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Bellingham's Favorite Hometown Newspaper

October 2023

## Bellingham Plays Key Role In "Bowling for Scholars"

Royce, ABMI Cable TV Are Major Catalysts

By KEN HAMWEY,  
BULLETIN SPORTS WRITER

Candlepin bowling is undergoing a revival in the greater Milford area, thanks to Pete Royce of Bellingham and his town's local cable TV station (Access Bellingham Mendon Inc.).

By televising matches in Bellingham (the sponsoring producer) and eight other public access stations in nearby communities, scholarship funds have become available for local private schools.

A native of Worcester, the 75-year-old Royce is a local sportscaster who's well-known for his cable telecasts of interscholastic sports in Bellingham and Franklin. A graduate of Holy Cross College, he also covers a variety of sports for the Crusaders.

A resident of Bellingham for the last 23 years, Royce has always yearned to provide a financial lift for education and to give back to the communities he knows so well. His idea to promote candlepin bowling and to generate scholarship money has led to a TV show called "Bowling for Scholars."

"My reasoning for starting the show was to bring back the nostalgia of candlepin bowling, a sport that was invented in Worcester," Royce said. "And, sports-casting has been good to me, so this is an opportu-



Pete Royce, volunteer at ABMI and creator/host of "Bowling for Scholars," presents a check for \$450 to Kim Hughes, director of Good Shepherd Nursery School in Medway for the school's general scholarship fund.

**SCHOLARS**  
*continued on page 2*

## Rea of Hope Fundraiser for NPC: October 14th at Bellingham Town Common

By JENNIFER RUSSO

"What I'm trying to cultivate is not blind optimism, but radical hope." - Junot Diaz

Niemann-Pick Type C, also known as NPC, is an extremely rare disease affecting only about 100 patients in the United States currently. It is an inherited neurodegenerative disease which causes damage to the nervous system over time due to abnormal processing of lipids, namely cholesterol, in the body's tissues. These lipids build up in parts of the body like the brain, liver and spleen, affecting physical and cognitive function.

Sadly, NPC is ultimately fatal, with patients who show symptoms in childhood often only living to their late teens or early twenties. Patients with less severe cases can live into adulthood, but the disease will continue to progress.

Though there is no cure for NPC, therapy and some new medications can delay its progress and extend life expectancy of patients. Some of these medications are experimental and are at risk of non-approval or discontinuation even though they are shown to work. Without any medication at all, patients will slowly begin losing their ability to move properly, speak, and eat. It will impact their memory function, and often lead to early dementia, hearing loss, eye control, seizures, and liver failure.

Bellingham's Meredith Piotti is one of the greatest advocates to finding a cure and keeping these medications available to NPC patients. Her daughter, Reagen, was diagnosed with NPC in 2021, after several visits to doctors to try and understand

**FUNDRAISER**  
*continued on page 3*

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SCHOLARS

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nity to help communities in a way that supports education and families who need help to finance their children's education."

Aware that private schools usually do not benefit from taxpayer dollars, Royce said the funds are targeted to private schools "to help level the playing field."

The donations have averaged \$250 and the largest amount provided was \$450.

ABMI (Bellingham/Mendon) donates \$50 to the general scholarship fund of the winning bowler's choice of school. Other sponsors (businesses, organizations, or individuals) are encouraged to join the cause to raise the level of scholarship funding. The show acknowledges sponsors several times with graphics and verbal mention.

The winning bowler gets to award a check to the general scholarship fund of the private school of his/her choice. Additional funds are added (\$50) by an anonymous donor for any bowler who gets three marks in a row.

Royce has patterned his show after "Fun for All Ages," which was a very popular candlepin bowling show that aired on Channel 5 in Boston from 1950 through the 1980s. Besides Bellingham, "Bowling for Scholars" is shown in Mendon, Upton, Milford, Grafton, North Attleboro, Shrewsbury, Uxbridge, and Douglas. Worcester is next in line to join the network.

Two shows a month are recorded at Sparetime Recreation in Whitinsville. The facility's owner, Mark Moon, provides the time and the lanes free. Matches are shown at noon on Saturdays, like they were on Fun for All Ages, and they're repeated throughout the week at various times.

Royce is the show's host and he does all the announcing. The production is a professional multi-camera shoot to include participant interviews and presentation of an enlarged check to the winning bowler's choice of school.

"The bowlers are from different leagues and there are three divisions," he noted. "The divisions are men, women, and teens. We feature men for one show, women for another and teens for the third. After four cycles for the three groups (12 shows), we make our 13th show a celebrity matchup. On Oct. 17 at 3:30 p.m., the first celebrity match will feature Rev. David Mullen of St. Brendan Parish in Bellingham versus Rev. Nick DeSimone of St. Mary's Parish of Uxbridge."

Fr. Mullen has chosen to bowl for Sparhawk Academy of Millis and Fr. DeSimone has selected Our Lady of the Valley School in Uxbridge.

"Parishioners from both churches and students from both of the schools that would benefit from their priest's winning have been invited to the match," Royce said. "And, after the celebrity match, pizza and soft drinks will be available for everyone, courtesy of an anonymous donor."

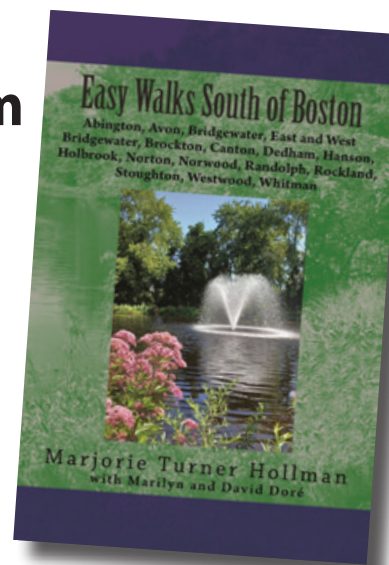
Royce jokingly said: "Because of the nature of the celebrity match, the show will give new meaning to the term holy rollers." Fr. Mullen said: "We may not be epic bowlers, but Sparhawk Academy truly is epic."

When Royce heard a school recipient of funds from "Bowling for Scholars" tell him how much families could use financial support, he said "I got goosebumps."

"This endeavor provides me with a great sense of satisfaction, as I try to give back to different communities," he said. "I'm confident it's a good effort to foster quality education."

The number of communities that promote "Bowling for Scholars" on public access TV is growing. However, if anyone wants the show to be televised in another town, contact Access Bellingham Mendon Inc. at (508) 966-3234.

Latest Book by Bellingham Author a Top New Amazon Release



Marjorie Turner Hollman, a Bellingham resident and author of Easy Walks series of books, (as well as a long-time freelance writer for Local Town Pages and The Bellingham Bulletin), has just published Easy Walks South of Boston. The latest in her series is a top new release on Amazon books.

This time, the series has moved to south of Boston, and Turner Hollman has collaborated with Marilyn and Dave Doré, of Stoughton, who provided all the field work and most of the photos. Dave is legally blind. His wife Marilyn hikes with him and provides the support so he can get out and enjoy the trails as much as she does. She takes photos of their walks

and emails them to his computer, so he is able to enlarge the pictures and enjoy what he was not able to see on their walks.

Together, the team presents 50+ trails in 17 towns: Avon, Abington, Bridgewater, East Bridgewater, West Bridgewater, Brockton, Canton, Dedham, Hanson, Holbrook, Norton, Norwood, Randolph, Rockland, Stoughton, Westwood, and Whitman.

The Easy Walks series now includes 53 towns in MA (a few in RI) and around 180 Easy Walks, that is, not too many roots or rocks, relatively level with firm footing, and something of interest along the way.

Nearly 30 years ago, Marjorie found herself in a hospital bed after brain surgery to save her life, paralyzed on her right side. The years since then have been a healing journey as she has regained her ability to walk, with support. Little did she know those years ago that one day she would be the author of six Easy Walks walking books focused on helping others, including those with mobility issues, to get out and enjoy the outdoors.

Find out more about Marjorie at www.marjorieturner.com.

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Don't just watch TV — Make it! Come on down to the ABMI-TV studio and learn the "ins-and-outs" of video production... We're always looking for interested volunteers! Access Bellingham-Mendon, Inc. 10 WILLIAM WAY (OFF RTE. 140) • BELLINGHAM, MA 02019 Tel: 508-966-3234 • Email: abmi8@comcast.net Visit us on the web at abmi8.org



FUNDRAISER

continued from page 1

why she was falling more and had a decline in motor function.

"It was a gut punch harder than anything in this world," shares Meredith. "Not only did we just welcome her youngest sister to the family, but Reagan had previously been tested for NPC, and we were wrongly told she did not have it. It was unthinkable and heartbreaking, and we had to live with the fear that either of her sisters could also have it. At the same time, we knew something was going on and that her symptoms were progressing. To have an answer, even a horrible one, gave us something to fight."

And fighting they are. Reagan takes an off-label medication three times a day and every two weeks they travel to Connecticut to have another medication administered through lumbar puncture. Before June of last year, they were flying to Chicago to get this treatment because it was not available in New England.

"We are blessed that the NPC community, although tiny, is filled with many fighters and legacy families have made incredible strides so that hope is now on the horizon...we are fighting to move hope into the hands of those living with NPC

and those to come. We can't reverse the damage that NPC has done to Reagan already, but her combination of medicine appears to be making her stable. We need approval and further advances, but today we are ok... and that helps. Most days we are focused on enjoying our family and pushing forward this initiative however we can," Meredith says.

According to Meredith, Reagan is a sweet, creative and outgoing girl. She loves singing, arts and crafts, and collecting whichever toys are her current obsession.

"She is tenacious and, although she tires easily, always gives everything her best efforts. She is always thinking of others," Meredith tells us. Meredith has been busy spearheading the second annual fundraiser called Rea of Hope. The fundraiser will be raising money for an organization called Hope for Marian, which began when another set of parents learned their daughter had NPC. After an experimental medication was noticeably helping their daughter, they began the foundation to support patient advocacy, provide a community for families impacted by NPC, educate about the disease and fight to gain and maintain access to these medications.

"There are so many organizations and people within this community that have supported us. People have donated raffle items and we also have a sign-up list for different activities and it's just unbelievable how many people have stepped in to help me," shares Meredith.

The Rea of Hope Fundraiser will take place at Bellingham Common on Saturday, October 14th from 10 a.m. - 2 p.m. It will include all kinds of fun family attractions like local favorite, Trevor the "Games Man", along with live music, face painting, food trucks, raffles, and more. We encourage everyone to attend and help families impacted by NPC.

You can learn more about the event or purchase a ticket for only \$10 per person or \$30 per family on [www.facebook.com/ReaofHopeNPC](http://www.facebook.com/ReaofHopeNPC)

Other ways you can help: Learn more about NPC and how to help advocate for patient treatment at: <https://www.hopeformarian.org/>

Join us on Oct 14th for Rea of Hope's annually Niemann-Pick Type-C Fundraiser



Where? Bellingham Town Common

When? October 14th from 10am-2pm

Why? Raise funds and awareness of NPC

What? A fun afternoon of family friendly attractions

- ▶ Kids entertainment at 11:00 by Trevor "The Games Man"
- ▶ Live music
- ▶ Carnival games
- ▶ Face painting & kids crafts
- ▶ Food & Ice cream trucks
- ▶ Silent Auctions & Raffles
- ▶ Local crafts to purchase
- ▶ Pre-purchase Tickets

Follow Reagan's Story

Scan Me!



<https://tinyurl.com/ReaofHope>

Visit the "Rea of Hope NPC" page on Facebook

Donate directly at <https://www.HopeforMarian.org/donate>

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The Franklin Meals on Wheels office needs volunteers! We have both onsite positions & delivery driver positions, all with very flexible, morning shifts. Volunteer drivers receive \$0.56 per mile with a stipend. Meals on Wheels provides nutritious meals to in-need, homebound seniors in Franklin, Bellingham, Blackstone & Medway. If you are interested in helping out or want further info please call Jeanne at (508) 520-1422, Monday through Friday, from 10 a.m. -1 p.m.

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# Community Ties and a Commitment to Customer Service: Affordable Junk Removal

There are plenty of reasons to call a junk removal service. Maybe you're planning to move and need to clear out the basement and attic before your open house. Maybe you've spent way too much time at home lately and are feeling the need to declutter.

But figuring out who to call can be a pain. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

Or you can call Affordable Junk Removal and let a local small business with deep community roots take care of everything.

## Business spotlight

Jay Schadler started his business in 2003. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with ten trucks, servicing eastern and central Massachusetts and northern Rhode Island.

Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic,



or office is overflowing with stuff, take back your space and let the pros do the heavy lifting.

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

Not everything ends up in a landfill—not if Jay can help it. He first tries to either recycle or donate items. Only after he tries to repurpose items do they end up at the transfer station.

Working with Affordable Junk Removal is simple. First, you can load stuff yourself if you want by renting a 15-cubic-yard dumpster for a week and chucking up to a ton of your unwanted stuff. If you need to get rid of

more weight, then Jay prorates that tonnage—you never pay for what you don't use.

If you don't want to be bothered with the dumpster, they've also got a driveway special where they'll take away a truckload of your unwanted things if you pile it up. Or if you don't want to lift a finger, then you can point at the items, and the team will fill up their truck and haul away your unwanted things. However you do it, you're left with more space and more peace of mind.

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an anonymous call center. Your phone call goes right to Jay.

And speaking of pricing, Jay is upfront about it. His website shows the truck sizes and prices, so you can save time knowing your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.

Affordable Junk Removal is fully licensed and fully insured, and they'll treat your property with care and respect.

They also have a thriving commercial business, working with contractors and roofers to clear away debris and keep the job site clean. They can even handle commercial and residential emergencies with same-day service.

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston as well as Resellables, a thrift store in Bellingham. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

For more information, contact Jay Schadler at (774) 287-1133 or visit Affordable Junk Removal online at [www.takeawayjunk.com](http://www.takeawayjunk.com).

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# BEF to Host 1st 5K Halloween Dash October 22nd

## Both Runners and Walkers Encouraged to Wear Costumes, Support School Programs

The Bellingham Education Foundation will be hosting its first 5K Halloween Dash this year on Sunday October 22, 2023. Members of the community can don their best costumes and make a mad dash, or a comfortable creep, to the finish line for a scary good time that is fun for all ages. All participants running/walking must be registered.

“While this is still a race, we are absolutely welcoming people just coming to walk, and encouraging people to push their strollers,” says Kristina Mounsey, President of The Bellingham Educational Foundation, who points out that their support benefits local students.

The Bellingham Educational Foundation is a group of parent volunteers who have come together since 2012 to help raise funds that are critical to keeping Bellingham schools at the leading edge of public education. All funds raised support the Bellingham school system through an annual teacher grant program.

To date, the group has raised over \$250,000 since the foundation was founded in 2012. Grants have helped to fund innovative and sustainable programs such as robotics, flexible seating, upgrading equipment, technology, reading programs, and so much more.

This past spring, the BEF awarded \$17,113 in grant, with awards to the following:

- Bellingham Early Childhood Program - Sensory Exploration with Light project
- DiPietro & Stallbrook - Dash 2.0 project (Robotics program)
- DiPietro - Dipietro Book Club
- BMS & BHS - Music in Memory: Celebrating the Life of Ian Shumaker

The Race starts at 9 a.m., with registration open at 8 a.m., and at press time, early bird registration was still open, with t-shirts for the first 100 registered participants. Male and female first place



winners in eight age brackets will receive a medal. Age brackets include: 12 and under, 13-18, 19-29, 30-39, 40-49, 50-59, 60-69, and 70+. A water table will be available, and DJ Mike Rutkowski will provide entertainment.

The Halloween Dash 5K course starts and ends at DiPietro Elementary School. The first 100 people to register receive a T-Shirt with their registration price of \$35. For more details and to register please visit [www.belled-found.org](http://www.belled-found.org).

If you cannot join The BEF for the event, please consider donating towards our fundraising goals. We also accept business sponsors!

The BEF is a nonprofit 501(c)(3). Donations are tax deductible.

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# BBA and BEF to Host Halloween Trunk or Treat Stroll on October 28th

The Halloween Trunk-or-Treat Stroll is on once again this year, solely a giveback to the town, says Kristina Mounsey, of the Bellingham Education Foundation, which collaborates on the event with the Bellingham Business Association.

“For us and for the BBA, it’s solely a give-back event to get out into the Common and do something fun for the kids,” says Mounsey.

The free event will take place on Saturday, October 28th, from 5:30-7:30 p.m. Attendees are asked to bring a donation for Loaves and Fishes Food Pantry.

Children are encouraged to come in costume to trick-or-treat various car trunks and tables, hosted by Bellingham businesses and organizations, decorated for All Hallow’s Eve. The MYFM 101.3 Street Team will provide entertainment.

Parking for the event will be located across Route 126, in the shopping plaza.



Please reach out to [Contact@bellinghambusinessassociation.org](mailto:Contact@bellinghambusinessassociation.org) or [Belledfound@gmail.com](mailto:Belledfound@gmail.com) with any question or to set up a trunk in the parking lot or a table in the pathway! You can also fill out the Google Form at <https://forms.gle/kuJS5ST6twx-WyVb9>. Trunk spaces are LIMITED and will be booked on a first come first serve basis. Local businesses, groups, and families all welcome to participate!



Photos from last year’s Trunk-or-Treat used courtesy of Kristina Mounsey

## Crooks Corner Has a New Sign!

By RICK MARCOUX

You may have noticed the new sign at the South Common at Crooks Corner.

I’ve been asked how Crooks Corner got its name. While not having any official documents in front of me, we will have to travel back to 1834 when Jeremiah Crooks bought a tavern from



Wright Curtis who operated Bellingham’s first tavern between 1800 and 1834. Prior to Wright Curtis in 1750, the Universalist Church stood on the spot.

Crooks Tavern was in operation from 1834-1860. After that until 1900 the tavern served as a stagecoach station for the Providence to Worcester stage. This fine historical building was located near Crook’s Corner and was torn down in 1952.

Currently pictured above with the new sign, left to right: Ron Paulhus (Town Carpenter), Avery Osgood (maker of the new

sign), myself, Rick Marcoux (Historical Commission, Chairman), and Ken Hoyt (Town Carpenter).

Rick Marcoux is a long-time Bellingham resident and Chair of the Town’s Historical Commission.

You can reach the Commission by calling (508) 966-5838 or email [history@bellinghamma.org](mailto:history@bellinghamma.org) The Historical Museum is located at 3 Common Street in Bellingham; check the Historical Commission page on the town website for Museum hours.



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## Pre-Halloween Quiz

1. Austin brings the family dog, Sophie, trick-or-treating around the neighborhood. A neighbor dressed as Scooby-Doo scares Sophie, and Sophie bites the neighbor, causing serious injury. Would Austin’s homeowner insurance cover the injuries even though Sophie was away from the property?
2. Bryan sets up a tent to promote his business at the Hopkinton football game and throws passes to prospective customers. An individual trips on Bryan’s tent and twists their ankle. Would Bryan’s business liability insurance cover the injury since it occurred away from the business property?
3. Jen brings her new car to Sarah’s house for trick-ortreating. Jen lets Sarah drive the new car around the neighborhood for fun. Sarah has an accident with the car. Whose insurance would pay for the claim — Jen the owner or Sarah the driver?

Answers:  
 1. Yes. Answer  
 2. Yes. Answer  
 3. Jen, the owner of the vehicle. Any surcharge would go on Sarah’s driving record.



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### From the Town Clerk...

Annually in January, when you receive your town census form, there is a statement referencing Massachusetts General Laws (MGL) with regards to penalties for not returning your census information

(MGL Chapter 51, Section 4c: "Failure to respond to this mailing shall result in removal from the active voting list and may result in removal from the voter registration rolls")

After the census is complete and the annual Street List/Residents books are printed, the Town Clerk is obliged to notify those who have not returned their census for the current year, and thus begins the process of removal from the voter rolls. The process can take up to two years for the actual removal. Therefore, if you receive a "Confirmation Card" in the mail, do not panic! Simply fill out the card to let us know that you are still residing in Bellingham, and we will remove you from the inactive voter list. The card may be returned by mail using the postage paid portion of the mailer, by dropping in the blue dropbox at the entrance of

the Municipal Center or by delivery to the Town Clerk's office. If you go to polls and have not returned the card, you will be asked to complete a form signifying that you have continuously been a Bellingham resident. You will then be taken off the inactive list and allowed to vote. If after two State election cycles, you have not properly declared your continuous Bellingham residency, you will be permanently deleted from the voter rolls.

As you can see, this is a long and involved process that can be completely avoided by simply returning your annual census in a timely manner. As well, it is a costly endeavor in both labor and material costs.

Confirmation Cards are being mailed out in October. If you receive one, please complete the card and sign it, then return it as soon as possible.

Bellingham's annual census forms will be mailed out in mid-January of 2024. Please do your best to comply with the 10-day return window. At the very latest, please be sure to have it in by April 1st, the same day that dog licenses are due. So, if you have

a dog, please send the renewal in (with rabies information and a check) with your census and you will avoid any possibilities of dog late fees or inactive voter status.

On September 18th, the Select Board decided not to hold a special election for the vacant seat on their Board. The next scheduled election for Select Board will take place on June 4, 2024. At that time, there will be three seats to be elected, two with incumbents and one open seat.

I have been asked about a citizens' petition for a special election by several residents. MGL Chapter 41, Section 10 allows for such a petition which would require 200 valid signatures by registered voters in Town.

Have a safe and fun Halloween. Bring the children to the Town Hall Complex on Halloween between 1p.m. and 4 p.m. to show off their costumes and pick up a treat! Also, there will be a Trunk-or Treat/Treat Stroll at the Town Common on October 28th from 5:30-7:30 p.m. (rain location: Bellingham Memorial School). ENJOY!

## Bellingham Business Association Updates

October's BBA meeting will be the Halloween Trunk or Treat stroll on Saturday 10/28 with the Bellingham Educational Foundation. We hope ALL of our members will participate with either a trunk or table set up to fill up the pathways as much as possible just like Pridefest earlier this year and help make this a successful town event for the kids and families! Please fill out the Google Form and find all the details!! <https://forms.gle/kuJS5ST6tw-wxWyVb9> We already have 4 trunks and 2 tables signed up!! Trunk space is limited but plenty

of table space to promote your business and hand out goodies!!

Also, save the dates for November's Taste of Bellingham Wednesday 11/8 at Frank Webb Home Showroom again. We hope all of our member restaurants and vendors will participate in year 16! More details to follow but just so you can all plan ahead. Thanks in advance!! And you can mark your calendars for December's holiday party Wednesday 12/6 at Savini's Pomodoro for some fun festivities for your whole business to join!

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# Bellingham Cultural Council Grants Enrich Life in Town

By DAVID DUNBAR

‘Tis the season!  
No, not that one.  
This is the time to apply for a grant from the Bellingham Cultural Council for that public opportunity that you’ve been waiting for.

If you have an idea that supports the arts, humanities, or sciences, then you have until October 17 to apply for a grant. This includes the study, pursuit, performance, exhibition, and appreciation of cultural activities in the broadest sense.

“This is kind of like American Idol,” smiles Darrell Crow, the Chairman of the Bellingham Cultural Council. “We hope to find a couple dozen hidden stars that will make an extraordinary impact in our community.”

The Council’s goal is to provide Bellingham residents with access to performances, exhibits, workshops, lectures, and creative activities that enhance their knowledge and expertise. This is accomplished by providing funding to individuals and organizations. Statewide, more than \$3.3 million will be provided by the Mass Cultural Council and distributed by more than 329 local cultural councils.

Bellingham has \$10,500 to distribute in grants that range from an average of \$500 to \$750. The amount local councils get from the state depends on population.

Crow expects to see about 30 requests for funding based on his six years leading the Bellingham Cultural Council. Of those, the



**Acclaimed Framingham ventriloquist Kevin Driscoll at the Senior Center with some of his puppets and friends.**

ones from out of Massachusetts will be eliminated and then “we’ll look at each one for a balance of arts, sciences, and humanities. We’ll take six weeks to accomplish that and those we select for funding will be announced in February,” explains Crow.

One that got funded in the current year was the ventriloquist Kevin Driscoll who brought his performance to the Bellingham Senior Center in August. “We help people laugh,” says Driscoll. His Charlie McCarthy puppet brings back memories and helps seniors recall the past. “It warms my heart,” he says and recalls one performance where an attendee in Chelmsford who “had not spoken a word for six months” commented on the puppet.

Another well-received recent presentation at the Senior Center was by Silver Moon Gypsies. Five women from 69- to 90-years

old came in costume to dance and sing. Anna Connors is the youngest. “We love what we do,” she says, “we bring joy to others... music is a great healer.” They were supported by a grant which was “easy” to get. “And payment was so quick...I was amazed.”

Other past performances have included The “ME” Decade, Combatting Hate & Prejudice, Romance of the Tall Ships, and Politics, Power, and Principles.

Crow expects to fund approximately 24 performances for the coming year. “Our job,” explains Crow, “is to select the best of the submissions, help steer them through the process, and make sure they get paid for their efforts.”

If you’re looking for a grant, Crow’s advice is “stop procrastinating! The process may seem complex, but it’s not. We’re here to help and we want you to win!”

The Bellingham Cultural Council originated 28 years ago and grew out of revenue collected by the state from gambling. Money was set aside by the state to promote the arts as well as the sciences and humanities.

Crow adds, “We are always looking for new board members (currently, there are five) and we can add up to 17 more.” You can apply at the Bellingham Town Hall. Board meetings, which are open to the public, are conducted on the third Tuesday of each month at the Senior Center.

To apply for a grant, visit [www.massculturalcouncil.org](http://www.massculturalcouncil.org)

## Ready to Enjoy a Ladies Night Out?

Do you need a night out, want to make new friends or gather with old friends? Come and join the Ladies of St. Anne Sodality at its Covered Dish meeting on October 12, at 6 p.m. Each member will bring either an appetizer, main dish, vegetable, or dessert to share with all.

If you are a Bellingham resident 18 years of age or older, this is an excellent way to get to know this group and its ministry.

We develop and strengthen one another in devotion to St. Anne and create an atmosphere of comfort, support, companionship, and charity in our monthly meetings. Meetings usually have a theme or focus such as Yankee Swap in November, movie night with ice cream sundaes in February, or paint night in March. We strive to encourage one another as a group and as individuals to be involved in activities that support St. Blaise parish.

Through bake sales, raffles and plant sales, money raised is used for our Scholarship Program to support young men and women in furthering their education, support of the Journey in Faith program, food pantry, and St. Blaise parish.

We hope to see you on Thursday, October 12 at 6 for a fun night with food, games and fellowship. The meeting will take place at the parish hall, 1158 S Main St., Bellingham.



Your Money, Your Independence

# Update: Changes to 2024 Catch Up 401(k) Contributions

Since 2019, Congress continues to place a growing number of changes as well as restrictions on Americans' retirement planning.

Passed in December 2022, Secure Act 2.0, which stands for "Setting Every Community Up for Retirement Enhancement," was designed to further improve retirement-saving opportunities.

One would believe expanding personal choices would be an enhancement.

Think again.

## Planned changes for 2024.

For Secure Act 2.0, when lawmakers drafted changes to 401k catch-up provisions (currently \$7,500 additional to 401k plans by those over age 50) they "mistakenly" left out specific language. As a result, under their original Section 603, no participant could make catch-up contributions whether on a pre-tax or Roth basis starting in 2024.

This was a big problem.

Congressional leaders said this was not the intended outcome, but instead to broaden the amount of employers offering a Roth option in their 401k plans. Interesting, cause simply mandating a Roth option in 401k plans does this and provides more choice for everyone.



Glenn Brown, CFP

Instead, Congress determined it was best to require individuals who earned more than \$145,000 in FICA wages the previous tax year to make all catch-up contributions on a Roth basis only. Meaning, it eliminated the choice of taking upfront tax break on catch-up contributions for "higher earners" by only allowing these deposits in after-tax Roth accounts.

With this as the only catch-up option available, lawmakers know this pressures employers to update both retirement plans to allow the Roth option AND align payroll service capabilities with retirement plans to identify those who earned more than \$145,000 in FICA wages the previous year.

The cynic in me asks:

- Why is this link being established?
- What's in future laws given these new aligned capabilities?
- When did \$145,000 become the new \$400,000 for "high earners"?

## It gets complicated.

Beyond employers, plan administrators and plan/payroll service providers having to update capabilities at additional costs, there are several unanswered questions on how to execute.

For example, what's in place to allow an employer to verify a new employee's FICA wages made the previous year at a former employer? Or what of those who don't have FICA wages and are omitted from the new law, like state and local government employees or partners at a law firm? Ironic or mistakenly omitted?

This led to over 200 entities made up of Fortune 500

companies, firms, and public employers, plus the American Retirement Association and plan administrators including Schwab, Vanguard, and Fidelity to ask Congress for a two-year delay to the Roth catch-up rule to 2026.

## IRS delays changes until 2026.

On August 25, 2023, the IRS released Notice 2023-62 which pushed enactment of Section 603 out to January 1, 2026.

Thus, it is business as usual for 2024 and 2025, while stakeholders work behind the scenes to get compliant. It also gives time for revised Congressional legislation.

## Your next steps.

If over age 50, you can continue making catch-up contributions to 401k plans based upon your personal choice of what's best for you now and later in retirement, regardless of income.

Now, don't get me wrong, the Roth 401k selection can have tremendous benefits.

Furthermore, I've actively illustrated to clients the potential benefits and drawbacks to switching to the Roth 401k option. But in the end, it should be about choice for the individual to do what is best for them in planning for their retirement.

If you don't know which choice is right for you, talk to your Certified Financial Planner.

The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual.

Glenn Brown is a Holliston resident and owner of PlanDynamic, LLC, www.PlanDynamic.com. Glenn is a fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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Dr. Boisvert received her medical degree from UMass Medical School in Worcester, where she also completed her post-graduate training in research and orthopedic surgery.

A sports medicine fellow at The Rothman Institute at Thomas Jefferson University Hospital in Philadelphia, Dr. Boisvert worked as a member of the orthopedic staff for many professional sports teams, including the Philadelphia Phillies, Philadelphia Eagles and the Philadelphia Flyers. She looks forward to taking care of patients with a variety of orthopedic issues.



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# Odobashian Again Joins Bellingham Select Board

## Will Serve until May Elections, but Plans to Run Again

By DAVE DUNBAR

“Bellingham is at a crossroads.”

This is how the newest member of the town’s Select Board sizes things up. Ann Odobashian was elected recently to fill the seat vacated by Cindy McNulty. And this ain’t her first rodeo.

She has served 12 years on the Board, chairing it twice. She was Town Clerk from 2008 until 2019. She has served on the School and Finance Committees.

“It is a pleasure to have Ann rejoin the Select Board. Her years of experience are sure to prove to be an asset as we maneuver through the first budget year for several new department heads, as well as hire a new Town Administrator and CFO,” says Michael Connor, Select Board Chairman.

“I am willing to work with everyone,” explains Odobashian. “Let’s put aside differences and do the people’s business.”

During her campaign to win the seat on the Board, she picked up some themes about what Bellingham residents currently care about. “They want to see a cohesive Select Board... they’re concerned about education and the town administration, and they’re not crazy about all the building and traffic problems.”

She will serve until May’s town elections. She jokes, “I have all these yard signs left over from the last election, and I might as well use them again next year.” So, she’ll be running for a full, three-year term.

Right after the special election a few weeks ago, another Select Board member decided to resign. Kelly Grant will continue her post-graduate studies and has accepted an upper management position in a neighboring town.

“I am absolutely heartbroken



**When Select Board member Kelly Grant resigned, experienced former member Ann Odobashian ran to fill her shoes in the interim. She will run again for a 3-year-term, and plans to be available to Bellingham residents.**

to have to end my service to Bellingham and to you all, especially now,” explains Grant. “It is because of my service that I found the confidence and knowledge to help lead another municipality. The employees of Bellingham are the true backbone, and the residents who get involved and

put themselves out there all work towards a better community. I consider myself so very fortunate to have worked and served with so many.”

Odobashian’s advice to Grant? “Don’t feel bad about bettering yourself.”

“We were blessed with a town administrator (Denis Fraine) for 35 years,” says Odobashian. “He truly cared about Bellingham.” Fraine stepped down a few months ago for health reasons. Some key positions are now vacant including his and the Chief Financial Officer. There are new heads of the Police, Fire, and Public Works Departments.

“I’m going to work my hardest,” Odobashian promises, “to make sure our leadership comes together and moves our town forward.”

She is especially interested in the welfare of the town’s senior population. “I love the seniors,”

she says. “My biggest support network is the seniors... they’ve always been there for me, and I will always be there for them.” Odobashian says the Senior Center is “great.” She adds that the town needs more affordable senior housing. “We must prioritize needs in the budgeting process which will begin in December.”

For three years, Odobashian was the owner of the restaurant Ann’s Lakeview Farm on South Main Street. Most popular were turkey dinners.

Odobashian loves to cook and share food with family and friends. She loves to travel. And she is fond of attending concerts at area casinos. She has been married to Albert since 1971; they live in Bellingham, have three children and one grandchild. They are regulars at the VFW... “It’s awesome,” she says.

She wants people in Bellingham to know, “I’m here for you. I’m available at the town hall a couple of days a week. If you have an issue, then get in touch with me.” Call (508) 657-2800.



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# The Friends of the Bellingham Library to Celebrate National Friends of Libraries Week

The Bellingham Public Library will be spending the week of October 15-21, 2023, celebrating its Friends of the Library group as part of the 18th annual celebration of National Friends of Libraries Week.

The Library and Friends of the Library will celebrate the year-round dedication of the organization to raising funds for library programs and services. We will promote membership at the following events:

- Our Friends and Family Fun Night on Monday October 16th, from 6-8 p.m., with Magic by Scott Martell.
- With a special story about Friends on the StoryWalk at the Bellingham Town Common

- With a Fall Wreath Making Workshop with Ana Mendes on Thursday, October 19th

The Friends of the Bellingham Library is a non-profit organization, incorporated in 1987, run by volunteers dedicated to supporting and promoting the library through fundraising and public relations efforts. Donations to the Friends of the Library are tax-deductible. Today, the Friends consist of over 100 community members and we'd love to add YOUR name to the list of library supporters!

Friends advocate for Library funding at the state level and participate in and promote annual town events!

The Friends major source of fundraising is derived from on-going used book sales in the



Library Book Nook, raffles and semi-annual major book sales.

All funds raised support the Children's Summer Reading Program, adult programming, and the purchase of discounted passes for Friends and patrons to local area museums, parks and recreation areas. Funds also support the children's "Reading Dog

Program," which helps improve children's reading skills.

Bernadette Rivard, the Library Director, states, "Without the fundraising efforts of the Friends of the Library, the Bellingham Library services would be reduced. We rely on the Friends to fund programs and services that are outside of the municipal library budget and thank all Friends members, as well as those who contribute to our fundraisers, for their support. Specifically, I'd like to thank the Bellingham Business Association and their members for their continued support of our museum and attraction passes. Without their sponsorships, the number of offerings would be greatly reduced.

The focus of this week's cel-



bration is: Friendraising! All are invited to Friends & Family Fun Night on October 16th, from 6-8 p.m. at the Bellingham Library. The program will feature Bellingham magician "Magic by Scott Martell," children's crafts and a scavenger hunt. In addition, there will be door prizes, refreshments and a welcome presentation.

Join the Friends! Invite a Friend! Celebrate with us!

Please visit [www.bellfol.org](http://www.bellfol.org) to learn more about the week's activities and to find out how to become a member of the Friends.

# Bellingham Community Garden Wrapping up Season



BY MICKY DEFOSSES

Another successful 4th harvest year at the Bellingham Community Garden, with lots of yummy healthy produce despite such a soggy summer.

"The Bellingham Garden Club of MA" this season to date, donated 60+ pounds of fresh produce to a local food pantry and sponsored Octoberfest for the Communal Garden, acknowledging the hard work of garden members & donated seeds & soil for members & local kids to grow food in the raised beds. Kids grew carrots, Kale, Herbs & Marigold flowers in the kids' raised beds.

With the season change comes a Garden Manager change, with my relinquishing my role as both Garden Manager & Farmstand Manager, so that I can solely continue to dedicate my efforts as Farmstand Manager.

I am confident in the garden & really excited about what the Next 2024 year brings when the garden opens again next Spring and in welcoming the New Garden Manager. The garden closes on October 30, 2023 for the season.

Interested applicants can contact: [bellinghamma.org](http://bellinghamma.org) for Next Year's Spring enrollment in March 2024.



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# Understanding Ocular Migraines

BY ROGER M. KALDAWY, M.D.  
MILFORD FRANKLIN EYE CENTER

Migraines are notorious for their debilitating headaches, but they can also manifest in other ways. Ocular migraines, often misunderstood and underdiagnosed, are a unique subtype of migraine that primarily affects vision. In this article, we'll delve into the world of ocular migraines, exploring their symptoms, causes, diagnosis, and management.

## What Is an Ocular Migraine?

Ocular migraines, also known as retinal, visual, or ophthalmic migraines, are a distinct form of migraine characterized by temporary visual disturbances. Unlike typical migraines, which involve throbbing head pain, ocular migraines primarily affect the visual system. They can be frightening and disorienting, but they are generally not as painful as traditional migraines.

## Symptoms

The hallmark symptom of an ocular migraine is visual disturbance, which can vary from person to person. In those shapes

can appear when they do not exist (positive hallucinations) and in other shapes disappear when they exit (negative hallucinations).

## Common symptoms include:

**Shimmering lights:** Perhaps the most recognizable sign of an ocular migraine are the scintillating scotomas which are shimmering or flickering lights that appear in the field of vision. These lights often have a jagged or zigzag pattern and can expand over several minutes before fading away.

**Blind spots:** Some individuals may experience temporary blind spots in their vision. These blind spots typically last for less than an hour and can occur before or during the headache phase of an ocular migraine.

**Blurred vision:** Distorted images or a sense of looking through frosted glass may occur during an ocular migraine episode.

**Headaches:** Although ocular migraines are primarily associated with visual symptoms, some individuals may experience a mild headache after the visual disturbances subside. However, this headache is usually less severe than typical migraines.

It's important to note that ocular migraines do not result in permanent vision loss. The visual disturbances are temporary and resolve on their own- on average, 10 to 15 minutes later.

## Causes

The exact cause of ocular migraines remains unclear, but they are believed to be related to the same underlying mechanisms as traditional migraines. Some potential triggers and factors that may contribute to ocular migraines include:

**Vasospasm:** Ocular migraines are thought to involve the temporary narrowing (vasospasm) and subsequent dilation of blood vessels in the retina or other parts of the eye. These vascular changes can disrupt blood flow and lead to visual disturbances.

**Cortical Spreading Depression:** This is a neurological event, which occurs in both traditional and ocular migraines, characterized by a wave of decreased electrical activity in the brain. It is believed to contribute to the visual aura experienced during migraines.

**Hormonal Fluctuations,** particularly in women, may trigger ocular migraines. These can be linked to menstruation, pregnancy, or the use of birth control pills.

**Stress and Anxiety:** Emotional stress and anxiety can be migraine triggers for some individuals, including those with ocular migraines.

**Dietary Causes:** Certain foods and beverages, such as caffeine, alcohol, and processed foods, may play a role in triggering migraines, including ocular migraines, in some people.

## Diagnosis

Diagnosing ocular migraines can be challenging because their symptoms often resemble other eye conditions, such as retinal detachment or glaucoma. Therefore, it's crucial to seek medical attention if you experience any unusual visual disturbances. A comprehensive eye examination and medical history review are typically conducted to rule out other potential causes of visual symptoms.

In some cases, diagnostic tests like visual field testing, optical coherence tomography (OCT), or imaging of the blood vessels may be necessary to confirm the diagnosis and rule out other conditions.

## Management and Treatment

Managing ocular migraines often involves a combination of lifestyle changes, preventive measures, and acute treatments:

**Identify Triggers:** Keeping a migraine diary can help identify specific triggers or patterns associated with ocular migraines. Avoiding triggers like certain foods, stress, or hormonal fluctuations may reduce the frequency of episodes.

**Lifestyle Modifications:** Adopting a healthy lifestyle can be instrumental in managing ocular migraines. Adequate sleep, regular exercise, stress reduction techniques, and a balanced diet can all contribute to migraine prevention.

**Medications:** In some cases, healthcare providers may prescribe medications to help prevent or alleviate ocular migraines. These can include beta-blockers, calcium channel blockers, or anti-epileptic drugs. Additionally,



acute treatments like pain relievers or anti-nausea medications may be prescribed for the headache phase.

**Vision Correction:** Correcting any underlying vision problems with eyeglasses or contact lenses may improve overall eye health and reduce the frequency of ocular migraine episodes.

**Migraine Medications:** Some individuals with frequent ocular migraines may benefit from medications specifically designed to prevent migraines, such as triptans or CGRP inhibitors.

## Conclusion

Ocular migraines are a unique and often bewildering subtype of migraine that primarily affects vision. While they may not cause severe head pain, the temporary visual disturbances they produce can be disconcerting. It's essential to understand the triggers, causes, and management strategies for ocular migraines to minimize their impact on daily life. If you experience unusual visual disturbances, consult a healthcare professional for proper evaluation and guidance on managing this condition effectively. By addressing triggers, making lifestyle changes, and, when necessary, using medication, individuals with ocular migraines can often find relief and maintain a better quality of life. Our center and ophthalmologists have state-of-the-art equipment to diagnose and treat many eye problems, including ocular migraines. 7 dedicated eye care providers here to help you in 3 state-of-the-art facilities in Franklin, Milford and Millis. We are available and have Saturday and after-hours appointments. From the basic eye exam to the high-tech surgeries performed locally in Milford, our center is now able to better recognize and manage the problem of ocular migraines and continue to provide world class eye care for the entire family.

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# Making a Joyful Noise: Senior Center Guitar and Ukulele Group

By JENNIFER RUSSO

Whether a song is from the 1760's, 1920's or 2000's, all music is influenced by other decades and genres, events that have taken place in history and the culture of the moment. It makes an imprint one way or another on time. Music is a powerful thing – studies have shown that it can improve memory, help heal grief, improve overall brain function, and stabilize heart rate. Playing an instrument also maintains motor skills, dexterity and reaction time. What's more, it has the ability to bring people together in a way that nothing else can do in quite the same way.

The Bellingham Senior Center has been offering seniors (55+) the opportunity to do just that. It began when Janet Szymanski and Karen Palmer met at Larry Bee's, a local music school and store right here in Bellingham. The two got to talking about their love of playing instruments and how they might get more people who loved music to come together.

"I discussed the idea with Josie, the center's activities director, and she thought it was a great way for senior musicians to socialize," says Janet, an ESL teacher from Blackstone who believes music is a universal language.

"So, we put out a notice and several people were excited to help and start this journey."

It has become a popular weekly event for those who want



to spend some time playing and singing songs. All levels of musicianship are welcome, and those who are well-versed in guitar or ukulele are happy to share how to play basic chords.

"After speaking with Janet, I really thought this would be a lot of fun, and it sure has been," says Karen Palmer, a vibrant ukulele player from Rhode Island.

It was a fun visit on a recent Monday to learn more about what the group does. Three guitarists, two ukulele players and a singer were there and though some active members were missing due to other conflicts, the room was filled with sound. The range of songs played was impressive, with folk songs like Worried Man Blues, to patriotic standards such as This Land is Your Land, and even more modern tunes such as I Walk the Line, made famous by Johnny Cash.

The musicians were just as diverse as the music was, and it was a pleasure to learn more

about them.

George Perron, a retired Marine and Korean War veteran originally from Franklin, shared that he is excited to see what other songs they can try out, and is working on nailing the chords of "Somewhere Over the Rainbow" in the style of IZ Kamakawi'ole.

Ken Bamberry of Franklin offered not only his guitar skills, but some exceptionally well-timed comebacks to some of the witty banter being thrown about. Word has it that he is quite the pool shark, too.

Frank "Rocco" Catrambone stayed pretty quiet over in the corner, but his guitar talent spoke for itself, and he was able to pick up new selections on a whim and happily riffed away in between songs while people got their music together.

Linda Trudeau, a lovely singer who has lived in Bellingham her whole life, shared her history of singing lead at Bellingham High School, leading a church choir, and running the Bellingham Arts



Center for many years.

Not present were regular attendees Steve Rivet, who plays a 12-string guitar and has helped greatly with getting others on-

board, and MingMing He, a Council on Aging member that has been playing piano since she was a child in China, but really wanted to learn to play with others in a group.

Once the group is even more established, they are hoping to lead some sing-a-longs for holidays. In the meantime, they welcome anyone 55+ who has an interest in playing an instrument or singing to join them on Monday mornings. For more information about the group, please call the Bellingham Senior Center at (508) 966-0398.

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## Municipal Spotlight

# New Fire Chief Miller Has Passion for Public Safety

By KEN HAMWEY,  
BULLETIN STAFF WRITER

Bill Miller has been Bellingham's Fire Chief for only 3½ months but it's easy to detect the passion he has for public safety.

The 55-year-old Miller, who became Bellingham's chief on June 15 after 23 years with the Hopkinton Fire Department, revealed three interesting situations that indicate the love he has for his profession.

"When I was a senior at Oxford High School, I became a call firefighter in my hometown," he said. "My father (Ralph) was the fire chief in Oxford and he needed help. So, when an emergency occurred, I'd leave the classroom, then return after the assistance was completed."

When asked what he liked about firefighting and what was his favorite moment during his 37-year career, his answers were telling. Very telling.

"I love helping people," Miller said. "I've got two families — my wife and my children and my

firefighting family. And, the best moment of my career was when I became a full time firefighter in 1994 for the Southbridge Fire Department. I felt like I had hit the lottery."

Miller indicated that firefighting definitely has a downside, and that's when a fire creates sadness and difficulty. "Seeing someone lose everything they own is tough," he noted. "And, it hurts to see people suffer injuries and have to rebuild their lives."

Miller's education and his experience are major pluses and they enable him to deal with the emotional highs and lows of his profession.

After high school, he earned an associate's degree from Quinsigamond Community College in fire science. Two years later, Miller got his bachelors in fire science from Anna Maria College in Paxton. His master's is in health and emergency management, also from Anna Maria.

Miller started as a call firefighter in Oxford, then went full time at Southbridge for 5½



Before becoming Bellingham's Fire Chief, Bill Miller worked for 23 years with the Hopkinton Fire Department.

years. "I joined the staff at Hopkinton in 2000, became a lieutenant in 2003, then was selected as the town's deputy chief," he said. "I became the chief in 2021."

Miller indicated that when he began at Hopkinton, the department had 2 firefighters per shift. That number kept increasing because "the town grew fast." Eventually there were seven fire-

fighters per shift. Bellingham's department has six per shift.

"My 23 years in Hopkinton prepared me for my current roles in Bellingham," he emphasized. "I enjoyed the journey, but now I'm back home. It's scary to make a job change at 55, however, I want to be part of a community that's still growing, both residentially and commercially."

Miller has indeed come home. A Bellingham resident for 23 years, he's married and has three adult children.

The chief's primary goal is basic. "When I retire, I want the department to be able to accommodate the growth and the demand for services as the town continues to keep growing," Miller said. "And, I want the department to be better for the staff and the residents."

Some changes on the horizon include staff size, vehicle replacement, equipment upgrades and assessment of the two stations.

"We need to increase the staff (now at 28)," Miller said. "We'll evaluate current staffing for the increases in request for services. This will require more staffing per shift. Two pumpers and two command cars need to be replaced, an upgrade is needed for portable radios and protective equipment, and we need to evaluate our facilities and assess response times. The town's future growth will require an evaluation of the stations by an outside agency."

The department's staff includes four shift captains, four shift lieutenants, 16 firefighters/paramedics, a lieutenant and a captain for fire prevention (residential and commercial inspections), a deputy chief and Miller.

Miller is pleased with the staff he's inherited. "Our personnel's strengths are their desire, devotion and dedication," he emphasized. "They love their job and I'm blessed to have this staff."

Miller suggested that two

other attributes are in the mix to become a top-notch firefighter. "A willingness to expand one's training and an ability to know where they fit into a department are very important," he said.

When a firefighter who has paramedic experience is hired, Miller said the individual likely will have to attend the Mass. Firefighter Academy for a 10-week recruit program. The three academies are in Stow, Bridgewater and Springfield.

Bellingham's department has two captains (Brad Kwatcher and Robbie Provost) serving as training coordinators who conduct in-service training. There are also two emergency medical service coordinators (EMS). That training is handled by lieutenant Mark Lister and firefighter/paramedic Derek Kesselman.

On-going training and continuing education for EMS personnel are two aspects of firefighting that are state-mandated regulations, which are reviewed annually. Another regulation — for facilities — is an on-going inspection to ensure that fire stations are up to code.

Miller intends to make his department visible to the public. "We'll schedule visits by captain Kwatcher at Bellingham's five schools, where the focus will be on fire safety," he said. "And, on Oct. 7, from 9 a.m. — 1 p.m., we'll have an open house and kids can sit in vehicles and view all the types of equipment we use."

Still fairly new as Bellingham's chief, Miller says: "It's awesome the way I've been greeted. People have been so gracious and I appreciate the respect they've shown me."

Bill Miller has 10 years to go before he reaches the mandatory retirement age of 65. "I hope all that time is in Bellingham," he said.

There's no doubt the personable chief would get a thumbs-up on that issue.



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# Coming Up at the Bellingham Senior Center

The Bellingham Senior Center is located at 40 Blackstone St., Bellingham. Reach them at (508) 966-0398 or visit [www.bellinghamma.org](http://www.bellinghamma.org)

**Memory Training:** 4-week program developed by the UCLA Longevity Center in Los Angeles, will begin on Friday, October 13, 9:30 until 11:30 a.m. at the Bellingham Library.

**60th Birthday Party:** On Thursday, October 5 at 6 p.m., folks in Bellingham who turned 60 this year are invited to a free cookout dinner at the Senior Center. Come and learn about programs, services, and homeowner tax breaks. You and a guest are invited. For more information, please email [jdutil@bellinghamma.org](mailto:jdutil@bellinghamma.org)

**Walk to End Alzheimer's:** Join the Bellingham Senior Center team at Gillette Stadium on Sunday, October 15, at 10 a.m., on this walk to raise funds. Contact Terri Graham for more information - (508) 657-2710.

**SHINE:** Open enrollment for Medicare starts October 15th and runs through December

7th. If your insurance needs have changed or you have questions about your plan, set up an appointment with Judy Higgins, SHINE volunteer at (508) 966-0398. Appointments are available Wednesdays starting at 9 a.m.

**"The Elderly Brothers" Concert:** Long-time popular solo artists, T-Bone Stankus and Brian Gilie have teamed up as the Elderly Brothers, serving up mint-condition "oldies." Monday, October 23, at 1 p.m. Please call ahead.

**Learn Quilling:** Join Celeste Langlois as she demonstrates the craft of Quilling. We will be using our paper strips to create a work of art! Class is free and provided through a grant from the Bellingham Cultural Council. Tuesday, October 17, at 1 p.m. Registration is required so please call the Senior Center to sign up. Space is limited.

**Tales of First Ladies:** Come learn about some of the amazing women who played an important role in our great country as First Ladies.

Popular-presenter Paul Arsenault will have stories, facts and anecdotal information that will leave you begging for more. Monday, October 16, at 11 a.m. Please call ahead.

**Rainbow Jeopardy:** Host: Julie Nowak, LGBTQIA+ Initiative Coordinator for Springwell. Thursday, October 12, at 2:30 p.m. Please call ahead to reserve your space.

**Halloween/Birthday Party:** We'll celebrate both on Thursday, October 26. B-day or not, come in costume! And please call the Senior Center to reserve your spot.

**Fashion Show:** Shadia Khoury Velez owner and founder of Ve'Lace Bridal in Bellingham will present a runway show showcasing the latest styles in bridal fashion including wedding gowns, mother of the bride/groom gowns, and brides-maid dresses.

**Join us on Thursday, October 19, at 1 p.m.** Please call ahead to reserve your spot.

**Coffee & Conversation:** Join us on Tuesday, October 24, when Stephanie Gray of Congressman Jake Auchincloss's office will be on hand for questions and answers. C&C every Tuesday at 9:30 a.m.

**Volunteers Wanted for Pride Fest:** Remember the first Pride Fest in Bellingham over the sum-

mer? In order to make the 2024 celebration even more successful, a planning committee is being formed. Want in? Contact Josie Dutil at (508) 966-0398.

**COA Craft Fair:** The COA will be hosting the Craft Fair Saturday, Nov. 4, at the Senior Center from 9 a.m.-3 p.m.

## Local Student Makes Honor Roll at Oregon State University

Bellingham resident Kaitlin G. Savoie, a Junior majoring in Fish, Wildlife & Conservation Science has made the Scholastic Honor Roll for Summer 2023 at Oregon State University. A total of 3,385 students earned a B-plus (3.5) or better to make the listing. To be on the Honor Roll, students must carry at least 6 graded hours of course work.

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# BWOT Concludes Busy Year, Elects New Board

The Bellingham Women of Today had a great year with many activities for members and the community. The annual Butterbraid fundraiser was a great success. Letters from Santa were mailed to area children and the group made holiday wrapped candy which was delivered to

homebound seniors by the Meals on Wheels program. Muffins with Santa was held at St. Blaise church and a holiday donation was made to the St Blaise Adopt-A-Family program,

Spring brought carrot decorated candy for the elderly homebound, letters from the Easter Bunny were mailed, the Easter Bunny came to town for Muffins with the Easter Bunny, and a new contest of Peeps Dioramas was held at the library. While marching in this year's Memorial Day Parade it was great to so many people line the way.

The group provided two scholarships to Bellingham High School students, volunteering in the community, to further their education. The Joanne Eisner scholarship and the BWOT scholarship.

Annual elections were held and the new board consists of President, Sue Beattie; Treasurers Dee Clark and Melonie Mancini; PR, Dee Clark; Membership/ID, Emilee Whittaker; Secretary, Christy Massarotti and Stephanie Hewitt, Sunshine Fund.

These are just some of the BWOT local projects.

We also have fun with members activities. We would like you to join us as we continue to serve our community. We are open to men and women 18 years or older. We meet September through June on the second Monday of the month at 7:30 p.m. in the Police Department conference room at 30 Blackstone Street.

The BWOT is a nonprofit civic organization and has served Bellingham and surrounding communities for over 35 years. We support Domestic Violence Awareness, and Wellness & Personal Development programming areas. It is one of six Massachusetts chapters of the United States Women of Today. This organization was founded in 1985 by former members of United States Jaycees Women. The United States Women of Today has more than 1,880 members in 13 states in America and Limassol, Cypress is our international chapter. See our Facebook page for more details or email bwotmaevents@hotmail.com.

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## Bellingham Cultural Council Accepting Applications until October 17th

The Bellingham Cultural Council is pleased to announce that local artists, performers, crafters, etc. can apply for grants supporting their performances until October 17.

The Council's goal is to provide Bellingham residents with access to performances, exhibits, workshops, lectures, creative activities, and performances that enhance their knowledge and expertise. This is accomplished by providing funding to local individuals and organizations. Statewide, more than \$3.3 million will be provided by the Mass Cultural Council and distributed by more than 329 local cultural councils.

If you would like to apply for a grant, please go to [www.mass.govsmarthome.org](http://www.mass.govsmarthome.org) to start the process.

Bellingham Cultural Council's funds may only be used to support the creative, cultural, and science sectors of the local community through programs and events.

The Mass Cultural Council is a state agency that promotes excellence, education, diversity, and inclusion in the arts, humanities, and sciences to foster a rich cultural life for all Massachusetts residents and contribute to the vitality of our communities and economy.

The Bellingham Cultural Council will evaluate all grant applications from October 18 through the end of January, and awards will be announced in February.





# Library Resources of the Month – Digital Movies and TV

The Bellingham Public Library subscribes to four digital streaming services that provide immediate access to movies and television shows free of charge with your Bellingham Library card! They are *Hoopla*, *IndieFlix*, *Kanopy*, and *Qello Concerts*. (Note: the library also owns physical DVDs of many movies and television shows, and if we don't have what you want, we can request DVDs from other libraries in our computer network!)

*Hoopla* lets you enjoy and borrow movies, TV shows, as well as audiobooks, ebooks, comics, magazines, or music everywhere you have a screen – your computer, phone, car, even your TV. With no waiting and no holds list, titles are immediately available. You can check out up to 4 Hoopla titles each month. Most movies and TV episodes are available for 2 or 3 days from the time you borrow the title. Most music albums are available for 7 days. Most audiobooks, comics, and ebooks are available for 21 days. Titles are automatically returned and removed from your device at the end of the lending period.

*IndieFlix* includes thousands of full-length feature films,

shorts, documentaries and series from around the world. There are classic and contemporary features, award-winning shorts, and film festival favorites. Content includes diverse voices, pop culture favorites and box office hits. Founded by filmmakers, *IndieFlix's* mission is to guide their audience to unusual, thought-provoking films. A 7-day pass gives you full access to content, and when your pass expires, you can get another one!

*Kanopy* is an on-demand streaming video platform that offers films and documentaries with over 27,000 titles to choose from, with more being added daily. Once you press play, you have 3 days to watch a film an unlimited number of times. Each patron is allowed 4 “play credits” per month, which means you can watch up to 4 films each month. Some of the categories for adults include Oscar Winners and Nominees, British Cinema, Bingeable Shows, Family Movies, Classic Hollywood Films, From Book to Screen, Popular Thrillers, Popular Mysteries, Romantic Comedy, Action, and much more! There is also a Kanopy Kids collection, which is appropriate for

children ages 2 and up, with a focus on children ages 2 through 8. There are unlimited plays in Kanopy Kids, so your children are free to explore enriching, educational, and entertaining films and TV series without the 4 films per month limit that adults have.

*Qello Concerts* contains on-demand, full-length music performances, concert films, and music documentaries. *Qello Concerts* transforms your connected devices into the ultimate live music concert film experience! There are thousands of concert films and documentaries, and new concerts are added every week. There are streamed live concerts with major partners, available on all your streaming devices. A 7-day pass gives you full access to content, and when your pass expires, you can return to the database to get another one.

To access any of these streaming services, go to the Bellingham Library's website at [www.bellinghamlibrary.org](http://www.bellinghamlibrary.org). Click on the Online Resources tab, and then click Digital Music, Movies & TV. Start watching today!

## Bellingham Residents Participate in Boston Marathon® Jimmy Fund Walk

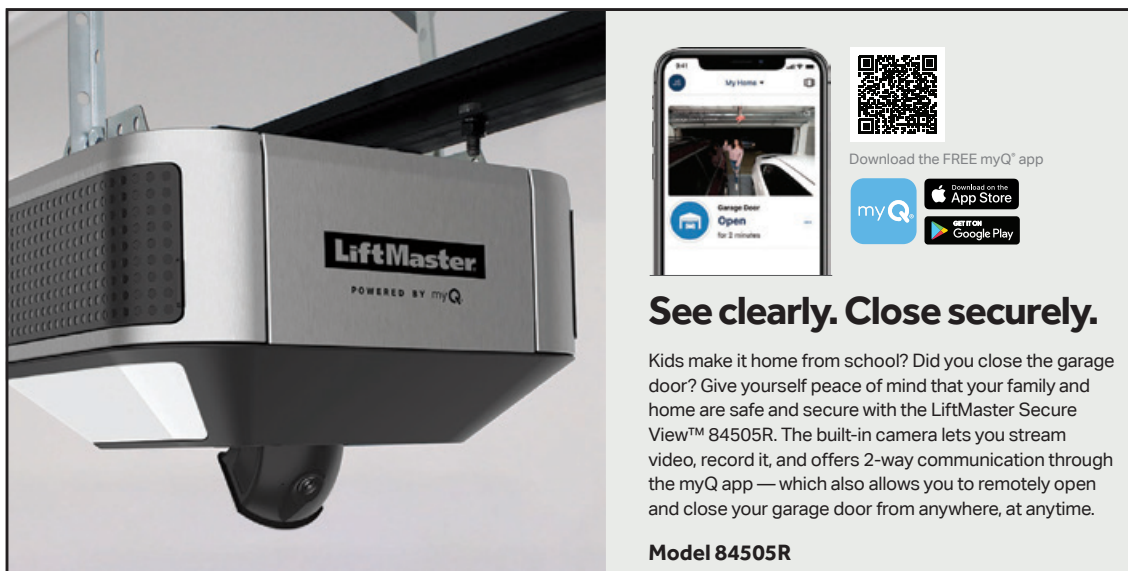
Nineteen residents from Bellingham will participate in the *Boston Marathon® Jimmy Fund Walk* presented by Hyundai on Sunday, October 1.

Teresa Lesperance, Tricia Bolduc, Felicia Burr, Sue McDermott, Susan Considine, Patti Silva, John Sasen, Gerard Daigle, Gerard Kelly, Anne Smith, and nine Bellingham residents along with thousands of other walkers, will participate in the iconic annual event that will unite the community to raise funds to support all forms of adult and pediatric care and cancer research at the nation's premier cancer center, Dana-Farber Cancer Institute. The

Jimmy Fund Walk has raised more than \$167 million for Dana-Farber Cancer in its 34-year history, raising a record-breaking more than \$8.8 million in 2022.

“Throughout the past 34 years, the Jimmy Fund Walk has continuously supported life-saving research and cancer care at Dana-Farber. The 2023 Walk will be held during the Jimmy Fund's 75th anniversary year and will aim to raise \$9 million in the effort to prevent, treat, and defy cancer,” said Zack Blackburn, Director of the Jimmy Fund Walk.

For more information, visit [www.JimmyFundWalk.org](http://www.JimmyFundWalk.org).



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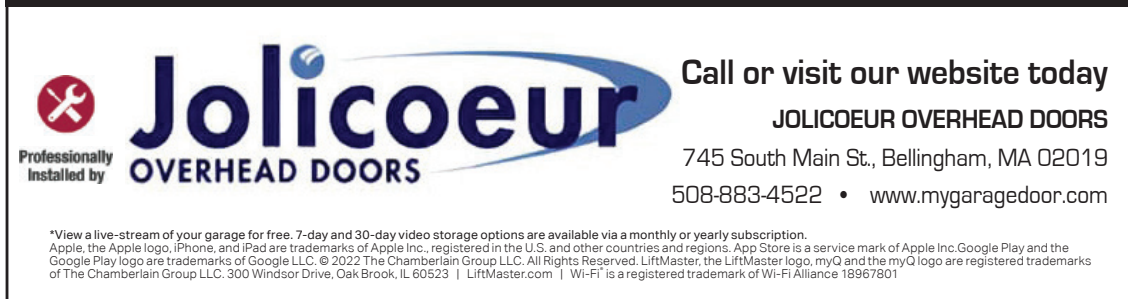
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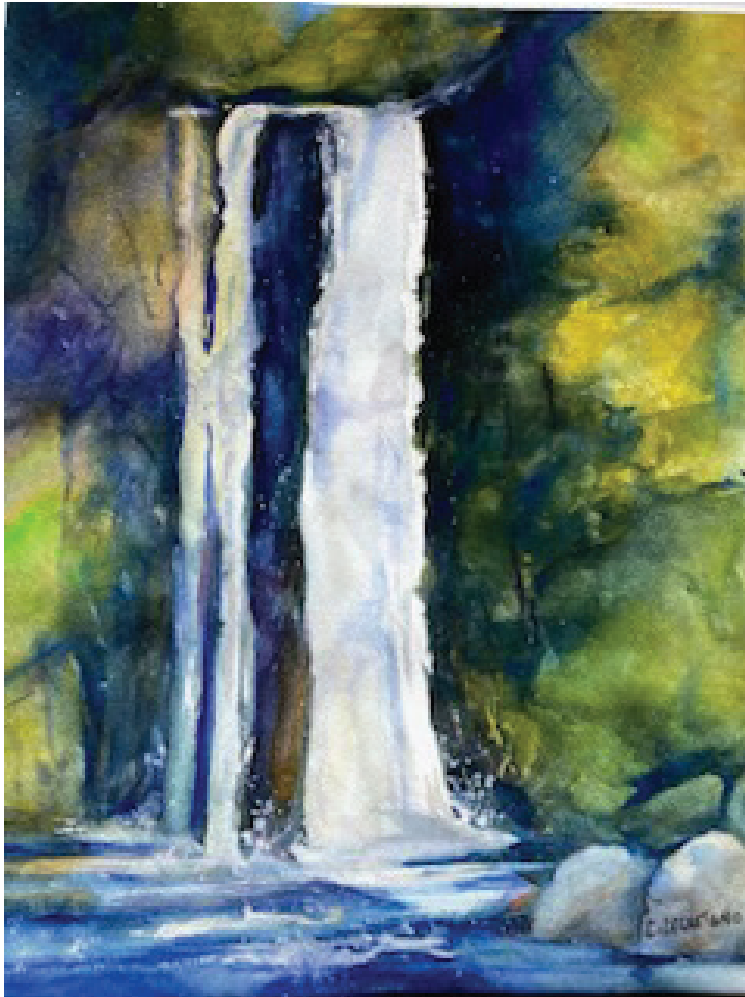
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# Franklin Art Assoc. to Feature Artist DeGaetano October 4th

The Franklin Art Association will hold its meeting on Wednesday, October 4th, at 6:30 p.m. at the Franklin Senior Center.

The featured artist is Carlie DeGaetano who will do a watercolor painting demonstration. Carlie resides in Blackstone and spends most days painting or teaching painting at the Medway Senior Center. Her medium of choice is watercolor, but she also paints in acrylic and water-soluble oils. She paints in a loose free style with lots of color. Her work can be seen at [www.etsy.com/shop/CarlottasArt](http://www.etsy.com/shop/CarlottasArt).

Established in 1971, the Franklin Art Association is a non-profit organization dedicated to promoting a wide variety of fine art mediums and photography, while providing ongoing educational opportunities through live demonstrations and hands-on workshops. The Association gallery is located at the Escape into Fiction Bookstore at 12 Main Street, Franklin. The FAA is supported by the Franklin Cultural Council and the Franklin Cultural District. [www.franklinart.org](http://www.franklinart.org), Instagram and Facebook.



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# Sports

## First Year Coach Hoping to Get Team Back into Tournament

By CHRISTOPHER TREMBLAY,  
STAFF SPORTS WRITER

Two years ago, the Bellingham Field Hockey team earned a berth in the Division 4 State Tournament for the first time in many a years. Unfortunately, the inexperienced Blackhawks (27 seed) fell to Cohasset 5-1 in the first round and their post-season came to a quick end.

Julianne Kilduff was coaching the Junior Varsity squad that year, but now, a few years later, she is taking over as Bellingham's varsity coach and wants to bring back 2021 in terms of tournament play, but with a different outcome.

"The girls have worked extremely hard all summer long, and I am hoping that it continues into the season," the first-year varsity coach said. "Their enthusiasm has been high, and the cap-

tains really stepped up to get this team ready; it shows their dedication to the upcoming season."

The Blackhawk captains, who have looked to get this squad prepared for the year were senior Nina Ames (forward / midfielder) and juniors Mallory Berkeley (goalie) and Alyssa Forget (midfielder). According to Kilduff, the trio not only got the girls involved during the summer, but they got them to commit to two practices and participate in some summer league games.

"The three of them really stepped up," Kilduff said. "I am grateful for what they did as I really don't know what I have as an overall team and with the players who best fits where within the system."

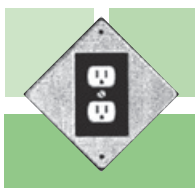
"Nina is an individual who can be found everywhere on the field; up and down, and along with Alyssa, the two communi-



Bellingham's new Field Hockey coach, Julianne Kilduff, hopes to show the Tri-Valley League that this small school is a strong contender.

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cate and pass really well," the coach said. "Mallory can see the entire field from her goalie position, so she is going to be a big part of communicating on the field. She's our eyes and ears and can see it all,"

Communicating on and off the field is going to be a key component to starting the season off on the right foot. In the past, Kilduff noted that there have been games where the team has fallen behind early and get discouraged. This year, the new coach wants to nip that scenario in the bud right away, so that the team doesn't find themselves too far behind and looking at a giant hole to climb out of.

In addition to Ames, Bellingham will also have two other seniors in forward Cammy Bartlett and defender Olivia Holbrook to help guide the younger players into the future. Last fall, Bartlett was able to help with the scoring, but the coach is hoping that she takes her game to the next level and gets the Blackhawks on the scoreboard early. While Kilduff is looking to Bartlett to provide the team with some offense, Holbrook will be relied upon to

continue to provide strength on the defensive side of the field and shout out directions to the younger players.

The entire defense has definitely shown that they can work well together despite having lost a couple of hard working and important pieces to graduation. Anya Stojanowski and Abby Pelletier, along with Holbrook should be able to get the backfield pumped up and ready to play.

Although still early, Kilduff believes that this team has communicated well together and will be able to successful when they put forth an entire team effort while moving the ball down the field with a flow.

Offensively, the Cormier sisters, junior Abby, and freshman Molly, both looked very strong and worked quite well together, not only moving the ball, but being able to score. Cassidy Leger can go left to right with just one pass and has shown the coach she can move the ball with relative ease. With her skillful ability on the field, the junior should be able to get the team moving in the right direction to-

ward the opposition's goal.

Kilduff will be sending a strong junior and senior class onto the field this fall with a lot of leaders, who are all eager to help out both on and off the field hoping to make this a successful year. According to the Coach, they all love the game of field hockey and are willing to do whatever they can. Bellingham will also have a total of seven newcomers (2 freshman and 5 eighth graders) all looking to learn the game while helping the team.

Playing in the Tri-Valley League, with a good number of larger schools than Bellingham, Kilduff wants to establish a high presence on the field while letting the opposition know that they will not be a pushover team.

"Going up against bigger teams can be tricky to deal with. We just need to establish ourselves early and make the right moves when needed to," Kilduff said. "Every team has its ups and downs; I'm hoping that this year Bellingham's is up. If we continue to work together we will succeed."

# Sports

## B.H.S. Athletic Hall of Fame – Class of 2023

By MICHAEL CONNOR

The Bellingham Athletic Booster Club “B.A.B.C.”, in conjunction with the Bellingham Athletic Department has introduced you to eight of the eleven inductees into the Class of 2023 over the past three editions of the Bellingham Bulletin; Ken Hamwey, Michael Trudeau, and the 1996 D2 State Champion Field Hockey Team were featured in June, Dave Gibbs & Rick Smith were showcased in July and last month we introduced Justin Bernard, Bob McManus, and Justin Park. This month’s edition showcases field hockey.

Beth (Thornton) Cutler, BHS Class of ’87 was a three-season athlete (field hockey, basketball, & softball/tennis). Oddly, while Beth’s first love was basketball, she was a part of a H.S. State Championship Field Hockey team, found future success at UMASS Amherst where she reached the Final 4, and today

is the field hockey coach at Whitinsville Christian Academy. She credits her success and love of sports to two other Hall of Fame inductees who coached her; Ron Bonollo (FH Coach) and Glen Gariepy (Basketball Coach) who “taught us how to win.”

Carrie (Leoncavallo) Wernig, BHS Class of ’96, would go on to play field hockey at Providence College where she would be named Big East Rookie of the Year, play on a team ranked 6th in the nation, and earn Big East All-Star honors her Senior Year. But, before all that she was a three-sport athlete for the Blackhawks (Field Hockey, Basketball, & Softball), finding success in each. Carrie’s story is similar to so many hall-of-famers before her ... she had coaches she admired and became a coach in her own right and today runs highly successful teams and field hockey camps for the next generation.

Coach Joanne Paquette coached a handful of hall-of-fame players and earns her induction for her involvement as an engaged parent and Field Hockey Coach from 1990 – 1998, winning a State Championship in 1996. Joanne likely would have coached for much longer if not for her untimely passing. Then Athletic Director, Dennis Baker said “she coached for all the right reasons ... she was totally in it for the kids. Paquette was at the forefront in raising funds to keep the programs going”. In sharing the news of Joanne’s induction with her family, they shared that Joanne said while sick “nobody’s going to remember me” ... WE DO!

There you have it ... over the past 4 editions we’ve showcased two coaches, two contributors, six student-athletes, and a State Championship Team. The in-

duction ceremony will take place on Friday, November 17, 2023, at the Coachmen’s Lodge. Tickets are \$50 and are now available to purchase. They can be obtained by reaching out

to Aley Thibault (Alessandria.tbo@gmail.com) or Michael Connor (mconnor@bpsdk12.org). The venue is limited to 200 attendees and each of our three prior events sold out.



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# Bellingham Public Library News & Events for October

For updates to library programs and services, please see the library website, [www.bellingham-library.org](http://www.bellingham-library.org). Click on the red alert banner on the top of the page for details.

Additional details about library programs are available on the library calendar at <https://bit.ly/3xMECCt>

The library is closed on Monday, October 9th for the Columbus Day Holiday

## Highlighted Programs

### First Saturday Family Fun!

Saturday, October 7th at 11 a.m.

Join us on the first Saturday of each month for a different family fun activity! This month we will be making crafts that get us ready for the fall season. Drop in!

### Alphabits is Back!

Wednesdays & Fridays at 10:15 a.m.

Alphabits runs for 26 weeks from fall to spring. We concentrate on one letter each week through stories, activities and a craft! You only have to register once to attend all of the sessions!



### Johnny Cash – Songs & Stories with Matt York

Friday, October 6th at 6:30 p.m., Longtime New England musician/author Matt York will perform the songs of Johnny Cash and tell stories about Cash’s career spanning from the 1950s to his passing in 2003. Matt was recently nominated for the Boston Music Award for Best Country Artist and his album “Gently Used” was just named one of Worcester Magazine’s best albums of 2022. Registration is preferred but not necessary. *This concert is hosted by the Bellingham Public Library and is supported by a grant from the Bellingham Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.*

### Virtual Ask a Lawyer Program with Attorney Brian T. Salisbury, Returns on the 3rd Monday of the Month! October 16th between 5 and 7:30 p.m.

Local attorney Brian T. Salisbury of the law firm Doherty, Dugan, Cannon, Raymond & Weil PC will meet with you individually through Zoom to discuss any legal questions you may have. Appointments are 20 minutes long and are free. Register for an appointment and you will receive the Zoom link close to the appointment date. You will be asked to choose an appointment time when you register. Note: your registration with your email address will go to Attorney Salisbury so he can send you the Zoom link. *Please note The Bellingham Library Ask a Lawyer Program is a limited pro bono legal service provided by Attorney Brian T. Salisbury and is strictly limited to 20-minute consultations regarding legal questions you may have. Unless otherwise agreed in writing, Attorney Salisbury will not provide legal representation in any legal matter discussed.*

### Edible Haunted Houses

Friday, October 20th at 12:30 p.m.

Come decorate edible haunted houses with us! We’ll be using graham crackers and

frosting to build our houses and different candies for decorations. Registration is required.

### Halloween Story Time & Costume Parade

Tuesday, October 31st at 9:30 a.m.

Come to the library dressed in your costume and join us for a Halloween story and craft! We’ll end our story time with some music and a parade around the library to show everyone your costumes and art. Drop in!

### Share the Stage

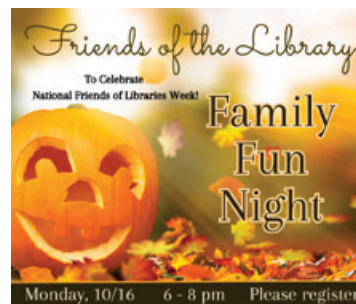
Saturday October 21st, 12 noon-2:30 p.m.

“Share the Stage” is presented by UpFront Guitars and the Bellingham Public Library. Come, play, listen, support and celebrate the joy of music! We welcome single or small group (up to 3) players including teachers, students, and friends to share their musical journey in a supportive environment. Sign up for a 10-min. playing time by visiting [www.upfrontguitars.com/events](http://www.upfrontguitars.com/events). Sound and tech support provided by UpFront Guitars. Event is free and open to the public.

### October 15-21st is National Friends of Libraries Week!

The Friends of the Library are planning special events listed below to celebrate! The Friends of the Library is a nonprofit organization that supports the library by providing funding for items and programs outside of the municipal budget, including museum and attraction passes, the summer reading program, and year-round programs for children and adults. Please consider joining the Friends! You can pick up an application at the library or join online at [www.bellfol.org](http://www.bellfol.org).

### Friends of the Library Family Fun Night, Join the Friends, Bring a Friend!



Monday, October 16th from 6-8 p.m.

- Entertainment in the Community Room

- Door Prizes!

- Crafts for Kids (12 and under) in the Teen Room – Pumpkin and bookmark decorating, tell us why you love the library! So we can plan craft supply quantities, please register if you plan to have your child participate in the craft.

### Fall Wreath Making

Thursday, October 19th at 6 p.m.

What better way to welcome the upcoming fall season than with a fall themed tulle “tutu” wreath made by you. Join Ana Mendes of Afonsoway.com for a fun, no prior experience needed, wreath class. There will be several colors to choose from. If you are interested in making a Breast Cancer Awareness (pink and white) or Halloween (black and purple) themed wreath, please indicate that on the registration form. Please arrive on time so you are able to finish your creation! Registration is required.

### After School Programs

Registration is mandatory for children in grades 4-6 to attend the ASK program.

- ASK Program hours 2:30-4:45 p.m.
- The Teen Room is open for grades 7-12 from 2-4:45 p.m.
- Check the library website for details on the programs. <https://bit.ly/3QzITpI>

### Ongoing Children’s September Programs

Ring a Ding – Mondays & Thursdays at 10:15 a.m. Drop in!

Read to Freedom the Reading Dog – Mondays from 6-7 p.m. Sign up for a 15-minute time slot!

### Sensory Story Time

Tuesdays at 10:15 a.m. Please register for each session.

Adult/Child Book Club – Tuesday, October 24th at 6:30 p.m. For kids in grades 6-9 and the adult in their life who loves to read. Meets monthly, contact Diane Nelson, [dnelson@cw-mars.org](mailto:dnelson@cw-mars.org) if you are interested in joining!

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FOR UPDATES

**LIBRARY**

*continued from page 22*

**Adult Programs**

**Book Discussion Group**

Generally meets the 1st Monday of the month at 6:30 p.m. Attend in person or on Zoom. Contact Cecily Christensen, cchriste@cwmar.org for more information.

Our upcoming titles are:

November: *The Lincoln Highway* by Amor Towles

December: *The Forest Lover* by Susan Vreeland

**Virtual 50+ Job Seekers**

**Networking Group**

Wednesdays on Zoom

If you are unemployed and actively looking, underemployed, seeking a new career direction, re-entering the job market after a long employment gap, or recently retired and looking for your "Encore Career", this networking group program is perfect for you!

Join us in a professional online forum for networking with peers in a safe and comfortable environment conducive to developing new relationships and developing skills and strategies to help in your career transition. Each meeting features a new topic. Check the library calendar for each week's topic and more information.

**Bellingham Skein Artists**

Wednesdays at 6 p.m.

Do you enjoy knitting, crocheting, or any of the other fiber arts? Join us on Wednesdays! All skill levels are welcome, including beginners. Please bring your own materials. No registration required.

**Writing Group for Adults**

Tuesday, October 10th at 6:30 p.m.

Writers, readers, listeners – come join us! Local area writers Amy Bartelloni and Marjorie Turner Hollman welcome the public to an evening of reading and listening. Hear what local writers are working on and share what you are working on. Works of fiction or non-fiction, all are welcome. Reading limit is 9 minutes per reader, with a brief opportunity for positive, personal comments only. To participate, contact Marjorie Turner Hollman at marjorie@marjorie-turner.com.

**Library Board of Trustees Meeting**

Thursday, October 12 at 7 p.m. in the Conference Room.

Friends of the Library virtual meeting – Tuesday, October 10th at 7 p.m. Email library@bellinghamlibrary.org for the Zoom link.

# BVT Receives AFHK Healthy Meals Incentives Grant

The Blackstone Valley Regional Vocational Technical High School (BVT) Food Services program is fueling its students for success through high-quality breakfast and lunch offerings that are nutritious and delicious. As a proud recipient of a \$65,800 Healthy Meals Incentives grant from Action for Healthy Kids (AFHK), the funds will support their efforts to enhance the nutritional quality of school meals. The grant is part of an allocation of nearly \$30 million by the USDA Food and Nutrition Service to 264 schools across 44 states and the District of Columbia.

"We're committed to creating restaurant-quality school meals

that contain fresh, nutritious ingredients. Having continued access to nutritious meals promotes student learning and lifelong healthy eating behaviors," said Chef Eric Carlson, BVT's Director of Food Services, who works alongside BVT's Nutritionist Martha Pellegrino and the Food Services staff. "To help our students and staff manage their healthy eating habits, our lunch menu includes each item's nutritional value."

As part of the USDA's Healthy Meals Incentives grant program, AFHK and with the support of its partners, the Chef Ann Foundation and Rocky Mountain Center for Health Promotion and Education, will

provide BVT's Food Services staff with in-depth, individualized assistance and opportunities to collaborate during the school year on topics such as menu planning, recipe development, and food safety. With this grant, the school will also modernize its operations with a walk-in refrigerator and meal prep workstations for its cafeteria.

BVT is proud to partner with Action for Healthy Kids and USDA to strengthen its school meal program. To learn more about the Healthy Meals Incentives grant and the tasty items on this month's lunch menu, visit [www.valleytech.k12.ma.us/food-nutrition](http://www.valleytech.k12.ma.us/food-nutrition).

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# Norfolk County Sheriff's Office, Quincy College Team Up to Provide Education Assistance to NCSO Employees and Immediate Families

Strengthening a long-standing partnership, Norfolk County Sheriff Patrick W. McDermott and Quincy College President Dr. Richard DeCristofaro announced today that they have signed a Memorandum of Understanding (MOU) that would provide all employees of the Sheriff's Office and their immediate family members tuition assistance for Quincy College courses.

"As Sheriff, I have made a commitment to my staff to provide opportunities for education and training for both professional and personal growth,"



**EDUCATION**  
continued on page 26

Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Docket No. N023P2410EA

Norfolk Probate and Family Court  
35 Shawmut Road, Canton, MA 02021

### CITATION ON PETITION FOR FORMAL ADJUDICATION

To all interested person, a petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by Elizabeth H. Westerman of Smyrna, TN and Daniel F. Hutson of Knoxville, TN requesting that the Court enter a format Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that Elizabeth H. Westerman of Smyrna, TN and Daniel F. Hutson of Knoxville, TN 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 10/11/2023.

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. Patricia Gorman, First Justice of the Court  
Date: September 07, 2023

Colleen McBrierley  
Register of Probate

## Calendar

### October 6

**Johnny Cash – Songs & Stories with Matt York, 6:30 p.m.**, Bellingham Public Library, 100 Blackstone St., Bellingham, concert is supported by a grant from the Bellingham Cultural Council, a local agency, supported by the Massachusetts Cultural Council, a state agency,

### October 19

**Fall Wreath Making, 6 p.m.**, Bellingham Public Library, 100 Blackstone St., Bellingham, registration required.

### October 20

**Edible Haunted Houses, 12:30 p.m.**, Bellingham Public Library, 100 Blackstone St., Bellingham,

Come decorate edible haunted houses, made of graham crackers, frosting and candy, with us! Registration is required.

### October 22

**Bellingham Educational Foundation Halloween Dash, 9 a.m.**, 70 Harpin Street, Bellingham, \$35, runners AND walkers, including strollers, encouraged for this fundraiser which benefits Bellingham schools. Sign up at [www.belled-found.org](http://www.belled-found.org).

**October Fest, 11 a.m. – 3 p.m.**, DoubleTree Boston-Milford, 11 Beaver St., Milford, includes Trunk-or-Treat, Jeep Car Show, Live Music, Vendors, Free

### October 28

**BBA and BEF Halloween Trunk or Treat Stroll, 5:30-7:30 p.m.**, Bellingham Town Common, bring your kids in costume to trick-or-treat decorated trunks and tables, please bring a donation for Loaves & Fishes Food Pantry

### October 31

**Halloween Story Time & Costume Parade, 9:30 a.m.**, Bellingham Public Library, 100 Blackstone St., Bellingham, wear your costume for Halloween story and craft!



### October 7

**Bellingham Fire Open House, 9 a.m. – 1 p.m.**, Bellingham Fire Station, 28 Blackstone St., Bellingham, open to families, vehicles open for children to explore

**First Saturday Family Fun! 11 a.m.**, Bellingham Public Library, 100 Blackstone St., Bellingham, family activity with craft, free

### October 9

**Bellingham Women of Today meeting, 7:30 p.m.**, Bellingham Police Department conference room, 30 Blackstone St., Bellingham

### October 12

**Ladies of St. Anne Sodality Covered Dish meeting, 6 p.m.**, bring either an appetizer, main dish, vegetable, or dessert to share with all. Women of Bellingham 18+ welcome. St. Blaise Parish Hall, 1158 S Main St., Bellingham

### October 14

**Rea of Hope Fundraiser, 10 a.m. – 2 p.m.**, Bellingham Common, will include fun family attractions like local favorite, Trevor the "Games Man", along with live music, face painting, food trucks, raffles, and more. Benefits families impacted by NPC.

### October 16

**Friends and Family Fun Night, 6-8 p.m.**, Bellingham Public Library, 100 Blackstone St., Bellingham, will feature Bellingham magician "Magic by Scott Martell," children's crafts, a scavenger hunt, door prizes, refreshments, and a welcome presentation by Friends of Bellingham Library

### November 4

**COA Craft Fair, 9 a.m.-3 p.m.**, Bellingham Senior Center, 40 Blackstone St., Bellingham

**RECYCLE THIS NEWSPAPER**



# Milford Regional's Annual Golf Classic Raises Over \$184K

Milford Regional Healthcare Foundation's 34th Annual Golf Classic raised more than \$184,000 to help support the highest priority needs of the hospital. The August 21 tournament took place at the Franklin County Club, with 130 golfers participating and 50 volunteers helping.

Proceeds from the Golf Classic support Milford Regional's Annual Fund, which provides unrestricted funds to the hospital that are available for immediate use, enabling the hospital to address its patients' most pressing care needs.

Local radio station MyFM 101.3 live-streamed part of the Golf Classic with operations manager Ray Auger interviewing hospital officials, trustees, and golf committee members in attendance.

The 2023 Golf Committee includes Chair Joyce Gilmore, Katherine Cunningham; Michelle D'Aniello and Nancy Davidge, Dean Bank; Shefali Desai, Rockland Trust and chair of Milford Regional Healthcare Foundation; Steve Frohbieter, Milton CAT; Brooke Littleton-Fitzgerald, Human Services Management Corporation; John Morte, Berkshire Hathaway Home Services Commonwealth Real Estate; Derek Plourde, Charles River Bank; Joe Soares,

Bright Insurance Agency, Inc.; and Carla Tuttle, Oliva's Market.

The Milford Regional Annual Golf Classic 2023 sponsors included:

**Gold Sponsors (\$10,000):** Christine's Pallets, Hyman and Shirley Hill Foundation, Milton CAT, Oliva's, Physicians Insurance Agency of Massachusetts, Inc. and Rockland Trust Bank.

**Silver Sponsors (\$5,000):** Alves Family Charitable Foundation, Atlantic Charter Insurance Company, Brewster Ambulance Service EasCare Ambulance Service, Bright Insurance Agency, Inc., Brown & Brown, Inc., Community EMS, Consigli Construction Co., Inc., Dell Technologies, Human Services Management Corporation, Kelley & Ryan Associates, Inc., Koopman Lumber Company, Medway Country Manor, Milford Power, LLC, Orion Emergency Service, Inc. and Savers Bank.

**Bronze Sponsors (\$2,500):** Action Collection Agency of Boston, American Business Equipment, Arbella Insurance Group, Attorney Linda and Mr. Michael Mancini, Charles River Bank, Dean Bank, Guerriere and Hanlon, Inc., Heaney & Small, LLP, Milford Federal Bank, Mirick, O'Connell, DeMallie & Lougee, LLP, NV5 & Shepley, and UniBank.



Preparing to tee off at Milford Regional Healthcare Foundation's 34th Annual Golf Classic are left to right: Milford Regional Medical Center President and CEO Edward J. Kelly, Golf Committee Chair Joyce Gilmore, Milford Regional Trustee and Attorney Linda Mancini and Mr. Michael Mancini.

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I am honored to have won the MyFm 101.3 Quest for the Best GOLD AWARD for Best Residential Realtor again this year... I truly appreciate all who voted for me and supported me throughout my career in real estate. For over 35 years, I have provided my clients with the personalized quality service they deserve, and my goals have always been to make every real estate transaction as worry-free as possible. I look forward to helping new clients and always welcome personal referrals.

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# MassArt Announces Common Good Awards

## Nominations Sought to Celebrate Contributions to Civic Life through the Arts

Massachusetts College of Art and Design (MassArt) is proud to announce the *MassArt Common Good Awards*. The college is

establishing this annual award as a part of its 150th anniversary year to recognize the inclusion of arts and culture in civic life and practice.

The *MassArt Common Good Awards* will celebrate the valuable impact of arts and culture by honoring individuals and organizations that push boundaries of advocacy, teaching, placemaking, design thinking, and making in the realm of arts and culture, placing an emphasis on the public influence of arts and its role in problem solving and quality of life.

“Art, culture, and design are everywhere, embedded in all facets of our lives,” said Dr. Mary K. Grant, President of MassArt. “As a public institution, we exist at the nexus of service, civic life, arts, and culture. The *MassArt Common Good Awards* will honor those people and organizations who are improving our lives through art and design by tackling society’s most critical problems and bringing the community together.”

The college is issuing an open call for nominations. For this award, arts and culture should be broadly defined, and include visual and performing arts, literature, film, fashion, design, advocacy, administration, and creative economy.

“As the only independent, public college of art and design in the United States, MassArt has been the catalyst for an important conversation about how art, culture, and design can and should be considered in everything we do,” said Patrick Tutwiler, Secretary of Education for Massachusetts. “These awards serve as the impetus of that work here in Massachusetts and an important reminder to reimagine the value of arts and culture in public life.”

Nominees are not required to be affiliated with MassArt or Massachusetts, though those with ties to the Commonwealth will be prioritized. MassArt expects to honor five or six awardees. The Alumni Award will be given to an individual

who attended MassArt, and the Frances Euphemia Thompson Award for Excellence in Teaching will acknowledge the contributions of a current or retired public school K-12 teacher in Massachusetts. The remaining awards will recognize a wide range of individuals and organizations.

Nominations are now open and will be accepted through October 2, 2023. Anyone is eligible to nominate, and self-nominations are also accepted. Awards will be presented in a public ceremony at MassArt on Saturday, December 16 at 11 a.m. The event will be open to the public and more information about this will be available in early November.

To nominate someone for the *MassArt Common Good Awards* or for more information about the awards visit [massart.edu/massart-common-good-awards](https://massart.edu/massart-common-good-awards).

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## Baypath Humane 14th Annual Paws & Claws 5k Oct. 15th

Two-legged and four-legged family members are welcome to the 14th Annual Paws & Claws 5k Run/Walk Event on Sunday, October 15th at Hopkinton State Park, 164 Cedar St., Hopkinton.

Registration opens at 9 a.m., and the 5k Run/Walk kicks off at 10:30 a.m.

The first 300 registrants will receive a free t-shirt! The event includes music and vendors!

Visit the Baypath Humane Society of Hopkinton site at <https://baypathhumane.org/news-and-events/signature-events/paws-and-claws/>.

### EDUCATION

*continued from page 24*

said Sheriff McDermott. “Quincy College is an incredible asset to Norfolk County and the entire region. This partnership provides NCSO staff and their immediate family the ability to take advantage of the educational opportunities this great college has to offer. Thank you President DeCristofaro and Quincy College for their continued partnership with NCSO and commitment to enriching the lives of our employees and their families.”

“The value of a Quincy College education – and the return on investment our students enjoy – has never been greater,” said Quincy College President Dr. Richard DeCristofaro. “We’re delighted to join forces with Sheriff McDermott to offer members of his department and their families a broad range of affordable academic options close to home.”

Under the agreement, Quincy College will provide tuition assistance allowing employees of NCSO, as well as their spouse and dependent children, to take advantage of the majority of Quincy College’s for credit course offerings at a reduced

cost. This benefit also extends to dependent children who are high school students who would like to take a college course.

The MOU signed today is the latest in a history of collaborative efforts between the Norfolk County Sheriff’s Office and Quincy College to promote educational opportunity and advancement for all.

McDermott added, “Education can change someone’s life. NCSO looks forward to expanding and strengthening our bond with Quincy College in helping us to fulfill our mission for the people who work and live in Norfolk County.”

RECYCLE THIS NEWSPAPER

# Local Man Pens Book about Adults in Kids' Sports

## Obnoxious Parents and Ruthless Coaches Details Youth Baseball Gone Awry

By GRACE ALLEN

A Norfolk resident with years of experience coaching and officiating in youth baseball games has written a book about the damaging role adults often play in kids' sports. Randy Corwin's book, *Obnoxious Parents and Ruthless Coaches* is a compilation of true stories of bad behaviors by parents, fans, and coaches in recreational leagues locally and across the country.

Corwin has coached and umpired Little League and Babe Ruth baseball games for a combined 25 years now. The book took him twelve years to write, plenty of time to gather the stories that deftly illustrate how problematic adult over-involvement in kids' sports can be.

His goal, he said, was to point out that seemingly well-intentioned parents and coaches are ruining a kids' game by competitive, intense behavior and over-complicated organization.

"I found that even in the local recreational baseball league, where winning is supposedly not the priority, so many coaches and parents were taking these games way too seriously," said Corwin. "I saw coaches doing anything to win games, from cheating, to trying to 'stack' their team, to benching the weaker players while the stars played every minute."

The book details instances of parents almost starting a brawl in the bleachers, coaches getting into fights with each other, and adults screaming at Little Leaguers who dropped a fly ball. Corwin himself once needed a police escort to his car after officiating a game.

While some stories might elicit a headshake, others illustrate the

earnestness of competitive parents fixating on a child's game in the unspoken hope of a college scholarship or a professional contract for their offspring later on in life. The risk of burnout for the kids is real, says Corwin.

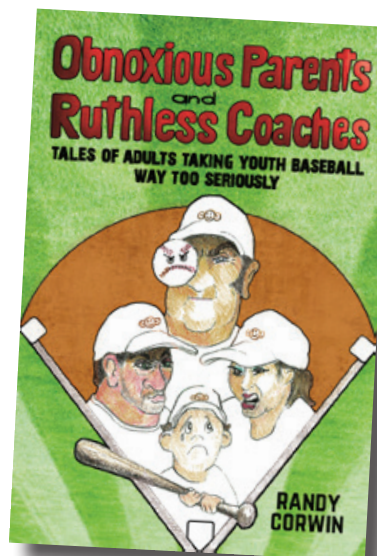
He points out that Little League is geared for boys and girls ages 9-12, and that parents and coaches forget that baseball for his generation used to be a simple pickup game, no adults allowed. It's now evolved into an almost-unwieldy apparatus that employs a draft, pages of rules, a code of conduct for spectators, and all sorts of political machinations designed to field teams that coaches secretly hope will dominate the league.

The real losers here are the kids, argues Corwin.

"What really bothered me about all the things I saw was that the kids look up to the coaches and parents at this age," he said. "They watch what their coaches do in game situations. They watch how their parents conduct themselves at the games. And that's how they learn to conduct themselves, not just on the field but in real life."

After his own children aged out of youth sports, Corwin turned to umpiring as a way to stay involved with baseball, eventually running the Norfolk youth umpiring program up until two years ago. He himself still umpires close to 150 games a year.

A member of the Central Massachusetts Baseball Umpires Association (CMBUA), Corwin says the bad behavior by adults in youth sports has also impacted the number of officials certified to umpire and referee games. When he first joined the CMBUA in 2011, there were 175 umpires but now there are only 92 mem-



bers left. Ironically, by badgering officials, parents and coaches are only hurting themselves and the kids, because youth umpires and referees are now quitting in high numbers, says Corwin. And they are the pipeline to patched officials, so high school games get impacted, too.

Earlier this year, umpires in Taunton stopped officiating Little League games because of threats of violence towards them. In May, referees and umpires rallied at the Massachusetts State House, asking for stronger pro-

tections from parents and fans at youth sporting events. Several bills are now pending on Beacon Hill that seek to impose strict penalties on anyone verbally or physically harassing sports officials at kids' games.

Corwin, 67, uses humor and sarcasm to deal with the serious situations in the book. The owner of Housework Haters Cleaning Service, Corwin and his family have lived in Norfolk since 1986.

Corwin says he has always enjoyed youth sports because he believes they teach valuable life lessons, including how to handle adversity.

"It's always more fun to win than to lose," he acknowledged. "But you have to learn how to win graciously, lose with dignity, and when you disagree with something that may happen in a baseball or football game, you have to learn to accept what the authority figure has ruled and move on. Because that's the way it is in life. You can't challenge everyone you disagree with to a fight in the parking lot."

*Obnoxious Parents and Ruthless Coaches* has been endorsed by Dan Shaughnessy, sportswriter for the Boston Globe, and Dave Wallace, former pitching coach for the Boston Red Sox, among others. It's available online at Amazon and Barnes and Noble, as well as at An Unlikely Story in Plainville.

For more information, or to contact the author, visit <http://www.obnoxiousparentsandruthlesscoaches.com>.



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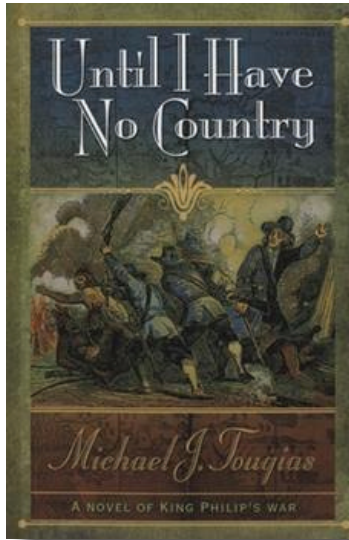


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## Author Michael Tougias to Speak at Historical Museum

*NY Times* best-selling author Michael Tougias returns to the Franklin Historical Museum Sunday, October 8th, where he will give a slide presentation and talk on his two books covering the war between the Colonists and Native Americans in 1675-76. Tougias is the author of the acclaimed *Until I Have No Country (A novel of King Philip's War)*, and co-author with Eric Schultz of *King Philip's War: The History and Legacy of America's Forgotten Conflict*.



The first part of the presentation will discuss the Native American way of life, Colonial settlements, and the events leading up to the war as depicted in his novel. The second part covers the battles and the strategy during this cataclysmic war, which on a per capita basis was the bloodiest conflict in our nation's history. Book signing and questions will follow.

Slides include battle sites, period sketches, historic markers, maps, and suggestions for visiting road-side history. Tougias also discusses Native strategy during the war and the challenges of writing a historic novel. Former Commissioner of Indian Affairs

for Massachusetts and member of the Wampanoag Tribe, Edith Andrews, is quoted on the novel's back cover, commenting that *Until I Have No Country* "captures the essence of the Native American." The novel includes adventure, romance, and intrigue while staying true to historical facts.

Tougias is best known for his seven books about true survival and rescue stories. His latest book is *Extreme Survival: Lessons From Those Who Have Triumphed Against All Odds*.

The author grew up in Longmeadow, Massachusetts which was the scene of a raid during King Philip's War and that is where the author's fascination

with this conflict began.

Tougias is the author and co-author of 29 non-fiction books. More about the author can be found at <http://www.michael-tougias.com>

The museum opens at 1 p.m. and the presentation will start at 1:15 p.m. The Second Sunday Speaker Series is free, open to the public and sponsored by The Friends of The Franklin Historical Museum. Handicap access is available through the back entrance of the museum. Be sure to visit our gift shop!

## Milford Regional Names Czerniach Director, Metabolic & Bariatric Surgery

Donald Czerniach Jr., MD, was recently named the director of Metabolic and Bariatric Surgery at the Center for Weight Loss Surgery at Milford Regional Medical Center.



In 2013, Dr. Czerniach co-founded the nationally-accredited FreshStart weight loss program offered at Milford Regional. Dr. Czerniach graduated from the University of Medicine and Dentistry of New Jersey and completed his surgical residency at George Washington University Hospital in Washington, D.C. He fulfilled his fellowship training in advanced minimally invasive surgery at UMass Medical Center, where he was appointed assistant professor of surgery.

According to Dr. Czerniach, critical to the success of the FreshStart program has been Milford Regional's investment in three da Vinci robotic surgical systems, which provide optimal outcomes for patients by

allowing less invasive surgeries, smaller incisions, quicker recoveries and shorter lengths of stay in the hospital, resulting in lower costs to the patient. "We are delighted to be able to pass on the benefits of the da Vinci robotic surgical systems to our FreshStart patients," said Dr. Czerniach.

In addition to Dr. Czerniach, Matthew Rade, MD, and James Senturk, MD, round out the bariatric surgical team at Milford Regional.

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