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Happy 250th Birthday TO THE TOWN OF LUDLOW



Turley Publications photo by Marcelo Gusmão

Residents gathered at the high school to celebrate First Night

By Marcelo Gusmão
 Staff Writer
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LUDLOW – This past Sat-

Train rides aboard the Roaming Railroad were a popular attraction in the high school parking lot.

urday, the town celebrated its 250th birthday with a huge celebration at the high school, which was put together by the 250th Semi-Quincentennial Committee.

Feb. 24 marked the 250th anniversary of the town's incor-

poration in 1774. This weekend, residents of Ludlow as well as surrounding towns commemorated this momentous occasion with a huge community event that involved food, performances, ice-sculpting and woodcarving, history and supporting local

businesses.

The event started at 11 a.m., but members of the 250th Committee were at the high school to prepare as early as 8 a.m., even working for several evenings beforehand to put on the celebration.

“I am so pleasantly surprised with the turnout because that was my fear,” said Linda Collette, chair of the 250th Committee. “If this is any indication

Please see **FIRST NIGHT**, Page 9

Library receives ‘You-Have-Our adMIRAtion’ Award for youth programming



Turley Publications photos by Marcelo Gusmão

At Thursday’s ceremony, (from left) Kimberley Lee of MiraVista, Senator Jake Oliveira, Head of Youth Services July Siebecker, State Representative Aaron Saunders, Youth Services Assistant Kristin Santos, and Library Trustees Chair Linda Collette commemorated the library’s award.

By Marcelo Gusmão
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LUDLOW – Last week, the Hubbard Memorial Library

was honored as the first recipient in 2024 of the MiraVista Behavioral Health Center’s “You-Have-Our adMIRAtion Award”.

At Noon on Thursday, Feb.



Library staff (from left) Kristin Santos and July Siebecker were recognized for their work offering programming to kids and teens.

22, town officials, library staff and patrons and Kimberley Lee, chief of Creative Strategy and Development at MiraVis-

Please see **LIBRARY**, Page 6

Board of Selectmen discuss plans for River Walk Bike Parade

By Harrison Giza
 Staff Writer
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LUDLOW – The Board of Selectmen came together at the Town Hall last Tuesday to talk about future proposals for their beloved town.

“I came to request, most likely, the River Walk for a bike parade,” said town resident and School Committee Member Ronald G. Saloio. “It’s an idea that my wife and I saw up in Maine when we were on vacation. They had a little bike parade where kids came and they decorated everything, like wagons, anything they could push, pull, tow or pedal. They decorated them to a theme, and we would probably pick like a patriotic one.”

Saloio expanded on his event proposal, sharing an anecdote about his Maine parade experi-

ence in front of the board with great enthusiasm.

“Then, they walked around the common and they had judges at the end to judge on different categories,” Saloio said. “I just think it would be a cool little thing to do. The plan is the Saturday before the Memorial Day parade, and hopefully the winners of that and anybody else that wants to, if their floats are still together, if they want to march in the Memorial Day Parade too, they can. So, we were thinking that the River Walk would be a cool place and then maybe a secondary would be like Baird Middle School.”

A few of the board members instantly agreed with Saloio, nodding their heads and smiling before he finished speaking.

“Quite honestly, it is ours now,” said Board Member Man-

Please see **SELECTMEN**, Page 6

LUDLOW

Two people injured in Ludlow fire

Home oxygen a likely factor, fire officials say

LUDLOW -- Medical oxygen was a likely factor in a fire that injured two people in town yesterday, said Fire Chief Ryan Pease and State Fire Marshal Jon Davine.

The Fire Department responded to 68 State St. for a report of a fire shortly before 5:30 p.m. yesterday evening.

On arrival, they found two injured parties, both older adults, who were transported to an area hospital. One was later transported to Boston for additional medical care.

Based on observations at the scene, the victims' injuries, and witness interviews, fire investigators believe the incident involved home oxygen, which can make it easier for fires to start and spread. A similar fire involving home oxygen took place in town last January, injuring one person.

"The exact cause of this fire is still under investigation, but we know that fire thrives on oxygen," said Chief Pease. "Home oxygen can create an environment where fires will start easier, spread faster, and burn hotter. If you or someone you love uses home oxygen, it's especially important to practice fire safety. Sparks and open flames can easily cause hair, clothing, bedding, and upholstery to ignite and cause terrible burns."

"Home oxygen is a factor in fire-related injuries every year in Massachusetts," said State Fire Marshal Davine. "Don't let this vital medical tool contribute to a fire hazard. Candles, smoking materials, and other open flames can start a serious fire very easily in an oxygen-rich environment. At least seven of these fires have claimed residents' lives since 2021."

The fire remains under investigation by the Fire Department and State Police assigned to the State Fire Marshal's office.



LUNA, ZINA AND KODA

Luna the chocolate labrador, Zina the great dane, and Koda the shepherd/husky mix, photographed taking a nap together.

Ludlow's new Power Choice Program

LUDLOW — Town Administrator Marc Strange and the Board of Selectmen are pleased to announce the Town of Ludlow's new Power Choice Program.

The Ludlow Power Choice Program is a municipal electricity aggregation, which is a type of group electricity purchasing program for Ludlow residents and businesses.

The program will consist of the Town using the collective buying power of the community to provide new electricity choices that give Ludlow electricity customers better control over the price and environmental impact of the electricity they use.

Eversource will continue to deliver electricity to customers in Ludlow without interruption. The program will be integrated into participants' existing Eversource electric bill and it will change the price used to calculate the Supply portion of the bill, which is meant for residents to pay only for what they use. With the program, instead of receiving Eversource's Basic Service price, participants will receive a Ludlow Power Choice price for their electricity supply.

Before launching the program, the Town must develop an Aggregation Plan and submit it to state regulators for review and approval. To ensure the public

has an opportunity to be a part of developing this program, the Town is making its draft Aggregation Plan and associated documents available for review and comment before beginning the regulatory review process.

The draft Aggregation Plan for Ludlow Power Choice will be available for public review and comment from Feb. 23 until March 19. Those interested in reviewing the Plan and associated documents can be viewed by obtaining a copy from the Board of Selectmen's Office.

Ludlow residents and business owners are encouraged to review the plan and submit written comments via email to Selectmen@ludlow.ma.us or via U.S. Mail to 488 Chapin St., Ludlow, MA 01056. Comments sent by mail must be received, and not postmarked, by the end of the comment period in order to be addressed.

Additionally, an overview of the projected plan will be presented at the Board of Selectmen meeting on March 19 at 6 p.m., and residents are encouraged to attend and participate in the discussion.

For additional information about Ludlow Power Choice, please visit the new program website at LudlowPowerChoice.com or call customer support with the Town's program consultants at 1-888-203-6454.



Ongoing Events

Visit us at Ludlowma250.org

Incorporation Day

Wednesday,
February 28, 2024 • 6pm

Ludlow High School
500 Chapin St.

Celebrating the 250th Anniversary of the town's incorporation. Reading of the proclamation and patriotic music by the Ludlow High School Choir.



Cabin Fever Dinner Dance

Saturday, March 9, 2024

Gremio Lusitano Club

"Shake Off Those Winter Blues!"

Doors open at 6pm for cocktail hour, dinner at 7pm served by Tony & Penny's Catering. Music & dancing to follow.

Featuring DJ Cumba Entertainment. Raffle Baskets, 50/50 Raffle & more.

Tickets are \$50 per person.

Available from any 250th Committee member or contact co-chair Kathy Ouimette at 413-589-7994.



Follow us on Facebook [ludlowma250](https://www.facebook.com/ludlowma250)

Annual Democrats Breakfast to be held March 3 at Villa Rose

LUDLOW – The Democrats Breakfast has been scheduled for March 3, at Villa Rose Restaurant.

The annual town Democrats breakfast is back. Please join us to hear from our local elected officials, learn about the issues facing our town, and raise funds so we can support our Democratic candidates and causes.

Senator Jake Oliveira and State Representative Aaron Saunders are scheduled to attend.

Join us at the Villa Rose in Ludlow on Sunday, March 3, at 9 a.m.

Tickets are \$25 per person. The deadline to purchase tickets is Feb. 26.

Tickets can be purchased with checks payable to Ludlow Democratic Town

Committee, PO BOX 512, Ludlow, MA, 01056, or through ActBlue.

To purchase through ActBlue you must be at least eighteen years old and a U.S. citizen or lawfully admitted permanent resident (i.e., green card holder). Contributions must be made through your own funds, and cannot be provided by another person or entity for the purpose of making the contribution. The contribution must be made with your own personal credit card and not with a corporate or business credit card, or a card issued to another person.

Villa Rose Restaurant is located at 1428 Center St., and will host the Democrats Breakfast at 9 a.m. on Sunday, March 3.

Women's club meeting March 14

WILBRAHAM— The March meeting of the Wilbraham Women's Club will be held on March 14, at noon in the Parish Center at St. Cecilia Church on Main St. Sandwiches and dessert will be served. The speaker for the day will be Jen, who is the owner of the Flower Shed

in Wilbraham's Post Office Park. Jen will be holding a workshop for us at this meeting. She will teach us how to make a lovely succulent to enjoy in our homes. The cost for this meeting will be \$10 and reservations are needed. Please call Michele Axtmann at 413-596-3325 or Linda

East Longmeadow attorney turns to Ludlow Selectmen for client license approval

By Harrison Giza
Staff Writer
hgiza@turley.com

LUDLOW – Though many topics were discussed at the Board of Selectmen meeting this past Tuesday, most of the time was dedicated to Joshua Levine.

Attorney for Levine Law in East Longmeadow, Levine appeared before the group to discuss his client's (Shreeji Ne Sung, Inc.) plans to expand on their current Ludlow properties.

"I appreciate you having me in here to discuss my client's plans," Levine said. "The original tent was to put it at 21 Harding St., which is currently a flooring store by the Pike Entrance next to CVS. I submitted a transfer application last May to this board and was told to take care of the location issue first. So, I spoke to the planning director, and he suggested to me to do a change of occupancy application, which would forego a site plan... but the Planning Board rejected that and asked for a site plan, as the old site plan was over 20 years old."

Levine broke down his recent work for Shreeji Ne Sung, Inc., airing both frustration and commitment to his employers.

"My client had a site plan prepared and had a traffic letter prepared by a consultant," Levine said. "Last year, I was in front of the Planning Board and a number of residents came to voice their opposition to the site plan and have the liquor store located there... it became clear that the board was worried about traffic increasing at that location and having

enough parking with the CVS. My client wants to be a good resident in Ludlow, though they don't physically reside here but have businesses here and did not want to push through the application, didn't want to anger the neighbors or the town. So, that site plan application has, as of last month, been withdrawn, and I'm here tonight to discuss an alternate plan and to field questions and concerns from the board and see where we are at."

The room became slightly more tense than earlier meeting proposals, with Levine doing his best to explain every detail of Shreeji Ne Sung, Inc. to the Selectmen.

"My client would like to turn the Turnpike package location, with the all alcohol license, to 227 Center St. and take the place of that beer and wine license," Levine said. "For those familiar with the property, in the back there are car wash bays that are not being utilized; they haven't been for a while, and my client has been in discussion with the landlord to block those off and to use the back location of the building for storage, which would be necessary for a full package license. With that beer and wine license, my client is then interested in transferring that license to another related corporation that runs the Mobile station at 341 West St., which currently does not have a liquor license."

Levine informed the panel that he is on the Longmeadow Select Board and talked openly about his experiences working with similar cases and topics as his client's proposal.

"I know when we have something with a lot of moving parts coming in, it's nice to get a heads up," Levine said. "So, rather than drop two applications in your laps, I was hoping to discuss with you any questions or concerns or suggestions of what you'd like to see from me."

The room was quiet for a moment. "Quite honestly," Board Member Manuel D. Silva began, "It is something that the board right now, at this time, I feel we don't have any real comments or jurisdiction or anything that we can give you. All of this obviously does have to come with approval of our Planning Board, and once they approve a site, then we look at it, and from there we can just approve the licenses, whichever way it is going to go."

Silva tried his best to relate to Levine's struggles of attempting to get his client's proposals approved.

"It is unfortunate that some of these things didn't work out there," Silva continued. "The location that you are trying to put a liquor license at, to me, seems like a more intrusive traffic pattern and more than Harding Street."

Board Chair James Gennette agreed "completely" with his colleague nearly half a second after Silva spoke. Board Member William Rosenblum concurred with his fellow Selectmen, turning to face Levine.

"I kind of agree with the traffic pattern there," said Rosenblum. "I think that is actually worse than Harding just trying to get through there from anywhere pretty much all day. It's backed up coming off of West Ave to get on, and I just

think there are already many cars coming in and out of there... but again I am with Mr. Silva, that I am not really in a position to make any decision on it until we see what Planning has to say about it."

Board Vice Chair Derek DeBarge extended his voice in the discussion with dash of opportune thanks.

"I appreciate this conversation," DeBarge said. "It is nice to be informed about things like this before they happen either with our knowledge or without our knowledge or without some discussion. I think it is unfortunate. I also like the Harding residence... I kind of wish it had and kind of thought it would've worked out there. I think the traffic is always going to be difficult, but I really didn't think that the business would add so much traffic to it to make it even more congested."

Levine agreed with DeBarge, appreciating his sincere input before stating a quick rebuttal.

"That's certainly a good point," Levine said. "The feedback on Harding was (that) a flooring store does not have a lot of traffic at all, and we weren't adding a great number of trips according to the traffic study, but adding a few extra trips to a gas station, which already has a lot of trips, it would be less noticeable... but I will certainly keep this in mind when we're going forward."

The Board of Selectmen meet the 1st and 3rd Tuesday of each month. Every Ludlow Selectmen agenda is made available prior to the Town Hall meetings at 488 Chapin St. All who wish to attend are welcome.

Ludlow Public Schools Kindergarten Registration 2024-25

LUDLOW – If you are a Ludlow resident and have a child or children who will be five years old on or before Sept. 1, they are eligible to enter Kindergarten in the fall of 2024.

Registration is currently online at www.ludlowps.org. Questions can be directed to Mrs. Foye at registration@ludlowps.org or call 413-583-5695, extension 6.

NOTICE

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2024

KINDERGARTEN READINESS NIGHT

Welcome Students & Caregivers to East Street School!

Wednesday, March 13th • 508 East Street
5-6pm: Last names A-M
6-7pm: Last names N-Z

*Families looking to experience their 1st school bus ride together, please park @ Ludlow High School and ride to East St School



What's Happening at Hubbard Memorial Library?

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

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

FOR ALL AGES

The Solar Eclipse Experience, Thursday, March 7, 6:30 p.m.

Get ready for this year's total eclipse on April 8! Total eclipses of the sun are among nature's most breathtaking events. Richard Sanderson will explain why solar eclipses occur, how they differ from lunar eclipses, and describe the profound and unexpected emotional impact they often have on witnesses. He will also look back at several past eclipses, including the "Great American Eclipse" of 2017. Sanderson will also discuss viewing April's eclipse. All ages are welcome. Please sign up on our website or by calling the circulation desk at 413-583-3408.

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

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

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

version for kids. Why pay for a streaming service when you can get two for free with your library card?

FOR ADULTS

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

Chair Volleyball for Seniors, every Thursday starting January 18 until March 28, 1:30 p.m. Have some fun this winter by joining us for chair volleyball! No running or jumping required. There will be no chair volleyball on February 22. Please sign up on our website or by calling the circulation desk at 413-583-3408. Walk-ins are welcome.

Happy Hour Book Club Meeting, last Thursday of the month (2/29), 6:30 p.m. This month's book pick is "The Nightingale" by Kristin Hannah. You can pick up a copy of the book at the circulation desk.

The Real Score: Unraveling Myths About Trans People in Sports, Tuesday, March 5, 7:00 p.m. Erin Reed, a transgender journalist, will be leading a virtual presentation about the complex and often misunderstood world of transgender athletes in sports. To receive the Zoom link, please sign up on our website or by calling the circulation desk at 413-583-3408.

Who picked this book? Book Club Meeting, first Thursday of the month (3/7), 3:30 p.m. This month's book club pick is "The Wager" by David Grann. You can pick up a copy of the book at the circulation desk.

FOR TEENS

Nintendo Switch Night, every other Tuesday (3/5/24) 6:00-7:45 p.m. Play Mario Kart, Smash Bros, or other Nintendo Switch games. For 6th-12th graders, space is limited to 16 people, please register.

Anime Club Tuesdays 4-5:30 p.m. Meet each week to watch & talk about anime, eat snacks, & try out your cosplay. The group decides what to watch each week. Please register.

Youth Crochet Club, Every other Tuesday (3/12 & 3/26), 5:00-6:00

p.m. For ages 10 & up. For beginners up to experienced crocheters, supplies provided or bring your own. Please register.

The 'Fellowship of the Pages' Book Discussion Group, Every Thursday, 4:30-5:30 p.m. Meet each week to discuss graphic novels & other books, eat snacks, play games, and make friends. This month the group is reading "Five nights at Freddy's the Graphic Novel: The Silver Eyes" by Scott Cawthon, copies are available in the Youth Room. Please register.

Dungeons & Dragons High School Adventure Ensemble, Fridays 2:30-4:30 p.m. This group is for experienced high school players and currently has room for 1 more player. Please register.

"Read Between the Lines" High School Book Group, March 8 (rescheduled), 3:00-4:00 p.m. Book chat and snacks for ages 14 & up. This month's book is "The House on Mango Street" by Sandra Cisneros; copies of the book are available in the Youth Room. Registration preferred.

FOR CHILDREN & TEENS

Egg Coloring Contest, through March 18th. The annual egg hunt is getting an update & young artists are needed! Pick up a coloring page from the library or download from the website, design & color it, & return it to the library by 3/18. The best & most unique eggs will be laminated & featured in the Eggstravaganza (formally the annual Egg Hunt) on 3/30 from 10 a.m.-12 p.m.

Pokemon Club, Mondays 3:30-5:00 p.m. For 8 & up. Trading, dueling, & gaming on handhelds, phones, or Nintendo Switch. Please have your name on everything you bring to the club. Please register.

Massachusetts Children's Book Award Book Group for 4th-6th Grade, Thursday, March 14, 6:00-6:45 p.m. 4th-6th graders across the state are the ones to decide who wins this award after reading at least 5 of the nominated books. Meet with Youth Services Librarian July each month for 45 fun minutes to discuss, decide, play games, and share snacks. Everyone who has read at least 5 of the books by April 11th will cast their vote, celebrate with an ice cream party, and be featured in an article in the Register! Please register.

Dr. Seuss Scavenger Hunt, Fri-

day, March 1, 9:00 a.m.-5:00 p.m. Drop in anytime today to do a scavenger hunt for favorite characters. All ages.

Dr. Seuss Birthday Celebration, Saturday, March 2, 9:00 a.m.-1:00 p.m. Drop in anytime today to do a scavenger hunt for favorite characters, make Lorax mustaches and "Cat in the Hat" hats, create Thing 1 and Thing 2 handprints, and do Seuss-inspired coloring pages and paper games.

St. Patrick's Day Rainbow Snacks, Friday, March 8, 1:30 p.m.-3:00 p.m. Make a sweet treat out of graham crackers, blue frosting, marshmallows, and a strip of rainbow Airheads. Easy, pretty, and a tasty way to get in the spirit for St. Patrick's Day. While supplies last. Drop in.

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

"Elemental" movie & craft, Saturday March 9, 10:00 a.m. Watch the latest movie from the folks who made the smash hit "Inside Out," then make a headband of your favorite element after the show, and take home a free activity packet.

Minecraft Club, Saturdays, 11:00 a.m.-12:45 p.m. Minecraft players of all skill levels can bring their own devices, or may use one of the library's eight computers to build, play & create. For upper elementary & up. Drop-in.

Eggstravaganza '24, Saturday, March 30, 10:00 a.m.-12:00 p.m. Bring your basket & drop in anytime between 10:00 a.m.-12:00 p.m. to search the library grounds for artwork created by the winners of the egg coloring contest - find everything on your game board to win candy-filled eggs for your basket! Please register.

FOR CHILDREN

Sing With Me, Tuesdays 10:30-11:00 a.m. Daily Drop-In Crafts, All ages. DIY crafts available in the Youth Room Daily. New craft each week. For ages 0-5. Join Youth Services Librarian July for 30 minutes of favorite children's songs & movement. Drop-in.

Lego Build Challenge, Wednesdays 12:00-5:00 p.m. Pull a Lego Build Challenge Card and try to build

Please see **HUBBARD LIBRARY**, Page 13

In loving memory of ANA MONTEIRO

03/01/1982 - 07/15/2008

Happy birthday my love. We all miss you so much. I would give anything just to be able to kiss and hug you again.

You are always in our hearts. We will love you forever.

Mom, Dad, Steven, Ana and Deborah You are inside our hearts forever.



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Have Something to Share?
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LUDLOW SENIOR CENTER (413) 583-3564
228 State Street, Ludlow MA 01056

Welcome to the Ludlow Senior Center

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

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

Activities Calendar:

Please register in advance for items with*

Thursday, February 29

- 8:30 a.m. Foot Care*
- 9 a.m. Tai Chi
- 9:30 a.m. Dominos
- 9 a.m. Air Museum Trip
- 1 p.m. Mahjong
- 2:30 p.m. Active Yoga

Friday, March 1

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

Monday, March 4

- 9 a.m. Knitting
- 9:30 a.m. Boomer Bootcamp*
- 10 a.m. Computer Help*
- 1 p.m. Scrabble
- 1:15 p.m. Pitch
- 2:30 p.m. Zumba Gold

Tuesday, March 5

- 9 a.m. Quilting
- 9 a.m. Line Dancing
- 10 a.m. Cribbage
- 10:30 a.m. Gentle Yoga
- 12:30 p.m. Blood Pressure Checks
- 1 p.m. Western Dance Class
- 1:30 p.m. Bingo
- 5 p.m. Movie: The Father
- 5:30 p.m. Power Pump Class
- 5:30 p.m. Volleyball at East Street School

Wednesday, March 6

- 9 a.m. Ceramics
- 9 a.m. Zumba Gold
- 9:30 a.m. Jewelry
- 10 a.m. Opera
- 10 a.m. Tea with the TA
- 10:30 a.m. Healthy Bones & Balance Class*
- 1 p.m. Movie: The Father
- 1 p.m. Healthy Bones & Balance Class*

Thursday, March 7

- 8:30 a.m. Foot Care*
- 9 a.m. Tai Chi
- 9:30 a.m. Dominos
- 10:30 a.m. Cereal Day
- 1 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, Lunch Bunch, Writer’s Block, and other programs as noted by calling 583-3564

Daily Events:

- Café: Monday – Friday 8-11 a.m.
- Exercise Room: Monday - Friday 8 a.m. – 3:30 p.m. Open until 6:30 p.m. on Tuesday.
- Walking Club: Monday – Friday 7 a.m. and 8 a.m., leaving from the parking lot.
- Notary Services are available Monday – Friday 9 a.m. – 3 p.m. No charge.

Menu:

- Thursday, Feb. 29: Swedish Meatballs/Egg Noodles
- Friday, March 1: Corn Chowder/Tuna Finger Sandwich/Chips
- Monday, March 4: Spaghetti/Meatballs/Roll
- Tuesday, March 5: Open-face Turkey Sandwich/Pot/Beans
- Wednesday, March 6: Chicken Piccata/Rice/Carrots
- Thursday, March 7: Loaded Baked Potato/Must Go Soup

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

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



Submitted photo

Mike Trexler, Jim Meehan, John Dryowicz, Jim Wainwright, Director of Community Survival Center Mary Cassidy and Chris Smith commemorate the donation to the survival center.

Community Survival Center presented with check from Knights of Columbus

By Marcelo Gusmão
Staff Writer
mgusmao@turley.com

INDIAN ORCHARD – The Community Survival Center was recently presented with a donation by the Knights of Columbus.

Last month, Knights of Columbus Council 3535 of Ludlow presented the Springfield survival center Director Mary Cassidy with a \$2,500 check for a recent Meatloaf Dinner fundraiser.

The Community Survival Center is a nonprofit agency that has been helping struggling families for 37 years to provide the basics of food, clothing and household items. Its stated mission, according to the official website, is “to relieve hunger in our community by providing emergency food to individuals and families in times of need.”

“They had a fundraiser for us, it was a meatloaf dinner,” Cassidy said. “The money they raised went to the center.”

The meatloaf dinner was held on Saturday night, Jan. 20, and is part of an annual tradition between the Knights and the Survival Center.

“They’ve been doing it for longer than I’ve been working here,” Cassidy said.

Cassidy described the local faith-based community as supportive of nonprofits in general and said that the Knights are particularly supportive of the survival center because of the emer-

gency food pantry it has, which services Ludlow, Wilbraham, Hampden and two neighborhoods in Springfield – Indian Orchard and Sixteen Acres.

“That’s our service area,” Cassidy said, adding that the center asks for current postmarked mail from each adult in the household as a proof of residence.

Cassidy said that the money from the fundraiser will be used to buy canned protein items for the pantry, things like chunky soups, cans of spam and ham and other non-perishables.

If you happened to miss the meatloaf dinner fundraiser, the National Association of Letter Carriers also has an annual food drive that will benefit the survival center.

“That is coming up on May 11,” Cassidy said. “It’s always the second Saturday of May, usually the day before Mother’s Day.”

Cassidy described the event as a nationwide effort that has been kept alive through collaboration between the survival center’s Board of Directors, volunteers and the Sheriff’s Department.

“What happens is the letter carriers from Ludlow, Wilbraham and Hampden bring food either to the center, to Ludlow’s Town Hall or the Wilbraham Post Office,” Cassidy said.

To ask about assistance, or to find out how you can support the survival center, you can call them at 413-543-3930 or visit their website at CommunitySurvivalCenter.org.

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Presenting the award to the library, (from left) Senator Jake Oliveira, Head of Youth Services July Siebecker, and State Representative Aaron Saunders.



Senator Jake Oliveira said that, as a Ludlow native, seeing the library recognized was very personal to him.



Kimberley Lee spoke about what inspired her to present the “You-Have-Our adMIRAtion” award to the library.



Board of Trustees Chair Linda Collette thanked the library staff for their work.

LIBRARY from Page 1

ta, gathered to present the award in the library’s Program Room.

“Kimberley Lee from MiraVista contacted us and told us we were going to win the award,” said July Siebecker, head of the Youth Department at the library. “It was very good news; we just weren’t expecting it at all.”

According to Lee, the library was honored for the programs offered by its Children’s Department. At the ceremony, Lee described seeing the sign out on the library’s lawn and deciding to recognize the library’s efforts to offer events and activities that bring kids together.

“MiraVista just reopened our adolescent unit for young people 13-17,” Lee said. “Seeing the sign every day on my way back and forth to work, I was thinking the adMIRAtion Award, the first one in 2024, should go to the Hubbard Memorial Library.”

There were several speakers during the ceremony, including Lee, Siebecker, Library Board of Trustees Chair Linda Collette, patron and volunteer Caitlin Day, State Sen. Jake Oliveira (D-Ludlow), and State Rep. Aaron Saunders (D-Belchertown).

“It’s always personal for both (Saunders) and myself because we’re Ludlow natives,” Oliveira said. “This library, since 1888, has been a pillar of the community. It’s what you see when you cross over that bridge and you look at the Ludlow Mills complex that we’re in the shadow of right here. This facility was where workers walked by so they could stop in and expand their minds beyond the Industrial Revolution.”

Oliveira said that he was 10 years old when Siebecker started at the library and described the library as near and dear to both his and Saunders’ hearts.

“Some of my earliest memories are of this room,” Saunders said. “My daughters come here for storytime. The



State Representative Aaron Saunders said that he continues to support the library by bringing his daughters to programs.

Hubbard library is more than a repository for books; it’s a civic community center.”

Saunders mentioned that he had an opportunity to walk through the newly renovated adolescent unit at MiraVista.

“If you’re a young person who finds themselves in a position to need that type of assistance, we know when you’re walking out of that building that your needs do not end. Programs, and the welcoming openness that the Hubbard library offers, are exactly the type of resources that we know our young people need.”

Saunders went on to describe some of the unique stressors that modern kids and adolescents face in the wake of increased isolation and polarization after the COVID-19 pandemic. Siebecker said that the library’s response to the lockdowns has been part of the reason why it was honored by MiraVista’s award.

“They were, in particular, focused on trying to find recipients doing things in the community that specifically support-



July Siebecker said that she was honored to receive this award from the community where she has worked for 28 years.

ed the mental health of teens,” Siebecker said. “They looked into us, looked into our programs, and discovered that we do an awful lot of different kinds of things for kids, particularly looking to connect kids together at a time when they really need connection.”

Siebecker said that the library offers clubs based on gaming, anime and other fandoms, as well as a graphic novel book club and other niche things that she said appeal to today’s teenagers.

“From my perspective, COVID has caused adolescents to spend a lot more time solo, in front of their screens,” Siebecker said. “They just got used to it, it’s become a primary form of communication. Having a host of things to do at the library that are all in-person and with other teens can really break down that digital filter that exists for them.”

Siebecker said that in addition to making crafts with library supplies, the kids and teens get to spend time with other kids their own age. One of the speakers was high school junior



High school junior Caitlin Day has been honored to receive this award from the community where she has worked for 28 years.

Caitlin Day, who is a patron and volunteer at the library and frequently attends the Youth Room’s clubs and activities.

“This building has been a huge part of my life since before I can remember,” Day said. “The programs here are like none other. They allow kids throughout the entire community to be creative, explore STEM and all other aspects of life in a place that they feel welcomed and encouraged to be who they are.”

The library was celebrated for introducing innovative programs that go beyond traditional reading activities, from storytimes exploring themes of empathy and resilience to crafts activities that encourage self-expression.

The adMIRAtion Award honors organizations and individuals that help foster connectedness and community in their cities and towns.

The library continues to offer programs for teens and adults throughout the week. For more information, visit their website at hubbardlibrary.org.

SELECTMEN from Page 1

uel D.Silva. “It is a public walkway, and I don’t know if we have anything to do with bikes on there... but quite honestly I think it is a great thing to do. I don’t see any issues whatsoever if they just use it for the public.”

The energy of the room was open and inviting as Chairman James Gennette agreed with Silva.

“If you’re going to do a theme and put things around the River Walk, I mean obviously you just got to clean it up when you’re done,” Gennette said.

The event is currently scheduled for May 25, with the parade begin-

ning at 10 a.m.

The next topic of discussion regarded local Ludlow native Jennifer T. Dufour, who put in a request for the Selectmen to confirm her election poll worker application. The group voted unanimously, 4 - 0 to approve her title.

The Selectmen then went over a proposal from Hubbard Memorial Library Director Melissa Rickson. Rickson asked the board for permission to use the lawn adjacent to the parking lot of the library on Saturday, March 30, for the annual “Eggstravaganza” Easter Egg hunt, as well as the use of the lawn for the “Solar Eclipse Viewing Party” the library will put on April 8 from 12:30-4:30 p.m. The board once again voted 4 - 0 in favor of Rickson’s motion.

East Street School bus routes were the next topic of discussion, with each board member voicing their thoughts on the progression of the new traffic plan. The suggested student pick-up plan was

recently debated at the latest Safety Committee meeting.

“It was voted 4 to 0 to recommend this plan to the Board of Selectmen,” said Board Member Antonio Goncalves. “Upon approval, we submit to East Street Schools, and they can begin the process of educating parents as to the new traffic plan. As part of that, we can make sure to inform the parents they can park across the street at the church.”

Gennette asked his colleagues for a motion, with Silva immediately following suit.

“Mr. Chairman,” Silva said. “I move that we approve the motion as sent in from the Safety Committee.”

All other members were in favor, deciding on a 4 - 0 approval for East Street School bus routes.

The Board of Selectmen meet the first and third Tuesday of every month at the Ludlow Town Hall. Meetings begin promptly at 5:30 p.m.

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OPINION

LETTER TO THE EDITOR

I grew up in a home where it was okay to ask if you were okay, mentally or physically, at the dinner table. This was not common during the 1980s when a stay in a psychiatric ward could be a mark against you for life, but my dad was a psychologist and my mother, a teacher.

They knew the importance of conversations with their boys about feelings, expectations, and disappointments and not just a skinned knee and how you got it.

I was reminded of this recently during a visit to the newly renovated adolescent unit of MiraVista Behavioral Health Center in Holyoke. Its recent reopening brought back on line 16 much needed inpatient beds in Western Massachusetts for youth 13 to 17. The redesigned environment enhances delivery of care and healing for this population in which recent government data estimates that nearly 50% have had a mental health disorder at some point in their lives.

Massachusetts with its Roadmap for Behavioral Health Reform introduced last year a Behavioral Health Line to call 24/7 and network of Community Behavioral Health Centers that provide broader access to mental health services for those in crisis. The state, too, has added inpatient psychiatric beds to ease Emergency Department boarding that continues for all age groups.

We, as legislators, need to ensure that there is ongoing funding for such services and adequate reimbursement rates for such beds as well as for addiction treatment programs. Mental health and substance use disorders co-occur frequently and it is important for both to be treated.

We also need to continue to consider policies that address staffing shortages and issues like educating students and their families on the importance of mental health care.

Yet, there is another barrier – stigmatization - around lessening disabling behavioral health conditions. Massachusetts has a campaign that seeks to educate that addiction is a chronic illness and not a personal choice, but stigma and misinformation continue to prevent individuals with behavioral health issues from seeking treatment.

You can't legislate away all stigma. We all need to be better educated that mental illness can be treated and that there are steps to be taken to prevent poor mental health from progressing to where it interferes with daily life.

This is what I reflected on during my recent visit to MiraVista, which offers inpatient treatment for both adults and adolescents as well as outpatient recovery services, in seeing the renovated unit and learning what evidence-based treatment is offered there.

I hear from my constituents of the need for such services close to home and, in applying the lessons learned from my parents in asking my own three children about their feelings, I get a look into their day in an age when bullying and pressure to engage in unhealthy behavior can come from anywhere.

We all need to be more open to talking with our families, friends, and health care providers about our mental health and that of those in our care as this, too, is part of the roadmap to raising emotionally healthy children and staying emotionally healthy, too.

Rep. Aaron L. Saunders
7th Hampden District.

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Record warming trend continues...



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GUEST COLUMN



Americans seem to be more interested in foreign policy than usual

Four in 10 U.S. adults named it as an important issue to address in 2024, according to a recent poll from The Associated Press-NORC Center for Public Affairs. That's twice as many as a year earlier.

That sounds right to me. From what I can tell, Americans are paying closer attention to foreign policy than they have for some time.

Part of it, no doubt, is driven by media coverage of the wars in the Middle East and Ukraine. When the media pay attention to a topic, the public pays attention; and when the public pays attention, the media pay attention.

It works both ways.

Of course, what really captures the public eye is the prospect of U.S. casualties, as we saw in the Iraq and Afghanistan wars, which killed thousands of Americans. There's been nothing like that yet in the current conflicts, although about 30 U.S. citizens were killed in Hamas' Oct. 7 attack on Israel and an estimated 300 Americans were stranded in Gaza by the fighting.

In the AP-NORC poll, 20% of respondents said they were concerned about U.S. involvement overseas, up from 5% a year earlier. That's a significant increase, and it's reflected by debates in Congress over helping fund the wars.

But whether foreign policy has much of an impact on the 2024 elections is an open question.

Even if Americans follow foreign policy, I don't have the sense that they vote on those issues. Problems at home are more meaningful to most voters, by far.

They're worried about inflation, affordable health care, gas prices and the cost of housing and food. They are concerned about crime and public safety. They pay attention to interest rates, jobs and other economic indicators.

Many Americans are deeply concerned

about immigration, especially at the southern border. Immigration is a domestic matter, but it's entwined with foreign policy.

Immigrants and refugees often are fleeing dire conditions in their home countries. We need to work with those regions to address the issue.

I learned early in my time in Congress that foreign policy wasn't something most constituents were eager to discuss. I rarely spoke about foreign policy on visits to the district, where people were more likely to want to know about a local dam project or government actions that directly affected them.

Interestingly, I was most likely to get questions about foreign policy when I spoke at high schools. High school students were well prepared for my visits, and they would zero in on foreign policy issues.

With current issues, most Americans were outraged by Russia's invasion of Ukraine in February 2022 and inspired by Ukraine's brave resistance. But, as the war dragged on, it receded from the headlines, and interest in the U.S. has flagged.

Recently, center stage has gone to Hamas' attack on Israel, which killed 1,200 people, and Israel's response, which has reportedly killed 25,000 people in Gaza. The Middle East is almost in a category by itself for public attention.

Many Americans feel strongly about Israel's importance in U.S. foreign policy. Conflicts in the Middle East, and relations between Israel and its neighbors, get more coverage in U.S. news media than news from Asia, Africa or even from Europe.

Wars and conflicts draw news coverage, but other foreign policy issues also matter a lot. Our relationship with China is the most important bilateral relationship in the world, and problems there can have a global impact.

Climate change is an existential issue that transcends national borders. Trade, terrorism, cybersecurity and global migration require multinational cooperation.

Foreign policy issues may not rise to the top of the public's concerns, but voters – and politicians – should pay attention to them in this election year.

Lee Hamilton is a Senior Advisor for the Indiana University Center on Representative Government; a Distinguished Scholar at the IU Hamilton Lugar School of Global and International Studies; and a Professor of Practice at the IU O'Neill School of Public and Environmental Affairs. He was a member of the U.S. House of Representatives for 34 years.

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Happy 250th Birthday TO THE TOWN OF LUDLOW



Cody Stosz presented this wood-carving to commemorate the town's anniversary.



Distributing chili, (from left) Carmen Sanderson, Kevin Vestal, Ed Sanderson, and Mary Camp.

Turley Publications photo by Marcelo Gusmão



Michael Rondeau held an ice carving demonstration on the lawn in front of the school.

FIRST NIGHT from Page 1

of what we're doing as a group, I'm hoping it leaves a lasting impression in (residents') minds that this group, this committee, is getting it done."

Birthday cake provided by Chmura's Bakery was served in the

entrance of the high school by volunteers from the 250th Committee.

Throughout the afternoon, Bruce Marshall and Kevin Casey from The Valley's Classic Hits 97.7 played music and offered commentary over the speakers. Out on the lawn, Michael Rondeau carved an ice sculpture, while Cody Stosz from Kodiak

Moll, Olivia Eberli and Paul Meagher. In between the presentations was a performance by dancers from the local dance studio, Alegria Dance and Fitness.

There were numerous craft tables and vendors set up in the parking lot and the halls of the school, providing food and souvenirs for attendees. One particularly popular table handed out chili from the winner of the Faith Community Chapel contest, which was sold out by the afternoon.

At 2:50 p.m., churches all over town rang their bells to commemorate the event, though you couldn't hear them from inside the building. The festivities ended with a fireworks show at 6 p.m.

First Night is only the first of this year's celebrations for the town's 250th birthday. This Wednesday, Feb. 28, the town will celebrate its Incorporation Day at the high school at 6 p.m., and a parade will be held later this year.



Troy Atherton sold popcorn from his store, TJ's Gourmet Popcorn, in front of the school.



At the Ludlow Lions table, (from left) John Martowski, Diane Walton, and Maureen Beauregard sold hot chocolate.



Firefighter Andrew Blake kept an eye on the bonfire for the safety of attendees.



Selling pickles to benefit Pack 180, (from left) Philip Brodeur, Tom Barbeau, and Josh, age 6.



Cody Stosz added details to his wood-carving in front of Town Hall.



Kathy Houle was in the entrance of the high school to hand out programs



Cake to celebrate Ludlow's birthday was provided by Chmura's Bakery.



To volunteer for the event, (from left) Terry Krystofik and Bev Tokarz handed out slices of cake.



At the Country Bank table, Katherine Miller and Galina Berezkina had residents spin the wheel to see what they won.



At the CARES Coalition table, (from left) Laura and Bill Rooney and Sandy Auclair shared information about the nonprofit.



Darlene Pinkos and Pam Melbourne sold paper flowers from Designs By Darline.



John Moll and Larry Goodreau sat in front of the poster they made to commemorate Ludlow's birthday.



Local author Kathy Picard, pictured with her husband Gary, promoted her books.



The Charter Committee was represented at a table, (from left) Selectman Derek DeBarge, Brian Bylicki, Marissa Ribeiro-Dahan, and George Costa.



Jessie and Calvin Crevier had a table in the gym for Hobbit Hollow Herbals.



Anne Martin, Director of Veterans Affairs Eric Segundo, and Dave, Arlene, and Jenelle Desforjes had a table to share information about the Veteran Services Department.



Residents (from left) Jim Martin, Sheena and Paul Santolini talked about Ludlow's 200th anniversary celebration, which Martin helped arrange 50 years ago.



Rachel and Gaston Mengel had a table to sell cookies from Cookies By Ray.



Tyler LeBlanc competes against Max, age 9, in a game of cornhole.



Christian and Caitlin Almeida and Teddy Maher explored the vendors' tables in the gymnasium.



Alegria Dance and Fitness held a performance in the auditorium in between the historical presentations.



Dawn Gray is a local author and screenwriter who had a table to promote her books at the high school.



Planning Board Chair Ray Phoenix, pictured with his son Oliver, said his only complaint about the event was there were too many nice things to buy.



Angela Kramer and Peggy Bernard stopped for a picture at the Board of Health table.



Senator Jake Oliveira shared a commemorative coin from the town's bicentennial celebration 50 years ago.



Erica Damon's table, where she sold copies of her books, was the "end of the line" for the vendor tables in the local author hall.



The Sawabi family, (from left) Brandon, Aaron, Evan, age 2, Caleb, age 6, Joani, and Dylan.



Steve and Jessica Sevivas sold copies of his book, published under the name Steve Pendelton.



Sisters Dori Gaulin, Mari Vlach, and Teri Kellogg-Leab had a table together.



Cynthia Machado-Saleh and Sharon Doughty had a table to hand out 250th Committee merchandise.



The Roaming Railroad pulled up in front of the high school.



Justin Senecal and 10-month-old Isabelle took a picture by the outside cornhole games.



Chuck Morris and Leigh McClure sold drinks from Vanished Valley Brewery.



250th Committee member Mary Beth Silva and her son, Isaac Melter, volunteered to take over vendor tables throughout the day.



Volunteering at the reception table, (from left) Kathy Houle, Donna Robbins, and Lee Ann Herbert provided programs and information to attendees.



Police Chief Dan Valadas and Sam Jordan from Central Dispatch had a table representing the police department.



Heidi and Chris Paul had a table to sell wares from C & H Craft Jewelers.

IN THE CLASSROOM

Colleges announce Dean's and President's Lists

Springfield College Dean's List 2023 Fall Semester

Springfield College Recognizes Dean's List Student Kayley Davis from Ludlow, MA, majoring in Marketing Class of 2024, for the 2023 Fall Semester.

The criteria for selection to the Dean's List are as follows: The student must have completed a minimum of 12 credit hours of graded coursework for the term, exclusive of "P" grades. The student must not have any incompletes or missing grades in the designated term. The student must have a minimum semester grade average of 3.500 for the term.

American International College Fall 2023 Dean's List

American International College (AIC) in Springfield, MA, is pleased to announce that 451 students have been named to the Dean's List for the fall 2023 semester. Dean's List students attend full-time and have achieved a 3.3 to 4.0 GPA. AIC commends the efforts and accomplishments of these diligent and hard-working students.

Nicole Audet of Ludlow, MA, majoring in Nursing; Timothy Battle of Indian Orchard, MA, majoring in Economics and Finance; Tyleisia Cooper of Springfield, MA, majoring in Psychology; William Hall of Ludlow, MA, majoring in Athletic Administration and Leadership; Alaysia Jenkins Graham of Indian Orchard, MA, majoring in Criminal Justice; Lukas Salvador of Ludlow, MA, majoring in General Business; Jocelyn Trajkovski of Ludlow, MA, majoring in Occupational Science and Kendyl Vermette of Ludlow, MA, majoring in Psychology.

Siena College Dean's List Fall 2023 Semester

Kayla McKay has been named to the Siena College Dean's List for the Fall 2023 semester. McKay is from Ludlow, MA. To be named to the Dean's List, a student's grade point average for the semester must be between 3.5 and 3.89.

Lasell University Fall 2023 Dean's List

The Fall 2023 Dean's List includes students who have completed at least 12 credits as a full-time student in that semester and have achieved a semester GPA of 3.5 or higher. The local students whom made the list are Marisa Men-

tekidis and Margaret Dowling of Ludlow.

Roger Williams University Fall 2023 Dean's List

Select students have been named to the Fall 2023 Dean's List at Roger Williams University in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a GPA of 3.4 or higher are placed on the Dean's List that semester. Sam Daniele and Ashley Haryasz of Ludlow were named to the Dean's List.

SNHU Fall 2023 President's List

It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Fall 2023 President's List: Kristen Harrison and Adam Roach of Ludlow.

Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above for the reporting term are named to the President's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

WPI Students Complete Intensive Research Projects

At Worcester Polytechnic Institute (WPI), all undergraduates are required to complete a research-driven, professional-level project that applies science and technology that addresses an important societal need or issue. About two-thirds of students complete a project at one of the university's 50-plus off-campus project centers, which are located around the world. A signature element of the innovative undergraduate experience at WPI, the project-based curriculum offers students the opportunity to apply their scientific and technical knowledge to develop thoughtful solutions to real problems that affect the quality of people's lives-and make a difference before they graduate.

The following students completed intensive research projects:

Arayah Remillard of Ludlow, Massachusetts, majoring in Computer Science, class of 2025, completed a project titled Creating Video Resources for White Mountains Visitors

Joseph Caproni of Ludlow, Massachusetts, majoring in Computer Science, class of 2025, completed a project titled UN Sustainable Development Goals With Straeto Bus Systems

Ludlow resident named to Clark University's Fall Dean's List

Erin M. Lucas, of Ludlow, was named to first honors on the Clark University Dean's List. This selection marks outstanding academic achievement during the Fall 2023 semester. Students must have a GPA of 3.8 or above for first honors or a GPA between 3.50 and 3.79 for second honors.

Assumption University's Fall 2023 Dean's List

Assumption University has announced that Ava Benard, of Ludlow, Class of 2027, has been named to the University's Dean's List for the fall 2023 semester. Students named to the Dean's List must achieve a grade point average of 3.5 for a five-class, 15-credit semester to be included on the prestigious list, which is announced at the completion of the fall and spring semesters.

Tufts University Dean's List

Tufts University recently announced the dean's list for the Fall 2023 semester. Dean's list honors at Tufts University require a semester grade point average of 3.4 or greater.

Tommy Caproni of Ludlow, Class of 2027; Ebru Karaarslan of Ludlow, Class of 2027; Torcato Zina of Ludlow, Class of 2027

USJ Fall 2023 Dean's List

Julia Anecchiarico, of Ludlow, MA,

has been named to the University of Saint Joseph Fall 2023 Dean's List.

Bryant University Fall 2023 Deans' List

Madison Ingalls, of Ludlow 01056, has been named to Bryant University's Deans' List for Fall 2023 in recognition of academic excellence.

To earn a place on the Deans' List, students must have a GPA of 3.4 or better for at least 12 semester hours of work.

AIC Names Students to Athletic Director's 3.0 Club - Fall 2023

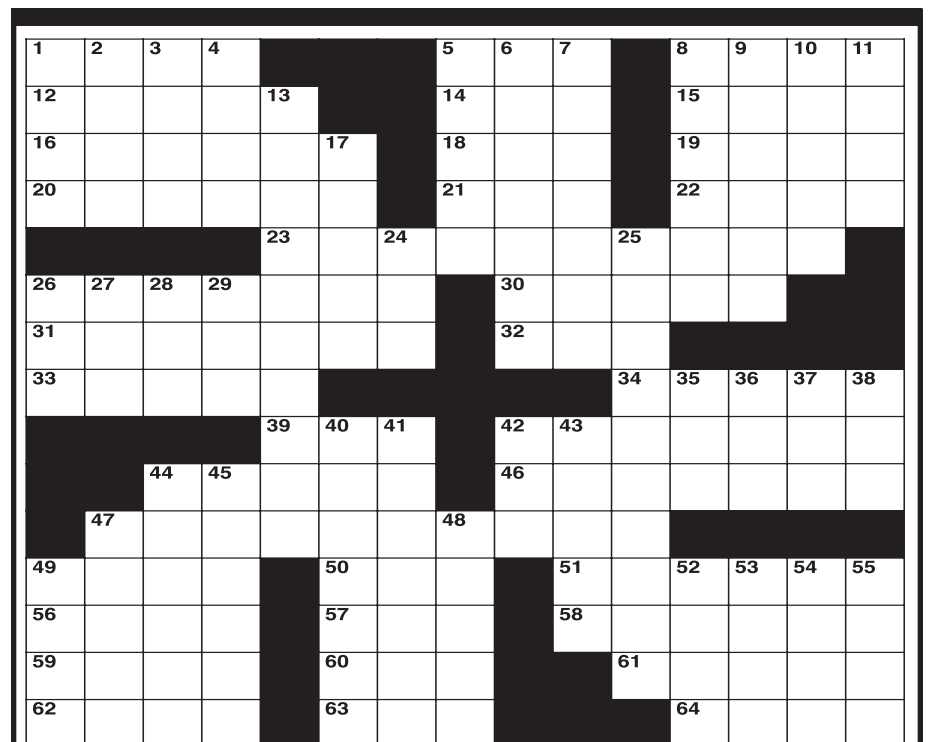
American International College (AIC) congratulates its student-athletes who have been inducted into the Athletic Director's 3.0 Club for the Fall 2023 semester. AIC Athletics Director Jessica Chapin recognized more than three hundred student-athletes who have achieved a cumulative GPA of 3.0 or better after one or more years enrolled at AIC. The primary objective for these students is to stand as academic role models, inspiring fellow student-athletes with their achievements and dedication!

Collin Laneiro of Ludlow MA, majoring in Health Science.

William Hall of Ludlow MA, majoring in Athletic Administration and Leadership.

Kendyl Vermette of Ludlow MA, majoring in Psychology.

Jocelyn Trajkovski of Ludlow MA, majoring in Occupational Science.



CLUES ACROSS

1. Home of Iowa State University
5. ___-fi (slang)
8. Mottled green and yellow fruit
12. Capable of thinking and expressing oneself clearly
14. Sports broadcaster Eagle
15. Middy
16. Kinsmen
18. Cable network
19. Simpleton
20. Brunch beverage
21. Fed
22. European capital
23. Native inhabitants
26. Mechanical device
30. Rare geese native to Hawaii
31. Bedroom furnishing
32. The products of human creativity
33. Mass transit option
34. Made a mistake
39. Sacred sound symbol
42. Large N. American reindeer
44. Dull and flat
46. Partner to huffing
47. Written works
49. Monetary unit of Serbia
50. Midway between east and southeast
51. Peninsula of southwestern Asia
56. Widely used multiuser OS
57. Aggressive dog
58. Varnished
59. Hindu queen
60. Time units, abbr.
61. Farm animals
62. Capital of Latvia
63. Where golfers begin
64. Takes to civil court

CLUES DOWN

1. One who graduated
2. An inspired holy person
3. Electronic counter-countermeasures
4. A place to store things
5. Indian instrument
6. Spanish saloon
7. Whole number
8. Not fastened
9. Gives a boost
10. Lounges about
11. Interested in
13. Remove salt
17. Type of sword
24. Naturally occurring solid material
25. Gets involved without being invited
26. Feline
27. Bobby ___, NHL champ
28. "Kill Bill" actress Thurman
29. Hawaiian dish
35. Moroccan coastal region
36. Baseball statistic
37. Long period of time
38. Moved earth
40. Central Netherlands city
41. Take stock of
42. Central processing unit
43. Distinctive qualities one generates
44. Getting stuck
45. Loss of bodily movements
47. Veranda
48. Abrupt
49. What cats do
52. Expresses pleasure
53. Type of cheese
54. Professional STEM organization
55. Automatic data processing systems

ANSWERS ON PAGE 14

HUBBARD LIBRARY from Page 4

it with the library's Legos, or free build just for fun. All creations will be put on display in the Youth Room for the week. Drop-in.

Sounds of Reading w/ Renee Coro, Wednesdays in March, 11:30 a.m.-12:30 p.m. For ages 2-5. Run by board-certified music therapist Renee Coro of Harmonious Happenings. Song, sounds, rhythms, rhyme, stories, instruments, & more. Please register.

Grow, Play and Learn, Thursday 3/29 10:00 a.m. for 0-5s. Starting in March: Thursdays, 9:45-10:30 a.m. for babies and toddlers; Thursdays 10:45- 11:30 a.m. for 2-5 year olds. Stories, songs and skill building, led by Kelly Castor, Early Childhood Developmental specialist, who will guide caregivers in strengthening interactions with their children. Sponsored by Pathways for Parents. Please register.

Girl Scout Gold Award Presentation and Craft, Thursday, February 29, 6:00 p.m. Adi Woods from South Hadley MA is doing a project called Climate Awareness Through Community Education for her Gold Award (the

highest and most prestigious award in Girl Scouting). Adi will present a display about climate change in the Pioneer Valley as part of her project about educating families with older elementary-aged children about climate change and actions that we can take to make a difference. After the presentation she will lead children in a paper seed heart craft that will educate families about native plants and animals in the Pioneer Valley. Please register.

Grandparents Storytime, Thursday March 7 & 14, 11:45 a.m. -12:45 p.m. Ages 0-6 In this two-week group, grandparents (or grandfriends) and little ones will enjoy stories and songs and engage in play activities that foster intellectual and social-emotional development, motor skills, language learning, and overall literacy. Sponsored by Pathways for Parents. Please register.

Me, You, & We: Social Emotional Playgroup, Fridays from March 1-April 12, 9:30-10:30 a.m. (no program on 3/29). This playgroup will support 3-5 year olds and their caregivers in developing and practicing social-emotional skills. Sponsored by Pathways for Parents. Please register.

OBITUARIES

DEATH NOTICES

Verna M. Charron
Died Feb. 12, 2024
Services
March 2, 2024
Kapinos Mazur
Funeral Home

Verna M. Charron, 1935-2024

LUDLOW —Verna M. (Curtis) Charron, passed away on Feb. 12, 2024. Born in Springfield, MA on April 1, 1935, she was the daughter of the late Homer and Laura (Robinson) Curtis. Verna attended the former Springfield Technical High School. She later moved to Middlebury, VT where she met and married her husband Maurice Charron in 1953. They returned to the Springfield area in 1960 with their young family of 4 children, settling in Ludlow in 1963. Verna, with the full and unabiding support of her husband, obtained her GED and graduated from AIC with her Bachelor's of Education degree in 1971, later earning her Master's of Education. She taught 3rd and 4th grades at East Street School in Ludlow from 1971-2000. She reveled in teaching her students science and nature lessons in a hands-on way. She was a member of The Ludlow Education Assoc, the Mass Teachers' Assoc and the National Science Assoc. Upon retirement, she enjoyed Tuesday morning breakfasts with her fellow retired teachers. Verna was a communicant of the former St. Mary of the Assumption Parish, until it's closing in 2010, where she was a member of the Ladies' Guild and Alter Society. She then became a member of St. Elizabeth's Parish. Verna had many interests and talents. She earned her private pilot's license in 1983 and together with her husband, enjoyed flying with family and friends to many locations across the Northeast. Verna was a creative and accomplished seamstress making beautiful clothes for her daughters and their dolls, later making amazing quilts for her grandchildren and great-grandchildren. She was an awesome cook, her macaroni and cheese being a family favorite. She also enjoyed woodworking, ceramics and painting. She took great pleasure in playing board games and dominoes, her competitive streak was unsurpassed. More often than not, a 1,000-piece puzzle would be in progress on her dining room table.



Verna was predeceased by her husband Maurice Charron in 1992, her brother James Curtis in 2016 and her beloved grandson Tyler in 2023. She is survived by her two daughters: Rebecca Davies (Byrn) and Katherine Doar (Roy); two sons Steven and Craig Charron and her brother Dr. Homer Curtis. She also leaves her 9 loving grandchildren Nicholas (Melissa), Meghan, Benjamin (Jesse), Christopher, Nathan, Jonathan, Stephanie, Peter (Carli) and Angela (John) as well as her 2 great-grandchildren Oliver and Emalyn along with several nieces, nephews and close friends.

Visiting hours for Verna will be Saturday, March 2, 2024 from 9:00-10:00 AM at the Kapinos-Mazur Funeral Home, 64 Sewall St., Ludlow, MA followed by a Liturgy of Christian Burial at 10:30 AM in St. Elizabeth's Parish. Burial will be private, at the convenience of the family. Donations in Verna's memory may be made to Big Brothers/Big Sisters of Western Mass, 266 Cold Spring Ave, West Springfield, MA 01089 or www.bigbrothers-sisters.org.

For more information please go to www.kapinos-mazurfh.com.

Hampden Senior Center to host Pie Sale

The Hampden Senior Center, 104 Allen St., is having another great Pie Sale. This year, the fundraiser is offering juicy Apple, delicious Fruit of the Forest and mouth-watering Blueberry. Orders for pies at \$19 each will be taken at the senior center starting March 1, paid in full in advance. Pies will be boxed and bagged and available for drive-up pick up at the center on Saturday, April 27 from Noon to 1:30 p.m. Call 413-566-8271 with any questions.

'Let's Get Growing: Spring Gardening Workshops' on March 23

Eight classes designed to educate, empower home gardeners

By Dalton Zbierski
Editor
dzbierski@turley.com

WESTFIELD – The Western Massachusetts Master Gardener Association is excited to present the “Let’s Get Growing: Spring Gardening Workshops” on March 23 from 8 a.m. to Noon.

The event will occur at Westfield Middle School and feature eight classes designed to teach and energize gardeners of all skill levels. Rosey Bonner, a member of the WMMGA Symposium Planning Team, offered a glimpse of what can be expected on the fourth Saturday of March.

“Believe it or not, this is our 25th year,” Bonner said. “We will work with all gardeners from beginning to experienced and will continue our mission, which is not only sustainability and the idea of ‘do no harm’ but also rejuvenation and regeneration. We need to help the ecology get back to where it should be. Hopefully, our workshops offer a variety of things that can do that.”

The event is structured so that there are four programs beginning at 8:30 a.m. and another four starting at 10:30 a.m. Attendees will be able to attend two.

One 8:30 a.m. program is “Planting for the Birds in Your Backyard” and will include information on turning your yard into a year-round sanctuary for birds with proper plant selection and placement. The session will be led by Dan Ziomek, the manager at Sugarloaf Gardens in Sutherland.

“He’s known at least in the master gardeners’ circle for being a great pruner, but one other thing in Dan’s background is he’s a birder,” Bonner said. “He even runs a talk show on birding once a week, so he’s going to put together his mastery of plants and birds and present on planting for birds in your backyard. He’ll be talking about plants that are pretty, plants that are useful and how to bring them together.”

Another 8:30 a.m. program is “Start Your Own Seeds – A Hands-on Workshop”, which will educate gardeners on when and how to start seeds, care for seeds and plant them. Each participant will prepare a peat pot and plant tomato seeds to take home in this session led by Master Gardener George Kingston.

“They’ll learn the nitty gritty for everything from how do you choose seeds; do you get them from a catalog, or do you get them from Costco? What planting medium do you do? When do you transfer? All those kinds of ideas,” Bonner said.

A third 8:30 a.m. program is “Pruning for Better Blooms” and will demystify the “when, why and how” of pruning shrubs to create the best flower show. Led by Horticulturist Jen Werner, a retired professor of Landscape Design Management at STCC, the session will review tools, techniques and specific pruning tips for popular flowering landscape shrubs such as hydrangeas, lilacs and rhododendrons.

“(Werner) is going to be talking about what plants to prune and what not to prune,” Bonner said. “She’ll talk about a

variety of bushes and shrubs and how you can prune them.”

The last 8:30 a.m. program, “The Joy of Container Gardening”, is led by Master Gardener Priscilla Touhey. The session will demonstrate how to create your own ornamental container garden for spring, what plants are appropriate and how to maintain it.

“You can grow everything from vegetables to flowers in containers and make them beautiful,” Bonner said.

One 10:30 a.m. program is “Garden for Life: Using Native Plants in the Landscape” and will be led by Blue Stem Natives Nursery Owner Kristen Nicholson. The session will address the immense value of native plants and discuss why planting natives in your yard is so important.

“You may know a lot about native plants, but you may not. Here are some good ones to start that are good combinations for butterflies or bees,” Bonner said.

A second 10:30 a.m. program is “Essentials for the Upcoming Growing Season 101” and is led by Master Gardener and Green Thumb Guru Ed Sourdiffe. The workshop will help attendees learn what to expect in the spring, how to prioritize and what to do to ensure a successful gardening season.

“(Last year), several people wanted to know, ‘Okay it’s spring, it’s March, what do I do?’ That’s why we put that workshop in,” Bonner said. “How do you open a garden? Do you till or do you not till? If you ever watch Mass Appeal, Sourdiffe is their resident gardener.”

A third 10:30 a.m. program is “Setting Up Your Vegetable Garden for Success”, led by Beth Carmichael, Margery Gerard and JoAnne Palmer, master gardeners and co-leaders of the Full Circle Food Pantry Garden in South Hadley. The workshop will empower attendees to start their own vegetable gardens or enhance their current gardens, helping to improve production and yields.

“A major issue out there is food security and also the cost of food,” Bonner said, noting the garden produces 2,000 pounds of food every year for the South Hadley food pantry. “Even if you’re able to feed your family, the cost has gone up, so we’re really focusing this workshop along those lines of being able to set up your own vegetable garden for success.”

Lastly, at 10:30 a.m., is “Friend or Foe: Helpful and Harmful Garden Insects and Worms”, led by Entomologist Dr. Olga Kostromytska, an assistant professor at the UMass Stockbridge School of Agriculture. The program will discuss both beneficial and pest insects in New England and how to spot invasive species such as invasive worms.

“Rounding out our workshops, (Kostromytska) will be talking about insects that are good, so don’t get rid of them all,” Bonner said. “She’ll talk about which ones are beneficial and which are harmful. She’ll also talk about the hot topic out there, which is the Asiatic Jumping Worms that are destroying our soil and becoming more prevalent.”

In between sessions, the Marketplace Fair will occur. The fair will include information tables on urbs, monarch butterflies, composting, bees and “Ask a Master Gardener”.

“We’ve expanded that break in response to people giving us suggestions for topics, knowing we can’t cover every topic, but how do we share more information. We’re trying to take advantage of that middle piece more; not only get your coffee and look at vendors but get your questions answered,” Bonner said.

One can register for the event online at WMMGA.org. If one registers on or before March 22, the cost to attend is \$30. On the day of the workshop, tickets will be sold for \$40, cash only.

The Ludlow Register OBITUARY POLICY

Turley Publications offers two types of obituaries.

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

The other is a **Paid Obituary**, costing \$225, which allows families to publish extended death notice information of their own choice and may include a photograph.

Death Notices & Paid Obituaries

should be submitted through a funeral home to: obits@turley.com.

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

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SPORTS

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Semifinal win puts Ludlow in states



Tanner Severyn heads up the ice during the semifinal of the Western Mass. tournament.

LUDLOW – Last Wednesday night, Ludlow hockey participated in the Western Mass. Class B semifinals, defeating Southwick 8-3. The win was much-needed, as it put Ludlow into the state tournament.

In the win over Southwick, Sean Kefalas had two goals while Tanner Severyn, Ryan Kurtz, AJ Stupak, Brice Pereira and Benji Steele all had single goals.

The Lions moved in the Western Mass. finals against Taconic and also drew a matchup with Norton in the opening round of the state tournament, held earlier this week.



Sean Kefalas crosses into the offensive zone.



Luke Martin makes his way up the ice.



Nick Deroin tries to send the puck away from the boards.

Turley photos by David Henry www.sweetdogphotos.com



Ryan Kurtz looks to clear the puck away.

Lions take finale



Mason Morace goes for a shot under pressure.

LUDLOW – The Ludlow High School boys basketball fell short of the state tournament this year, finishing with an overall record of 8-12. In its season finale, the Lions defeated the Hampden Charter School of Science 63-60. In the win, Daniel McKenney had 16 points while Daniel Krutka had 14 points. Jackson Mateus contributed 13 points to the win.



Kobe McKay drives into the paint.



Jackson Mateus eyes the hoop.

Turley photos by David Henry www.sweetdogphotos.com



Giovanny Acevedo gets the easy bank shot.

Lions season ends with nonplayoff defeats

LUDLOW – Last Tuesday evening, Ludlow girls basketball suffered losses against Mohawk and Monument Mountain to end its season with a 3-16 record. The Lions lost to the Spartans 43-36. In the 50-44 loss to Mohawk, Ludlow was led by Ava Friese with 17 points and Ryleigh Remillard with 12 points.

Follow Turley Sports on Instagram

Turley Publications sports department has recently joined Instagram. You can find our account by searching “turleysports.” We will regularly feature samples of photos that you will see in our publications on a weekly basis.

T-Birds suffer loss at Bridgeport

BRIDGEPORT, Conn. — The Springfield Thunderbirds (24-22-3-2) fell to the Bridgeport Islanders (16-28-6-1) on Sunday afternoon at Total Mortgage Arena by a final score of 5-3.

Things appeared to be starting well for the T-Birds on this day, as Sam Bitten cashed in for his first career AHL goal at the 8:19 mark of the first period when he arrived at the top of the crease and jammed a Drew Callin centering pass through Henrik Tikkanen's legs to make it 1-0 for the visitors.

Springfield increased the lead to 2-0 at 12:54 when Ryan Suzuki sent an alley-oop through the neutral zone that landed inside the Islander blue line. Jakub Vrana accelerated to beat the Bridgeport defender to the puck and then slid a backhand shot through Tikkanen to extend the lead on his ninth goal of the season.

55 seconds after the Vrana tally, though, the Islanders made their way to the scoresheet as Tyce Thompson got a step behind the defense and lifted a perfect backhand shot over Colten Ellis to cut the lead to 2-1 heading into the first intermission.

The second period began uneventfully, but Suzuki changed matters when he powered down the right wing, protecting the puck before elevating a forehand chip shot over Tikkanen to make it a 3-1 game at 6:34 of the period.

Ellis remained busy but strong as

the period entered its final three minutes en route to a career-high 49 saves. Unfortunately for the T-Birds, Bridgeport All-Star Ruslan Iskhakov snapped a goal drought dating back to Jan. 15 to

singlehandedly pull the Isles even. First, the crafty centerman made his way to the edge of the crease near the right circle, beating Ellis on a second chance after the T-Bird goalie made a strong reactionary save on the first attempt. That tally cut the score to 3-2 at 17:08.

Not even two minutes later, now with under a minute to go in the period, Iskhakov delivered the equalizer with a one-time rocket off a circle-to-circle pass from Matt Maggio, and Bridgeport headed into the dressing room with new life in the 3-3 game.

The Islanders were relentless in the final 20 minutes, managing 22 shots on the T-Birds net. Ellis and the Springfield defense held the fort as long as they could before a Sam Bolduc point wriester glanced off traffic and skipped past Ellis to give Bridgeport the lead for good at 11:34 of the third. Hudson Fasching rounded out the scoring with a power-play marker into an empty net in the closing seconds.

The T-Birds' busy stretch continues next Friday in Providence as they tangle with the Bruins at Amica Mutual Pavilion. Springfield returns home on Saturday when they host the Laval Rocket at 7:05 p.m. at the MassMutual Center.



Worcester wraps up road trip with loss to Florida

ESTERO, FL — The Worcester Railers HC (22-22-4-2, 50pts) lost to the Florida Everblades (27-15-7-2, 63pts) on Saturday night by the final score of 5-3 in front of a crowd of 7,650 at Hertz Arena. The Railers have wrapped up their six-game southern road trip and return to the DCU Center against the Trois-Rivieres Lions on Saturday, March 2nd at 7:05pm.

The Everblades opened the scoring with goals from Sean Josling (1-2-3) and Joe Pendenza (1-1-2) just 2:43 apart to grab a 2-0 lead. Worcester responded 27 seconds later as Jack Quinlivan (1-0-1) wrapped a backhand behind the net past Johnson to make it 2-1 going into the second. Worcester kept the pressure on the Everblades in the second as they added on two more from Zsombor Garat (1-1-2) and Andrei Bakanov (1-0-1) to take their first lead of the night going into the third at 3-2. Florida took the lead in the third thanks to goals from Will Reilly (1-0-1), Mark Senden (1-0-1) and an empty netter from Brett Davis (1-0-1) to take the game 5-3.

Florida controlled the pace of play across the first fourteen minutes in the first, culminating in the game's first goal. Sean Josling (14th) received a backdoor pass from Oliver Chau who received the puck from Pendenza below the goal line to bury it past Cole Ceci in net for Worcester to put the Everblades ahead 1-0. With Florida on the power play

2:43 later in the period, Joe Pendenza turned on a one-timer and sent it past Ceci as Florida led 2-0 late in the period. Jack Quinlivan (4th) responded for Worcester just 27 seconds later. He took the puck off the stick of Zsombor Garat and wrapped it with his backhand inside the near post from beneath the net to get Worcester to within one heading into the second.

Worcester picked up the only goals in the second. Zsombor Garat (1st) hammered a heavy one-timer on the power-play from Trevor Cosgrove for his first professional North American goal. His marker tied the game at the 7:29 mark of the second. Later in the period with 4:51 left in the second, Andrei Bakanov (7th) ripped a wrister past the blocker of Cam Johnson following a perfect drop pass from Anthony Callin to give Worcester the 3-2 lead entering the third.

The Everblades would be the only team to score in the third period. First it was Will Reilly (6th) on a wrister from the point that beat Ceci blocker side to tie the game 3-3 just 7:49 into the frame. From there, Mark Senden (9th) found the puck barreling down the left wing and buried it through the legs of Ceci to make it 4-3 Florida. Brett Davis (3rd) sealed the deal for Florida with an empty netter with just 1:31 remaining in the game to give Florida the win and the final score of 5-3.



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Candlepin League News

By Ryan Drago
Staff Writer
rdrago@turley.com

Tuesday Night Commercial Elks League

PALMER — The third and final round of the 2023-2024 league season began for the Commercial Elks League.

Finishing in first place was Life is Good with a record of 30-10 to secure a playoff spot at the end of the season. The Champs R Here finished in second place at 26.5-13.5.

Acres finished in third place at 24-16. Team BK finished at 23-17, Compression at 19.5-20.5, Blue B's at 19-21 and Last in Line at 17-23. Life is Good will be joining Compression in the playoffs at the end of the season.

To start off the new round, Life is Good bowled against The Champs R Here. In game one, The Champs took the first game by a score of 371-353. In game two, Life is Good evened up the match by winning the second game 391-373.

Filling in for Life is Good is Bryan Surprise who had a big game in the

second scoring 134. In game three, Champs R Here won the last game by a score of 381-372. Champs R Here won total pinfall by a final score of 1125-1116.

Last in Line bowled against Blue B's in week one of round three. In game one, Blue B's won 373-333. In game two, Blue B's won again 354-352. In game three, Blue B's won for a three-game sweep over Last in Line by a score of 363-358.

Total pinfall was won by Blue B's 1090-1043.

Thursday Night Mixed League

The Thursday Night Mixed League continues in the second round of the candlepin league season. As of Feb. 15, Team One is in a tie for first place with Team Four. Both teams have a record of 19-13.

Team One bowled against Team Three on the night of Thursday, Feb. 22. In game one, Team One took the first game 455-402. Sean Comerford of Team One bowled his best game of the season, 127.

In game two, Team One was the winner yet again by a score of 413-392. In game three, Team One took the third game 430-364. Team One took total pinfall by a final score 1298-1158.

Team Four bowled against Team Six. In game one, Team Six won the first game by a score of 399-369. In game two, Team Six won again by a score of 428-402. Ron Restaino of Team Six led the team in game two by bowling a 109.

In game three, Team Six won the third game for a three-game sweep over Team Four. Team Six scored 430 and Team Four scored 413. Team Six won total pinfall by a final score of 1257-1184.



SEND US YOUR SPORTS PHOTOS

Have you taken photos at a local sports event and want to see them published in this paper? Email your image(s) with description to:

sports@turley.com

Flu cases on the rise; in some cases antiviral medications can help

SPRINGFIELD – Despite all the efforts to avoid the flu, inevitably some people will catch it. For those who do, antiviral medications may help. Just what are antivirals? How do they work? Who should take them and when? The healthcare providers at American Family Care explain patients need to know.

“The first line of defense against the flu is to get vaccinated,” said Dr. Andrew Koslow, associate medical director of AFC for Massachusetts. “Antiviral medications are a second line—when the vaccine doesn’t prevent infection, or someone didn’t receive the vaccine. Antiviral medications are mostly used for severe cases of the flu or patients who are considered at high risk for flu-related complications.”

The general protocol for treating the flu consists of getting lots of rest, drinking plenty of water and other clear liquids and taking over-the-counter medications such as Tylenol and ibuprofen to reduce fever and relieve symptoms. However, in some cases, prescription antiviral medications are recommended.

Antiviral medications are always prescribed for flu patients who are hospitalized, have severe flu symptoms but are not in the hospital, meet certain age criteria or have underlying health conditions that put them at higher risk of complications from the flu.

Sometimes antiviral medications are prescribed for cases of the flu diagnosed early (within the first 48 hours of developing symptoms) or for those who are exposed to high-risk populations either at home or work. Antiviral medications are sometimes prescribed to help prevent the flu for people who cannot receive the flu vaccine.

“When antiviral medications are recommended, patients should discuss all possible side effects and drug interactions with their doctor,” Koslow said. “Nausea and vomiting are possible, as are headaches. And certain other medications may reduce the effectiveness of antiviral medications.”

Koslow reiterates these important reminders to reduce the spread of infections:

Wash hands frequently with soap and water for two minutes and dry them thoroughly.

Maintain social distancing and/or wear masks, especially at large, indoor gatherings.

Stay home if you have symptoms such as fever, coughing, sneezing, runny nose, aches, chills and fatigue.

Regularly disinfect high-touch surfaces like doorknobs, countertops and faucets.

The medical providers at AFC Springfield and AFC West Springfield offer convenient, walk-in care seven days a week for patients of all ages. Services include urgent care for illnesses, sprains and strains; stitches for minor cuts and lacerations; flu vaccines and testing; diagnostic rapid tests and antigen tests for COVID-19; physicals and on-site x-rays.

Polish Plate Dinner to be held at Immaculate Conception Church

INDIAN ORCHARD – A Polish Plate Dinner (Four Pierogi, one Golambki, Kielbasa, Kapusta, Rye Bread) will be held on Saturday, March 9, from 3 p.m. – 6 p.m. at Immaculate Conception Church Hall 25 Parker St., Indian Orchard.

Eat In or Take Out. \$20. per plate. For Tickets please call: Maria Kowalski at 413-222-6229, Irena Wurszt at 413-427-5846 and Maryla Bukowski at 413-427-9464.

DATEBOOK

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

COMING SOON

A Fashion Show Luncheon featuring CHICO'S is being sponsored by the Wilbraham Women's Club, Thursday, April 25, at the Saint Cecilia Parish Center, 42 Main St., Wilbraham. A social hour begins at 11:30 a.m. with luncheon served at noon. The meal choices are Chicken Francoise and salmon with dill sauce. The \$35 donation for the luncheon also helps to fund the club's scholarships and community service projects. In addition, there will be a raffle for many prizes. For reservations, please contact Norma Bandarra, 413-596-8173, by April 17.

ONGOING

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

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

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

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

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

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

H.O.P.E. RECOVERY GROUP: Having Our Pathways Encouraged meetings are for those who

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

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

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

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

Church DIRECTORY

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

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Adult Religious/Marriage and Parenting for Men- 2nd and 4th Sunday of the month from 11-12 noon
Classes for Single Adults(18-30)- 2nd & 4th Sunday of the month -11- 12 noon
Classes for Young Men(11-18)- 2nd & 4th Sunday of the month 11-12 noon
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Sunday Evening Mass – 5:30 p.m.

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Wednesday, Feb. 28, - Daily Mass - 7:30 a.m. (C), Youth Group - 3:30 p.m. (JR), Holy Mother Choir - 5:15 p.m. (C), Confirmation Class - 5:30 (JR), Scouts - 6 p.m. (FLBH), Scouts - 7 p.m. (JR)
Thursday, Feb. 29, - Daily Mass - 7:30 a.m. (C)
Friday, March 1, - Daily Mass - 7:30 a.m. (C)
Saturday, March 2, - Confessions - 2:30 p.m. (C), Mass - 4 p.m. (C), Prayer & Share - 5 p.m. (JR)
Sunday, March 3, - Mass - 7:30 a.m. (C), Mass - 9:15 a.m. (C), Mass - 11 a.m. (C), Mass - 5 p.m. (C), Confirmation Class - 8 a.m. (JR), Faith Formation - 10:15 a.m. (All Rooms)
Monday March 4, - Daily Mass - 7:30 a.m. (C), Youth Ministry - 5 p.m. (JR), Faith Formation - 6 p.m. (JR/ER), Bible Study - 6 p.m. (ZR), First Eucharist Parent Meeting - 6:30 p.m. (FLBH)
Tuesday, March 5, - Daily Mass - 7:30 a.m. (C) St. Rita Choir - 2:30 p.m. (C), Eucharistic Revival - 5 p.m. (FLBH)

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Saturday Vigil Mass: 4:15 p.m.
Sunday Mass; 8:45 a.m. (English), 10 a.m. (Polish)
Weekday Mass: Monday, Tuesday, Wednesday, Thursday – 7:45 a.m. (English)
First Friday Mass: 5:30 p.m. (Polish/English)
First Saturday Mass: 9 a.m. (Polish/English)
Confessions: Saturday - 3:15–4 p.m.

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Tuesday and Friday Masses – 5:30 p.m. (Portuguese)
Saturday Vigil Mass – 4 p.m. (English)
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PUBLIC NOTICES

Commonwealth of Massachusetts
The Trial Court
Hampden Probate and Family Court
50 State Street
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(413)748-7758
Docket No. HD24P0374EA
Estate of: Hoyt Forbes
Also known as:
Hoyt William Geoffrey Forbes
Date of Death: 10/15/2023
CITATION ON PETITION FOR FORMAL ADJUDICATION

To all interested persons:
A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by: **Joy L Forbes** of Norwell, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Joy L Forbes** of Norwell, MA be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in an unsupervised administration.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on 03/21/2024.**

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

appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

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

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

Date: February 21, 2024
Rosemary A Saccomani
Register of Probate
02/28/24

NOTICE OF PLANNING BOARD HEARING
Relative to
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Pursuant to G.L. c. 40A, § 5
LEGAL NOTICE - ZONE CHANGE

The Planning Board of the Town of Ludlow will hold a public hearing to discuss proposed amendments to the town's zoning bylaws. The public hearing will be held as follows:

Place: Ludlow Town Hall, Selectmen's Conference Room, 3rd floor
Date: Thursday, March 14,

2024
Time: 8:00 p.m.
Applicant: Kevin Lavigne
Location: 8-10 Wedgewood Drive (Assessors' Map 11A, Parcel 160)

The subject matter of the proposed amendment is as indicated below. The complete text relative to the proposed amendments is available for inspection on the Planning Board web site: www.ludlow.ma.us/html/planning.

Zone Change Requested from: Agricultural to Residence A

Reason for Requested Change: To create a building lot for a single-family house.

Raymond Phoenix
Chairman
02/28/24, 03/06/24

If for any reason this hearing is cancelled, it will be rescheduled to Thursday, March 28, 2024.
02/28, 03/06/24

LUDLOW PLANNING BOARD
488 CHAPIN STREET
LUDLOW, MA 01056
583-5624 Ext. 1282
LEGAL NOTICE - SPECIAL PERMIT / HOME OCCUPATION

The Ludlow Planning Board will hold a public hearing in Ludlow Town Hall, Selectmen's Conference Room on **Thursday, March 14, 2024 at 7:30 p.m.** on the application of Kristen St. Germain of 10 Autumn Ridge Road Ludlow, MA (Assessors' Map 2D, Parcel 209) for: home bakery.

If for any reason this hearing is cancelled, it will be rescheduled to Thursday, March 28, 2024.

Raymond Phoenix
Chairman
02/28, 03/06/24

LUDLOW PLANNING BOARD
LEGAL NOTICE
SPECIAL PERMIT / HOME OCCUPATION

The Ludlow Planning Board will hold a public hearing in Ludlow Town Hall, Selectmen's Conference Room on **Thursday, March 14, 2024 at 7:10 p.m.** on the application of Jennifer Wright of **68 Letendre Avenue** Ludlow, MA (Assessors' Map 11A, Parcel 100) for: **mental health counseling via telehealth.**

If for any reason this hearing is cancelled, it will be rescheduled to Thursday, March 28, 2024.

Raymond Phoenix
Chairman
02/28/24, 03/06/24

NOTICE OF PLANNING BOARD HEARING
Relative to
PROPOSED ZONING BYLAW AMENDMENTS
Pursuant to G.L. c. 40A, § 5
LEGAL NOTICE
ZONE CHANGE

The Planning Board of the Town of Ludlow will hold a public hearing to discuss proposed amendments to the town's zoning bylaws. The public hearing will be held as follows:

Place: Ludlow Town Hall, Selectmen's Conference Room, 3rd floor
Date: Thursday, March 14, 2024
Time: 7:40 p.m.

Applicant: Hajer Brak
Location: 191 West Street (Assessors' Map 2D, Parcel 3)

The subject matter of the proposed amendment is as indicated below. The complete text relative to the proposed amendments is available for inspection on the Planning Board web site: www.ludlow.ma.us/html/planning.

Zone Change Requested from: Agricultural to Business A
Reason for Requested Change: Auto repair/dealership
Raymond Phoenix
Chairman

If for any reason this hearing is cancelled, it will be rescheduled to Thursday, March 28, 2024.
02/28/24, 03/06/24

LUDLOW CONSERVATION COMMISSION
LEGAL NOTICE

The Ludlow Conservation Commission will hold a Public Hearing under W.P.A. (M.G.L. Ch. 131, § 40) and Town of Ludlow Bylaws, Chapter XV, in Ludlow Town Hall, 3rd floor, Selectmen's Conference Room, on **Wednesday, March 6, 2024, at 6:30 p.m.** on the **Notice of Intent** application of Judy Breault, Town of Ludlow Pond Management Committee, for the property located at **Alden Pond (Assessors' Map 40)**. The subject of the hearing is: Ecological restoration limited project & treatment of pond with herbicides & algaecides.

Angela Tierney
Chair
02/28/2024

LUDLOW CONSERVATION COMMISSION
488 CHAPIN STREET
LUDLOW, MA 01056
(413) 583-5600 Ext. 1282
LEGAL NOTICE

The Ludlow Conservation Commission will hold a Public Hearing under W.P.A. (M.G.L. Ch. 131, § 40) and Town of Ludlow Bylaws, Chapter XV, in Ludlow Town Hall, 3rd floor, Selectmen's Conference Room, on **Wednesday, March 6, 2024, at 7:30 p.m.** on the **Notice of Intent** application of Ana Huberty, EGMA Gas dba Eversource Energy, for the property located at **Center Street Public Road Right of Way (Assessors' Map 24, Parcel 6 to Map 24, Parcel 57; Map 17, Parcel 105A; Map 25, Parcel 50 to Map 25, Parcel 4)**. The subject of the hearing is: installation of approximately 3,481 linear feet of new 4-inch diameter High Density Polyethylene, Medium Pressure (PHMP) gas main, which includes replacement of approximately 1,540 linear feet of gas main in Center Street, from an existing substation east of Sawmill Road westward to the Booth Street intersection.

Angela Tierney, Chair
02.28.24

Town of Ludlow Procurement Office
488 Chapin Street,
Second Floor
Ludlow, MA 01056
413-583-5600 x1298

Invitation to Bid 2024-003
Electrical Maintenance and Repair Services

The Town of Ludlow is seeking sealed bids for electrical maintenance and repair services for Town Buildings.

Bids will be received by the Chief Procurement Officer **until 2:00 PM on 3/14/24.**

Documents will be available by email request after 10:00 AM on 2/28/24 at: lbelauger@ludlow.ma.us.

The Town of Ludlow reserves the right to reject any and or all bids.
02/28/24

Commonwealth of Massachusetts
The Trial Court
Hampden Probate and Family Court
50 State Street

Springfield, MA 01103
(413)748-7758
Docket No. HD24C0055CA
In the matter of:
Brennan James Garete

CITATION ON PETITION TO CHANGE NAME
A Petition to Change Name of Minor has been filed by **Brennan James Garete** of Ludlow, MA requesting that the court enter a Decree changing their name to: **Brennan James Garete Drown.**

IMPORTANT NOTICE
Any person may appear for purposes of objecting to the petition by filing an appearance at: **Hampden Probate and Family Court** before **10:00a.m. on the return day of 03/21/2024.** This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

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

Date: February 21, 2024
Rosemary A Saccomani
Register of Probate
02/28/24

NOTICE OF PLANNING BOARD HEARING
Relative to
PROPOSED ZONING BYLAW AMENDMENTS
Pursuant to G.L. c. 40A, § 5
LEGAL NOTICE - ZONING BYLAW

The Planning Board of the Town of Ludlow will hold a public hearing to discuss proposed amendments to the town's zoning bylaw. The public hearing will be held as follows:

Place: Ludlow Town Hall, Selectmen's Conference Room, 3rd fl.

Date: **Thursday, March 14, 2024, ***

Time: **7:20 PM**
Applicant: **Planning Board**

Location: **488 Chapin Street, Ludlow, MA**

*If for any reason this hearing is cancelled, it will be rescheduled to the Thursday, March 28, 2024 Planning Board meeting, as the last hearing.

The subject matter of the proposed amendments is as indicated below. The complete text relative to the proposed amendments is available for inspection on the Planning Board web site: <https://www.ludlow.ma.us/243/Documents-for-Review> and in the Planning Department Office and Town Clerk's Office during regular business hours. Proposed zoning bylaw revisions are in draft form and are subject to change.

Proposed zoning bylaw revisions to include the following: SECTION III: GENERAL USE REGULATIONS 3.0 GENERAL REGULATIONS delete 3.0.2 Existing Uses Not Affected. Delete 3.0.3 Obstruction at Street Intersection and replace with Visibility at Street Intersections and Driveways Street Entries with new text and Figure 1 Diagram.

Raymond Phoenix
Chairman
02/21, 02/28/2024

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LUDLOW CONSERVATION COMMISSION
488 CHAPIN STREET
LUDLOW, MA 01056
(413) 583-5600 Ext. 1282
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, Selectmen's Conference Room, for **Wednesday, March 6, 2024, at 7:45 p.m.** for the Request for Determination of Applicability application of Christopher LaRose (Eversource), for the property located at 993 Center Street (Assessors' Map 24, Parcels 53-58). The subject of the meeting is: Replace the existing drainage system within the substation as part of a larger upgrade project taking place within the substation.

Angela Tierney
Chair
02/28/24

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PUBLIC NOTICES ARE NOW ONLINE

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- 2 Access archives and digital tear sheets by newspaper title.
- 3 Find a quick link to the state of Massachusetts' public notice web site to search all notices in Massachusetts newspapers.

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