pre-packaged snacks are available. Small group structure based on basic Christian principles, concept, purposes and confidentiality. COVID-19 guidelines are observed. Masks required. 6:30-8 p.m. every Monday at Fellowship Hall in Faith Community Chapel, 485 East Street in Ludlow. Parking lot behind Chapel. Fellowship Hall entrance at back of Chapel. Seating is limited. To reserve yours, call 413-519-4591.

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

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

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

Should I Have a Lumpectomy or Mastectomy?

Questions answered by a Baystate Health breast surgeon and which you can use in discussions with your own doctors

SPRINGFIELD – Should you have a mastectomy or lumpectomy? That's a question that can only best be answered in consultation with your breast cancer team. There are many questions to ask your doctor, here a just a few along with some general answers from Dr. Jesse Casaubon of Baystate Surgical Oncology and Breast Specialists.

Q: What is a mastectomy, what are the pros and cons of mastectomy and what can be expected after surgery such as restrictions, recovery time, and more?

A: A mastectomy is a procedure that removes all of the breast tissue and is typically compared to lumpectomy which involves removal of the infected area only but leaves the remainder of the breast tissue intact.

There are many pros and cons but the important thing to note is that for breast cancer, either option is effective, assuming that the patient is a candidate for lumpectomy (for example some women have cancer that has spread throughout multiple areas of the breast and require mastectomy/are not candidates for lesser surgery). By effective I mean that the survival between the two is exactly the same. There is a slightly lower risk of having the cancer come back when someone chooses mastectomy, however, if they choose lumpectomy and the cancer returns, it typically recurs within the breast and the patient would then be a candidate for mastectomy which is likely why the survival is the same between the two. Unfortunately, mastectomy is a much larger procedure that is associated with a higher risk of bleeding and infection. It also will permanently change how the chest feels and looks.

Q: What are the different types of mastectomies?

A: There are different types of mastectomies. The most basic mastectomy is called a total mastectomy and involves removing the breast and most of the overlying skin so that the chest wall looks flat afterward. Other variations of the mastectomy involve leaving skin, or sometimes even leaving the nipple and areola so that a plastic surgeon can perform reconstruction or rebuilding of the breast

Q: Will I be a candidate for breast reconstruction?

A: Many women are candidates for breast reconstruction though it is important to note what things make reconstruction riskier such as uncontrolled diabetes and smoking. Only the plastic surgeon can decide after discussing with you.

Q: What is a lumpectomy and what are the pros and cons of lumpectomy and what can be expected after surgery such as restrictions and recovery?

A: Lumpectomy is typically a less intensive/invasive procedure and the recovery is quicker. Everybody is different but usually within a week or so people are feeling close to normal. It is important to recognize that it takes a long time to get completely back to normal with any procedure. Mastectomy takes longer typically, often we will tell people it will be weeks until they are feeling almost like normal.

Q: Are there different types of lumpectomies?

A: Yes. It is typically just related to how much tissue needs to be removed compared to how much is being left behind and what will need to be done to the tissue that is being left behind so that it looks good.

Q: What will my breast look like after a lumpectomy?

A: Your breast should look relatively similar after lumpectomy to what it did before lumpectomy.

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

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

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

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
Like us on Facebook Follow us on Instagram Check out our Parish App
Wednesday, Jan. 10, - Daily Mass - 7:30 a.m. (C), Youth Group - 3:30 p.m. (JR), Holy Mother Choir - 5:15 p.m. (C), Confirmation Class – 5:30 (JR), Scouts - 6 p.m. (FLBH), Scouts - 7 p.m. (JR)
Thursday, Jan. 11, - Daily Mass - 7:30 a.m. (C)
Friday, Jan. 12, - Daily Mass - 7:30 a.m. (C), Youth Ministry - 12 Noon to 6 p.m. (K)
Saturday, Jan. 13, - Confessions - 2:30 p.m. (C), Mass - 4 p.m. (C), Scouts Court of Honor - 12 Noon (FLBH & K)
Sunday, Jan. 14, - Mass - 7:30 a.m. (C), Mass - 9:15 a.m. (C), Mass - 11 a.m. (C), Mass - 5 p.m. (C), LifeTeen - 4 p.m. (JR)
Monday, Jan. 15, - Daily Mass - 9:15 a.m. (C) Martin Luther King Day
Tuesday, Jan. 16, - Daily Mass - 7:30 a.m. (C), St. Rita Choir - 6:30 p.m. (C), Bereavement Support Group - 6:30 p.m. (ZR), Eucharistic Revival - 6:30 p.m. (FLBH), Pastoral Council - 6:30 p.m. (JR)

IMMACULATE CONCEPTION CHURCH
25 Parker St, Indian Orchard,
413-543-3627
Very Rev. Piotr Calik
Office Hours: Monday, Tuesday, Wednesday, Thursday, 9 a.m. — 1 p.m.
CLOSED FRIDAY
MASS SCHEDULE
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.

OUR LADY OF FATIMA PARISH
438 Winsor St., Ludlow
413-583-2312
Father Pedro DeOliveira
Office hours: Monday - Thursday 9:00 a.m. to 5:00 p.m., closed 1:00 p.m.-2:00 p.m.
Sunday Masses – 9 a.m. (Portuguese); 11 a.m. (English)
Monday and Wednesday Morning Masses – 8:30 a.m. (Portuguese)
Tuesday and Friday Masses – 5:30 p.m. (Portuguese)
Saturday Vigil Mass – 4 p.m. (English)
First Saturday of the Month – 8:30 a.m.
For more information, visit ourladyoffatimaparish.org.

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
Facebook: www.facebook.com/firstchurchludlow/
for complete schedule and events

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Worship in person, 11 a.m.
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See our website for more information: orchardcovenant.org.

PUBLIC NOTICES

Commonwealth of Massachusetts
The Trial Court
Hampden Probate and Family Court
50 State Street
Springfield, MA 01103
(413)748-7758
Docket No. HD23P2652EA
Estate of:
Shirley M Ainsworth
Date of Death: 02/16/2017
CITATION ON PETITION FOR FORMAL ADJUDICATION

To all interested persons:
A Petition for Late and Limited Formal Testacy and/or Appointment has been filed by Janice M Ainsworth-Travis of Des Moines, IA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Janice M Ainsworth-Travis of Des Moines, IA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 01/25/2024.

This is NOT a hearing date, but a deadline by

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

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

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

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

Date: December 28, 2023
Rosemary A. Saccomani
Register of Probate
01/10/2024

LUDLOW PLANNING BOARD LEGAL NOTICE SPECIAL PERMIT HOME OCCUPATION

The Ludlow Planning Board will hold a public hearing in Ludlow Town Hall,

Selectmen's Conference Room on **Thursday, January 25, 2024 at 7:10 p.m.** on the application of Mehmet Siperoglu of 140 Paulding Road Ludlow, MA (Assessors' Map 17D, Parcel 93) for: **home office for limo/transportation business.**

If for any reason this hearing is cancelled, it will be rescheduled to Thursday, February 8, 2024.

Raymond Phoenix
Chairman
01/10, 01/17/2024

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Hampden Division
Docket No. HD23P2532EA
Estate of:
John C. Beebe
Date of Death:
November 7, 2023
INFORMAL PROBATE PUBLICATION NOTICE

To all persons interested in the above captioned estate, by Petition of Petitioner Erin B. Beebe of Enfield, CT

a Will has been admitted to informal probate.

Erin B. Beebe of Enfield, CT has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not

required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.
01/10/2024

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Hampden Probate and Family Court
50 State Street
Springfield, MA 01103
(413)748-7758
Docket No. HD23A0146AD
In the matter of:
Alexis Adriana Urban
CITATION
G.L. c. 210, §6

TO:
any unnamed or unknown parent and persons interested in a petition for the adoption of said child and to the Department of Children and Families of said Commonwealth.

A petition has been presented to said court by:
Brian Thomas Sunter of Ludlow, MA
Lisa Goncalves Sunter of

Ludlow, MA
requesting for leave to adopt said child and that the name of the child be changed to

Alexis Adriana Urban-Sunter

If you object to this adoption you are entitled to the appointment of an attorney if you are an indigent person.

An indigent person is defined by SJC Rule 3.10. The definition includes but is not limited to persons receiving TAFDC, EACDC, poverty related veteran's benefits, Medicaid, and SSI. The Court will determine if you are indigent. Contact an Assistant Judicial Case Manager or Adoption Clerk of the Court on or before the date listed below to obtain the necessary forms.

IF YOU DESIRE TO OBJECT THERETO, YOU OR YOUR ATTORNEY MUST FILE A WRITTEN APPEARANCE IN SAID COURT AT Springfield ON OR BEFORE TEN O'CLOCK IN THE MORNING (10:00 AM) ON: 01/19/2024.

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

Date: December 28, 2023
Rosemary A. Saccomani
Register of Probate
01/10/2024

LUDLOW PLANNING BOARD LEGAL NOTICE SITE PLAN
The Ludlow Planning

Board will hold a public hearing in Ludlow Town Hall, Selectmen's Conference Room on **Thursday, January 25, 2024 at 7:50 p.m.** on the application of Boomerang Realty, LLC c/o Mr. Scott George for the property located at 190 Moody Street, Ludlow, MA (Assessors' Map 3, Parcel 98) for the purpose of: **reuse existing building for moving business and warehousing with associated site improvements to include striping and handicap improvements to the western parking lot.**

If for any reason this hearing is cancelled, it will be rescheduled to Thursday, February 8, 2024.

Raymond Phoenix
Chairman
01/10, 01/17/2024

More Legals on Page 18

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

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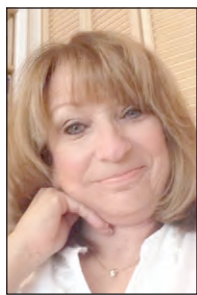
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64 East Street, Ludlow, MA 01056
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theodoremayer@yahoo.com
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OBITUARIES

Paulette G. Gilfoil, 70

Paulette G. Gilfoil, 70, of Bethlehem Township, died on Jan. 1, 2024 peacefully with her loving family and close friends around her at LVHN - Muhlenberg Hospital.



longtime parishioner of the Holy Family Church in Nazareth, PA.

In addition to her husband; she is survived by children: Jenna K. (Floyd Tucker) of Glenview IL, Sean P. of Bethlehem Township; grandson: Logan David Tucker; siblings:

Born in Southbridge, MA on March 6, 1953, Paulette was the daughter of the late Grenville and Helen (Peterkin) Robbins. She was a graduate of Ludlow High and obtained a business degree from Western New England College. During this time she met the love of her life, David M. Gilfoil, whom she married in Williamsburg, VA on Aug. 23, 1975.

Paulette worked in marketing for Sports Illustrated, Time Inc. and Condé Nast as well as various government roles in NJ and PA. Most recently, she was a HUD Grants Coordinator in Lehigh County, which she held for approximately ten years.

Paulette lived her life as a devout Catholic, and was a

Leonard (Dorothy) of Ludlow, MA, Ramona Reccord of Springfield, MA, Marie Sbriscia of Belchertown, MA, Raymond of Belchertown, MA, Elizabeth McGrath of Springfield, MA, Suzanne (Gary) Desrosiers of Wilbraham, MA, Brenda (Dino) D'Angelo of Ludlow, Mass and countless nieces, nephews and cousins.

Family and friends are invited to St. Elizabeth's Church in Ludlow, MA on Sat., Jan. 13, 2024. Visitation is at 9:30 a.m. and mass at 11a.m. Burial to be at Gate of Heaven Cemetery in Springfield, Mass.

A complete obituary is found on www.heintzelmancares.com

Lourdes Santos Morais, 95

LUDLOW - Lourdes Santos Morais, 95, of Ludlow, passed away peacefully on Jan. 4, 2024 surrounded by family.



She was a communicant of Our Lady of Fatima Parish.

She was a devoted wife to her late husband Anibal Morais and an exemplary mother to her beloved sons Jaime, Joel and the late Paulo Morais. She also leaves extended family members, nieces and nephews and friends

Funeral services for Lourdes Santos Morais will be held on Wed., Jan. 10th, visitation from 8:30-10:15 at Ludlow Funeral Home, Liturgy of Christian Burial at 11:00am in Our Lady Of Fatima Parish followed by burial in St. Aloysius Cemetery. For additional information please visit ludlowfuneralhome.com.

Of Fatima Parish followed by burial in St. Aloysius Cemetery. For additional information please visit ludlowfuneralhome.com.

Hampden Senior Trips planned

A bus trip to the Lancaster, PA area is scheduled for April 23-25, Tuesday – Thursday. Stay for two nights at the Eden Resort, enjoy two buffet breakfasts, two dinners (one at an Amish family home), the play "Daniel" at Sight 'n' Sound Theater, Kitchen Kettle Village and much more. \$539pp dbl; optional cancellation insurance avail. Full payment deadline March 15.

On Wednesday, July 10 we Self-Drive to the Log Cabin for a great tribute to Jimmy Buffet by "Changes in Latitude". Your choice of either Prime Rib or Twin Lobsters for lunch. Cost is only \$92pp; full payment dead-

line June 14.

The Newport Playhouse will offer "Nonsense", a side-splitting musical about misadventures at a nunnery. On Monday, Aug. 26, a great variety awaits on an all-you-can-eat buffet for lunch, the hilarious play and a cabaret, all for \$125pp. Full payment deadline Aug. 7.

The above is a partial list of 24 possible trips; a minimum of 40 travelers needed for any trip to run. Flyers available at the Hampden Senior Center.

All prices incl taxes and driver's tip; any questions call Bobbi @ 566-8271 or email bobbijg2@charter.net.

Harold Martin Popp, 78

In Loving Memory of Harold Martin Popp



Harold Martin Popp, born on July 10, 1945, in Clinton, Massachusetts, peacefully passed away on Dec. 31, 2023, at the age of 78 in Ludlow, Massachusetts. He was the son of Florence and Carl Popp.

Harold, a devoted husband, is survived by his beloved wife, Margaret Popp (Maitland) of 56 years, their daughter, Kristen Martin (Popp), her husband Blake and proud and loving grandfather to William and Rylan. Additional family includes his brother-in-law William Maitland, his wife Sandra and niece Rebecca Cardinale. Because of his close association with the congregation of Jehovah's Witnesses, Harold also loved his extended family of spiritual brothers and sisters.

Harold served his country as a member of the US Air Force during the Vietnam War. Following his honorable service, he pursued higher education at Springfield Technical Community College, showcasing his commitment to personal and professional growth.

For 46 years, Harold contrib-

uted to the community through his work with the US Postal Service, leaving a lasting impact on the lives of those he served.

A man of faith, Harold was an active member of the Ludlow congregation of Jehovah's Witnesses.

Finding immense joy in sharing the Bible's hope for the future with others, he lived his life in accordance with his deeply held beliefs. His dedication to his faith was evident in the love and compassion he showed to those around him.

Harold Martin Popp will be remembered not only for his service to his country and community but also for the warmth and kindness he extended to his family and friends. His legacy lives on through the memories of those who were fortunate enough to know him.

Harold's Funeral Service will be held on Saturday, Jan. 13, 2024 at 1:00 p.m. at the Kingdom Hall of Jehovah's Witnesses, 157 Fuller St., Ludlow, MA 01056 as well as on Zoom. Burial will be private and at the convenience of the family. Wilbraham Funeral Home has been entrusted with the arrangements.

BREAST HEALTH from Page 16

Q: What are the determinants you consider when suggesting one over the other?

A: We typically recommend that women who are candidates for lumpectomy undergo the procedure instead of mastectomy given the survival is the same and the procedure itself is much better tolerated. It is important to note that there are studies looking at quality of life after these 2 surgeries and that it is almost always better (quality of life after surgery is almost always higher) for patients who are able to preserve their breast.

Q: Depending upon the procedure I choose, will I need additional treatment?

A: One of the main downsides of lumpectomy is that often, radiation is recommended

which will help decrease the chance of the cancer coming back in the breast. This is one of the reasons why many women elect to remove the breast entirely.

Q: Will I need to have chemotherapy or hormonal therapy?

A: The decision for chemotherapy or hormone therapy is not often related to which surgery you pick and more related to which type of cancer, and how aggressive that type is. The lymph nodes are often sampled during these procedures to understand if the cancer has spread and this will often influence these additional treatment recommendations as well.

For more information on breast cancer surgery at Baystate Health visit: <https://www.baystatehealth.org/services/cancer/treatment/surgery/breast-surgery>.

Paulette G. Gilfoil
Died Jan. 1, 2024
Services
Jan. 13, 2024
Heintzelman Funeral Home

Lourdes Santos Morais
Died Jan. 4, 2024
Services
Jan. 10, 2024
Ludlow Funeral Home

Harold Martin Popp
Died
Dec. 31, 2023
Services
Jan. 13, 2024
Wilbraham 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.

PUBLIC NOTICES

Ludlow Special Town Meeting of October 2, 2023 Case #11172 Warrant Articles 12, 13, 14, 15, 16, 17, 18, 20, 21 and 22 were approved by the Attorney General's office accordingly.

**see full context of text in Town Clerk's office.

Posted in all 6 polling locations and at the Ludlow Town Hall.

Precinct 1: Harris Brook Elementary School

Precinct 2: Paul R. Baird Middle School

Precinct 3: Ludlow High School

Precinct 4: East Street School

Precinct 5: First Church in Ludlow

Precinct 6: Paul R. Baird Middle School

01/10, 01/17, 01/24/2024

LUDLOW PLANNING BOARD LEGAL NOTICE SPECIAL PERMIT ESTATE LOT
The Ludlow Planning Board will hold a public hear-

ing in Ludlow Town Hall, Selectmen's Conference Room on **Thursday, January 25, 2024 at 7:00 p.m.** on the application of Craig Authier for the property located at **0 Kendall Street Ludlow, MA** (Assessors' Map 11B, Parcel 100) for: estate lot.

If for any reason this hearing is cancelled, it will be rescheduled to Thursday, February 8, 2024.

Raymond Phoenix
Chairman
01/10, 01/17/2024



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HELP WANTED

The Town of Huntington is seeking an **INTERIM TOWN CLERK.** This is a salaried position for approximately 18 hours per week. Application and complete job description are available online at www.huntingtonma.us or by emailing admin@huntingtonma.us. Applications are due by January 26, 2024. Town of Huntington is an Equal Opportunity Employer

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TOWN OF WILBRAHAM

P/T ADMINISTRATIVE CLERK - ASSESSORS

Looking for a reliable P/T Administrative Clerk for our Assessor's Office. For application and more information please visit www.wilbraham-ma.gov. Open until filled. EOE

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TOWN OF WILBRAHAM

POLICE OFFICER

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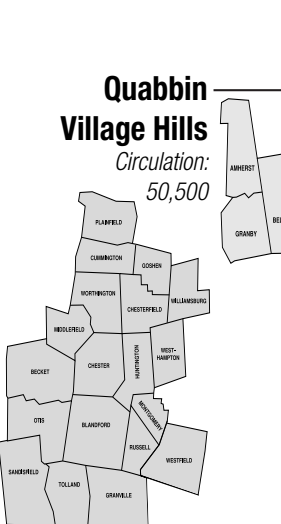
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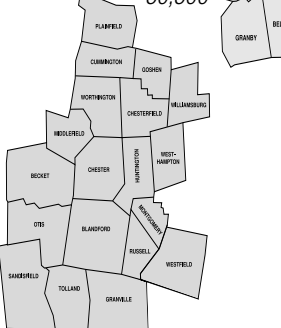
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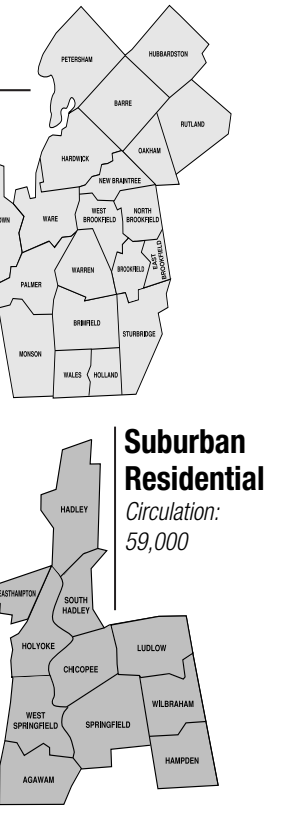
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OUR CLASSIFIEDS REACH 50 COMMUNITIES EVERY WEEK!

Habitat breaks the mold

Offers affordable homeownership despite rising costs

By Brandice J. O'Brien

SPRINGFIELD — Yes, Greater Springfield Habitat for Humanity builds houses. But, there's so much more to the nonprofit organization. Simply put, Greater Springfield Habitat offers the limited-income population of Hampden County an opportunity to create better lives and generational wealth for their families. GSHFH operates using a three-pronged approach as a construction company, social service agency, and mortgage provider. In fact, Greater Springfield Habitat's construction projects are built despite the rise of inflation, financial challenges, and changes in the local housing market.

GSHFH primarily constructs three- and four-bedroom single-family homes that measure approximately 1,500 square feet. GSHFH helps families purchase homes that they construct in partnership with the organization, by requiring sweat equity contribution in lieu of down payment from partner families and providing low-to-zero-interest mortgages and subsidies to purchase homes at below market rate. Greater Springfield Habitat mortgages are based on the family's income and set to not exceed 43% of their total household debt when combined with all financial obligations.

"GSHFH works with families that earn 45% to 60% of the area median income level. For a family of four, that's a household income of \$35,000 to \$59,000 per year," said Aimee Giroux, GSHFH executive director. "Traditional first-time home buyer programs require a minimum income of 80% or \$80,000 AMI and the family must have 3% to 10% down payment to qualify."

By comparison, Aimee said,



New homeowner Ireydiza accepts the keys to her new home

imagine a family of four earning \$50,000 (50% AMI) is trying to secure a \$150,000 mortgage. They have a current debt of \$700 per month for a student loan, credit card and car loan. By partnering with GSHFH, they can afford up to a 2.5% interest loan. Their maximum payment with escrow would be \$993 per month with an overall debt to income of 40%. At the current 6.5% interest rate, their payment would be \$1,348 per month, and their debt to income would be 53%, which would make them ineligible for traditional funding.

Juan Gonzalez said just before he and his wife showed up to the January 2023 closing of his new home in Holyoke, he ran the numbers one last time to make sure the home was within their financial means. Looking over the math, he was worried. Unnecessarily so. Juan forgot the loan was interest-free. When he heard that he exhaled a big breath and said, "Disregard my math. Thank you, Lord. This home is more affordable."

"Habitat made the process easy and with a no-interest loan in this economy, we couldn't

have asked for anything better," said Karina Dise, Habitat homeowner in Monson, who with her husband, purchased their home in November 2007. "We are blessed to own a house and have land that goes with it. We can enjoy the outside when the weather is nice and we don't have to hear our noisy neighbors who used to live right next door to us. My husband likes to grill outside too, so that's definitely a plus."

Greater Springfield Habitat realizes everyone deserves simple, decent, affordable housing. Period. Habitat aims to close the racial wealth disparities by providing subsidies and affordable mortgages to help families break the cycle.

"We had debt, we cleaned it up and went to the bank to see if we qualified for a mortgage. We were told we didn't have enough money," said Lori Holt, who with her husband purchased a Springfield Habitat home in May 2014. "Our daughter told us about Habitat and encouraged us to apply. I didn't think we had a chance."

Eventually, Lori and her husband applied and were ac-

cepted. "It was such a blessing for us," Lori said. The couple has five children, four of whom are now adults. "We pay for mortgage what a lot of people pay for rent. Habitat helped our family a lot."

Kim Rivera, who experienced homelessness, on and off since her 18th birthday before owning a Habitat home, said she appreciates what Habitat has done for her. Kim purchased her home in December 2009.

"Habitat gave people like me the ability to get the American dream. I have stability. My children and grandchildren have a safe haven," Kim said. "I'm never selling this house. I'm going to keep it in the family. I want other generations to know they won't be homeless. I have three kids, and they've all seen the benefits of having a home."

Studies have shown children of limited-income homeowners are 11% more likely to graduate from high school and are 4.5% more likely to complete post-secondary education than children of low-income renters, Aimee said.

Since its inception in 1987, GSHFH has constructed 74 homes



Submitted photos

Juan Gonzalez and Ireydiza Perez's finished house.

throughout Hampden County.

Habitat chooses partner families based on need, their willingness to partner with us, and their ability to repay a mortgage for the purchase of their home. In many instances, a family's current living situation is less than ideal with issues of rodents, limited electricity, no heat, and/or the apartment is in a dangerous location. For many families, gunfire, drugs and vandalism are frequent. Families who face these realities often have challenges breaking the cycle for their children.

To ensure selected families understand the "hand up" versus a "hand out" ideology, prospective and have tools to manage the responsibility of homeownership, Habitat partner families must also attend first-time homebuyer education, financial literacy classes, good neighbor and home maintenance classes.

To keep the mission moving forward, GSHFH relies on donations. Most funding comes from individual donations, local businesses, and grants.

To learn more about Greater Springfield Habitat and its mission, visit habitatspringfield.org.

IN THE CLASSROOM

AIC to hold registration rush

SPRINGFIELD— American International College is set to host a Registration Rush event for the spring 2024 semester, scheduled from 11 a.m. to 7 p.m. on Monday, Jan. 8. The Registration Rush at AIC offers a convenient opportunity for on-the-spot application review, registration, and financial aid support.

Prospective and returning students are encouraged to attend the event being held at AIC's Shea Memorial Library on the campus at 1000 State St. AIC's dedicated admissions and financial aid teams will be on hand to assist with the application process, FAFSA submission, and class registration all in one visit.

Those who complete the process during this one-stop-shop experience will be eligible to join classes when AIC's spring 2024 semester begins on Wednesday, Jan. 17.

For additional information, please reach out to AIC Admissions at (413) 205-2101 or admissions@aic.edu. Apply online at aic.edu.

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