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Planning Board talks affordable housing needs

By Amanda Munson
Staff Writer
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LUDLOW – Prior to the forum that reviewed the proposed housing production plan held by the Planning Board on Feb. 12, residents during Town Administrator Marc Strange’s budget forum held on Feb. 11 brought up questions and comments re-

garding the Town’s plan and process in affordable housing. Town Planner Josh Carpenter stated the following in response, “As town planner, you ensure that the Planning Board has all the information necessary to make informed decisions. We gather comments and feedback from residents and relay them to the Board, while also providing opportunities for public input

through hearings. Ultimately, the goal is to advance projects that work not only for the developer, but for the residents as well. In this role, you also collaborate with consultants who prepare the technical evaluations and planning documents that help guide the community forward, such as our Housing Production Plan. The purpose of the plan

is twofold. First, it helps us develop strategies and take meaningful actions to bring more affordable housing to the community. Second, as we increase the number of affordable units in town, we strengthen our ability to maintain greater local control over developments, an outcome that ultimately benefits the residents of the town,” said Carpenter.

The purpose of the housing forum was to update information on the town’s demographic, economic, and housing trends. Understand the housing market dynamic, prioritize housing needs and further strategize, and strategize to invest in local resources. As well as creating a clear roadmap to the state’s 10% affordability goal. Sourced

from malegislature.gov, affordable housing is defined as homeownership/rental housing which is restricted to occupancy by low/moderate income households of one or more persons and for which the sale price/rent is affordable as defined by the HUD, housing and urban development.

Please see **BOARD**, Page 11

Segundo talks partial property tax exemption for veterans

By Amanda Munson
Staff Writer
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LUDLOW – On Feb. 17, Director of Veteran Services Eric Segundo visited the Select Board in hopes for them to approve partial property exemptions for Veteran’s, which was ultimately passed 3-0.

The program was enacted in 2019 and voted on at Town Meeting, but Segundo wanted to have this exemption decision be on record for the future. “From this going forward, the Veteran’s tax work off program has always advertised and has always had this information, and it just hasn’t ever come up.

The question is if a veteran doesn’t complete their full 100 hours, that their abatement is prorated based on the number of hours they actually work. So, in this particular case, this veteran fell ill or someone in his family fell ill, and he had to drop out of the program; but he completed over 50 hours of service already.

We want to make sure that this veteran is given credit for the time he has already served. This program is different from the senior abatement program. That part has always been advertised that they’re prorated. We are just getting the Select Board to officially approve,” said Se-

gundo. Vice Chairperson William Rosenblum asked Chairperson Manuel Silva if it’s a percentage point of the abatement is equal to the hours worked, and Silva agreed. Member James Gennette asked the board, “If we were going to approve 100 hours before 50 hours now, I mean what’s the difference?”

Town Administrator Marc Strange chimed in and clarified, “The underlying reason is we have a senior work abatement program and we don’t allow partial abatements for the seniors, so we wanted to make sure everything was on the up and up and brought it to you and were able to vote on it.” Silva replied to Strange, “But like Segundo was saying, if we don’t allow a partial vote for senior work for a certain number of hours where they can’t finish their hours, we got to allow partial...” and Strange replied saying, “We don’t.”

Silva continued, “We couldn’t not pay somebody who has worked 75 hours? From my recollection, we have to pay those hours,” and Strange clarified, “I am not sure if it’s part of the bylaw or it’s in the policy, but we just never allowed for partial abatements, it’s all for nothing.”

Please see **VETS**, Page 11



Turley photo by Amanda Munson

Many attendees who joined in on the fun for the Mardi Gras lunch and dance party, especially loved the music by Jose Paulo.

Senior Center hosts heart health event

Promotes active lifestyle

By Amanda Munson
Staff Writer
amunson@turley.com

LUDLOW – After the popular Mardi Gras lunch, the Senior Center hosted the senior care provider CareOne, who presented a heart health seminar for members interested in learning and striving for a healthier lifestyle.

In the afternoon of Feb. 18, members were encouraged to attend the heart health presentation that re-

viewed lifestyle changes, new exercises to try out, recipes to add to their diets, and reminders on what everyone should be avoiding while promoting a good and healthy heart. Over 15 members joined the presentation, who were all discussing reasons they were attending like their own experiences with heart issues and medications, whilst the presenters gave out lists and samples of snacks proven to be heart healthy.

The Town of Ludlow for the month of Feb. is promoting heart healthy information throughout departments like the Senior Center in

hopes to encourage residents, neighbors, and seniors to consider looking at healthier options within their daily lives. For the center, the presentation was to educate and familiarize members with healthier habits; please note, with any changes in diet, medications, and lifestyle, consider contacting your doctor beforehand.

The heart health event began by reviewing that the heart is the engine of the body and as the body ages, the heart ages and everything slows down with it. Like any part of the body, the engine/heart needs to be taken care of.

Heart disease risks are most common with the following list, provided by CareOne, including high blood pressure, high cholesterol, diabetes, little to no physical activity, smokers, and obesity. ‘A body at rest stays at rest, a body in motion stays in motion’, so get moving!

Seniors learned that lifestyle changes won’t happen overnight but were encouraged to start small like drinking more water and eating less red meat. They also were encouraged to ‘eat the rainbow’ like fruit and ve-

Please see **HEART**, Page 13

McBride details Whitney Park summer camp plans



Submitted photo

Whitney Park Summer Camp has been a staple in the community and has gone through significant changes in the past year.

By Amanda Munson
Staff Writer
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LUDLOW – “I think we can get there.” During the Select Board meeting held on the evening of Feb. 17, Recreation Commission Vice Chairperson Sean McBride shared the plans for Whitney Park Summer Camp and what the status of the park is for the upcoming season.

Following discussion with the board and Health Director Paulina Matusik, who shared the tentative deadline of Mar. 2 for the Recreation Commission to send an application to the health department that would detail who would be running the camp among other details, McBride explained why it was important to continue to offer this experience for the youth in the commu-

Please see **CAMP**, Page 11

Cultural Council presents ‘Music in March’ concert

By Amanda Munson
Staff Writer
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LUDLOW – Beginning on Mar. 8, the Cultural Council will be offering ‘Music in March’ concert series that will display three different artists and groups at the First Church of Ludlow, starting with locally known Singer/Songwriter Merrill Shepard of the Senior Center.

Well-known for their summer concert series that were held at the Mack Donnelly Gazebo in Town when the weather was much warmer, Chairperson Pamela Hayes shared why the council decided to bring the winter series back and the decisions made choosing the three specific artists. Bring-

ing up the fact that there’s a gap between each summer concert series, Hayes wanted the LCC to be remembered for another fun event in Town and that’s when the winter series came to fruition. Reflecting last year, which had low attendance, Hayes is confident that this year with people remembering the series from 2025, people would be willing to check it out and see what local artists have to offer.

“The summer concerts went great last year, and we had a really good line up of bands and food trucks, and we were consistently drawing a large attendance. It was really nice. The program is well received in Town and we have to keep trying to live up to that.

Please see **MUSIC**, Page 13



By Keith Davies
*Coordinator, Chicopee
 4Rivers Watershed Council
 Guest Contributor*

Editor's Note: This is the second part in a multi-part series about the Chicopee 4Rivers Watershed Council.

By 2014, the original Chicopee River Watershed Council (1970s) had ceased to exist, it had not been able to engage new people.

A small group of people saw a need to change that and began to renew an idea: the Chicopee Watershed and its tributaries are a special place and should be better known and appreciated by its local residents. Why and how to do that?

Rivers have long been the lifeblood of communities across the region. They helped build New England and they were worked hard and taken for granted.

By the 1970s, people began to realize we needed to clean up our rivers, they benefited us and wildlife in ways we had overlooked. Watershed Councils sprang up and helped start a process to turn things around and in the big picture, things improved, our rivers were cleaned up a great deal.

Yet the job is not done, and some practices still impact healthy rivers in undesirable ways. Today we enjoy rivers recreationally and realize they serve wildlife and people in many important and healthy ways.

The new effort started with going community to community sharing the idea and inviting people to get in-

involved. We held many local meetings at town halls, libraries, and community centers and it stirred interest and awareness.

We hosted river paddles and clean ups. Some joined the effort!

To give this effort focus and connect people in meaningful ways to the rivers, C4R inaugurated two programs: Water quality monitoring and Paddling trail development.

We would monitor the basic bacterial health of the river for recreational use and enjoyment. This would invite people to see these special places and learn if they were a healthy place to enjoy.

We started with six sites on two rivers in 2015 and are now at 20 sites on all four rivers. We have created four Blue Trails, routes on and maps of the rivers that highlight both historical and natural places that people can explore to see how special our four local rivers are.

Knowing their special character and health benefits

A watershed is full of action



Paddlers explored the Quaboag River Blue Trail.

reveals their value. Good progress, yet just a start. The initial excitement of renewing the idea has worn off a bit.

But once something of value is recognized, it needs to be maintained, cared for, what a handful of people had started needs more hands to keep things going. Could you help?

Next week we share our vision going forward...



Volunteers participated in one of many river cleanups in the Chicopee River Watershed.



Keith Davies led a discussion about the Chicopee 4Rivers.



A paddler is shown enjoying a day on the river.



Volunteers stood near a pile of trash and debris collected during a cleanup.

Submitted photos

TOWN OF LUDLOW

Public Hearing –Tuesday, March 17, 2026
5:45 PM Town Hall
488 Chapin Street, Ludlow, MA

Proposed FY26 CDBG Application

The Ludlow Board of Selectmen will conduct a public hearing on **March 17, 2026, at 5:45 PM** at the Town Hall, 488 Chapin Street, Ludlow, MA and via cable television or live stream. Instructions are available on the town's website.

The public is encouraged to attend this hearing to discuss the Town's FY26 application to the Massachusetts Executive Office of Housing and Livable Communities for up to \$950,000 in available Community Development Block Grant Funds. All persons with questions or comments regarding the grant application will have an opportunity to be heard. Those unable to attend can send written comments to the Ludlow Town Administrator, 488 Chapin Street, Ludlow, MA 01056, Attn: Marc Strange

The Town is encouraging input on community needs and projects which would benefit from grant funding. The projects currently being considered are an Infrastructure Improvement Design in the area of Rogers Avenue, Chmura and Joy Streets, a Housing Rehabilitation Assistance Program and funding for Public Social Service Programs, which may include a domestic violence prevention program. Additional projects may be discussed and may be included in the grant application.

The Town Hall is handicapped accessible. Persons who require special accommodations for the hearing should contact the town at least one week prior to the hearing date at (413)-583-5600 ext. 0. For further information contact Evan Mastroianni at PVPC at (413) 781-6045 or emastroianni@pvpc.org.

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Jolicoeur, Zepke, Ardolino earn new certification

By Amanda Munson
Staff Writer
amunson@turley.com

LUDLOW – In conversation with Assistant Director of the Senior Center Heather Jolicoeur about successfully completing the 2025 MCOA Certification Program, in collaboration with Executive Director Jodi Zepke and Activities Director Maria Ardolino, Jolicoeur shared what's next for the center and the upcoming celebration in Mar. that continues to improve the wellbeing of seniors of Ludlow.

Speaking with Jolicoeur on Feb. 18 after the Select Board recognized the designation of the center at the Feb. 17 meeting, she explained what the designation meant to her and how it was collaborating with Zepke and Ardolino.

Learning what age friendly and dementia friendly was from a previous job, Jolicoeur explained that it was important to previous Governor Charlie Baker for Massachusetts to become age friendly and Jolicoeur fully dived into the research to understand the importance of residents aging in place. When interviewing for her job now with Human Resources at Town Hall, Jolicoeur was asked where she saw herself in five years, and revealed she wanted to lead the pack of the age friendly, dementia friendly Town initiative.

"I've always been the person that likes to get things done earlier than the deadline...I did it six months earlier than my goal! I've only been here four and a half years but having said that, it's not one person.

This is a town-wide initiative, other departments and other employees with-

in this building...it takes a village. The senior center is just a natural leader because it's age friendly, dementia friendly, we have the experience and the education, we know what we are doing.

We know how to get people in a room, we know who to ask and how to ask, having said that it's a lot of work, but we got it done. Considering the pandemic and when I first started this process, there's less funds now and less incentives now, so you really have to find the carrot to get people in a room.

We needed listening sessions and enough people in the audience, but in the end, we only needed two sessions. We knew funds were running out and knew we had to come together as a group and find the best way to do this efficiently and effectively to get things done.

We did a really good job and made use of what we had. It's an around two year process and we got it done within that time. Age friendly, dementia friendly will last the whole lifespan of Ludlow, there's a whole action plan in place determined what residents in the listening sessions feel as a priority for the Town.

Little action plan and little steps, it can't be done all at once, not enough money or manpower to do it. But little projects along the way and little awareness along the way, we have to chip away at it," said Jolicoeur.

When asked about collaborating with Zepke and Ardolino, Jolicoeur shared that leaning into each of their expertise helped the process become much smoother, like Ardolino setting up listening sessions and events or Zepke's knowledge of meeting bylaws and rules. Jolicoeur



Turley photo by Amanda Munson

One of the vans at the Senior Center that members rely on to take around Town.

also added that receiving this designation is not the end of their age friendly, dementia friendly journey, "This is the lifespan of the Town, so we should always be working on it. It's a good feeling because it was a lot of work, but it's not done," ended Jolicoeur.

Jolicoeur announced the project that will be funded by the Rotary Club, which will plan to install benches near the Residences at Mill 8 & 10 apartments, in hopes to create a safe mile walking loop to help those who need to sit and rest while enjoying the outside. Along with the bench installations, Jolicoeur also mentioned the idea of installing signs that point towards the Senior Center, in hopes that if someone is lost or disoriented, they can go find the center and be safe.

Mark your calendars for Mar. 27 for the program completion celebration.

Another accomplishment the Senior Center celebrated was Zepke, who helped the center in receiving a new van for better transporta-

tion services and explained the grant process, "I applied for a MassDOT grant back in 2024, I believe. This is the third van we have been awarded through this grant over the last 20 years. MassDOT pays 80% of the van and the Friends of the Ludlow Senior Center paid the remaining 20%. We received that van in Oct. of 2025. Over the last two years we have received two new vans with very little help from the Town. We purchased another van back in 2024, which we had a \$50,000 earmark from the State, used grant money and the Friends. The Town only had to pay about \$29,000 for a \$125,000 van. Having new vans ensures no interruptions in our transportation service."



Assistant Director Heather Jolicoeur, Executive Director Jodi Zepke, and Activities Director Maria Ardolino recognized for their age friendly, dementia friendly designation.

Corned beef and cabbage dinner at First Church

LUDLOW – St. Patrick's Day is fast approaching. You can begin the month by celebrating with a delicious Corned Beef and Cabbage meal to go on March 7, 2026.

The meal includes corned beef, cabbage, potatoes, carrots, Irish soda bread, and dessert. All for only \$18.

Call now to make your reservations 413-547-8720.

Drive by First Church in Ludlow, 859 Center Street, Ludlow between 4:30 and 5:30 p.m. and we will deliver your meal right to your car.

Thank you for being so supportive of this fundraiser that helps us continue to reach out to our community.

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- ✓ How to tell the difference between normal memory loss with aging vs onset of Alzheimer's
- ✓ Signs to look for in a loved one
- ✓ What to do when you suspect a memory problem
- ✓ Treatments currently available to slow Alzheimer's
- ✓ Resources available for dementia caregivers



FEATURED SPEAKER:

Dr. Joan Roche, PhD, RN, BSN, GCNS
Gerontological Clinical Nurse Specialist

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DATES & TIMES

THURSDAY, MARCH 5TH
12:00 noon | Lunch will be served

SATURDAY, MARCH 7TH
12:00 noon | Lunch will be served

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OPINION

GUEST COLUMN



My friend is 65; shouldn't she be exempt from Medicare payroll taxes?

Dear Rusty:

My girlfriend is 65 and she just enrolled in Medicare.

She is still working full time as a nurse, but they are still deducting Medicare taxes from her paycheck. I thought as soon as you started Medicare, that they would no longer take any Medicare taxes from her paychecks. Is that not correct?

**Signed:
Concerned Friend**

Dear Concerned Friend:

Your understanding about Medicare payroll tax is, indeed, not correct. Medicare taxes are levied on everyone, who works and earns, regardless of whether or not they are currently enrolled in the Medicare program. That is how Medicare has worked since it was first enacted in the mid-1960s and how it still works today.

For Your Information, everyone who works for an employer must pay Federal Insurance Contributions Act payroll tax of 7.65%. Most (6.2%) of that payroll tax goes to support Social Security, but 1.45% goes to support Medicare Part A. Self-employed individuals must also pay this tax under the Self-Employed Contributions Act, which is equivalent to FICA, except the self-employed individual must also pay the employer portion of the payroll tax. The Social Security portion of the FICA/SECA tax has an earnings cap (\$184,500 in 2026), but there is no cap on earnings for the Medicare portion of the FICA/SECA payroll tax. FYI, employers pay an equivalent amount of Social Security and Medicare taxes and the Medicare portion of the payroll tax is paid on all earnings. There is

no cap on earnings from which the Medicare payroll tax is withheld.

To ensure understanding, Medicare Part A provides healthcare coverage for inpatient hospitalization services and Medicare Part B provides coverage for outpatient medical services (doctors, medical tests, etc.). That 1.45% of the FICA and SECA tax for the self-employed is paid by those who work to help fund the Medicare Part A program, which is premium-free for most Americans after age 65. For Medicare Part B, there is a separate premium which helps pay for Medicare outpatient healthcare services. The standard Medicare Part B premium for 2026 is \$202.90 per month, compared to Medicare Part A which is free to all who are eligible for Social Security benefits. But the 1.45% payroll tax which is being withheld from your girlfriend's paycheck is paid by everyone who has work earnings, even if they are enrolled in Medicare.

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



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Northern flicker

On President's Day I saw a northern flicker fly up into a tree as I traveled in Barre.

The white rump patch was clearly visible. A Brimfield resident said he has a friend in Belchertown, who occasionally has a flicker come to his suet feeder. Four or five bluebirds also frequent his suet feeder.

Northern flickers are a fairly, large woodpecker about 11 to 12 inches long. They are larger than a hairy woodpecker and smaller than a pileated woodpecker.

They appear brownish overall with a white rump patch that's is conspicuous in flight and often visible when they perch. The undersides of the wing and tail feathers are bright yellow for eastern birds or red for western birds. The brown plumage has black spots, barring and a black "bib." The sexes are similar, but the male has a black mustache.

Flickers spend a lot of time on the ground and like many woodpeckers fly in an undulating up and down path with flapping and gliding. They make a repeated flicker or "wicka-wicka-wicka" call and a loud "kleerer."

They inhabit open forests, woodlots, groves and semi-open country. The female lays five to eight eggs sometimes more. Both sexes incubate the eggs with the male incubating at night and part of the day. Both parents feed the young by regurgitation. The young leave the nest in about four weeks after hatching, but parents feed them

GUEST COLUMN



By Ellenor Downer

for whilet. Later, they follow them to good foraging sites. They mainly eat ants and other insects. They also eat fruits and berries in fall and winter.

Bird bath visitors

A Brimfield resident sent an email recently. He said, "I have a heated bird bath so I modified it by placing rocks in the center so that the only water available is near the edge and birds can't immerse themselves in water to take a bath. The birds sit on the edge of the bird bath to drink."

He also said, "I have a trail camera aimed at the bird bath. I was looking at pictures taken during December (40,000) and saw that blue jays, house finches and juncos are the most frequent birds taking a drink. Birds that show up less often are cardinals, titmouse and mourning doves. Curiously chickadees drink infrequently even though they are often seen in the yard. We seldom see goldfinches drinking, but they are not seen in the yard often. I was surprised to see a downy woodpecker show up twice to get a drink. I can't recall ever seen a woodpecker drink at the bird bath before, summer or winter."

Helping birds

The Brimfield resident said creating brush piles provides shelter for birds. The piles also provide shelter for small animals as well. He said this time of year is a good time to trim trees and shrubs, a source of materials for a brush pile.

He said someone sent him a link about the possible dangers to birds of their feathers freezing if they take a bath in

cold weather. For more information, people may visit the link at <https://blog.nature.org/2022/01/31/should-you-provide-birds-water-in-winter/>.

Project Feederwatch

The Brimfield resident also said, "I recently visited the Project Feederwatch 2025 results (https://cdn.feederwatch.org/wp-content/uploads/2025/12/Winter-Bird-Highlights-2025_12.22.2025.pdf). The chart shows the top 25 birds seen in the Northeast during last year. The top 11 species can be seen most days in our yard."

Here is the list: 1. chickadee, 2. dark-eyed junco, 3. northern cardinal, 4. downy woodpecker, 5. blue jay, 6. mourning dove, 7. white-breasted nuthatch, 8. American goldfinch, 9. house finch, 10. red-bellied woodpecker, 11. tufted titmouse, 12. American robin, 13. European starling, 14. house sparrow, 15. hairy woodpecker, 16. Carolina wren, 17. white-throated sparrow, 18. song sparrow, 19. red-winged blackbird, 20. common grackle, 21. American crow, 22. brown-headed cowbird, 23. chipping sparrow, 24. northern flicker and 25 purple finch.

People may report a bird sighting or bird related experience by emailing mybackyard88@aol.com or edowne@turley.com or mailing to Barre Gazette, P.O. Box 448, Barre, MA 01005. The Palmer office has a new phone system and I will be getting an extension where messages may be left. I will publish the number as soon as it is set up.

The REGISTER

LETTERS TO THE EDITOR

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

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

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

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

SUBMISSIONS POLICY

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

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

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

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

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

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

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ELECTION LETTERS POLICY

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

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

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

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

CHECK OUT ALL THE
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www.turley.com

your health
By Teri (Dreher) Frykenberg, RN
Guest Column

When nurses strike, it's not about walking away from patients — it's about fighting for them.

Across the country, nurses are raising voices over what they view as unsafe staffing conditions, wages that don't reflect the intensity of the job or protect them from inflation, workplace violence, lack of mental health support and the growing strain on the quality of patient care.

Research has shown that

adequate nursing ratios — how many patients per nurse — has a direct impact on patient outcomes: lower risk of death, fewer complications, fewer safety incidents and better patient satisfaction. In Massachusetts, hospitals are required to have a staffing ratio of one nurse to one or two patients in intensive care units.

When you're in the hospital, you can gauge for yourself whether there are enough nurses. It may take a long

When nurses go on strike, nobody wins

time for someone to answer a call bell. Medications may be delayed or missed. Your vital signs may not be monitored as closely. And you can tell, despite their professionalism, when a nurse seems exhausted or frustrated.

Nobody wins.

As I write this, nurses at New York Presbyterian Hospital are continuing their strike after voting down the hospital's latest contract proposal. The major issue is what they consider unsafe staffing. "From the beginning, our biggest concern was staffing," said the president of the New York State Nurses Association, Nancy Hagans.

Nurses at two other major New York hospitals went back to work after making progress on issues including protections from workplace violence and staffing, as well

as pay.

In California, Kaiser Permanente workers — some 31,000 of them — remained on strike for the fourth week. Members of the United Nurses Associations of California/Union of Health Care Professionals have never before walked off the job. Again, staffing is the main issue, along with what they see as pay that is inadequate for recruiting and retaining medical professionals.

We may soon see strikes in Michigan, Washington state, Boston and Philadelphia.

These job actions disrupt patient care, as hospitals bus in traveling nurses to take up the slack. That's unfortunate — especially if you're the one waiting for surgery or going to the emergency room. In the long run, though, patients will benefit.

I've been a registered nurse for more than half my life, inspired by a beloved aunt, so I get where these nurses are coming from. They're not asking for luxuries, just the tools and support they need to do their jobs safely and effectively.

The nursing shortage — the U.S. was short 500,000 nurses last year, and the shortage is growing — has created a greater need for patient advocates. It's a career I've been very proud of, and now I'm proud of helping nurses forge their own paths by becoming patient advocates themselves (nurseadvocateentrepreneur.com) to offer the care they were trained for.

Patient advocates can fill some of the gap, but not all of it. Nurses are standing up

Please see **HEALTH**, Page 5

OPINION

What's Happening at Hubbard Memorial Library

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

Library Hours: Mon 9-5, Tue 9-8, Wed 9-5, Thu 9-8, Fri 9-5, Sat 10-2. Closed Saturdays during the summer, Sundays and holidays.

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

FOR ADULTS

Sound Energy Healing Series One Saturday per month 10:30 a.m. Sound healing brings individuals into a state of relaxation and rest. Enjoy an hour of peace and calm while sitting or laying on a yoga mat, absorbing the healing vibrations from instruments such as the quartz crystal bowls, led by Mystic Willow. Bring a yoga mat, towel, or something to lay on during the program and a blanket to cover yourself up in. Dates: Feb. 28, March 28, April 25, May 23 and June 13.

Please register on our website or by calling the circulation desk. Sign-ups are for the individual session, not the entire series.

Mass Center for the Book Monthly Reading Challenge Each month, you'll be challenged to read a book based on a chosen theme. Those who participate will be entered to win a free tote bag full of books. For more information and to sign up, please visit <https://www.massbook.org/readingchallenge-2>

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

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

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

FOR YOUTH

Grow, Play & Learn Playgroup for 0-2 year olds, Thursdays, Feb. 26 and March 5, 9:45 - 10:30 a.m. Sponsored by Pathways for Parents CFCE. Please register.

Grow, Play & Learn Playgroup for 2-5 year olds, Thursdays, Feb. 26 and March 5, 10:45 - 11:30 a.m. Sponsored by Pathways for Parents CFCE. Please register.

Online Gaming Club for YAs, Thursdays, Feb. 26 and March 5, 3:30 to 5 p.m. For ages 10-15. We have Minecraft. Please register.

Tween Chaos Boardgame Club, (bi-weekly) Fridays, Feb.27 and March 13, 3:15 - 4:45 p.m. For ages 10-

14. Please register.

"Read Between the Lines" High School Book Group, Friday, Feb. 27 and March 27, 3 to 4 p.m. Please register.

Watercolor Day, Saturday, Feb. 28, 10:30 - 1:30 p.m. For youth of all ages. Drop-in.

Minecraft Club, Saturdays, Feb. 28 and March 7, noon to 1:50 p.m. For ages 7-11. We have Minecraft accounts. Please register.

Storytime Series for ages 3-5; There's Magic in the Library, Monday, March 2, 10 a.m. Space is limited, please register.

Dr. Seuss Birthday Celebration Scavenger Hunt, Monday, March 2, all day. For youth of all ages. Drop-in.

Folded Magazine Butterflies, Tuesday, March 3, 6 to 7 p.m. For ages 5 and up. Drop in.

Sing With Me, Tuesdays, March 3, 10, 17, 24, 31, 10:30 to 11 a.m. For 0-5s. Drop-in.

Lunch Bunch, Wednesday, March 4 and 11, 11 - noon. For ages 15-36 mos. Please register. Sponsored by Pathways for Parents CFCE.

Pokemon Club, Wednesday, (bi-weekly) March 4, 18, 3:30 to 4:45 p.m. For grades 3-8. Please register.

Lego Build Challenge, every Wednesday, March 4, 11, 18, 25, noon to 5 p.m. All creations will be put on display in the Youth Room for the week. Drop-in.

Music with Mr. Liam, Friday, March 6, 10 to 11 a.m. Geared for preschool aged children. Please register. Sponsored by Pathways for Parents CFCE.

Shamrock Slime, Saturday, March 7, 11:30 a.m. For ages 6-12. Please register.

Youth Chess Club, Mondays, (bi-weekly) March 9, 3:30-4:30 p.m. Ages 9-17. Please register.

Paper Egg Coloring Contest, March 9 to 23. For youth of all ages. Color an egg to be included in our Eggstravaganza Egg hunt in April. Drop-in.

Anime Club, (bi-weekly) Tuesday, March 10 and 24, 3:30-5 p.m. For middle and high schoolers. Registration recommended.

Youth Crochet Club, Tuesdays, (bi-weekly) March 10 and 24, 5:30-6:30 p.m. For ages 10-17. Please register.

Massachusetts Children's Book Award Book Group (MCBA), monthly, Thursday, March 12, 6-6:45 p.m. Read 5 nominated books and vote. Celebration with ice cream and photos in the Register in April. Please register.

Paper Mache Pie Plates, Saturday, March 14, 11 a.m. For ages 8-17. Please register.

Nintendo Switch Night, (monthly) March 17, 6 - 8 p.m. For middle and high schoolers. There's pizza. Please register.

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

Young Adult Volunteer Program, ongoing. For 6th grade through high school. Volunteer one hour a week in the youth room. Please see our website calendar for more information and to submit an application.



By Barb Turcotte

The Healy's, have you heard of them? Don and Sheila to be more precise. If you're a lover of Irish music and live in the area then I'm sure you have. This couple, parents of five, just celebrated their 49th wedding anniversary in December and have been singing as an Irish duo for forty of those years.

Don & Sheila are an amazingly talented couple who are not only loyal to their Irish heritage but also their friends. Once when a friend needed help after surgery, Sheila brought her a meal every evening during her recovery. Friends were their fans but many fans have become their cherished friends. This couple certainly knows about giving back not only to their friends and family, but also with their dedication to local communities.

As you can imagine for any entertainer, various charities and private causes have asked them to perform voluntarily which they've certainly done their share of. They performed from 2011-2017 for the Rays of Hope walk as well as for Cerebral Palsy, SIDS and many other private fundraisers.

Don and Sheila have developed a pretty full agenda

these days and don't have much time to offer that any longer unfortunately. A couple of the things filling their schedule is planning trips to Ireland, organizing over thirty group ones as well as their own. They generally travel there twice a year, once with a group and another just the two of them. Even though on vacation, they wind up having singing engagements there too! I don't think they know the words, "slow down!"

Every year at Christmas you will find Sheila in the kitchen, covered with flour as she prepares Irish breads she shares with family, friends and fans. This year she was busy creating 142 loafs! They also explained how they love doing the twelve days of Christmas at their holiday gigs, giving gifts each of the twelve days. They shared how they collect Irish scarfs to give to people as they sing along with all the well-known Irish tunes.

When I spoke about their loyalty to their Irish heritage, I would be remiss not to mention Don's radio show named appropriately, 'Healy's Irish Program.' He has broadcasted this program from his home on Saturday mornings from 9 to 11am for approximately forty

Don & Sheila Healy - The Healys

years. In order to keep this going for his listeners this isn't something he gets paid for, instead he's had to find his own sponsors for the airtime. He also buys, on his own,

T-shirts which he gives away weekly to contest winners. You can hear his program on FM 97.7 & 1250AM. Enjoy!

During Covid when places weren't allowed to have live music inside, they would set up outside venues in order to help some of the Irish facilities keep their business going. So much money was lost during that time and it was their way of giving back. Instead of charging a fee, they offered to perform a full evening of enjoyment for tips alone. Then as the colder weather came and singing outside was no longer an option, they became creative so they could be inside to entertain, though still not allowed to sing, even with masks.

Don, having the set up at home for his radio show came up with the idea of what is called, 'cyber-vocals'. They recorded, sitting at their kitchen table, some of their most requested songs. Now they could entertain guests while inside yet following the mandated protocols. They had to wear masks, so as they played their instruments the folks enjoyed their vocals, yet it was from the recorded songs so sounded as though they were actually singing. Brilliant! And for those gigs, they were paid half of their usual price, again, helping the business thrive during

a difficult time. Then at the Irish Pub at the then Eastfield Mall, they didn't have an outside venue, so instead Don became a 'celebrity bartender' making everyone Irish coffees. They just always have found a fun way to give back.

They also perform at many local locations, such as once a month on a Sunday afternoon at the "new" Donovan's in Holyoke. The Irish Cultural Center is another, the last Saturday of the month plus other regular venues in the Worcester area. Also, they randomly perform at the John Boyle O'Reilly Club as well as other places.

Though they have enjoyed much happiness throughout their lives and brought such joy to their audiences, they've also known extreme heartache. Unfortunately, they lost their son ten years ago and since this interview have tragically lost a daughter. My heartfelt sympathy to all this family. A blessing; they've welcomed their 6th grandchild who's been given the middle name Seamus after his uncle. What a wonderful tribute, Seamus' legacy will live on.

If you'd like to share a Random Act of Kindness story or if this one has touched you, please contact me at bdt514@aol.com or 413-575-9385. Who knows, you might see your story, 'Just Cause' you witnessed, you did or maybe received something nice being done for you. See you soon with another Random Act of Kindness.

HEALTH from Page 4

not only for themselves, but also their patients. When one nurse is stretched too thin, the patients feel it. When burnout becomes the norm, care suffers. When safety concerns are ignored, everyone is at risk.

I hope all of these medical professionals return to

their jobs soon, with greater safeguards and better patient safety.

Teri (Dreher) Frykenberg, R.N., a registered nurse and board-certified patient advocate, is the founder of www.NurseAdvocateEntrepreneur.com, which trains medical professionals to become successful private patient advocates. A Monson, MA

resident, she is the author of "How to Be a Healthcare Advocate for Yourself & Your Loved Ones" and her new book, "Advocating Well: Strategies for Finding Strength and Understanding in Health Care," available at Amazon.com. Contact her at Teri@NurseAdvocateEntrepreneur.com to set up a free phone consultation.

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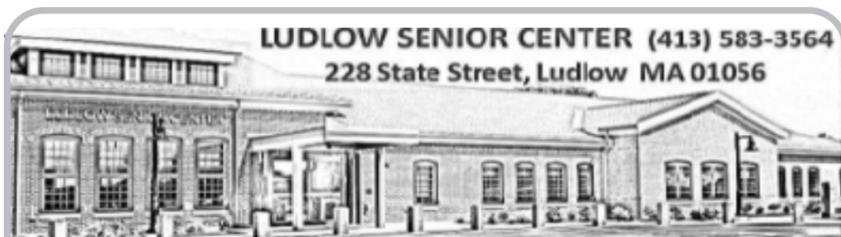
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BUSINESS



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

Welcome to the Ludlow Senior Center

Don't let winter keep you away from the Ludlow Senior Center! Gather with friends in the Center's beautiful dining room and enjoy a delicious lunch complete with coffee, tea, and dessert. To join us, just call 413-583-3564 a day in advance to reserve your \$2 lunch (Call Friday for Monday lunch).

February is Heart Health month so there are several programs and events to help you improve your heart health. Pick up our monthly Newsletter at the Center or share your email with us to have it delivered straight to your inbox. You can also explore programs, find important forms, and learn more about what a Senior Center has to offer at ludlow.ma.us/coa/. For the latest news and photos, be sure to "like" the Ludlow Senior Center on Facebook!

As the days grow colder, we look forward to sharing warm meals, great programs, and good company with you. Please note that if the Ludlow schools are closed or have a delay due to inclement weather, the Center will be closed or have a delayed opening. Be sure to check News 22 or 40 for delays or closings.

Activities Calendar:

Please register in advance for items with*

Thursday, Feb. 26

- 9 a.m. Tai Chi
- 9:30 a.m. Dominos
- 10 a.m. Sunshine Painting Class*
- 10 a.m. MMWEC Talk*
- 10:15 a.m. Mindful Meditation.
- 12:45 p.m. Mahjong
- 2 p.m. Book Club:
The Berry Pickers/A. Peters
- 2:30 p.m. Active Yoga

Friday, Feb. 27

- 8:45 a.m. Boomer Bootcamp*
- 9 a.m. Reiki by Appointment*
- 10 a.m. Boomer Bootcamp*
- 10 a.m. Blood Pressure Checks
- 10 a.m. Author Sandy Howell
- 1 p.m. Ceramics
- 1 p.m. Health Bones & Balance*
- 1:30 p.m. Forget Me Not Circle*

Monday, March 2

- 9 a.m. Knitting
- 9:30 a.m. Boomer Bootcamp*
- 10 a.m. Computer Help
- 1 p.m. Scrabble
- 1:30 p.m. Sarah the Fiddler
- 2:30 p.m. Zumba Gold

Tuesday, March 3

- 9 a.m. Quilting
- 9 a.m. Line Dancing
- 10 a.m. Cribbage
- 10:30 a.m. Gentle Yoga
- 1:30 p.m. Bingo
- 4:30 p.m. Power Pump
- 5 p.m. Movie: Days of Thunder 1990

Wednesday, March 4

- 9:00 Zumba Gold
- 9 a.m. Ceramics
- 9 a.m. Jewelry
- 9 a.m. Massage appointments
- 10 a.m. Tea with the TA
- 10 a.m. Opera
- 10:30 a.m. Healthy Bones & Balance*
- 1 p.m. Dominos
- 1 p.m. Movie: Days of Thunder 1990
- 1 p.m. Healthy Bones & Balance*

Thursday, March 5

- 9 a.m. Tai Chi
- 9:30 a.m. Dominos
- 10:15 a.m. Mindful Meditation.
- 12:45 p.m. Mahjong
- 2 p.m. Writers Block
- 2:30 p.m. Active Yoga

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

Daily Events:

- Café: Monday – Friday 8-11 a.m.
- Exercise Room: Monday - Friday 8 a.m. – 3:30 p.m. Open until 6:30 p.m. on Tuesday.
- Open Billiards: Monday –Thursday 8 a.m. – 11 a.m. Fridays 8 a.m. – 4 p.m. Tuesdays 4 p.m. – 7 p.m.

Menu:

- Thursday, Feb. 26: Chicken Gyro on a Pita/Steak Fries
 - Friday, Feb. 27: Stuffed Shells/Caesar Salad
 - Monday, March 2: KFC Bowl
 - Tuesday, March 3: Pork & Apple Stew/Biscuit
 - Wednesday, March 4: Meatloaf/Mashed Sweet Pot/Green Beans
 - Thursday, March 5: Chicken Patty Sandwich/Lettuce & Tomato/Tater Tots
- Reserve a delicious \$2 lunch by calling a day ahead, all on Friday to reserve lunch on Monday.
- For allergy concerns, call the Senior Center to inquire about ingredients at 413-583-3564.

MSB announces \$25,000 donations

MONSON – The people have voted, and the results are in! In late 2025, Monson Savings Bank asked our local community members to cast votes for their local non-profit of choice. Monson Savings Bank is now announcing the 2026 Monson Savings Bank Community Giving Initiative recipients.

This was the sixteenth year Monson Savings Bank ran its Community Giving Initiative poll. The public's excitement to cast their vote has grown throughout the years. This year, more than 5,200 votes were received – a record-breaking response from the community!

Monson Savings Bank's Community Giving Initiative exemplifies the power of collaboration, uniting community members to collectively decide which local organizations receive support. By inviting public votes, the bank ensures that its charitable contributions reflect the community's values and priorities, fostering a shared commitment to enhancing the well-being of the neighborhoods it serves.

"The community's enthusiasm for our annual Community Giving Initiative is always so moving!" beamed Michael Rouette, EVP and Chief Operating Officer of Monson Savings Bank. "As a bank operated right here in Western Massachusetts, Monson Savings Bank wants to support the area's local residents, businesses, and non-profits. Our Community Giving Initiative offers a unique opportunity for our community members to have their voice heard and decide the non-profits they would like us to support."

Now that the votes have been counted, Monson Savings Bank is planning to donate a generous total of \$25,000 among this year's top eleven vote recipients. Traditionally, ten recipients are selected, but due to a tie, eleven organizations will be honored this year.

2026 Monson Savings Bank Community Giving Initiative Recipients:

- I Found Light Against All Odds, Springfield
- Magic for Maddie, Southampton
- Friends of Hampden Seniors, Hampden

- South End Community Center, Springfield
- Springfield Ballers, Springfield
- YWCA of Western MA, Springfield
- Monson Free Library, Monson
- Springfield Jewish Community Center, Springfield
- CLUBOH, Springfield
- Aida's Food Truck, Palmer
- Miracle League of Western MA, Holyoke

"These non-profits bring important resources to our communities. It is obvious why they were chosen by our community members to receive our support," said Dan Moriarty, President and CEO of Monson Savings Bank. "On behalf of Monson Savings Bank, I congratulate the top eleven recipients of the 2026 Community Giving Initiative, and I thank you for doing your part to help our community thrive!"

To learn more about Monson Savings Bank's Annual Community Giving Initiative, please visit: <https://www.monsonsavings.bank/connect/our-community/community-giving-initiative.html>.

Country Bank supports Scantic Valley YMCA with \$25,000 campaign donation

REGION – Country Bank, a full-service financial institution serving Central and Western Massachusetts, announced a \$25,000 donation to the Scantic Valley YMCA in Wilbraham in support of the Y's ongoing capital campaign aimed at expanding community offerings and completing critical facility improvements.

Country Bank has been a long-time partner of the YMCA, proudly supporting both the Scantic Valley and Springfield branches for many years. This latest contribution reinforces the Bank's commitment to investing in organizations that strengthen families, promote wellness, and enhance quality of life across the communities it serves.

The Scantic Valley YMCA capital campaign focuses on much-needed facility upgrades and program enhancements, including roof replacement, fitness center expansion and equipment upgrades, outdoor pickleball courts, parking lot improvements, locker room renovations, enhancements to childcare spaces and signage, ensuring the facility continues to meet the evolving needs of members of all ages.

"The YMCA has long been a cornerstone in our communities, providing a welcoming place for individuals and families to grow, stay healthy, and connect," said Russell Fontaine, Chief Retail Delivery & Customer Experience Officer at Country Bank. "We're proud to support the Scantic Valley YMCA and its mission to serve thousands of members while ensuring the facility remains strong and accessible for generations to come."

"Country Bank's generosity plays a vital role in helping the YMCA continue to serve our community in meaningful ways," said Dexter Johnson, President and CEO of the YMCA of Greater Springfield. "Partnerships like this allow us to expand our reach, enhance our programs, and create lasting impact for the people who rely on the Y every day."

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Welcome Dr. Meunier

We are excited to introduce the newest addition to Ludlow Family Dentistry, Dr. Zachary D. Meunier. Dr. Meunier is returning to Western Massachusetts and is a general dentist who has earned his D.M.D. degree from Midwestern University in Illinois.

During dental school Dr. Meunier presented research nationally at the American Association for Dental, Oral, and Craniofacial Research (AADOCR) conference in Portland, Oregon through the Academic Dental Career Fellowship Program (ADCFP). He also lectured and taught dental students reflecting his dedication to both excellent patient care and continued dental education.

Dr. Meunier has shadowed and trained alongside specialists across every dental discipline and completed one-on-one implant training through the Implant Pathway program. As a general dentist, he provides endodontics, implant dentistry, and oral surgery while referring highly complex cases to specialists to ensure the best outcomes for his patients.

He believes in listening carefully to his patients to fully understand their needs and concerns, allowing him to provide personalized, high-quality care for every individual.

Outside the office, Dr. Meunier and his wife, Joyce, share their home with their three loving cats. He enjoys cooking, mountain climbing, hiking and camping.

Dr. Meunier looks forward to partnering with you in achieving a lifetime of excellent oral health.



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IN THE CLASSROOM

Paul R. Baird School announces students listed on Honor Roll

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Honors Class of 2032

Luke A. Afonso, Keegan P. Beaver, Rostyslav M. Bekh, Laci N. Carbonneau, Izaiah J. Castro, Nil S. Cinarde, Julius A. Collazo Gonzalez, Isaac M. Davila, Gavin M. DeChellis, X'zavien Del Valle, Cruz A. Dias, Nicholas L. Donais, Ayaz O. Ede, Ivy E. Fraga, Jackson J. Furches, Ethan H. Gallup, Carter R. Germain, Ava A. Goggin, Madison R. Goulet, Alice C. Hall, Hiro C. Hing, Natalie A. Jorge, Eleanor J. King, Malcolm P. Kinne, Victoria M. Kopka, Vivian E. Krupa, Polatcan Kupuc, Lily R. Lage, Maxine G. Leonczyk, Noah M. Line, Allison M. Lopes, Nevaeh L. Lovern, Theodore A. Makuch, Serenity T. Marion, Ercole B. Martins, Jacob R. Mattoon, Zachary W. Natal, Isabella A. Nute, Keanu J. Pereira, Marcio Ade-rito H. Pires, Violet G. Price,

Grace L. Prottengeier, Hunter J. Rios, Owen E. Rodrigo, Chase J. Rodrigues, Evan J. Saloio, Victoria E. Sanches, Daniela B. Sansone, Samarth Sharma Nepal, Nicholas N. Sidorovnin, Brody N. Strempek, Jeffrey M. Therrien, Sergen S. Turan, Greyson K. Walulak, Brayden M. Zdanis

High Honors Class of 2031

Gabriel F. Andre, Michael G. Begin, Gabriel A. Bernatchez, Kaitlyn K. Bienvenue, Amelia G. Bishop, Sebastian D. Borkowski, Jillian G. Charron, Abigail R. Crowther, Issac J. Cumba, Tyler J. Dinis, Leyna G. Dos Santos, Moses E. Estrada Requena, Adalynn M. Ferreira, Matthew S. Goncalves, Aurora N. Grimm, Lillyann R. Guido, Eleanor E. Kinne, Mia L. Lamas, Kinsley R. Lassalle, Andrew F. Pellerin, Viola R. Phoenix, Gavin L. Rodrigues, Blake A. Stevenson, Tierney E. Stratton, Caitlyn E. Sylvestre, Lyla A. Tatlock, Jayden Wu

Honors Class of 2031

Adam A. Al-Ghabban, Ava E. Alves, Cameron C. Arsenault, Daniella Bardakova, Tobin L. Bernier, Alexandra M. Bryant, Joey L. Campora, Joyce A. Carrasco Acevedo, Aidan A. Chelo, Selin N. Cinarde, Carmine F. Coelho, Peyton L. Cokotis, Gabriel N. De Oliveira Fernandes, Alexa S. Donais, Kaelyn M. Emmett, Dylan N. Keirse, Adalynn G. Kuszewski, Maria J. Larrota Higua, Neo C. Lombardi, Tyler R. Markiewicz, Dominic G. Martins, Robert D. Menard, Roman E. Mora, Taylor D. Moran, Christian A. Motta, Ecrin Z. Ozdemir, Abigail D. Palmer, Nathan M. Pease, Kennedy O. Podmore, Lucas M. Sanches, Adrien L. Santiago, Simon A. Tenney, Jadalise M. Torres, Pedro J. Vicente, Ava M. Walker, Max H. Wolanczyk, Guliana H. Wurszt, Lucas H. Wurszt, Sophie C. Young, Asmaa Zankani, Yaoduo Zhang

High Honors Class of 2030

Leia S. Begin, Brennan

M. Bishop, Cayden P. Burns, Kristiana M. Chutkowski, Izabella M. Collazo Serrano, Marina R. DaSilva, Nicholas A. Del Negro, Kayla J. Dias, Mackenzie P. Dion, Brigid L. DiVenuto, Alexis R. Dos Reis, Casper Drap, Hiram Falahatian, Ava N. Gallup, Kaylee L. Germain, Giuliana E. Goncalves, Lily A. Grasseti, Alexander J. Hamilton, Madeline L. Hardick, Emma M. Harvey, Ellie M. Hua, Calvin M. Iwasinski, Leo D. Juzba, Aubrey C. Keane, Olivia M. Klink, Natalie K. Kowalski, Oliver W. Kunz, Ava J. Martins, Christopher J. Mathisen, Addyson P. Mayette, Layla R. McDaniel, Carlos Merino Hernandez, Addison E. Murphy, Maria R. Premo, Brooke E. Ruzsala, Olivia V. Sanches, Victoria M. Saraiva, Lennox C. Schuko, Olivia D. Sekowski, Haylee A. Sullivan, Gracie-Ann S. Tuck, Dilara Turk

Honors Class of 2030

Ali A. Al-Ghabban, Jaxon

A. Antaya, Mert C. Baytemur, Jameson P. Bishop, Haylo A. Braz, Javian M. Caban-Alejandro, Justin A. Canoa, Alex A. Castro, Ethan J. DaSilva, Matthew D. Diaz, Julianna D. Disanti, Ana G. Duarte, Cesia E. Estrada Requena, Mason S. Ferrabelo, Mason R. Fontaine, Caleb F. Foster, Benjamin D. Hill, Blake C. Housey, Brayden J. Jimenez, Joseph R. Jorge, Jacob H. Kowalski, Lucas A. Lage, Samuel A. Leone, Alexander M. Linna, Dylan K. Maina, Aloralynn V. Maravilha, Marjories K. Mercado Skerrett, Jayden A. Merceri, Aarna Y. Patel, Xavier C. Pereira, Miguel A. Pires, Alex Ramik, Aaliyah M. Robison, Matthew W. Ruiz, Lorenzo J. Sanches, Mason B. Shute, Leah M. Silva, Savannah R. St. Germain, Peter A. Szewczyk, Jackson D. Teixeira, Felicity R. Tenney, Jason K. Tirado, Artem N. Tsyganenko, Mert Turan, Azra A. Turk, Jacoby S. Voyik, Jett C. Whitney, Ania E. Wojcik

MMWEC offers scholarships to LHS seniors

LUDLOW—Applications are now open for the 2026 Massachusetts Municipal Wholesale Electric Company (MMWEC) scholarship.

MMWEC is offering two \$1,000 scholarships to qualifying seniors from Ludlow High School who are planning to attend either a two- or four-year college. Eligible students must plan to pursue a degree in engineering, environmental sciences, finance, accounting, or a related discipline.

Scholarship recipients will be awarded based on several factors including academic achievement, area of study, and need. All seniors planning to pursue one of the

specified academic areas are encouraged to apply, regardless of their class ranking.

This year, applications will be solely online at <https://www.mmwec.org/scholarship>. To be considered, students must submit all required documents including a letter of recommendation from their school counselor and a letter detailing their educational and professional goals. Application and submission details will be shared with students via their school counselors. The deadline to apply is Friday, April 3. Students can contact mmwec@mmwec.org with questions.

As part of its commit-

ment to the community, MMWEC has awarded \$70,000 in scholarships to help local students defray the cost of higher education since the inception of the scholarship program in 1998.

MMWEC is the joint action agency for public power in Massachusetts, providing a variety of power supply, financial, risk management and other services to the state's consumer-owned, municipal utilities. MMWEC is the operator and principal owner of the Stony Brook Energy Center on Moody Street and has been a corporate resident of Ludlow for nearly 50 years.

HCC scholarship season open for 2026-2027

HOLYOKE - The Holyoke Community College Foundation is now accepting scholarship applications for the 2026-2027 academic year. The application deadline is Friday, March 13, 2026.

Last year, the HCC Foundation awarded 410 scholarships worth about \$364,000 to 379 incoming, current, and transferring HCC students. Some students received multiple scholarship awards. The average scholarship award is typically around \$900.

Students must be currently enrolled at HCC or have been accepted for the upcoming academic year to be eligible for scholarships.

Applicants only need to fill out a single online form

to be automatically matched with the scholarships they are most qualified to receive.

There are scholarships for new students, current students and students transferring to other institutions, scholarships based on financial need, scholarships for students in specific majors, scholarships for residents of certain communities, and scholarships that recognize academic achievement.

To view scholarship opportunities and begin the application process, please go to: www.hcc.edu/scholarships.

The HCC Scholarship Resource Center, on the first floor of the Donahue Building (Room 158), is open Monday through Friday, 9 a.m. to 5

p.m., to help current and incoming students navigate the process of applying for scholarships.

The HCC Foundation is a 501(c)(3) that works to advance the college's mission, vision, and values. Founded in 1968 as the Friends of Holyoke Community College, in response to a devastating fire that forced the college to rebuild on a new campus, the Foundation now manages assets of more than \$20 million, the largest community college foundation endowment in Massachusetts.

Questions should be directed to the HCC Foundation office at 413-552-2182, or by email to scholarships@hcc.edu.

PAID ADVERTORIAL



Ed Sokolowski, Managing Partner and Wealth Advisor at Pioneer Valley Financial Group, Named Business West Difference Maker

Pioneer Valley (PV) Financial Group is proud to share that Managing Partner and Wealth Advisor Ed Sokolowski has been recognized as a Difference Maker by Business West.

When Ed founded PV Financial in 2002 alongside partners Joe Leonczyk and Chuck Myers, they set out to build something different. From the beginning, the firm has been guided by what Ed calls "the triangle" — three areas that must work together to create real success: clients, employees, and community. For PV, giving back isn't an afterthought; it's one of the three sides that holds everything up.

"We're not here to make the most money — we're here to make a difference in all three areas," Ed says.

That mindset continues to shape the company today. PV Financial operates with a simple mission: We believe in helping our clients and community live better. Our legacy is the people and the lives that we have touched.

For more than two decades, giving back has grown into a defining part of the firm's culture. It's not just about writing checks — it's about showing up. The entire team is involved, volunteering their time with local nonprofits and supporting events that strengthen the community.

Longstanding initiatives like the annual Slide into Summer Safety event with local schools and first responders, as well as the First Responder's Appreciation Dinner, have become traditions for the firm. At the same time, newer partnerships with organizations such as CHD All In, and Rachel's Table have created even more opportunities for employees to get involved throughout the year.

In 2025 alone, PV Financial worked with more than 64 organizations, participated in 51 community events, and contributed over 75 volunteer hours across the region. The Difference Maker recognition is an honor, but for PV Financial, the real reward is continuing to live out that mission every day.

Read full article at <https://businesswest.com/issues/feb-16-2026/#p=44>.

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

March 7

POLISH FOOD SALE at Immaculate Conception Church, 25 Parker Street - Indian Orchard, Mass. on Saturday, March 7, 2026 from 9 a.m. to 1 p.m. Golumbki (3) \$12; Kapusta (Large) \$10; Pierogi (1 dozen) Pierogi Available: Cabbage, Potato & Cheese \$14, Sweet Cheese, Blueberries \$15

CORNED BEEF DINNER at St. Elizabeth's Parish Center from 5:30 to 6:30 p.m. - Take-out available 4 to 4:45

p.m. corned beef & cabbage, potatoes & carrots, bread & butter, coffee and chunky apple cake with vanilla sauce (by Pat W.)

Tickets are \$30. (Dine-In), \$25. (Take-Out) if purchased by March 1 (\$5. more after), Tickets are Limited, live entertainment - Sarah The Fiddler from 6 to 8 p.m.

For more information contact: Jim Meehan 547-8822, Dave Bergeron 427-6584, Mike Trexler 219-0758, or Tony Silva 364-6518

ONGOING

PLAY CRIBBAGE IN INDIAN ORCHARD - Cribbage players of all ages and ability are welcome to enjoy a fun time with other local cribbage players. Join us at Club #72, "Pegging Fools", Tuesdays at 6:30 p.m. at St. Gregory Armenian Church, 135 Goodwin St., Indian Orchard. For more information, contact Peter Setian, 413-552-6336.

VOLLEYBALL at E Street School began Sept. 16th at 5:30 p.m. They play Tuesday and Thursdays.

Call the Ludlow Senior Center for more information 413-583-3564.

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

FREE CLOTHING. Every Tuesday from 9 to 11 a.m., in the school building located behind Crossway Christian Church, 2230 Main St., Three Rivers. Clothing from baby through adult. Current, seasonal clothes in all sizes. Bags are provided for easy shop-

ping. For more information call Donna, (413)478-0768.

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

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.

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 mus-

cles 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.

QUABBIN VALLEY TWIRLERS If you missed the first lessons in the fall, now is the time to give your-

self 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

Ludlow Lions present Murder Mystery Dinner

LUDLOW - Ludlow Lions Club will once again host A Comical Murder Mystery Dinner, "One Slew Over the Cuckoo's Nest". As you dine, participate and interact with Dr. Frigmand Zoid, whose patients think they are superheroes and one is not too happy.

Become part of the best Murder Mystery party ever. Join the party on Saturday, March 7, 2026 at Tony and Penny's Restaurant located at

18 Canterbury St. in Ludlow.

Doors open at 6 p.m. Dinner will be served at 6:30 p.m. Cost is \$49 per person or 2 for \$90. Cash Bar and Raffle.

Tickets can be purchased through mail by sending a check, made out to Ludlow Lions Club, to 74 Ray St., Ludlow, MA or by visiting <https://bit.ly/LudlowLions-Club>, or through any Ludlow Lion. Thank you for your continued support.

Dog licenses expire March 31

LUDLOW - Dog licenses will expire March 31. All residents are required to license their dogs annually.

Licenses are available starting March 2 in the Town Clerk's office during normal business hours. You must have a valid rabies certificate to renew or obtain a new license.

Residents have the option to obtain a license in-person or by mail. A form is available on the Town of Ludlow's website for your convenience.

Please include a self-addressed stamped envelope, valid rabies certificate, along with a check payable to the Town of Ludlow. Mail to: Town Clerk, 488 Chapin Street, Ludlow, MA 01056.

License fees are \$15 for neutered or spayed dogs; \$20 for not spayed or neutered. There will be a \$10 late fee starting July 1.

If you have any questions, please contact the Town Clerk's office 413-583-5600 ext. 1 or email clerk@ludlow.ma.us.

Parish Mission to be held at St. Elizabeth Parish

LUDLOW - Set sail with us for a special Parish Mission as we dive deep into the timeless story of Jonah. Jonah is a story packed with drama, suspense, divine plot twists, and yes... one very famous fish. From stormy seas to surprising second chances, Jonah's adventure will keep you hooked from start to finish.

The mission will be held from March 16 till March

18, at 6:30 p.m. at St. Elizabeth Parish in Ludlow.

Keith Messier (MAAT) will Captain us through our journey uncovering how Jonah's epic voyage mirrors our own-complete with detours, wake-up calls, and God's relentless love chasing us down. Come and be renewed in faith as we discover that no matter how far we run, God's mercy runs farther. All are welcome-bring a friend.

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SPORTS

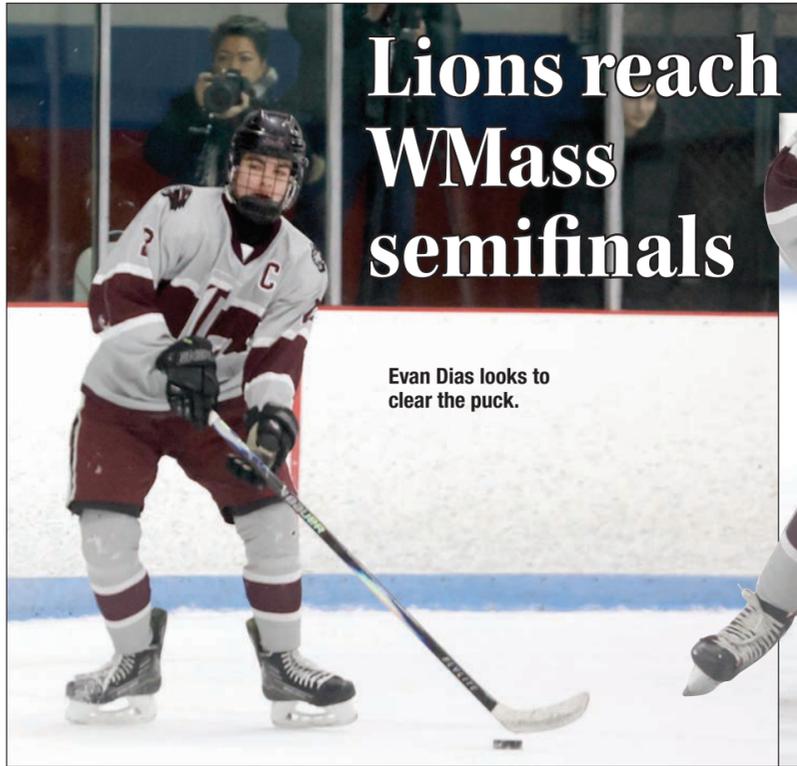
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Nick Deroin grabs a loose puck.

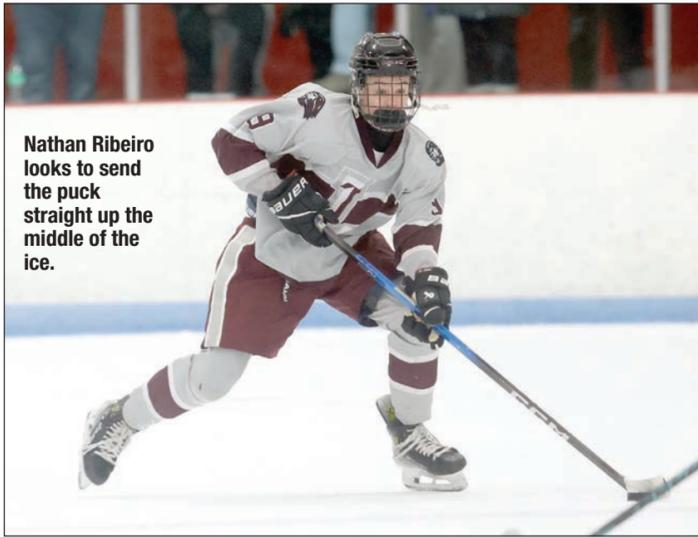


Lions reach WMass semifinals

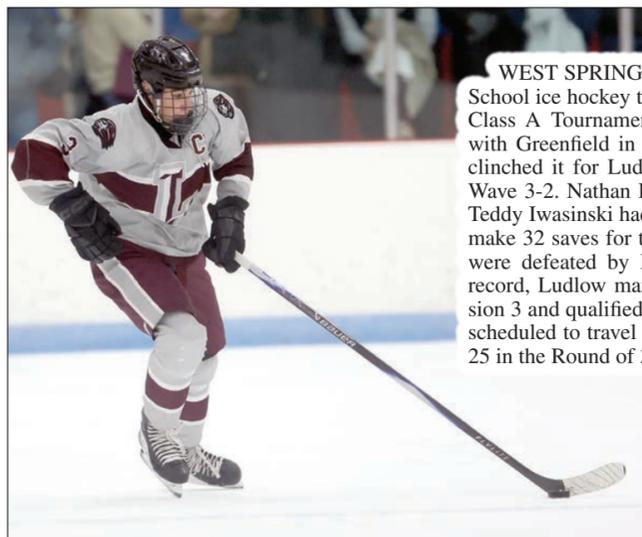
Evan Dias looks to clear the puck.



Will Mitus heads for the opposing goal.



Nathan Ribeiro looks to send the puck straight up the middle of the ice.



Tannar Severyn starts up the ice.

WEST SPRINGFIELD – Last week, the Ludlow High School ice hockey team participated in the Western Mass. Class A Tournament. The Lions faced off on the road with Greenfield in the quarterfinals. A third-period goal clinched it for Ludlow as the Lions defeated the Green Wave 3-2. Nathan Ribeiro scored two of the goals while Teddy Iwasinski had the third goal. Donald Rogers would make 32 saves for the Lions. In the semifinals, the Lions were defeated by East Longmeadow 4-1. With a 9-11 record, Ludlow managed to finish in the top 32 in Division 3 and qualified for the state tournament. Ludlow was scheduled to travel and face Scituate on Wednesday, Feb. 25 in the Round of 32.

Turley photos by David Henry www.sweetdogphotos.com

Registration for 2026 Pioneer Valley Baseball season opens

SOUTH HADLEY – The Pioneer Valley Baseball League, an adult baseball league for players who are age 18 and over, has just opened up its registration for the 2026 season.

The adult league will be administered by the Quabbin Valley Baseball League, and a registration link is on the home page of the league's website www.quabbinvalley-baseball.org.

Thought it will be under the Quabbin umbrella, there will be no major changes in how the league is operated.

This year, the PVBL will have a 22-game regular season schedule followed by a double-elimination playoffs. The league, which had five teams last year and had to utilize multiple byes throughout the season, will be field-

ing a sixth team this season.

There are several spots open for that sixth team, so players interested in joining the league should get signed up as soon as possible to claim a spot.

The league is a wood-bat only league utilizing playing under regular baseball rules though all players do bat. The league operates on a Saturday-Tuesday schedule.

Games are played on Saturday mornings with 10 a.m. starts typical and on Tuesday evenings with start times in the 5:30 to 6 p.m. range. The league will start play in late April and running through the end of August. There are slots open for both full-time players and part-time players. The fee for full-time players will be \$260 with part-time players getting up to 11

games for \$130. Fees paid go toward the operation of the league, paying for insurance, umpires, fields, and baseballs and no one profits in any way.

In addition to the new sixth team, there are limited open roster spots on the other teams in the league, so get your registration in as soon as possible to participate in this season.

Games are played at

ballfields throughout the region from as far south as Southwick's Whalley Field, through South Hadley's Beachgrounds and up north at Frontier Regional High School in South Deerfield.

For any questions, please go to the league website for more information. The league hopes interested players will come out and join the fun this spring and summer.

Ludlow girls conclude season

Turley photos by David Henry www.sweetdogphotos.com



Aneysha Donais gets ready to make a three-pointer.



Ava Friese gets the open layup.



Nora Adams looks to block and shot.



Eliana Garcia takes the long jump-shot.



Karley Roman makes the catch on a pass.

LUDLOW – One of the final games of the season for Ludlow girls basketball was against Athol High School. The Lions picked up their

fourth win of the season with a 41-27 win. The Lions won their final two games during the nonplayoff cycle. Ludlow was 5-15 overall.

SPORTS

Railers score win in overtime

RAPID CITY, SD — The Worcester Railers HC (23-19-5-1 pts) grabbed a 5-4 overtime victory over the Rapid City Rush (21-23-4-0) on Friday, February 20th at The Monument in front of a crowd of 3,409. The Railers will wrap up their three-game road series against the Rush on Saturday, February 21st, with puck drop at 7:05 p.m. MST.

Rapid City struck first with back-to-back goals from Briley Wood (2-0-2) in the opening half of the first period. Matt DeMelis (1-1-2) got Worcester on the board with a one-timer at 9:35 in the second. Drew Callin (3-0-3) kept it rolling for Worcester with two goals for the Railers, the latter of which was on the power play to put the team ahead 3-2 heading into the final period of play. Rapid City's Ryan Chyzowski (1-1-2) tied the game for the Rush once more at three apiece early in the third. Linemate Blake Bennett (1-0-1) put Rapid City ahead for the second time of the evening with a power play shot atop the right circle to make the new score 4-3 at 10:31. Callin scored his first hat-trick as a Railer and pushed the night into overtime with a quick shot off from the left faceoff circle over the shoulder of Nathan Torchia (4-4).

Anthony Repaci (1-1-2) lit the lamp for a final time for the Railers just fifty-nine seconds into OT and picked up the 5-4 victory off a pass from DeMelis.

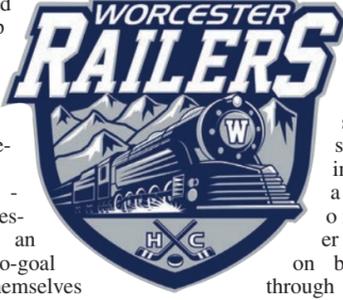
Rapid City established an early two-goal lead for themselves with back-to-back unanswered goals at 7:05 and 9:43 in the first, both from Briley Wood. Wood (7th) deked out goaltender Tristan Lennox and created an opening along the right side of the Railers' net to score the Rush's first tally. Wood (8th) followed up the play with a second unanswered goal for the team three-and-a-half minutes later, a shot that snuck its way in between the pads of Lennox (0-2). Worcester was unable to respond to the new lead before the horn sounded. No penalties were called in the period. Worcester led in shots on goal with 13 to Rapid City's 6.

The second period was Worcester's turn to chase down the Rush's lead and take the game for themselves. In the span of six

minutes and twenty-four seconds, Worcester went from trailing by two to a three-goal lead. Matt DeMelis (14th) got the scoring streak going with a quick one-timer assisted on by a pass through the crease from Riley Ginnell at 9:35 (1-2). Drew Callin (16th) capitalized on a center ice breakout as Rush goaltender Nathan Torchia was unable to block the push (2-2). Khristian Acosta was then sent down to the ice on the next play as he collided with the Rush's net. The act put the Railers on their first extra-man advantage of the night as Mitchell Smith headed into the box for roughing. The two minutes with the man-advantage proved fruitful as Callin (17th) nabbed a second tally, his fourth in two games. Amidst heavy traffic, Callin finished off a rebound and put the puck into a wide-open Rush net, which gave Worcester their 3-2 lead as the second frame of play came to a close. Shots on goal once again favored

Worcester 15-9. Smith's penalty was the only one called for the period.

Rapid City quickly retied the game for the second time early in the third. The goal was tucked into the Railers net by Ryan Chyzowski (21st) at 4:18. Rapid City then reclaimed the game lead at 10:31 with a top-shelf shot atop the right circle from Blake Bennett (18th) (4-3). The play came from an man-advantage delivered by a tripping penalty called on Railers' defenseman Adam Samuelsson at 9:35. Drew Callin (18th) kept a victory in the Railers sights with a late-game hat-trick as netminder Lennox was called to the bench to give Worcester the extra body. Callin drove the puck from the left faceoff dot over the shoulder of Torchia, and both teams skated into overtime, nodded up at four apiece. As the overtime clock began to count down, it was Anthony Repaci (15th) who claimed the game winner just fifty-nine seconds into play. Repaci tipped a backhanded pass from DeMelis out in front to claim the Railers' second victory in South Dakota with a 5-4 final score. Worcester put up 53 shots on goal to Rapid City's 20. Worcester and Rapid City each collected one penalty in the third.



Thunderbirds come up with win in shootout

SPRINGFIELD — The Springfield Thunderbirds (19-25-4-2) rode a turbulent night to an eventual 5-4 shootout win over the Bridgeport Islanders (21-21-3-4) on Friday night inside the MassMutual Center.

Unlike their last contest on Wednesday, the T-Birds and their opposition had a much slower start to the night offensively, with a scoreless struggle carrying late into the first. Thomas Bordeleau finally broke the ice at 14:54, winning a draw and darting to the right wing circle and rifling home a feed from Calle Rosen to give Springfield a 1-0 advantage.

Just 1:16 later, and less than half a minute into their first power play of the night, the T-Birds built a cushion as Chris Wagner jammed a loose puck through the legs of Marcus Hogberg from the blue paint to make it 2-0.

Bridgeport's power play provided a response at 19:05 when Julien Gauthier intercepted a loose puck deep in the offensive zone before sifting a forehander over Vadim Zherenko to make it a 2-1 game into the first intermission.

Zherenko proved to be pivotal in the second, especially when he made a lurching post-to-post skate save on Matt Maggio to keep his team in front. Later in the same sequence of play, Matt Luff hit Alek Kaskimaki on a 2-on-1 pass, and Kaskimaki picked the glove-side corner

on Hogberg, making it 3-1 for Springfield at 6:53 of the second.

Down 3-1 heading into the third, the Islanders turned the game upside-down in the span of just over six minutes. After Springfield killed two straight Islander power plays, Hunter Drew finally got Bridgeport's second goal of the night at 5:02, moments after Hogberg kept Springfield from goals on two straight odd-man rushes.

Liam Fouly followed Drew's lead with a sneaky wrist shot from the left side at 8:42, tying the score at 3 before Pierrick Dube got a fortuitous bounce in the slot and whistled a shot over Zherenko's blocker at 11:31 to get Bridgeport its first lead of the night, 4-3.

In desperate need of a momentum shifter, Hugh McGing delivered just that for Springfield, crashing the low slot area and firing a forehander over a fallen Hogberg at 14:28 off a centering pass from Juraj Pecarik.

For a fourth time in 10 meetings, overtime was needed between the clubs, and for a third time, it reached the shootout. Bordeleau put his stamp on the night with a gorgeous backhand deke to beat Hogberg in the opening round. Zherenko then stood his ground and made three successive saves on Adam Beckman, Gauthier, and Dube to secure Springfield's first shootout triumph of the season.

STCC to host eighth annual Community Dental Day offering free dental care

SPRINGFIELD—The Springfield Technical Community College Dental Sciences Department, in partnership with the Valley District Dental Society, will host the eighth annual Community Dental Day on Saturday, March 28, 8 a.m.-4 p.m., in Building 20 at STCC.

This free event provides an opportunity for area residents who may not be receiving regular dental care to obtain necessary treatment at no cost.

Licensed dentists from the Valley District Dental Society, along with STCC dental hygiene and assisting students, will provide a range of services, including patient education, health screenings, diagnosis, X-rays and limited treatments such as fillings, extractions, sealants and assessments of urgent issues. While cleanings will not be provided during the event, patients needing one may schedule a low-cost follow-up visit at STCC's dental clinic.

"Community Dental Day plays an important role in helping meet the needs of our community while giving our students meaningful, real-world clinical experience," said Christopher Scott, Dean of the School of Health and

Patient Simulation at STCC. "We invite community members who need dental care to make use of this no-cost service. Through our collaboration with local dental professionals, we're able to provide high-quality care while also equipping our students with the skills they need to succeed in their future careers."

STCC offers pathways to dental careers through two programs. Students can seek a two-year associate degree in Dental Hygiene or a one-year certificate in Dental Assisting.

Dr. Michael Nardi, an event organizer with the Valley District Dental Society volunteer dentists, highlighted the impact of Community Dental Day.

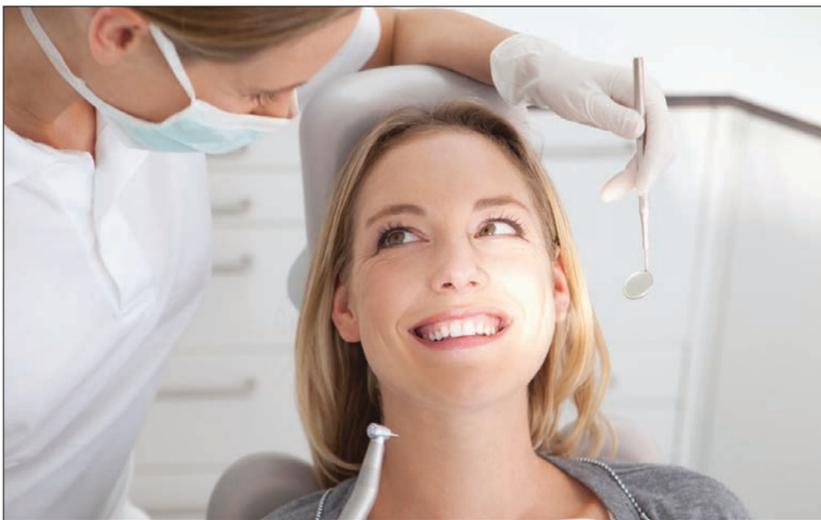
"Too often, people delay getting dental treatment because it can be expensive or difficult to access," Nardi said. "This event allows us to offer timely care to individuals who need it most, while also helping them understand how to maintain their oral health in the long run. I'm proud to take part in an initiative that has such a positive

impact on our community."

Valley District Dental Society is a supporter of STCC through generous financial support for scholarships and dental kits.

The event is open to the public, and no insurance is required. Patients can also return to STCC's dental clinic for affordable follow-up care if needed.

Community Dental Day is open to the public on a first-come-first-served basis. Please call (413) 755-4900 if you have questions.



Registration now underway for QVBL

SOUTH HADLEY — Registration has opened for the Quabbin Valley Baseball League, an over-28 recreational league, held its first meeting of 2026 to prepare for the upcoming season.

For the 2026 season, the cost will be \$215 and will include a 16th game added to the regular season schedule.

During the 2025 season, the league experimented with playing on Mother's Day Saturday as well as a weeknight game to allow players an opportunity to play under the lights. While the night games were very successful, the Mother's Day Saturday games were rained out.

Those elements will return along with a 16th game with an opponent to be determine as the league's board explores possibilities for interleague matchups with another league in the region.

For returning players to the league, the deadline is Mar. 22 at 12 noon to be registered for the 2026 season in order to be guaranteed a roster spot. There

will be open practices for all players but specifically targeted at new players scheduled for March 29 and April 4 at times and locations to be announced. The draft is currently scheduled to take place on April 4 following that practice.

The season is currently slated to start on Sunday, April 19 and following the success of the six-team fall league last year, the league will also have a fall league in September and October this season.

The registration is live at www.quabbinvalleybaseball.org. Players must register and then pay the league dues via Venmo or contact the league leadership if an alternate form of payment is needed.

Aside from the weeknight and Mother's Day games, other games take place Sundays at 10 a.m. outside of Mother's Day, Memorial Day and July 4 weekends. Playoffs will be in August.

This is the 30th season for the league and league officials are looking to celebrate the anniversary with a couple of events.



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NOTICE

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

CAMP from Page 1

nity and the roadblocks the commission has been facing.

McBride stated that the Recreation Commission has been working closely with Matusik and the Board of Health. "Hammering out some logistical issues from last year and made tremendous amount of headway, I think where we're at now, we indicated that we would have an application in by Mar. 2 for inspection of our permit. Again, I think a lot of the issues and concerns from last year, we've resolved those.

Hopefully that will give us enough time to get everything we need from that perspective so that we can hopefully open the camp. As I said before at Town Administrator Marc Strange's budget forum, the camp is a service, and we are very fortunate in this Town that we offer members of our community a tremendous number of services.

Not much different that is offered from our members like the Board of Health as far as nursing goes or the Veteran's Center and Senior Center as far as all the good work they're doing in our community; Whitney Camp is no different. It offers a service to the working parents and guardians in this community so that they can send their kids to an affordable summer camp that ensures that their kids are looked after and allows

parents to work and support their families.

Like I said, I am confident that we will meet all the expectations of the Board of Health, does that mean that all the issues would be resolved? As I said at the budget forum, we have to get to the point at the Recreation Commission. Much like a lot of departments in this Town had to do over the last several years, we have to modernize when we look at our policies and procedures and update those.

It's very difficult for us to do that on the recreation side when we have a clerk working 12 to 15 hours per week, it really doesn't have the technical expertise to be able to draft, update, and create some of the policies to be able to hope to accomplish at the Recreation Commission. As far as modernizing the way we register campers for the summer camp and how we register students for the before and after school program.

And, how those parents pay. It's a bit archaic in my opinion, I've been requiring parents to come to the park to fill out the application and register their kids for a summer program and before and after school program; all that stuff should be done online at this stage in the game, as should payments.

I think we've come a long way in such a short period of time. Quite frankly, I was made aware of the application needed for the

summer camp in Nov. of last year.

I think we made a tremendous amount of headway and rectifying some of the concerns at the Board of Health, Matusik has been a great help and partner in helping along the way and guiding us to what is needed. That is where we are to date, as of Feb. 17," explained McBride.

Matusik added that health and safety are of the utmost importance, priority, and goal. Stating that working collaboratively and communicating is working towards the right direction.

Member James Gennette asked Matusik if she was comfortable with the Mar. 2 application deadline and responded stating it was a lot of pressure. "I want to do my best in supporting the Recreation Commission and make sure parents have a safe place to send their kids, and I am going to do my best that everyone makes that deadline; I am not promising anything," Matusik responded.

McBride added following Matusik stating that he doesn't believe there are any challenges so far down the line that would prevent this from happening, with Gennette commenting, "This is pushing the envelope because Matusik is busy as well and are we actually going to get both departments able to sign on? I don't think it's honestly fair to Matusik who didn't see this coming earlier."

McBride explained that as vice chairperson of the commission, his first time seeing the inspection report was on Nov. 14, 2025 and saw the items that were missing from it.

Gennette asked how McBride saw the missing items and if the Select Board or the Recreation Commission Chairperson John Archambeau notified him, and McBride said it was the combination of both parties.

"Again, I think there was not an ideal level of communication between our board, referencing the Recreation Commission. It wasn't a lack of communication from other boards to the commission, it was an internal problem that we have since resolved and I'd like to think I've been fairly transparent and communicative with Strange and Matusik in setting clear expectations with folks in our board on what needs to get done.

We made tremendous efforts between Nov. 14, 2025 and today, Feb. 17, 2026 to get things in order," said McBride.

BOARD from Page 1

Low- or moderate-income households are defined as a household with a gross income at or less than 80% of area median household income, determined by the HUD.

Key takeaways from the presentation were the town needs 565 more units to meet the state's 10% target, a common goal that requires 10% of the town's total housing stock to be designated to low/moderate income households. The board reviewed the following trends including demographic, economic, and housing.

First, demographic trends in the town stated the decline of the children population and dramatic increase in the older population. Economic trends highlighted the increase in poverty, particularly for seniors and housing trends, stating the decline of the number of persons owning units with an increase in rentals.

The presentation also stated the extremely low vacancy rates in town. For housing costs, the average median

single-family home at the end of 2024 was \$330,000, compared to the average of \$240,000 in 2020. The median rent based on the 2023 census was \$1,250.

So, what is next? The Register highlighted the following that was presented at the forum which included: hopes to establish an affordable housing trust fund, allow affordable housing development on non-conforming lots, adopt open space development zoning that includes affordable housing, and make a suitable public property available for affordable housing.

Comments from Planning Board members revolved around the importance of maintaining the community already established and ensuring the board is providing ample opportunities for those active in the community.

The next steps for the housing production plan are to be discussed and approved by the Planning Board and then to be voted on by the Select Board on Apr. 7. If all approved, the Housing Production Plan would be sent to the Commonwealth for review and acceptance.

VETS from Page 1

Rosenblum asked Silva to take a further look into it by bringing up the point. If the Select Board looks into one program for partial abatements, everyone is going to ask why not them.

Silva said, "We have to

pay them, it becomes a labor issue."

The Select Board members agreed to review the policy and allowed Segundo's request for partial property exemptions for Veterans, ending with the following statement read aloud by Gennette, "To al-

low partial property tax exemptions for veteran's abatement programs to receive the maximum \$1,500 tax credit. Participants must work 100 hours, working less than 100 hours results in a prorated tax credit based on the number of hours worked."



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SUMMER CAMP



Check Out These Great Camps!

Registration open for HCC Summer Youth Programs

It's still winter, but it's not too early to start thinking about summer.

Registration is now open for 2026 Summer Youth Programs at Holyoke Community College.

Starting July 7 and running through August 8, HCC will offer 16 week-long, in-person summer programs for youth aged 8 to 16.

For more than 40 years, HCC has offered fun, challenging summer education activities for youth, providing early opportunities for students to experience a college environment guided and encouraged by experienced professionals.

HCC's 2026 on-campus

summer youth programs run Monday through Friday, some for a full day and others for a half day.

All in-person programs will be held on the main HCC campus, 303 Homestead Ave., except for cooking classes, which are held at the HCC MGM Culinary Arts Institute, 164 Race St., Holyoke:

July 6-10:

Cooking without Borders with Chef Marangelly Vargas-Gonzalez (ages 9-16): In this lively hands-on camp, young chefs will team up to chop, stir, and create tasty dishes from around the world. Each day brings a new theme and a chance to dis-



cover fresh ingredients, cool cooking techniques, and the joy of working together in the kitchen. By week's end,

they'll walk away with new cooking skills, delicious recipes to show off at home, and plenty of tasty memories. (9 a.m. – 3 p.m., \$425)

Fun Bites with Chef Diana Swanigan (ages 9-16): Join us for an exciting week of hands-on culinary fun, where young chefs will discover the joy of cooking delicious, easy-to-prepare meals to share with family and friends. Participants will work together to chop, season, cook, and taste a variety of recipes – all made from scratch. Each day introduces new menu themes, ingredients, and techniques designed to build confidence in the kitchen. (9 a.m. – 3 p.m., \$425)

July 13-17: Cooking without Borders with Chef Marangelly Vargas-Gonzalez (ages 9-16, 9 a.m. – 3 p.m., \$425)

Fun Bites with Chef Diana Swanigan (ages 9-16, 9 a.m. – 3 p.m., \$425)

ROBLOX Coders (ages 8-10; 11-14): Discover the Lua coding language while designing experiences in ROBLOX, an online universe where you can create anything you dream of. New developers will learn to use ROBLOX's Studio software to reimagine the popular game genres with their own custom code. Instructor Brittany Pietskowski. (9 a.m. to noon for ages 8-10; 1 to 4 p.m. for ages 11-14, \$199)

July 20-24: Around the World with Chef Diana Swanigan (ages 9-16): Cuisine around the world serves as a universal language that unites people across cultures through shared flavors, traditions, and stories. Learn to prepare full-course meals from Asia, Puerto Rico, Greece, Italy,

and New Orleans. (9 a.m. – 3 p.m., \$425)

Make Your First Video Game (ages 8-10; 11-14): Go beyond the limitations of traditional 2D game design classes and create an immersive 3D world. Students will learn the physics behind 3D games, explore beginner event scripting, level design, controlling the flow of gameplay, and storytelling. Instructor Brittany Pietskowski. (9 a.m. – noon for ages 8-10; 1 – 4 p.m. for ages 11-14, \$199)

Passport to Flavors with Chef Marangelly Vargas-Gonzalez (ages 9-16): This hands-on cooking camp takes kids on a delicious journey across global cuisines, exploring flavors, techniques, and ingredients that make each culture unique. Dive into fun daily themes like diner classics, Mexican favorites, Mediterranean feasts, Filipino street bites, and southern comfort food, all while building confidence one tasty dish at a time. (9 a.m. – 3 p.m., \$425)

July 27-31:

Around the World with

Chef Diana Swanigan (ages 9-16, 9 a.m. – 3 p.m., \$425)

Minecraft Designers (ages 8-10; 11-14): Learn how to create a custom map, design structures to share between worlds, build with Redstone and Command blocks, and create custom textures for you to import at home or share with friends. Instructor Brittany Pietskowski. (9 a.m. – noon for ages 8-10; 1 – 4 p.m. for ages 11-14, \$199)

Passport to Flavors with Chef Marangelly Vargas-Gonzalez (ages 9-16, 9 a.m. – 3 p.m., \$425)

August 3-7: Python Programmers (ages 8-10; 11-14): Learn the world's fastest-growing programming language favored by Google, NASA, YouTube, and the CIA. Learn how to code with Python to create engaging apps and games. Instructor Brittany Pietskowski. (9 a.m. – noon for ages 8-10; 1 – 4 p.m. for ages 11-14, \$199)

For more details or to register for Summer Youth Program classes, please go to: hcc.edu/summer-youth.

summer@HCC

Holyoke Community College Summer Youth Programs for Ages 8-16

Save your spot and register today for summer fun!



- July 27-31, Minecraft Designers (ages 8-10, 11-14)
- August 3-7, Python Programmers (ages 8-10, 11-14)
- July 20-24, Make Your First Video Game (ages 8-10, 11-14)
- July 13-17, ROBLOX Coders (ages 8-10, 11-14)
- July 6-10 and 13-17, Fun Bites with Chef Swanigan (ages 9-16)
- July 20-24 and 27-31, Around the world with Chef Swanigan (ages 9-16)
- July 6-10 and 13-17, Cooking without Borders with Chef Vargas-Gonzalez (ages 9-16)
- July 20-24 and 27-31, Passport to Flavors with Chef Vargas-Gonzalez (ages 9-16)

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WEEK 3: JULY 6-10	Broadway at Bement	Soccer Club		Mission Monadnock
WEEK 4: JULY 13-17	Magic Behind the Music	D&D Camp		History Hunters
WEEK 5: JULY 20-24	Graphic Novel Camp	Counselor in Training		Flag Football & More
WEEK 6: JULY 27-31	Little Explorers Camp	Soccer Camp		PE Games & Sports
WEEK 7: AUGUST 3-7	Movie Magic Camp	Spanish Explorers		



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Registration Link
bement.org/summer



PUBLIC NOTICES

LUDLOW PLANNING BOARD SPECIAL PERMIT / HOME OCCUPATION

The Ludlow Planning Board will hold a public hearing in Ludlow Town Hall, Select Board's Conference Room on **Thursday, March 12, 2026, at 7:05 p.m.** on the application of Nicholas Gomes of 72 Westerly Circle, Ludlow, MA (Assessors' Map 33, Parcel 31) for: **home office for painting business.**

If for any reason this hearing is cancelled, it will be rescheduled to Thursday, March 26, 2026.

Raymond Phoenix, Chairman
02/25, 03/04/2026

Ludlow Conservation Commission LEGAL NOTICE

The Ludlow Conservation Commission has scheduled a Public Meeting under W.P.A. (M.G.L. Ch. 131, § 40) in Ludlow Town Hall, 3rd floor, Select Board's Conference Room, for **Wednesday, March 4, 2026, at 6:40 p.m.** for the Request for Determination of Applicability application of Josue Irizarry, for the property located at 91 Claudia's Way (Assessors' Map 26, Parcel 1). The subject of the meeting is: replace shed, replace fenced dug-

out, install batting cage.

If for any reason this meeting is cancelled, it will be rescheduled to Wednesday, April 1, 2026.

Angela Tierney, Chair
02/25/2026

LUDLOW PLANNING BOARD LEGAL NOTICE SITE PLAN

The Ludlow Planning Board will hold a public hearing in Ludlow Town Hall, Select Board's Conference Room on **Thursday, March 12, 2026, at 7:15 p.m.** on the application of Nikkie Pollis, Ludlow, MA West St. Solar LLC for the property located at **155 West Street, Ludlow, MA (Assessors' Map 2D, Parcel 1-1)** for the purpose of: construction of large-scale ground mounted photovoltaic (PV) energy system. Approximately 9 acres of the 12.2 acres are located in Ludlow.

If for any reason this hearing is cancelled, it will be rescheduled to Thursday, March 26, 2026.

Raymond Phoenix, Chairman
02/25, 03/04/2026

Town of Ludlow, LEGAL NOTICE

You are hereby notified that a **PUBLIC HEARING** will

be held at the Town Hall Select Board's Conference Room, 488 Chapin Street, Ludlow, MA 01056 on **Tuesday, March 17, 2026, at 6:15 P.M.**

Upon petition of **EVER-SOURCE** to locate poles, wires, cables and fixtures including necessary anchors, guys and other such sustaining and protecting fixtures to be owned and used in common by your petitioners, along and across the following public way or ways.

POOLE STREET: to install one (1) newly jointly owned mid-span pole. The pole is requested to address a very long span and allow for new conductor installation. New conductor will be installed along Poole Street with the aim of improving reliability.

Manuel Silva, Chairperson
William Rosenblum, Vice Chair
James Gennette
Anthony Alves

Ludlow Select Board
02/18, 02/25/2026

Ludlow Conservation Commission LEGAL NOTICE

The Ludlow Conservation Commission has scheduled a Public Meeting under W.P.A. (M.G.L. Ch. 131, § 40) in Ludlow Town Hall, 3rd floor, Select Board's Conference Room, for

Wednesday, March 4, 2026, at 7:05 p.m. for the Request for Determination of Applicability application of Eversource Gas of Massachusetts, for the property located at Miller Street (within public roadway layout). The subject of the meeting is: installation of approximately 700 feet of new gas main from the Parker Lane intersection to the Oak Knoll Circle intersection.

If for any reason this meeting is cancelled, it will be rescheduled to Wednesday, April 1, 2026.

Angela Tierney, Chair
02/25/2026

Ludlow Conservation Commission LEGAL NOTICE

The Ludlow Conservation Commission has scheduled a Public Meeting under W.P.A. (M.G.L. Ch. 131, § 40) in Ludlow Town Hall, 3rd floor, Select Board's Conference Room, for **Wednesday, March 4, 2026, at 7:10 p.m.** for the Request for Determination of Applicability application of Wilbraham Department of Public Works, for the property located at Miller Street Right-of-Way. The subject of the meeting is: replacement of approximately 6,900 linear feet of the existing water main.

If for any reason this meeting is cancelled, it will be rescheduled to Wednesday, April 1, 2026.

Angela Tierney, Chair
02/25/2026

LUDLOW ZONING BOARD OF APPEALS LEGAL NOTICE

The Ludlow Zoning Board of Appeals will hold a public hearing in the Ludlow Town Hall, 488 Chapin Street, Selectmen's Conference Room on **Wednesday, March 11, 2026, at 6:00pm** on the application of **Anthony Wheeler Construction LLC** for the property located at **0 Kirkland Street, Ludlow MA (Assessors' Map15A, Parcel 184A, Zoning: Residential A)** The subject of the hearing is for a Special Permit for a single-family home on a non-conforming lot. Original Special Permit for a single-family home on this property has expired.

Manny Lopes, Chairman
02/25, 03/04/2026

LUDLOW PLANNING BOARD LEGAL NOTICE SPECIAL PERMIT / HOME OCCUPATION

The Ludlow Planning Board will hold a public hearing in Lud-

low Town Hall, Select Board's Conference Room on **Thursday, March 12, 2026, at 7:00 p.m.** on the application of Alexis Smith of 29 Sunset Ridge, Ludlow, MA (Assessors' Map 25, Parcel 27A) for: **home office for doula services.**

If for any reason this hearing is cancelled, it will be rescheduled to Thursday, March 26, 2026.

Raymond Phoenix, Chairman
02/25, 03/04/2026

Ludlow Conservation Commission LEGAL NOTICE

The Ludlow Conservation Commission has scheduled a Public Meeting under W.P.A. (M.G.L. Ch. 131, § 40) in Ludlow Town Hall, 3rd floor, Select Board's Conference Room, for **Wednesday, March 4, 2026, at 6:35 p.m.** for the Request for Determination of Applicability application of Dr. Andrea Gancarz, for the property located at 57 Stevens Terrace (Assessors' Map 16A, Parcel 160). The subject of the meeting is: removal of three (3) trees.

If for any reason this meeting is cancelled, it will be rescheduled to Wednesday, April 1, 2026.

Angela Tierney, Chair
02/25/2026

HEART from Page 1

tables, limit processed foods, and control stress as much as they can.

Many members commented that this advice is easier said than done, but small changes to the diet or lifestyle is proven to be beneficial in the long run, and the Senior Center offers a variety of physical exercise classes, mindful meditations, comfort and support after loss sessions, forget-me-not circles, and much more.

The list of heart healthy snacks that were given to members listed the following: nuts and seeds, fresh fruits, vegetables with hummus, Greek yogurt with berries, avocado on whole wheat toast, edamame, oatmeal with flaxseed, 70% or higher dark chocolate, cottage cheese with sliced fruit, apple slices with almond butter, whole-grain crackers with guacamole, roasted chickpeas, celery with peanut butter cucumber and tomato salad, smoked salmon on whole grain crackers, and smoothies. Provided by CareOne, these snacks can help reduce inflammation,



CareOne Michele and Martha suggested members use the 'Yuka' app that scans food labels and shows what foods to avoid.

improve cholesterol levels, and support overall cardiovascular health.

Suggested drop-in classes that anyone can join is Zumba Gold that focuses on balance, range of motion, and coordination. Gentle Yoga on Tues. offers an approach to slow and gentle movements with breathing, mindfulness,

and stress release. Tai Chi on Thurs. leads members through slow and flowing movements to help improve concentration, flexibility, and relaxation of the mind. Active Yoga on Thurs. provides poses and flow of postures and dance classes including line dancing and western dance les-



Turley photos by Amanda Munson

Above, members at the Senior Center attended the presentation in hopes to learn and be reminded of how to take better care of their hearts and bodies. Left, Occurring right after the Mardi Gras lunch, volunteers got back to work cleaning up the dining room for the Healthy Heart presentation.

sons! For more information, view the Senior Center newsletter.

Remember the signs of a heart attack: chest pain or discomfort, pain or discomfort

in the jaw, neck, or back, shortness of breath, pain in the arms or shoulder, feeling weak, light-headed, or faint, and nausea. Consider signing up for a First Aid CPR/AED

Training course in the future to be prepared in the event of an emergency. Visit the Ludlow Health Department at Town Hall for more information.

MUSIC from Page 1

For the winter series, the reason we started it was a large stretch from the end of the summer to the beginning of the summer, so we are trying to fill in some spots like our Christmas concert. We were trying to think of something to do yearly and something that could become a bigger event in Town like the summer series, an event that we could consistently do well and that would be well received. This year with the line-up that we have, I think it will be a lot better!" said Hayes.

All three concerts will be held at the First Church of Ludlow at 2 p.m. on Sundays, starting on Mar. 8, 15, and the 22. Guests can expect ample parking, handicapped accessibility, and bathrooms at the building.

Hayes continued, "The church pastor and people are great to work with, they're just so welcoming and it's a great place to be. Being inside the church, it's very cozy and a great place to have a small concert.

For Earls and Pearls, who will be returning on Mar. 15, one of the women on the LCC knew them and suggested them for the winter series. They were amazing and so well received; people may know them from another group, and they put on a show.

There were 18 members last year and split up evenly with men and women, they

Tired of the Winter Blues?
The Ludlow Cultural Council presents:
Music in March
Sunday March 8 @ 2PM- Merrill Shepard
Solo, acoustic, singer/songwriter
Sunday March 15 @ 2PM- Earls and Pearls
Classic standards, Pop, and Irish music.
Sunday March 22 @ 2PM- Frank Manzi
Americana, folk/rock, acoustic rock
Location:
First Church of Ludlow
859 Center Street, Ludlow, MA
LudlowCulturalCouncil@gmail.com

Submitted photo

Try out something new and attend the 'Music in March' winter concert series brought on by the Ludlow Cultural Council.

sang altogether and separately; they were real showmen. We had to have them back.

As far as Frank Manzi, he plays with a band and will be performing on Mar. 22 solo acoustic, it's a more lowkey kind of program and he plays covers," said Hayes.

For updated information on cancellations or changes to the concerts, visit the LCC website which will have a banner at the top of the web-

page listing whether the concert will be on or not. Updates will be up between 10 a.m. to 12noon at the latest for the 2 p.m. shows. Stay tuned for an exclusive interview with Shepard and what music she plans to bring to the Town in next week's Register. Upcoming is a concert at Havitand Pond/Chapin Pond in Town with a surf rock band, look out for more information soon.

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CLUES ACROSS

- What travelers must do
- Calendar month
- Hopefully quickly
- Once more
- Bravo! Bravo! Bravo!
- "Cheers" actress Perlman
- Astronomy unit
- Savings vehicle
- Get your ducks in this
- Right away
- Popular sports league
- Containers
- Entireties
- One who wassails
- Turned-up position
- Extreme modesty
- Writing utensil
- Rewards (archaic)

CLUES DOWN

- Off-Broadway figure
- Gelatinous substance
- Concern
- "Lick It Up" rockers
- Serbian river
- Part of a hat
- Bowl-shaped drinking vessel
- Semitic language
- Utter a shrill cry
- Long times
- Animal parts
- Causing annoyance
- Amorous talker
- Attempt
- Harmonic effects
- Cost per mile
- They ___
- Bitterly regret
- Not even
- A way to drop

- Japanese drink
- Title of respect
- World leader
- Georgia rockers
- National capital
- Great Plains people
- Duck-sized dinosaur genus
- Architectural recesses
- Member of U.S. Navy
- Mountainous
- Kite bird
- Sweetheart (archaic)
- Popular snack made of potato
- 70s songsters The Bee ___
- SE China port ___men
- Something to fill up
- League of Legends character

Classifieds

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33	Base Price \$32.50	34	Base Price \$33.00
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Church DIRECTORY

OBITUARY

Kathleen V. Garand

1938-2026



LUDLOW — Kathleen V. Garand at age 87 still a force of nature, took her last breath on the afternoon of February 12, 2026, surrounded by her family and friends at Baystate Medical Center, just a few blocks from her childhood home on Silver Street in Springfield. She shared this home with her parents Henry Horace Michaud and Mary Rose (Delude) Michaud and her siblings June, Lucille, Lorraine, and Henry. She attended Cathedral High School and Elms College until she married her life-long partner, Richard N. Garand in 1958. They soon started a family and moved to Ludlow having a son, Richard Jr. and a daughter, Kimberley (Wolcott).

her gardens. Kathy and Dick were integral parts of her grandchildren's lives, taking Sean, Heather, and Andrew Wolcott on countless adventures throughout New England and on weeklong trips to the Cape and the Vineyard. Kathy continued this with her granddaughter Lorraine Love. She led a vibrant and loving existence until the last few weeks of her life, driving about local towns almost daily with her friend Carol Dupuis, and even cooking Thanksgiving and Christmas dinner this year for her family. She reveled in her family, creating gatherings of friends and family with good food and music.

She was predeceased by her parents, siblings, and husband and leaves behind many beloved family and friends. We thank the many caregivers at Baystate Medical Center Springfield, general care, ICU, and palliative care doctors and staff that cared for her. A celebration of life will be held for close family and friends in the springtime. Funeral arrangements are in the care of Kaposos Funeral Home. For more information, please go to www.kaposos-mazurfh.com.

DEATH NOTICE

Kathleen V. Garand
Died Feb. 12, 2026
Celebration of Life
will be in spring
Kaposos Mazur
Funeral Home

You might know Kathy when she was a school bus driver in Wilbraham, or working in her family's commercial cleaning business. After raising her children, she went back to school and earned a degree in Dietary Sciences and then worked for decades as a registered dietician at Wing Memorial Hospital and Mary Lane Hospital. After her retirement she enjoyed making jewelry and other crafts at the Ludlow Senior Center and gathering with her many friends there. Kathy also loved to decorate for Christmas and Halloween, having hundreds of children trick or treating and meeting their black lab, Molly in their home in Electric Park. She was an avid gardener and created beautiful displays of flowers and enjoyed feeding family and neighbors with raspberries and rhubarb from

In loving memory of
ANA MONTEIRO
3/01/1982 - 7/15/2008

Happy Heavenly Birthday to our dear Ana. Our hearts weren't ready to say goodbye, and we still hold on to the light you brought into our lives. You remain our sweet little star -

Missed, remembered, and loved beyond measure.

*Mom, Dad,
Brother & Family*

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Adult Religious/Marriage and Parenting for Men- 2nd and 4th Sunday of the month from 11-12 noon
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2nd & 4th Sunday of the month -11- 12 noon
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2nd & 4th Sunday of the month 11-12 noon
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Sunday Evening Mass - 5:30 p.m.

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Wednesday No Mass
Thursday 6:00pm
Friday 6:00pm
Saturday 4:00pm
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Wednesday, Feb. 25 - Daily Mass - 7:30 AM (C), Holy Mother Choir - 4:30 (C), Scouts - 6 PM (ER), Cub Scouts - 6 PM (FLBH), Bible Study - 6:30 PM (JR)
Thursday, Feb. 26 - Daily Mass - 7:30 AM (C), Adoration - 6:30 (C)
Friday, Feb. 27 - Daily Mass- 7:30 AM (C), Stations of the Cross - 12:30 PM (C), Stations of the Cross - 7:00 PM (C)
Saturday, Feb. 28 - Men's Ministry - 8:30 AM (JR), Confessions - 2:30 PM (C), Saturday Vigil Mass - 4 PM (C)
Sunday, March 1 - Daily Masses at 7:30 AM, 9:15 AM, 11 AM and 5 PM (C), Confirmation Class - 8 AM (JR), Lifeteen - 6 PM (JR)
Monday, March 2 - Daily Mass - 7:30 AM (C), Faith Formation - 6 PM (JR),
Tuesday, March 3 - Daily Mass - 7:30 AM (C), Middle School Youth Ministry - 3 PM (JR), St. Rita Choir - 4 PM (C), Pasta Committee Meeting - 6 PM (ZR), Faith Formation Adult Confirmation - 6 PM (JR) Bereavement Support Group - 6:30 PM (ER), Parish Eucharistic Revival Comm. - 6:30 PM (FLBH)

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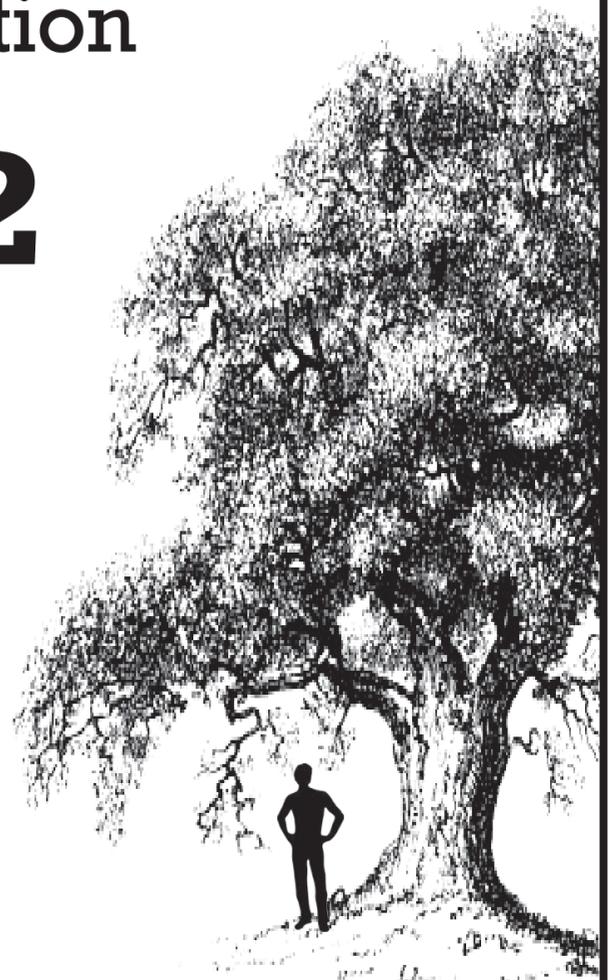
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