

PUBLIC NOTICES

LUDLOW PLANNING BOARD LEGAL NOTICE SPECIAL PERMIT / HOME OCCUPATION

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

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

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

Ludlow Conservation Commission LEGAL NOTICE

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

out, install batting cage.

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

Angela Tierney, Chair
02/25/2026

LUDLOW PLANNING BOARD LEGAL NOTICE SITE PLAN

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

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

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

Town of Ludlow, LEGAL NOTICE

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

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

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

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

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

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

Ludlow Conservation Commission LEGAL NOTICE

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

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

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

Angela Tierney, Chair
02/25/2026

Ludlow Conservation Commission LEGAL NOTICE

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

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

Angela Tierney, Chair
02/25/2026

LUDLOW ZONING BOARD OF APPEALS LEGAL NOTICE

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

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

LUDLOW PLANNING BOARD LEGAL NOTICE SPECIAL PERMIT / HOME OCCUPATION

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

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

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

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

Ludlow Conservation Commission LEGAL NOTICE

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

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

Angela Tierney, Chair
02/25/2026

HEART from Page 1

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

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

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



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

improve cholesterol levels, and support overall cardiovascular health.

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

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



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

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

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

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

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

MUSIC from Page 1

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

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

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

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

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

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

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

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

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

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

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

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CLUES ACROSS

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

- Ancient capital
- S. American wood sorrel
- General discomfort
- Philippine island
- A witty saying
- One who summarizes
- Covered in
- Mimic
- Henry was a notable one
- Daughter of Hera and Zeus
- Retired NFLer Newton
- Playground equipment
- Concept
- Satisfaction
- Fishing net
- Hammer end
- A father's male child

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

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

Submitted photo