

PUBLIC NOTICES

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 **Thursday, September 7, 2023 at 6:00 p.m.** on the application of **Liza Larose** for the property located at **632 Moore Street, Ludlow MA (Assessors' Map 33, Parcel 48, Zoning: Agricultural)** The subject of the hearing is a special permit for a proposed 744 square foot detached garage to be located on the property which would exceed the maximum percentage of square footage allowed for an accessory structure. The applicant is seeking relief from the Town of Ludlow Zoning Bylaw under Section 3.3.1.

Manny Lopes, Chairman
08/23, 08/30/2023

Commonwealth of Massachusetts The Trial Court Hampden Probate and Family Court 50 State Street Springfield, MA 01103 (413)748-7758 Docket No. HD23P1738EA Estate of: Maria Helena Fernandes Also known as: Maria H Fernandes Date of Death: 07/09/2022 CITATION ON PETITION FOR FORMAL ADJUDICATION

To all interested persons: A Petition for xFormal Probate of Will with Appointment of Personal Representative has been filed by **Carlos A.C Fernandes of Ludlow, 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: **Carlos A.C Fernandes of Ludlow, MA** be appointed as Personal Representative(s) of said estate to serve **without surety** on the bond in **unsupervised administration**.
IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 09/15/2023.**

This is **NOT** a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

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

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

Date: August 17, 2023
Rosemary A. Saccomani
Register of Probate
08/23/2023

Commonwealth of Massachusetts The Trial Court Hampden Probate and Family Court 50 State Street Springfield, MA 01103 (413)748-7758 Docket No. HD21P1630EA Estate of: Judith D. Miarecki Date of Death: 07/02/2021 CITATION ON

PETITION FOR FORMAL ADJUDICATION

To all interested persons: A Petition for S/A - Formal Adjudication of Intestacy has been filed by **James Miarecki of Feeding Hills, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 09/13/2023.**

This is **NOT** a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

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

Date: August 16, 2023
Rosemary A. Saccomani
Register of Probate
08/23/2023

Making breastfeeding or pumping work for you

August is National Breastfeeding Month

SPRINGFIELD -- It's a positive message that the community needs to hear: there are many benefits of breastfeeding for mother and baby, and there is support available to help you, even if you are a working parent.

August is the 13th Annual National Breastfeeding Month, sponsored by the U.S. Breastfeeding Committee, which celebrates mothers and lactating parents and works to protect, promote, and support breastfeeding and human milk feeding.

"In the past, breastfeeding was considered a lifestyle choice. But, as we've gained more knowledge over the years, we now realize that breastfeeding is medically important for the adequate health of an infant at birth and beyond," said Kimberly Congden, RN, MSN, IBCLC, program manager, Lactation Services and Parent Education at Baystate Medical Center.

The benefits of breastfeeding – considered the "gold standard" in infant nutrition – are many. Human milk is uniquely suited for infants, is easy to digest and contains many components that babies need in the early months of life. It protects infants from risks such as diarrhea, ear infections, upper respiratory infection, and other illnesses such as diabetes. Children who have been breastfed have less risk of becoming overweight or obese, even as adults, and breastfeeding has been shown to lower the risk of SIDS (sudden infant death syndrome).

According to Congden, the benefits to both children and their mothers are many. "We consider colostrum, mother's first milk, as a baby's first immunization.

It boosts the immune system and protects the gut from many infections. Because breastfeeding benefits a baby's health, they are sick less and require fewer visits to the doctor, saving costs on medical care. Breastfeeding moms also have a lower risk of developing postpartum depression, as well as reproductive cancers later in life," said Congden.

The "gold standard" in infant nutrition is six months of exclusive mother's milk.

According to the American Academy of Pediatrics, breast milk alone is sufficient to support optimal growth and development for approximately the first 6 months after birth. For these very young infants, the AAP says that water, juice, and other foods are generally unnecessary.

Even when babies enjoy discovering new tastes and textures, solid foods should not replace breastfeeding, but merely complement breast milk as the infant's main source of nutrients throughout the first year. Beyond one year, as the variety and volume of solid foods gradually increase, breast milk remains an ideal addition to the child's diet. The AAP concurs with the World Health Organization and recommends that breastfeeding continue for at least 2 years, and thereafter for as long as mother and baby desire.

Working can be considered a barrier to continuing on with breastfeeding, but laws are in place to protect mothers desiring to express milk in the workplace. According to the Institute for the Advancement of Breastfeeding & Lactation Education, mothers should start by letting their employer know of their pumping or breastfeeding needs before going back to work. If the employer doesn't have a lactation program, share with the employer the laws that protect expression of milk in the workplace (PUMP for nursing mother's act.). Try to plan your pumping schedule before you go back to work and practice offering your baby a bottle, as it may take time for your nursing baby to accept a new way of feeding when you are not there to breastfeed.

Baystate Lactation Services is available for any questions, including when planning ahead for return to work. There is an advice line to any lactating parent regardless the age of the child and outpatient lactation services for assistance with breastfeeding or pumping at 413-794-5312.

To help prepare for childbirth and the possibility of breastfeeding, Baystate's Parent Education Department offers support classes prior to birth. At the Prenatal Breastfeeding Class, parents receive information on breastfeeding, including helpful tips and techniques. The Baby's Home! Now What? class is offered after baby is born and provides continued support, including information about returning to work, pumping techniques, and storage of breast milk. There is also a virtual Breastfeeding Questions & Answers Hour hosted on Zoom by a Baystate lactation consultant every Wednesday from 1-2 p.m. for any lactating parent. For more information, visit: <https://www.baystatehealth.org/Services/obgyn/support/Parent-Groups>.

For more information on Baystate Health, or to register for any of the above programs, visit baystatehealth.org/breastfeeding.

OPPORTUNITY

newspaper correspondent

Turley Publications seeks **Experienced Writers/Journalists** to produce news and/or feature stories of local interest for various towns and cities.

- **Must be dependable, professional and able to meet strict deadlines**
- **Salary based on a flat rate by story and photo**

Send writing samples with resume to



Eileen Kennedy, Executive Editor
24 Water St., Palmer, MA 01069
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BUSINESS

Turley Publications is liberal with regard to its business coverage policies, but we do have some standards folks need to understand. First, local businesses and merchants are just as much institutions in our towns as the library and schools. Without them, there are no towns.

We will feature coverage of local businesses that are new, have a major expansion, moving, closing, under new management or ownership, celebrating a milestone anniversary, or have been thrust into the news realm. Merchants can request that coverage through the editor, or for our existing advertising clients, through their ad representatives.

For more information on business coverage for The Ludlow Register, please email ludlowregister@turley.com.

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PEOPLE/MILESTONE NEWS

As a free service for our readers, we will print all births, weddings, engagements, milestone anniversaries, major birthdays, military achievements, honors and awards. We have a "people news" form available for you to submit these listings. This material is provided to us by our readers and local institutions and we do not charge to print this content.

For more information, or to submit people or milestone news for The Ludlow Register, please email ludlowregister@turley.com.

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- 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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www.publicnotices.turley.com

Public notice deadlines are Mondays at noon, Fridays noon for Monday holidays.