



Bellingham

BULLETIN

PRSR STD
ECRWSS
U.S. POSTAGE
PAID
PERMIT NO. 142
SPRINGFIELD, MA

Postal Customer
Local

Vol. 30 No. 3

Bellingham's Favorite Hometown Newspaper

February 2024

Municipal Spotlight

Sankey Is a Welcoming Principal at DiPietro School

By KEN HAMWEY,
BULLETIN STAFF WRITER

Kerri Sankey has a knack for making visitors to DiPietro Elementary School feel welcomed and comfortable.

Her cheerful, caring nature and her down-to-earth demeanor make the new principal at the school a gem, because she's not interested in flaunting her PhD in educational leadership or her master's degree in elementary education from Lesley University. What's most important for Dr. Sankey is the children and the adults she works with on a daily basis.

"It's crucial for me to help students reach their potential and see them excel academically and socially," Sankey said. "For the faculty and staff,



Kerri Sankey, who earned her PhD and masters degree from Lesley University, has passion for education and is committed to student success.

PRINCIPAL
continued on page 7



Bellingham Cares – A Resource for Families in the School District

By ANGIE FITTON

The Bellingham Public School System website is more than just for sending emails, checking your child's grades and attendance and reading the school events calendar. It's also about the program Bellingham Cares. If you were to Google Bellingham Cares, there are videos to watch explaining what it is, and where you can find more detailed information about it and how to navigate the system.

Initiated in Bellingham in 2021 by District social worker and therapist Katherine Cunningham, Bellingham Cares is an umbrella term referring to caring for the community. It's about understanding the needs of the community including students, families and staff.

Bellingham is a trauma-informed district and works with other community-based agencies

CARES
continued on page 2

ADC SEPTIC

Chris Lanoue
Founder and Owner

508-883-9000

ADCSeptic@gmail.com

SEPTIC PUMPING • TITLE 5 INSPECTIONS
INSTALLATION • EXCAVATION • REPAIRS
PORTABLE TOILET RENTALS

www.ADCSeptic.com

RUN YOUR AD

Call Jen Schofield at
508-570-6544

or email

**jenschofield@
localtownpages.com**

BREVANI

Piette Jewelers
Since 1954

Stop by to find the gift she really wants this Valentine's Day!

429 Pulaski Blvd. Bellingham MA 02019
508-876-0010 | www.piettejewelers.com

SHOP SMALL

CARES

continued from page 1

to be sure there is diversity, equity and inclusion. The resources on the website are available in English, Spanish, Arabic and Portuguese.

Cunningham oversees five schools in the Bellingham district, and though she's got an office, she's rarely in it. She goes from one school to the other, traveling daily, in order to find out the needs of the community and discovering how she can best help.

One of the reasons Bellingham Cares is able to exist is because the district has received the Department of Education Social/Emotional grant. It is primarily a referral system to connecting with community-based services and removing barriers for getting help and care. Cunningham is the voice of Mental Health in Bellingham and is continuously thinking of ways to make Bellingham an inclusive community.

"Everyone in the district is doing such great work," Cunningham says of her colleagues. "Bellingham Cares is how we make sure we do things better."

Her role is to supplement staff and families, alongside those like the nursing staff, which she emphatically states is an amazing department.

When a member of the staff tells Katherine they need something, she turns their needs into a reality. She is aware of what services are available for the staff, and families of the students.

"The education systems are asked to do a lot, but the state is moving in the direction of enhancing school-based health programs, whether physical, emotional or mental health," according to Cunningham.

Facilitating a connection for utilizing the services available to those in the district can be a challenge, but Katherine exudes great enthusiasm when referring to what she does day in and day out. Though she may not have face time with the students directly on a regular basis, she is the one the staff go to once a student comes to them.

"The kids have a relationship with the staff, and once they reach the end of their knowledge of our resources, the staff comes to me. That's when I become connected with the families."

One of the largest concerns of Bellingham Cares are mental health crises. Cunningham manages mental health crises and assists the staff and their families in order to help the students. She also helps parents fill out paper-

work to get in with the Department of Mental Health, because when the parents are doing well, the children do better.

"Children work best with structure. When their parents are doing better with keeping rules and routines, our kids start to struggle less. Therefore, it is imperative that the families know I am here for them." Sometimes the parents need to know that they are not alone, no matter how much they may feel like they are.

Cunningham also helps the families of the community to understand trauma and how it directly affects them and their children. "Let me help you," she says, referring to the families of Bellingham. She can also help with frightening subjects such as food or housing insecurities. Her favorite part of what she does is working with staff members who genuinely care about the kids and their families. "I love my job!" She doesn't want you to have to need her, but she wants you to know that she is there when you do.

"We are here to support the wellbeing and sense of belonging for everyone in the district. We want them to know they have access to all the supports available." Cunningham wants this beautiful community to feel connected and supported and see there is tangible support available to them.

"My field is about having awkward conversations about awful things that have happened, and I encourage those conversations to ensure the community members in need get the support necessary to facilitate a win."

To find out more about Bellingham Cares, you can visit the school district website's main page. Go to 'links and info' and find out about workshops and how to contact staff about your

concerns. The resources page is regularly updated. Cunningham is also willing to share her cell number, (339) 222-2455. This number is a way to reach her during business hours, but is not a replacement for a Crisis Hotline. Should you find yourself or your child in crisis, there are professionals available at (833) 773-2445. 988 is also another option for getting immediate help in a crisis.

Love on National Law Enforcement Appreciation Day

Bellingham Police put out a huge social media thank you to PJ's Bar and Grille for their generous donation, supporting its Officers on National Law Enforcement Appreciation Day, stating, "Your kindness means a lot to us. Officer Kelly and the rest of the shift were thrilled with today's lunch!"



localtownpages

*Founded by
Pamela Johnson*

Published Monthly
Mailed FREE to the
Community of Bellingham
Circulation: 7,500
households & businesses

Publisher
Chuck Tashjian

Editor
J.D. O'Gara

Send Editorial to:
bellinghambulletineditor@gmail.com

Advertising Director
Jen Schofield
508-570-6544
jenschofield@localtownpages.com

Creative Design & Layout
Michelle McSherry
Kim Vasseur
Wendy Watkins

Ad Deadline is the
15th of each month.

*LocalTownPages assumes
no financial liability for errors
or omissions in printed
advertising and reserves the
right to reject/edit advertising
or editorial submissions.*

© Copyright 2024 LocalTownPages

A+ Plus
TIRE AND AUTO CARE
aplustireandautocare.com

Get your MA Inspection HERE!

COMPLETE AUTO REPAIRS

MA State Inspections	Mufflers
Oil & Filter Change	Shocks & Struts
Tires—All Brands	Brakes & Tune-ups
Computer Engine Analysis	Axles & CV Joints

633 Rathbun St.
Blackstone, MA 01504
508-883-8881
OPEN SATURDAYS, 8AM-NOON

HERCULES TIRES

TAXES

**WHY RISK IT?
HIRE A TAX PROFESSIONAL!**

*Don't take a gamble!
We can take the "risk" out of your taxes.
Call soon to schedule an appointment.*

Laura J. Smith, E.A.
Bayberry Accounting & Tax Service
508-966-1685

Reasonable Rates ♦ Quality Service
Accurate Tax Returns ♦ Confidentiality ♦ Electronic Filing

CLIP & SAVE!

NEW CLIENT SPECIAL
SAVE 20%

Laura J. Smith, E.A.
508-966-1685
LSmith33@aol.com

From the Town Clerk.....

Census/Dog Licenses

By this printing, you should have received your 2024 census. Please return it as soon as possible. If you have not received your census form, please contact the Town Clerk's office at (508) 657-2830 or townclerk@bellinghamma.org.

If you have a dog, please complete the dog registration form and return it with a check and proof of current rabies vaccination. 2024 Dog Licenses are due on April 1st and will expire on March 31, 2025. Send your renewal in early to avoid any potential late fees and/or fines.

You may also access dog license applications online from the Town website (Bellinghamma.org), selecting "Online Transactions", then selecting "Dog Licenses" from the list. To process the online version, you must be prepared to use a credit or debit card.

Local Election Calendar

As you may know, the date for our Local Town Election has changed as prescribed by a bylaw change approved by Town Meeting. Beginning in 2024, our local election will take place the first Tuesday in June. This year, it falls on June 4th.

The calendar for the Local Election is as follows:

March 13, 2024	8:30 a.m.	Obtain Blank Nomination Papers form Town Clerk, FIRST DAY
April 17, 2024	5:00 p.m.	LAST DAY to Obtain Nomination Papers; ALL Nomination Papers Must be Returned
April 24, 2024	4:30 p.m.	Nomination Papers Submitted to Board of Registrars (by Town Clerk)
April 29, 2024	4:30 p.m.	Nomination Papers Filed with Town Clerk
May 1, 2024	5:00 p.m.	Withdrawal of, and/or objections to, Nominations, LAST DAY
May 17, 2024	4:40 p.m.	1st OCPF Report Due Covering March 13 through May 16, 2024
May 28, 2024	8:00 p.m.	Last Day to Register to Vote Prior to Local Town Election.

TUESDAY, June 4, 2024

ANNUAL TOWN ELECTION (BHS GYM)

June 30, 2024

Final OCPF Report Due Covering May 16 Through June 30, 2024.

More information to come after Select Board decisions (Public Hearing) relative to Early Voting and Mail-In Voting.

PRESIDENTIAL PRIMARY

The Presidential Primary will be held on March 5, 2024. There will be an official Vote by Mail component for which you should have received a postcard in the mail in January. There will also be a period of Early Voting (at the Municipal Center) from February 24th through March 1st.

Important dates relative to the Primary:

February 24, 2024	9a.m.-5 p.m.	First Day of In-Person Early Voting
February 24, 2024	5:00 p.m.	Last Day to Register to Vote and/or Change Party Prior to Primary
February 27, 2024	5:00 p.m.	Last Day to Apply for Mail-In Ballot
March 1, 2024	5:00 p.m.	Last Day of In-Person Early Voting
March 3, 2024	4:30 p.m.	Last Day to Apply for Absentee Ballot
March 4, 2024	Noon	Last Day for In-Office Voting
TUESDAY, MARCH 5, 2024	7 a.m.-8 p.m.	PRESIDENTIAL PRIMARY (BHS GYM)

OTHER 2024 ELECTIONS

More information to follow on the two other elections to be held in 2024. Dates below:

SEPTEMBER 3, 2024	STATE PRIMARY
NOVEMBER 5, 2024	STATE/PRESIDENTIAL ELECTION

Bellingham Garden Club of MA Launches Monthly Podcast

Join "Garden Tea Talk" through Email List

The Bellingham Garden Club of MA has launched a new monthly podcast. The series, "Garden Tea Talk," is available to all. Just follow this link:

<https://forms.gle/dAZws3vt-seDks27a6>

For more information on the Bellingham Garden Club of MA, or to listen to the podcast through the website, visit

bellinghamgardenclubofma@gmail.com



Happy Valentine's Day

from the Collision & Towing Experts at

Marty's
AUTO SERVICE
RS# 3256
Bellingham, MA

46 NO. MAIN ST./RTE. 126
Visit Us for All Your Collision Repairs!

TOWING: 508-966-1008

Bellingham Kenpo Karate
ONE MONTH FREE TRIAL!

Traditional Values & Training
Family-Oriented Environment
Karate & Aikido
Cardio Kickboxing 1-hour class for \$5.00

A place where kids can learn discipline, respect, self-control, and focus, and gain confidence.

Adults can get in shape, relieve stress, and learn self-defense. A place that is affordable and offers discounts to families so that they can bond and share experiences as they learn and progress through the ranks of martial arts together.

Bellingham Kenpo Karate
116 Mechanic St., Bellingham MA
(directly across from post office)
781-856-5914
KarateBellingham.com

Bellingham Lions 2023 Holiday House Decorating Contest Winners

The Bellingham Lions are happy to announce and congratulate the winners of their 2023 Holiday House Decorating Contest. First place went to The Zardeskas Family of 400 Caroline Drive; second place went to The Hamer Family of 18 Flagg Drive; and third place went to the Azza Family of 51 Whitehall Way.

Thank you to those who participated in this year's contest. We hope to see you and many more enter our Holiday House Decorating contest in December 2024.



1st place 400 Caroline Drive – The Zardeskas Family with Bellingham Lion Brian Salisbury



2nd Place The Hamer Family - 18 Flagg Drive



3rd Place 51 Whitehall Way - Azza Family with Lion Brian



It's Going to be a Hoppy Time in Bellingham

The Bellingham Women of Today will welcome the Easter Bunny for their annual Muffins with the Easter Bunny on Saturday, March 16th, from 9 – 11:30 at St. Blaise Church Hall, 1158 S. Main St., Bellingham.

Admission fee is \$5 per child

with a maximum charge of \$15 per family. Children can meet the Easter Bunny while you are welcome to take your phone or camera photos. We will offer muffins, homemade cinnamon rolls, bagels, juice, milk and coffee. Food and beverage items are

1.00 - \$2.00 each. There will be free crafts and coloring pages for kids as well as raffle items. All proceeds will benefit local BWOT charities.

Letters from the Easter Bunny

But you know someone who would love to get a letter from

the Easter Bunny! The Easter Bunny is so busy preparing for the big day the Bellingham Women of Today will be helping him send personal letters to anyone on your list. The cost is \$3 for each letter or two for \$5. Send the name and address

of recipient before March 18th along with your name and phone number, including any information you would like added to the letter with a check made out to BWOT. Mail to BWOT, PO Box 405, Bellingham, MA 02019 or email your info to bellingham-womenoftoday@gmail.com pay via Venmo @ meloniedkm before March 18th.

Residential & Commercial Roofing Contractor

40 years in Business
Family Owned
and Operated

COOKS Roofing

Bellingham's #1 Choice in Roofers

508-966-0306
Visit our website at:
www.cooksroofing.com




MA Lic. #116815

DIVORCE SUMMONS BY PUBLICATION AND MAILING
Commonwealth of Massachusetts The Trial Court

Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608

Docket No. W023D2190DR
Jamie Jean Blea Olivier vs. Ryan Everette Olivier

To the Defendent: The Plaintiff has filed a Complaint for Divorce requesting that the Court grant a divorce for Irretrievable Breakdown. The Complaint is on file at the Court. An Automatic Restraining Order has been entered in this matter preventing you from taking any action which would negatively impact the current financial status of either party. **SEE Supplemental Probate Court Rule 411.**

You are hereby summoned and required to serve upon: Jamie Jean Blea Olivier, your answer, if any, on or before **03/19/2024**. If you fail to do so, the court will proceed to the hearing and adjudication of this action. You are also required to file a copy of your answer, if any, in the office of the Register of this Court.

WITNESS, Hon. Leilah A Kearny, First Justice of this Court
Date: December 20, 2023

Embracing Love in the New Year:

A Heartfelt Conversation with Bestselling Author Rebecca Serle

BY JENNIFER RUSSO

In partnership with the Library Speakers Consortium (LSC), the Bellingham Library brings a new program to the community with a series of live, virtual conversations with notable writers and thought leaders called Author Talks. Recently, patrons participated in an engaging webinar with New York Times bestselling author Rebecca Serle, who has released eight novels to date, several of which have been adapted for television and film. With list-topping titles like *The Dinner List* and *In Five Years* (which sold more than a million copies), she has captured the hearts of readers worldwide. Her newest work, *Expiration Dates*, is due to be released in March.

The conversation began with Rebecca discussing what inspired her to become a writer.

“For me, being a writer is who I am...part of my DNA. From a very young age I was always writing. In seventh grade I remember reading *Wuthering Heights*, and I couldn’t believe that someone could organize words on a page to make people feel something. I thought that was an interesting way to spend your life. So, I entered writing competitions and local poetry workshops, and then studied English and Creative Writing in college and sold

my first book *When You Were Mine* around 13 years ago. I am so lucky that this worked out for me, I really love doing it.”

The publishing of her first novel came about after she took an Editor’s Assistant job with a literary agency in New York. At the time of that role, she was also working on getting her master’s degree in creative writing.

“The best piece of advice I got while I was getting my Master’s was ‘Finish the degree with a book’ and that is what I did. I had drafted a book called *The Space Between* that will never see the light of day, but I was in New York, which was a real publishing hub at that time and there were a lot of wonderful opportunities there. Two years later, I submitted my first book to an agent I knew from the agency I had worked at, and she liked it,” shares Serle.

In discussing her writing process, Rebecca shares that she usually starts with an idea and thinks about the ins and outs of why that concept would be interesting to readers.

“So far, all of my books to this point have included a twist which is what becomes is that “why” of the book for me. Once I figure out what that twist is, the book comes together pretty quickly. The thinking process for me is quite long and the writing pro-

cess is quite short,” says Rebecca. And writing is not something that Rebecca does all of the time, which may sound unusual to some.

“It was one of the biggest things I needed to get comfortable with,” shares Rebecca. “I have many months out of the year where I am editing or working on screenplay versions, and I needed to learn to trust that I would come back to my writing when it was time. And that process is changing as my own life changes. I feel that writing and I have this nice symbiotic relationship now – I trust my writing and it trusts me. It’s like we have made an agreement not to abandon each other.”

When it comes to love, Rebecca shares that she spent a long time being single and looking for the right person to share her life with before recently getting married. Her upcoming book, *Expiration Dates*, touches on some of her own thoughts while on that journey. What it means to be single and what it means to find love.



Bestselling author Rebecca Serle discusses her writing journey and her new book *Expiration Dates*, a gripping tale of what it means to find true love, in a recent Author Talks event sponsored by the Bellingham Library.

“When I sat down to write the book, I sent a note to my editor and said that I really wanted to write about the search for love and that I felt if I wrote it honestly and told the truth about the story, that it was the last thing I needed to do before I found my own. I met my husband three months later,” Rebecca tells the group.

Now that her first novel with the theme of romantic love is coming out, Rebecca answers the question about what she wants readers to know about finding love.

“Be present and trust the timing in your life. See the beauty in the moment you are currently living and understand that what is meant for us is coming. I know it might be easier said than done, but I really think it is the best way to strive to live.”

To learn more about Rebecca, visit her website at RebeccaSerle.com and for more information on upcoming Author Talks events, go to <https://libraryc.org/bellingham/upcoming>.

Runaway to *Runways*



Experience the Difference!

Gift Cards Always Available

Runways Salon

Since 1997

66 MENDON ST. • RTE. 140 BELLINGHAM, MA 02019
www.RunwaysSalon.com
508-966-2809



OSTRANDER INSURANCE

Established in 1979

Valentine's Day True or False Quiz

- ♥ 1. Mike trades in the vehicle driven by his wife, Karen, for a new sports car as a Valentine's Day gift. Mike is transferring the license plates from the old vehicle to the new sports car. This allows Mike and Karen's auto insurance coverage to follow them from the old vehicle to the sports car for 7 days. Even if Mike or Karen have an accident in that 7-day period before alerting their agent, the coverages on their policy will apply.
- ♥ 2. Ann buys a gift for her husband, Howard, allowing him to drive on a closed racetrack. A racing enthusiast, Howard wants to use his own Chevy Camaro. If Howard has an accident on the racetrack his auto policy will cover the claim since it is a closed course.



1. True, and during COVID the rule is temporarily 21 days
 2. False

Calling Bellingham home for 35+ years!

Paul@OstranderInsurance.com 508.966.1116

OSTRANDERINSURANCE.COM

Friends of the Library Discuss Upcoming Plans - and a Rise in Censorship

By JENNIFER RUSSO

Last month, the Bellingham Friends of the Library held their annual meeting to discuss planned events and strategy for the new year. Founded in 1987, the Friends of the Library group's mission is to support the public library and trustees in bridging the gap between in-house services and community outreach, providing education and programs to residents of the town and those around it.

While the pandemic impacted library operations, there has been a resurgence in visitors – up 30% since last year alone, as well as an increase in checked out items. This is thanks to the diligence

of library staff, trustees, and the Friends group – who together provide a consistent offering of interesting programs and current materials for all to enjoy.

These include children's and adult programs, as well as specialty programs, such as the upcoming photography and art competition on February 17th and the recent launch of LSC Author Talks, a series of virtual events where best-selling authors discuss topics and themes behind their works.

While all of this programming is excellent, the group also welcomed Andrea Fiorillo, co-chair of the MLA Intellectual Freedom and Social Responsibility Committee, to discuss a more



Andrea Fiorillo, co-chair of the MLA Intellectual Freedom and Social Responsibility Committee, speaks at the annual Friends of the Library meeting.

unfortunate and detrimental trend unfolding – Censorship.

With a rising wave of censorship in the United States, which stems from organized groups bent on challenging our intellectual freedom to freely access and discuss certain books, periodicals and other educational materials based on what they deem inappropriate content, libraries across the US are finding themselves in the epicenter of the storm.

“As library staff, we know that protecting our intellectual freedom is a fundamental part of our professional ethics and role. It is what we do. We don't determine these limitations; we stand for patrons determining their own values and what is okay for them and their families,” shares Andrea.

These challenges on book and media titles are at a record high in Massachusetts, with 2,500 of them last year alone (an over 1000% increase since 2020). Why is that?

During the pandemic, well-organized and extremist populations came together into several groups, and though the groups sound like solid and well-meaning ones, they are rooted in white-supremist and staunchly religious philosophies. A look at the majority of titles being chal-



Some of the book titles which have been censored or banned across the United States.

lenged and censored in the last couple of years reveals very specific themes.

Books like *The Bluest Eye* by Toni Morrison (a Nobel Prize winner), *Out of Darkness* by Ashley Hope Perez, and *Lawn Boy* by Jonathan Evison, all of which deal with racism themes, are at the top of this list. Any book for young adults that has topics centered around LGBTQ+, such as *Gender Queer* by Maia Kobabe and *All Boys Aren't Blue* by George M. Johnson, have been met with backlash and even fines for distribution in some states. In fact, according to several sources, more than 40% of all books censored are written by or center around people of color; over 30% have LGBTQ+ themes, and over 20% address racism issues directly.

So, who are these extremist groups in Massachusetts looking to ban these titles? The National Socialist Club, CORR, Moms for Liberty, Super Happy Fun America, and the MA Informed Parents group on Facebook have all been responsible for the majority of title challenges in our state, often encouraging members to join school and library boards to push their agendas. In some cases, they have shown up to family programs at libraries to protest or have harassed library staff and program speakers.

“These groups resort to dirty tactics, because they can't win

on the merits of their argument. The fact is the vast majority of people do not think censoring and banning books is a good idea at all,” Andrea says.

This being the case, for the majority who do believe that it is their right as individuals to determine what is appropriate for themselves and their children and don't think it should be decided for them – it's time to get louder and take a stand, says Andrea. Voting in local elections, writing to political leaders, attending library trustee meetings, and supporting anti-book banning bills currently up for consideration are all ways that patrons can have their voices heard. The MA State Legislature seems to be on the side of intellectual freedom as well, she says, but it is still best not to be passive as this is a growing problem everywhere.

According to Bellingham Library Director Bernadette Rivard, there have been no challenges brought forth in our town to date on any of the materials held in our library, but there is a procedure in place if there are any concerns.

New members are always welcome to join the Bellingham Friends of the Library, which meets once a month, for a nominal fee of \$10 that goes toward library programming. For more information or to join, visit <https://friendsofthebellingham-publiclibrary.wildapricot.org/>



From L to R, Dina (Pierce) Bettencourt, Bernadette Rivard, Jane Vichi, Brenda Griffin, and Theresa Durgin are joined by additional Friends members online to discuss library operations and the important topic of censorship in their annual meeting.

Cleanups • Mowing
Mulching • Planting
Tree Work



Brush Chipping • Firewood
Rototilling • Snowplowing
Stump Grinding

OUTDOOR MAINTENANCE CO.
508-883-3564 (Office)
508-498-7297 (Cell)

RUSS ANZIVINO
OWNER

RYAN ANZIVINO
CERTIFIED ARBORIST

Looking for a Veterinarian?
Services we offer:

- Wellness care
- Preventative medicine
- Routine & specialty surgery
- Ultrasounds & echocardiograms
- Massage therapy
- Laser therapy
- Same day appointments



Privately owned full-service veterinary clinic.

508-966-7605
uppercharlesah.com

116 Mechanic Street, Bellingham MA 02019

Tri-County Regional Chamber to Host Family Fest & Home Show

Saturday, March 23rd, Tri-County Regional Vocational Technical High School

Join in for vendors, children's activities and more!
For vendor information, contact Laura O'Callaghan at laura@tricitychamberma.org

PRINCIPAL

continued from page 1

it's important to see them grow professionally and in their collaboration with colleagues."

A native of Pawtucket, R.I., the 54-year-old Sankey has strengths that teachers, staff and students admire. She's approachable, possesses vast emotional intelligence, and she's a people person who values all points of view.

"Having emotional intelligence involves being an active listener and able to take on other perspectives," Sankey noted. "As a people person, it's always students first. My decisions are based on what's best for them. Valuing other opinions sharpens your objectivity and being approachable is a must. I want people who come to our school to feel comfortable and welcomed."

Sankey's strengths seem like the perfect ingredients that will enable her to fulfill her first-year goals at her school.

"My goals are to develop relationships with students, teachers, staff, and parents," Sankey emphasized. "I want to foster relationships by building trust, setting high expectations for learning and for positive social interaction among all students, teachers, and staff."

Besides her Lesley credentials, Sankey earned her bachelor's degree in education from Tufts University. She also has a certificate of advanced graduate studies (CAGS) in educational leadership and management.

And, after getting her PhD, Sankey earned a certificate in literacy coaching and teacher leadership.

"Dr. Sankey's passion for education, her commitment to student success, and her collaborative leadership style are sure to inspire both students and staff," said Bellingham School Superintendent Peter Marano. "Dr. Sankey will lead DiPietro Elementary School to new heights and will continue to build an engaging and nurturing learning environment for all students."

Sankey's previous work experience involves four stops, all in Mansfield. After graduating from Tufts, she began her career as a visual arts teacher (11 years). She later became Director of Visual and Performing Arts (K-12 for two years) before her appointment as assistant principal at the Qualters Middle School (nine years). At the age of 45, she became principal at Robinson Elementary School, a position she held for eight years.

"Robinson Elementary had 763 students and I enjoyed my years there," Sankey offered. "But I was looking for a smaller school where I could make a greater impact in terms of instructional leadership and getting to know my students."

The DiPietro School, which includes 45 pre-school students and 307 children from K-Grade 3, has a faculty of 41 teachers and related service providers and a staff of 28. The school, formerly known as the South School, is 35 years old.

Sankey says the challenges elementary school principals face are not enough time in a day and managing personnel and logistical situations that arise.

"We have a lot of curriculum to cover in a year, and the amount of time in a day isn't enough," she said. "As an instructional leader, it is my responsibility to help teachers prioritize essential lesson elements across curricular areas. The priorities align with our core programs and state frameworks. Managing all of the moving parts of a school day and beyond includes not only instructional leadership, but also professional development for teachers, schedules, and any unexpected events that might occur during the day."

Sankey also is acutely aware that the role of school administrators is constantly evolving. "It has become a complex role because we are continuously managing academic expectations and mandates from the Department of Education," she noted. "And our instructional practices are always evolving as we educate children from diverse backgrounds."

Some principals may view the budget process as tedious, but Sankey actually enjoys that task. "I welcome the budget process, because it is an opportunity to advocate for resources directly related to our school's future plans," she said. "It gives me an opportunity to assess our learning needs."

Sankey smiles when assessing the DiPietro faculty.

"Our teachers are 100 percent focused on what's best for the children," Sankey said. "They're also dedicated, compassionate, and they believe all children can learn. They also solve problems readily by working together with parents, students, and their colleagues."

After five months on the job, Sankey truly enjoys being associated with the Bellingham school system. "Our leadership at the top is fantastic," she said. "They have a strong focus on student achievement and building leadership capacity across the schools."

Sankey and her husband (Derek) have four children — 24-year-old twin daughters (Emily and Lilly) and two sons (Brennan, 25, and Nathan, 22).

On top of reading, painting, exercising and spending time with her family, Sankey's run 10 marathons and several half-marathons.

Sankey's favorite memory as an educator came in her earlier days teaching art. "I had six classes for a total of 120 students," she recalled. "Remembering all their names was challenging, but what was so rewarding was when they visited me as adults. They shared their favorite memories as students. That's very rewarding and meaningful."

Kerri Sankey is a welcoming principal but she's also a welcomed addition to the DiPietro Elementary School.



ANYTIME PAINTING SERVICES INC.
Dedicated to Quality

All Trades of Home Services

- Interior & Exterior
- Wallpaper Removal
- Water Damage Repair
- Carpentry
- Cabinet Painting
- Pressure Wash
- Gutter Cleaning

508-308-6285

www.anytimepaintingservices.com



Goodbye bye winter, hello spring!



Spring is brake season, come in now for your **FREE** brake and suspension check!

Foreign and Domestic, tune ups, brakes. Exhaust, struts, shocks, wheel alignments, batteries, front end work, water pumps, alternators, starters, transmission and radiator flush services....etc





Most tire brands available

CHARLIE'S TIRE & SERVICE CENTER

Now in our 47th Year!

825 So. Main St., Rte. 126, Bellingham, MA 02019

508-883-1211 • www.CharliesTires.com

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



Letter to the Editor

Hello,

I am writing to you in regards to an article published in the January 2024 edition of your publication:

“Friday, November 17, 2023 marked the first year Norfolk Probate and Family Court celebrated National Adoption Day. Shown, First Justice Patricia Gorman holds an adorable adoptee.”

I am a domestic violence victim and advocate. I also am one of the many 100s of victims from First Justice Patricia Gorman. You see, this article has come to my attention from some of our victims who have placed two active Bills of Address to Remove First Justice Patricia Gorman from the Norfolk and Dukes County Probate and Family Courts. Bills: Resolutions H1652 and H1484. These bills are actively before the Judiciary Committee Board as we speak and will be determined if they will be passed this February 24th.

This article unfortunately has caused quite a bit of a stir. Many of our victims have become very upset and anguished over this

article featured with the picture of First Justice Patricia Gorman holding an adorable sweet innocent adoptee baby. The picture of First Justice Patricia Gorman reminds me of the classic idiom for “the wolf in sheep’s clothing.”

For us victims, our very own sweet innocent children were put into dangerous and life threatening situations back with their documented abusers by First Justice Patricia Gorman. Whether it is visitations, custody, guardianships, reunification therapy or the reunification camps. We are talking 100s of children and victims. Not one or two.

National Adoption Day should most definitely be recognized. Myself and the many victims feel that the picture and the mention of the first justice who has placed 100s of children in harm and in dangerous life situations should not be featured in any papers.

I would like to also make it clear that we are not upset with the editor nor the paper who published this article. We are upset of the duplicitous publicity stunt First Justice Patricia Gor-

man has tried to pull-off of what her true intentions and actions are truly for.

We want to make sure all children of the “system” are safe from harm. I cannot even put into words the hurt and the trauma she has caused to so many children and families already.

I am enclosing the links of our Bills of Address and our testimonies on Oct. 3rd 2023 before the Judiciary Committee Board to have the First Justice Patricia Gorman removed from Norfolk and Dukes County.

<https://malegislature.gov/Bills/193/H1652>

<https://malegislature.gov/Bills/193/H1484>

Here is a short original video that shows just as our bills.

https://1drv.ms/f/s!AvIlly_c4C4inivjrcCkn9oE5Taj

This is the original version on MA legislature.gov our bills are towards the end at about 32 minutes.

<https://malegislature.gov/Events/Hearings/Detail/4721>

*With Warm regard,
Nora Smith*

Show Love to the Environment with Eco-Friendly Valentine’s Gifts

By JENNIFER RUSSO

Though there are certainly people out there who like big-ticket items on Valentine’s Day, like diamond jewelry, Maui vacations and expensive perfumes and colognes, many have begun considering gifts that are more about the thought involved and eco-friendly options. With sustainability being a growing concern for many on our planet, there are many ways to show both a partner and the environment that you care.

Give back to Nature:

Why buy a dozen cut roses when you can plant an entire rose bush to enjoy year after year? If you own your home, this is a fantastic way to mark the holiday in a slightly unique way.

For a larger scale impact, you can go through a non-profit organization like OneTreePlanted, where you can have a tree planted for one dollar a tree in the name of your loved one. You can select the country where it is planted, and you get a certificate to give your sweetheart to stick in a Valentine’s card!

Does your honey love to cook? Consider an indoor herb garden, so they can have the freshest ingredients even in winter!

Another great option is to consider gifts made from beeswax, such as lip gloss or candles.

Find Your Inner Chef:

Going out for an expensive dinner is nice, but if you know what your partner’s favorite bites are, consider cooking them dinner instead using locally sourced and seasonal ingredients.

Instead of buying a box of chocolates, make some! Candy melts can be found anywhere, and you can pick up heart shaped candy molds at a craft store. You can even get a pen that writes in edible ink to write messages on these when they are set.

Get CREATE-ive:

Are you a crafty person? If so, try your hand at creating something personal for your love. Build a birdhouse for the bird-watcher, craft a frame or album for the photographer, compile a book of love poems for the avid reader, or some homemade cupcakes for the dessert lover.

Perhaps create a string-art masterpiece for the art aficionado or a pillow made from an old team t-shirt for the sports fan. You could also consider writing a song for that music lover or framing old concert (or movie) ticket stubs to display.

Not super crafty, but still want to try a DIY project? Gather a bunch of pictures of the two of you, print them out and make a collage. Add some cut outs from a magazine or some words and quotes that are meaningful to your relationship.

Recycled Gifts:

No, we don’t mean re-gifting. There are some wonderful products out there that are made from recycled materials that are perfect tokens of affection for Valentine’s Day. Depending on what you think your sweetie would like, there are many options.

Paper flowers made from book pages, sheet music or even maps, handbags made from repurposed denim, jewelry made from old puzzle pieces and Legos, recovered ocean plastics, sea glass, and recycled paper are all out there.

Search online for items made from used wine bottles, there is everything from windchimes to cheese platters to cool indoor lighting made from these.

Consider getting that baseball fan a vintage jersey from a reseller or a keychain made from old baseballs. There are also many brands out there that make super stylish clothing and shoes from recycled fibers.

For more on eco-friendly items to make or purchase, simply look online – there is a wealth of ideas to be found there!

SIMPLIFY
Home Realty

LET US SIMPLIFY YOUR HOME JOURNEY

Have you thought about buying or selling in 2024?

LET’S TALK ABOUT IT

Tina Haynes
Broker Owner
508.922.6571

Fran Brooks
Realtor®
774.259.8161

www.simplifyhomerealty.com

SCAN ME!

Your Money, Your Independence

Frugal February... A Different Take, One That's Sustainable.

Seen the "Frugal February" challenge recently?

The main idea is following holiday indulgences and resolutions being forgotten, use February (only 28 days) to do something difficult but important – get your finances back on track.

Popularity has grown amongst the F.I.R.E. (Financial Independence, Retire Early) bloggers. You know, the supposedly "retired at 33" gurus that post multiple times a day to promote a website with 6 Google ads and links for annual subscriptions payable to their LLC.

The challenge with this challenge?

Many use Frugal February as a month to not spend. While noble, how sustainable is this for improved outcomes, "Wow, \$2,200 saved last month, we deserve a vacation in the Caribbean!"?

Instead, let's discuss actions that provide yearlong benefits plus a better time to start.

Finding Time to Focus.

Weekends are likely full of family activities, kids sports and honey-do lists. Add an unofficial national holiday, Super Bowl Sunday, and it's easy to be derailed.

So wait, start February 12th and go through March 11th. Kids activities have a break between winter to spring and family activities may be in a lull.



Glenn Brown, CFP

Focus One: Credit Utilization.

Run your annual credit report. If not above 780, plan to fix so it improves your future cost of borrowing.

Next, review your terms (interest rates, fees, available limits) of credit cards, loans and HELOCs, including the zero balances.

Also consolidate to 2-3 credit cards with high limits, then use one primarily that's paid off monthly. Now it's easier to track expenses for budgeting and maximizing rewards.

Speaking of rewards, shift from air/hotel rewards to cash back automatically used the following month on purchases. Consider how often air/hotel programs update for a destruction of stored value. A \$400 flight now likely needs 25,000 miles, whereas get 5% cash

back on annual \$25,000 spend, \$1,250 was used on following month purchases.

Focus Two: Shop Insurance.

Been 3 years since shopped home, auto, umbrella and/or pet insurance? Good chance it increased over +30% without any claims to "cover increasing costs."

While partially true, consider, "We noticed you're still here, so we're betting on autopay and inertia to increase profits."

Focus Three: Your Automatic Payments.

Review all automatic payments and use of those services/products.

Yes, it's easy to cancel Peacock after a NFL playoff game. But what of subscriptions on products shipped by Amazon, Instacart, DoorDash? Are you still using it, how frequently and can it be found at a lower price?

What of new bundles offered to better meet your needs? Talk-

ing about subscription plans for your cellphone, internet, cable/streaming, music, fitness, data storage, kids gaming, kids activities, club memberships, pet supplies, etc.

Focus Four: Organize to Live with Less.

Declutter, purge, or just throw (bleep) out. Feng Shui touts the benefits of energy and flow, but to me it reduces the need to buy stuff that will re-clutter your space.

Speaking of space, if paying for a storage unit, please stop. At \$200 a month, \$2,400 annually and \$12,000 over 5 years, is the crap not good enough to be in your home worth \$12,000?

How about even \$1,000? Prove it by listing for sale.

Get \$600, then a \$3,000 win/win (or 3X return) over next 12 months.

Focus Five: Finish Your Taxes.

With taxes done by March 11th, there is time to complete

deadline items like funding an IRA or Backdoor Roth, plus gain ~10 months to impact 2024 from discovery within the return. Also, you're worry-free for March Madness, St. Patrick's Day and kid's new spring activities.

To get more sustainable ways to improve finances, speak with 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.

Sponsored articles are submitted by our advertisers. The advertiser is solely responsible for the content of this article.

250 PULASKI BLVD.

Bellingham Electric
Since 1953

APPLIANCES

BOSCH	Electrolux
GE	LG Life's Good
SAMSUNG	KitchenAid

APPLIANCE SALES & REPAIRS
(508) 883-7235
WWW.BELLINGHAMELECTRIC.COM

CHARRON

Tree Service

Quality Timely Service!
508-883-8823

FREE ESTIMATES • FULLY INSURED

RESIDENTIAL & COMMERCIAL

- Tree Removal
- Pruning/Trimming • Storm Damage
- Land Clearing • Stump Grinding

CharronTreeService.com

KEVIN LEMIRE - OWNER
All Employees Are Covered Under Workers' Comp Insurance

1060 Pulaski Blvd
Bellingham, MA 02019

Sen. Fattman and Rep. Soter Announce \$6 Million in Funding for The Blackstone River Greenway Project

On December 27th, Senator Ryan Fattman and Representative Michael Soter announced that the Blackstone River Greenway Project has received a \$6 million investment for a 0.5 mile section of the greenway in Blackstone. This funding was made available through a \$24 million investment in the state's recreational trails by Governor Maura Healey and Lieutenant Governor Kim Driscoll, initially received through The American Rescue Plan (ARPA).

The Blackstone River Greenway is a section of a longer

48-mile bikeway that connects Worcester, MA to Providence, RI, along the National Heritage Corridor. The paved trail follows the Blackstone River and Canal wherever possible. Though intended as a bike path, it is also used for walking, jogging, and other recreational activities.

This funding will be used to invest in a 0.5 mile section of the trail from the Canal Street Bridge in Blackstone to the Rhode Island border, where the greenway joins another existing shared-use path. It will make possible repairs and upgrades to the existing trail.

BVT Announces First Trimester Commendation List

Blackstone Valley Regional Vocational Technical High School (BVT) has released the Superintendent-Director's Commendation List for the first trimester of the 2023-2024 school year. Students must meet rigorous standards to be named to the Commendation List, such as maintaining a grade point average of 88 percent or above in each technical, related, and academic course for the trimester. To view the complete list, visit www.valleytech.k12.ma.us/1tcommendationlist.

The following students from Bellingham were named to the first trimester Commendation List:

SENIORS (Class of 2024)

Marissa Chamberlain, Health Services; Ellen Franco, Information Technology; Sara Lewis, Engineering & Robotics; Luke Perier, Multimedia Communications; Aiden Simpson, Information Technology; and Lucien Stenehjem, Engineering & Robotics.

JUNIORS (Class of 2025)

Isabella Brancato, Electronics & Engineering Technology; and Abigail Noyes, Plumbing.

SOPHOMORES (Class of 2026)

Gracie Clinton, Health Services; Olivia Dalton, Biotechnology; Evan Donlon, Information Technology; Audrey Drons, Painting & Design Technology; Dylan Garrett, Electronics & Engineering Technology;

Justyn Hayes, Information Technology; Gavin Jacobson, Electronics & Engineering Technology; Mariia Voronina, Health Services; Madyson Voss, Painting & Design Technology; and Justin Walsh, Biotechnology.

FRESHMEN (Class of 2027)

Elleigh Macneil, Engineering & Robotics; Cailyn Morin, Engineering & Robotics; Anna Platek, Biotechnology; and Matthew Welch, Engineering & Robotics.

For more information about Blackstone Valley Regional Vocational Technical High School (BVT), visit www.valleytech.k12.ma.us.



Happy Valentine's!
Call Michelle for a sweetheart of a Deal!
Sebjo Savje
PREMIER REALTY
508-561-4257
Remember, if you want to BUY or SELL, call Michelle!



Here Today. Here to Stay.

While "big banks" sure like to talk about their commitment to the community, at the end of the day they are the first to bail out and close branches.

Our customers know they can count on Charles River Bank for not just the powerful solutions they need, but the personal connections that make the difference.

Personal Connections. Powerful Solutions.

Visit CharlesRiverBank.com or visit one of our convenient locations to open a new account today.



Charles River Bank

Personal Connections. Powerful Solutions.

CharlesRiverBank.com

70 Main Street • Medway • 508.533.8661

2 South Maple Street • Bellingham • 508.966.2857

1 Hastings Street • Mendon • 508.422.9792



Member FDIC
Member DIF

Grant Gives Bellingham Man Opportunity to Create, Heal

For 32-year-old Clinton Clark III, the most debilitating effect of his treatment for metastasized esophageal cancer has been fatigue that has impacted his ability to pursue many activities he enjoys. Yet through a grant coordinated by a caregiver at Dana-Farber Cancer Institute, he has been able to reconnect with his lifelong passion for art on his own terms.

Joelle Connors, MSW, LICSW, a social worker at Dana-Farber Brigham Cancer Center in Foxborough, said she was "thrilled" to identify the grant opportunity for a drawing tablet through the Dear Jack Foundation. The nonprofit organization is dedicated to improving the quality of life for adolescents and young adults diagnosed with cancer and their families.

"Clinton is a very talented artist, and a wonderful person in general, who has worked hard to overcome so many challenges," Connors said. "I'm grateful that I could assist in providing him with another therapeutic tool."

"Joelle goes above and beyond for everybody. It's great to have someone like that really care for you," said Clark, who also enjoys comparing art projects with care team members and fellow artists Kaitlyn Alexander, BSN, RN, and Nicole Lewis, MSPAS, PA-C. "They are all great and very understanding."

Clark, a self-taught artist who lives in Bellingham, turned to drawing and painting for relaxation as well as creative expression following his cancer diagnosis at age 29 in December 2020. Since that time, he has endured the insertion of a feeding tube, radiation, surgeries, chemotherapy, and immunotherapy.

With treatment continuing for the foreseeable future, Clark said he is grateful for his new Samsung Tab S8, with which he recently created a digital image of his best friend and his wife for their wedding anniversary. He said its ease-of-use is critical since "everything I'm on gives me fatigue."

"Now it's very easy to produce my art, and I don't have to worry about affording tons of paints or cleaning them up. There are also so many more options because all the tools are available instantly," said Clark, whose artistic talent was first recognized by the Wyland Foundation, which awarded his colorful fish painting first place at the kindergarten grade level in an art contest for students throughout the U.S. and Canada.

Clark won another contest in high school, when his doodle of a friend eating an ice cream cone was selected for a t-shirt design by a local ice cream shop. He has since continued his art while working as a retail sales associate and manager, most recently at Walmart, where he enjoyed helping customers select and troubleshoot electronics prior to his medical leave.

Throughout his illness, Clark said he has been greatly comforted by unwavering support from his care team, family, and friends. He also appreciates the opportunity to focus on digital art when the uncertainty surrounding his illness threatens to overwhelm.

"Doing art is calming and therapeutic," Clark said, "as well as a super fun way to take your mind off stuff."



Clinton Clark III recently created a digital image of his best friend and his wife for their wedding anniversary using a Samsung Tab S8. He credits Joelle Connors, MSW, LICSW, a social worker at Dana-Farber Brigham Cancer Center in Foxborough, with purchasing the drawing tablet through a grant from the Dear Jack Foundation, which is dedicated to improving the quality of life for adolescents and young adults diagnosed with cancer. (Photo courtesy of Clinton Clark III)

Temple Etz Chaim of Franklin Takes Part in #BlueRibbonsForLife

Keeps Hostages in their Hearts

Members of Franklin area's synagogue planted a flag for each of the hostages kidnapped by Hamas on Oct 7. Situated in front of the property, these flags symbolize hope that each hostage will be returned safely and immediately.



Temple Etz Chaim is partnering with many congregations, schools, and Jewish organizations to make certain these people are not forgotten as time goes on.

For more information, current hostage reports, and ideas for support can be found at <https://www.blueribbons.life/>

Richard (Rick) Lamothe
Electrical Contractor
Electrician — Master License in MA & RI



CELL: (508) 397-1916
*Small jobs, service upgrades, fire alarms
 All phases of old and new construction*

421 Pulaski Blvd
Bellingham, MA 02019
774-460-6084



CBD
ReLeaf Center

375 Putnam Pike
Smithfield, RI 02917
401-757-6872

ReleafCenter1@gmail.com www.myCBDreleafcenter.com

CURBSIDE PICKUP OR YOU CAN COME IN!

Try our new **CBG tinctures**

New Location!
 32 Hastings Street
 Mendon, MA

HOURS:
 MON-SAT,
 10AM-7PM;
 SUNDAY,
 11AM-4PM

Visit Today!
**Discounts Available for
 Seniors & Veterans**

"CBD" stands for cannabidiol. It is a non-intoxicating cannabinoid found in cannabis.
<https://weedmaps.com/learn/dictionary/cbd>

MONEY-SAVING COUPON!

MENTION THIS AD & RECEIVE
10% OFF
YOUR NEXT PURCHASE!
Limited time offer; not valid with any other offers.

Macular Degeneration: 2 New Treatments

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

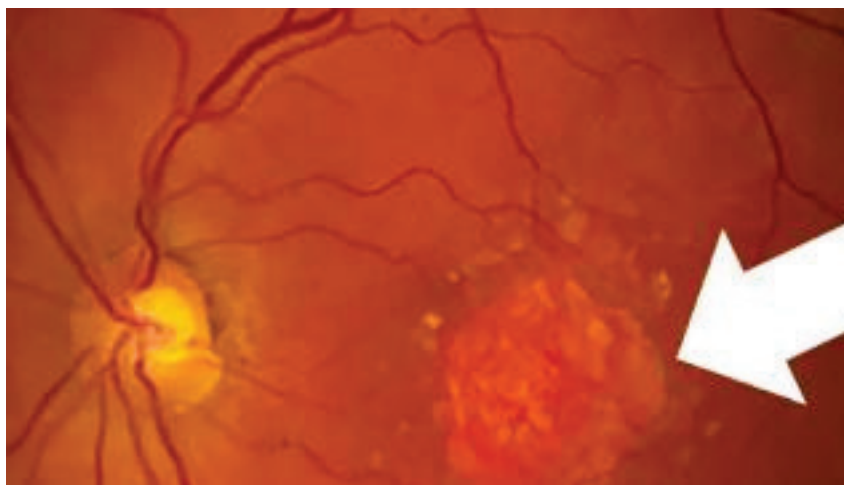
Age-related macular degeneration (AMD) stands as a major cause of blindness in the United States, predominantly affecting seniors. Recently, two innovative treatments for geographic atrophy (GA), an advanced form of AMD, have emerged. This article delves into the various AMD types and identifies potential candidates for these groundbreaking treatments.

Between ages 60 to 70, only 0.7% of the U.S. population exhibits AMD, but by ages 80 to 90, it affects 12% of Americans. This means less than one in 1,000 individuals in their 60s will have AMD, contrasting with over one in 10 in their 80s.

The progression of AMD unfolds gradually, spanning over 20 years. Initial signs include fine drusen and disruptions in the retinal pigment epithelium (RPE) with depigmentation and pigment clumping. If there's no visual loss, these serve as precursor findings, with not all patients progressing to visually significant AMD.

Effectively managing this condition involves evidence-based medicine while acknowledging the art of medical therapy. Personal approaches include discussing findings like fine drusen and RPE dispersion with patients, reassuring them they don't yet have AMD. Emphasizing higher risk and the need for follow-up visits is crucial. Key risk factors include genetics, behavior, and associated diagnoses. Although genetic testing isn't recommended currently, advocating for a diet rich in green leafy vegetables and discussing AREDS-type vitamins are common practices. Smoking cessation, if applicable, might require expert referral, and patients with hypertension or hyperlipidemia are encouraged to manage these conditions with their primary care physician.

Once drusen, RPE changes, and vision loss occurs, early AMD is diagnosed in 60-65% of cases. Despite no clear evidence supporting AREDS vitamins, many patients choose them. As



AMD advances to intermediate stage (20-25%), evidence suggests daily vitamin and AREDS vitamin use can delay disease progression. Some specialists also recommend omega-3 supplements.

Late AMD, affecting 10-15% of the 20 million U.S. AMD patients, manifests as wet AMD, GA, or a combination. Those are the real serious types of AMD. Treatment for wet AMD with anti-VEGF intravitreal injections is a significant breakthrough. While the financial and personal cost toll is evident, the vision im-

provement is substantial.

Distinguishing treatment for dry AMD and GA is essential. AREDS vitamin supplementation for intermediate AMD and monthly intravitreal injections for GA slow progression but don't improve current vision. Adopting vitamin therapy is easier, but monthly injections pose challenges, especially for GA patients. Despite an equal number of wet AMD and GA patients in the U.S., fewer GA patients might opt for intravitreal injection therapy.

With two recent FDA-approved intravitreal injection products delaying GA progression, treated patients can retain reading and driving vision for more years. Decisions regarding intravitreal injection therapy for GA patients need personalized counseling, highlighting the importance of smoking cessation. Patients with family history or bilateral disease are more likely to choose treatment.

Ophthalmologists and optometrists play a vital role in managing and counseling AMD patients. Differentiating between AMD stages and accurate di-

agnosis can be achieved through careful examinations, regular OCT testing, and advanced imaging. Collaboration with retina specialists is essential, ensuring appropriate referrals for wet or combined AMD patients.

Patients with GA opting not to proceed with intravitreal injections can be managed without immediate referral. As their disease progresses, some may change their minds, emphasizing the evolving nature of decisions.

All patients with significant visual loss deserve an evaluation for appropriate low vision aids.

In the ever-evolving landscape of AMD research, many more advances are anticipated. As the population ages, preparing every ophthalmologist and optometrist for the integral role of counseling and managing AMD patients becomes paramount.

At Milford Franklin Eye Center, we use state-of-the-art technology to treat a variety of eye problems, including macular degeneration. We have a dedicated retina specialist in our practice, specializing in the treatment of retinal eye disease and AMD, including the 2 recent treatment modalities discussed in this article. With the presence of this service and equipment that rivals the best found in major teaching eye hospitals, our practice continues to provide world class eye care closer to home.

For more details, see our ad on this page 12.

Sponsored articles are submitted by our advertisers. The advertiser is solely responsible for the content of this article.



MILFORD - FRANKLIN EYE CENTER

**WORLD- CLASS SURGICAL FACILITY
QUADA-ACCREDITED • NO OFFICE SURGERY**

**Comprehensive Eye Exams
Full Optical Shop
Eye Glasses - Contacts**

**New Patients Receive a
Free Pair of Select Glasses**



SMILEFORVISION.COM



Roger M. Kaldawy, M.D. | Jorge G. Arroyo, M.D. | Dan Liu, M.D.

Michael R. Adams, O.D. | Shalin Zia, O.D. | Donald L. Conn, O.D. | Dr. Purvi Patel, O.D.

FRANKLIN OFFICE
750 Union St.
508-528-3344

MILFORD OFFICE
160 South Main St.
508-473-7939

MILLIS OFFICE
730 Main St.
508-528-3344

SURGERY CENTER MILFORD
145 West St.
508-381-6040



**Coverage for wherever
you call home**

Benjamin Insurance Agency

401-765-5000
North Smithfield, RI

401-767-2061
Bellingham, MA



Subject to terms, conditions, and availability. Allstate Vehicle and Property Ins. Co., Allstate Property and Casualty Ins. Co. & affiliates: 2775 Sanders Rd Northbrook IL 60062. © 2019 Allstate Insurance Co.

18679493

2023 Annual Real Estate Activity in Norfolk County

Norfolk County Register of Deeds William P. O'Donnell reports that Norfolk County recordings for 2023 show indicators of less real estate activity as compared to 2022 with decreases in both the total number deeds and mortgages recorded. However, seasonal trends remained consistent, with a decrease in activity during the winter months and an uptick in the spring and summer months.

In 2023, there were 102,188 documents recorded at the Norfolk County Registry of Deeds, a 21% decrease from 2022.

"Looking at the 2023 real estate market, I think most would agree that it was a slow year especially compared to 2021 and 2022's busy home sales. Consumers have been facing a limited inventory of available properties along with rising mortgage interest rates. As an example of these indicators property sales in Massachusetts have dropped 22.5% in 2023," remarked Register of Deeds William P. O'Donnell. "However, Norfolk County's decline was less than the statewide average for the year."

Overall, the County's lending activity showed a continued downward trend. A total of 14,598 mortgages were recorded at the Registry in 2023, 37% less than a year earlier.

According to numbers from the Consumer Financial Protec-



tion Bureau, the median interest rate of a 30-year fixed-rate conventional loan started at 6.42% in January 2023 and grew to 7.79% by October 2023.

Register O'Donnell noted, "Those who locked in lower interest rates in 2020 and 2021 are less inclined to refinance or buy property at current mortgage interest rates, leading to fewer mortgages being recorded and fewer existing homes on the market. Furthermore, buyers looking for new property may be hesitant to take on a new mortgage with average interest rates still above 7%."

The number of deeds for 2023, which reflect real estate sales and transfers, both commercial and residential, was 15,253 a decrease of 12% from 2022.

"The scarcity of available real estate due to fewer existing homes on the market and new construction not being able to

keep pace with demand is making it more challenging for homebuyers in general, but especially for first-time homebuyers who must now deal with the added cost of higher interest rates," stated Register O'Donnell.

Sale prices for 2023 appear to have decreased slightly compared to 2022. The average sale price for all of Norfolk County, both commercial and residential, this year was \$1,083,609 an 8% decrease from 2022. The total dollar volume of commercial and residential sales is also down, decreasing by 26% from one year ago.

"I can understand the frustration some homebuyers may be feeling because right now it is a more complicated process for individuals looking to purchase a home and, especially, first-time homebuyers," said Register O'Donnell. "It is more expensive for home buyers because prices are still high relative to 2021 and 2020 values, and to add to this difficulty, there may be multiple people competing for the same property as well as higher interest rate costs."

The Norfolk County Registry of Deeds has been closely monitoring the foreclosure market. In 2023, there were 73 foreclosure deeds recorded, as a result of mortgage foreclosures taking place in Norfolk County, whereas in 2022, there were 68 recorded. Also concerning is in 2023, there were 339 notices to foreclose, the first step in the foreclosure process, compared to the 308 recorded in 2022.

"The increase in the number of foreclosure deeds and notices to foreclose is troubling. This could suggest that more of our

neighbors may have financial difficulties in the future," said O'Donnell. "We will continue to monitor these figures in 2024."

For the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action Programs (617-479-8181 x376) and NeighborWorks Housing Solutions (617-770-2227) to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at (617) 727-8400.

To learn more about these and other Registry of Deeds events and initiatives, "like" us on Facebook at facebook.com/norfolkdeeds. Follow us on Twitter and Instagram at @norfolkdeeds.

The Norfolk County Registry of Deeds, located at 649 High St., Dedham, can be contacted at (781) 461-6101 or registerodonnell@norfolkdeeds.org.

KEVIN J. TAGLIAFERRI
ATTORNEY AT LAW
CRIMINAL DEFENSE • BANKRUPTCY
SORB HEARINGS • JUVENILE LAW
508-533-1600
Email: KevLaw2@verizon.net • www.KevLaw2.com
165 MAIN ST., STE. 210, MEDWAY, MA 02053

HEAT
is just a phone call away!

www.EastcoOil.com
EASTCO OIL: 508-883-9371

 **BUTLER & SONS**
TREE SERVICE INC.
617-924-8322
FAMILY OWNED & OPERATED SINCE 1980
Fully Insured including Workers Compensation
Residential & Commercial
SERVICES INCLUDE:
Tree Removals & Pruning
Ornamental Tree Pruning Is Our Specialty
Natural Hand Pruning of Shrubs
Cabling & Bracing
★ FREE ESTIMATES ★
~ **FULL-TIME EMPLOYMENT OPPORTUNITIES** ~
• Climber/Driver Wanted • Ground Person/Driver Wanted
PROUD MEMBERS OF
  
Massachusetts Arborists Association VOICE OF TREE CARE ISA
Email: butlertree80@yahoo.com • Find us on Facebook
Visit us online at www.butlerandsonstreeservice.com

McGovern, Rutherford Introduce Legislation Easing Access to Medically Necessary Formulas

Representatives James P. McGovern (D-MA), Ranking Member of the House Rules Committee and Co-chair of the Cystic Fibrosis Caucus, and John Rutherford (R-FL), Co-chair of the Crohn's and Colitis caucus, led their colleagues in introducing legislation to remove barriers to access for all Americans who require medically necessary foods to lead healthy lives.

The *Medical Nutrition Equity Act* would require coverage of specialized formulas, vitamins, individual amino acids, or other medically necessary foods under Medicaid, the Children's Health Insurance Program, Medicare, the Federal Employee Health Benefit Program, and private insurance for patients with specific gastrointestinal and inherited metabolic diseases and disorders. It is narrowly drafted to focus on individuals for whom medically necessary nutrition is the treatment for their diseases.

"I've heard devastating stories from constituents struggling

to access medically necessary foods to keep themselves or their child healthy," said Congressman McGovern. "As a dad and husband, I can't imagine not being able to access the food your child or your partner depends on to live. To me this is simple: no one should struggle getting medically necessary food, and insurance companies shouldn't be creating more barriers to receiving proper care. Our bill cuts through the red tape and ensures those with inherited metabolic diseases or gastrointestinal conditions can access the nutrition they need."

"Our health systems must be structured to support innovative treatments," said Congressman Rutherford. "As co-chair of the Crohn's and Colitis Caucus, where I advocate for those living with digestive diseases, I am excited to join Rep. McGovern to introduce this important legislation that would make medically necessary nutrition more easily accessible to patients across our nation."

Approximately 2,000 infants every year are diagnosed with an inherited metabolic disorder. When left untreated, inherited metabolic diseases or gastrointestinal conditions can cause the body to fail to absorb necessary nutrients and food can even become toxic. An inability to access specialty formulas forces patients to go without adequate nutrition or seek hospitalization to maintain nutrition levels. Already, 40 states require coverage of medically necessary nutrition, but coverage is highly variable from state-to-state and does not apply to patients covered by private sector health plans governed by the Employee Retirement Income Security Act.

This bill builds on the precedent of the 2016 National Defense Authorization Act which improved coverage for medical nutrition for military families enrolled in TRICARE, so more Americans can access medically necessary nutrition.

Volunteers Needed for End of Life Comfort Program at Milford Regional

Milford Regional Medical Center is looking for some special volunteers for its Compassionate Companions program. Based on the "No One Dies Alone" program, Compassionate Companion volunteers provide a caring presence for patients at end of life during times they would otherwise be alone. If you are interested in volunteering as a Compassionate Companion or to find out more, please contact Milford Regional's Director of Volunteer Services, Elaine Willey at ewilley@mil-reg.org prior to February 15th. Volunteers will be interviewed, screened and trained.

Quick. Seamless. Convenient.

An SBA loan from Dean Bank is all the above.

As a small business owner, you've worked hard for everything you've got. Your space, your equipment, your carefully crafted team. Occasionally, you need extra cash to supplement that carefully crafted operation and small business loans are a great option to ease the stress of business ownership.

We know your business can't wait. Apply for a loan and enjoy:

- Quick responses: 24-to-48-hour response time on your loan of up to \$100,000
- Seamless process: no pauses or breaks in your lending experience
- Service catered to your business needs
- Convenient closings that come to you

That's the Dean Difference.

Speak to an SBA Lender today:



DEAN BANK

It's my bank.SM



deanbank.com • (508) 528-0088

Member FDIC Member DIF NMLS#412095



New Hope among 1,098 Organizations to Reject FY2024 Funding Cuts

New Hope Inc sent a letter to Congressional leadership signed by 1,098 local, state, and national organizations calling on Congress to reject a full year CR that would result in cuts to non-defense discretionary programs and adopt the bipartisan Senate funding framework as a starting point for FY24:

Americans deserve a strong and resilient public health infrastructure that is adequately funded to protect and promote their health. Slashing federal programs for public health, biomedical research, and other health expenditures by over nine percent via a continuing resolution that would trigger caps or

sequestration will significantly harm these programs, inhibiting access to critical public health programs and delaying or eliminating funding for much needed new treatments and cures.

New Hope Inc, along with its over 1,098 partners, urge policymakers to work together using the bipartisan Senate Appropriations Committee funding levels that ensure foundational programs keep up with both rising costs and the need for investment in programs important to fostering economic growth and meeting human needs.

New Hope engages survivors, stakeholders and communities to build an anti-violence move-

ment. Using a trauma-informed practice, we work with those impacted by sexual and domestic

violence, as well as those persons who use abuse in their intimate relationships.

For more information about New Hope, Inc., visit www.newhope.org.

Consider a Heat Pump Hot Water Heater to Save Money and the Environment!

BY MARK MINNICHELLI

Did you know that it costs more to create heat than to move heat from one place to another? That is the basic principle that allows heat pump technology to heat our homes, offices, and hot water more efficiently, with less impact on our environment. A heat pump hot water heater moves heat from the air around it and concentrates that heat on the water in the tank, producing typical 120-130F hot water from 60F air!



when the heat pump would be unable to keep up with demand.

There are various settings which can be used to control the unit; we use the “energy-saver” setting, which prioritizes the heat pump mode, and automatically switches to conventional heating if needed. One can also choose only heat pump, or only conventional heating

element modes, for complete control over the heater energy source. The Wifi-control capability makes it easy to switch modes, increase or decrease water temperatures, and monitor energy usage and unit health from anywhere, using a standard smart phone.

Although a heat pump water heater is a more expensive initial purchase, the monthly energy savings, combined with the MassSave rebate (currently \$750 for this heat pump) enables an estimated payback period of 2 years versus a pure electric water heater. And by using the clean electricity provided by Dynegy to Franklin residents, we are happy knowing that our domestic hot water heating footprint is minimized! We have had the unit for 4 years as of this writing. We are very happy with this unit’s performance, have had no issues at all, and have definitely saved energy during that time.

For more information on this and other energy-saving ideas, please visit EnergizeFranklin.org.

In 2019, we considered the opportunity to replace our existing electric hot water heater with a low-carbon footprint electric heat pump hot water heater. We decided on a 50-gallon model by Rheem, which had good ratings, was comparatively quiet, and featured Wifi-control capability. With 50-gallon capacity, the unit is able to keep up with the hot water demands of our 3-bedroom home. The heat pump draws heat from the basement air and uses that ambient heat to heat the water in the tank, using roughly 1/3 the electricity of an electric hot water heater. The air flowing out of the unit is cooler and drier, and the water heater requires an auxiliary water pump to remove the condensate water from the unit. The noise produced by the heater is similar to the noise of a running dehumidifier. The unit also has a conventional electric heating element for high-demand times

VALUED SERVICE AWARD FOR OUTSTANDING SERVICE



Joan Fantini
508-446-3073



Leo Fantini
508-446-3538



Kayla Normand
508-488-7371



Erin Herrick
508-523-6782



Michelle O'Mara
508-254-2819





Rene A. Rua*
508-488-6617
*English/Spanish



Abbi Normand
508-488-0373

**Contact us 24/7
for help with**

- Real Estate Marketing & Sales
- Buyer/Seller Representation
- Rentals
- Short Sales
- Foreclosures
- Staging
- Property for Sale



Massachusetts Real Estate Group



Brian Sequin
774-266-6291



Bob Wilson
508-361-9539

Request your
FREE CMA



CORPORATE OFFICE:
24 North Main Street,
Bellingham, MA 02019
508-966-2424
www.MARealEstateGroup.com
HOURS: by Appointment
At Your Convenience
24/7 EMAIL:
MainOffice@MARealEstateGroup.com



Lynne Roberts
508-982-3086





Francesca Casasanta
508-654-4592



**MAssachusetts
Real Estate Group**
VALUED SERVICE AWARD
FOR OUTSTANDING SERVICE



**MASSACHUSETTS
REAL ESTATE GROUP**

Select Homes
DIAMOND DIVISION



Bellingham Public Library News & Events for February

For updates to library programs and services, please see the library website, 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>

February Hours

Monday - Thursday 9:30 a.m. to 8 p.m.

Friday & Saturday 9:30 a.m. - 3 p.m.

The library is closed on Monday, February 19th for the Presidents' Day Holiday.

Highlighted Programs

Virtual Author Talks

The library will now host up to three virtual author talks each month! Register to attend the live talk, but if you miss it, you can still view the talk in the archive on our website. Go to: <https://libraryc.org/bellingham> to see the list of upcoming and archived talks, and to register to attend. The February author events are:

- Thursday, February 8th at 8 p.m.: Spice, Spirit, and Swoon – A Guaranteed Happily Ever After with

rom-com author Tessa Bailey

- Tuesday, February 20th at 4 p.m.: Exploring Identity, Love, and Being Black in America in Fiction Writing, with award winning author Jason Mott

- Wednesday, February 28th at 2 p.m.: Be a Kick-Ass Boss Without Losing Your Humanity, an author talk with Kim Scott

Fancy Nancy Dance-y Party

Friday, February 9th at 6 p.m. Come celebrate Valentine's Day with us Fancy Nancy Style – Music, dancing, crafts, and a fancy fashion show to end the night. For families. Please register!

Getting Started with Genealogy

Saturday, February 10th at 10 a.m.

The Bellingham Library and the Bellingham Historical Commission are teaming up to host this two-hour workshop on genealogy resources that are available to help you begin researching your family history. Speakers from the Historical Commission, Library Staff, and others will share information about doing online research, documenting what you know, and document-

ing stories for posterity. More information is available on the library calendar. Please register.

Parenting in the 21st Century – Challenges at Home & School

Monday, February 12th at 6 p.m.

Join us for the first in a three part series facilitated by Bellingham resident Michelle Gaudet, M Ed, LABA of Purposeful Connections, LLC is presenting a series of workshops on topics of concern to parents and families in the 21st century. Make 2024 the year that you learn more about parenting challenges and resources available to help you navigate them! Rachel Barillari, Rita Morris and Michelle Gaudet are excited to share information on how to begin actively (and practically) addressing the challenges we are witnessing in our schools today and offer heart-forward solutions to support our young people. More information is available on the library calendar. Please register.

Bellingham Art & Photography Show

Saturday, February 17th from 6-8 p.m.

The library will be hosting our second Art & Photography Show. Our first was during the 300th Anniversary and we had hoped

to start it as an annual program at that time. Well, we are ready to resume the tradition! Details are available on the library website on how to submit your art and photography to the show. Individuals can enter up to 3 submissions. Each submission has a \$5 entry fee and a form to complete to enter. The 2/17 Show will announce the winners in each category, as well as Best in Show and People's Choice Award. There will be music from acoustic artist Ric Allendorf and refreshments from the Friends of the Library.

Friends of the Library Mini-Book Sale

The Friends of the Library will host a Mini-Book Sale during school vacation week. Check the library website for details on dates and times!

Coming in April! Save the Date!

The Second Annual Bellingham Business Expo

April 6th from 9 a.m. to 12 noon

The library is continuing its partnership with the Bellingham Business Association to sponsor a Business Expo where local residents can come to the library to meet representatives of local businesses to learn more about their products and services in a non-sales environment. Details, including links for vendor applications, are available at: <https://www.bellinghamma.org/library/pages/bellingham-business-expo>

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 Programs

First Saturday Fun – Saturday, February 3rd at 11 a.m. Make a Groundhog Day craft

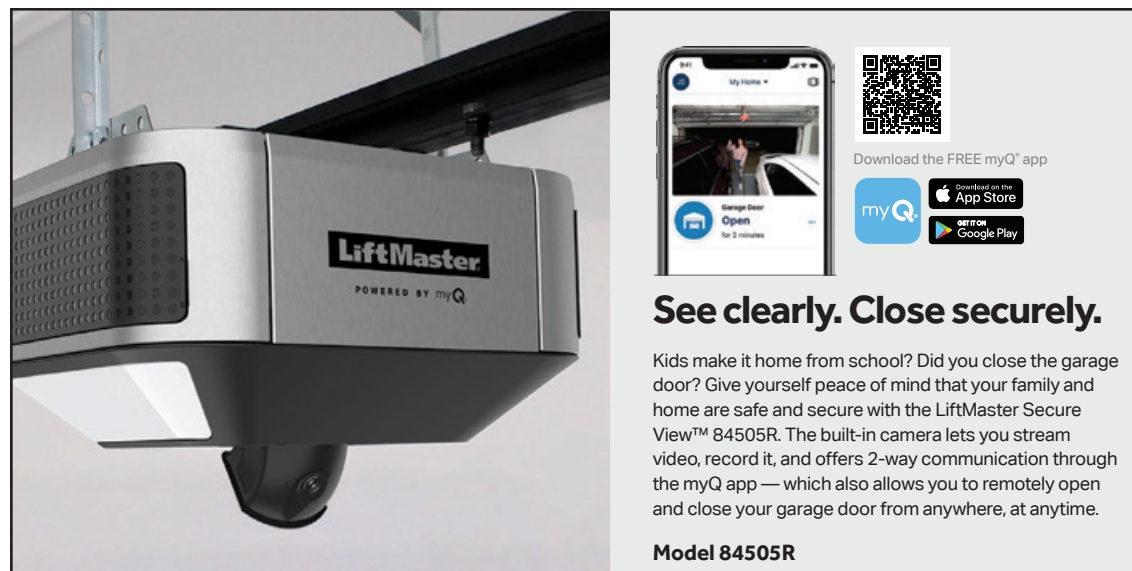
Ring a Ding – Mondays & Thursdays at 10:15 a.m. Drop in! No sessions February 1st and school vacation week.

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. No session school vacation week.

Adult/Child Book Club – For kids in grades 4-6 or 6-9 and the adult in their life who loves to read. Meets monthly. If you are interested in joining those in Grades 4-6 should contact Amanda Maclure, amaclure@cwmar.org, grades 6-9 contact Diane Nelson, dnelson@cwmar.org. Check the library calendar for details on the February meeting dates and times.

LIBRARY *continued on page 17*

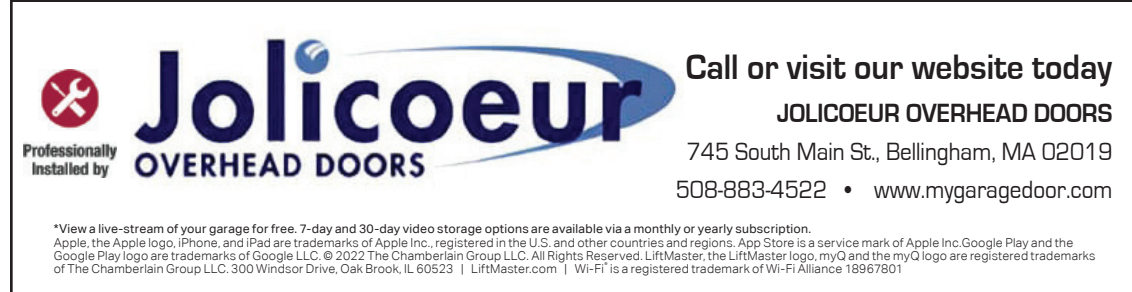


See clearly. Close securely.

Kids make it home from school? Did you close the garage door? Give yourself peace of mind that your family and home are safe and secure with the LiftMaster Secure View™ 84505R. The built-in camera lets you stream video, record it, and offers 2-way communication through the myQ app — which also allows you to remotely open and close your garage door from anywhere, at anytime.

Model 84505R

UNMATCHED REPUTATION, OVER 30 YEARS IN BUSINESS Your trusted local professional service & installer. **LiftMaster**



Jolicoeur OVERHEAD DOORS

Call or visit our website today
JOLICOEUR OVERHEAD DOORS
745 South Main St., Bellingham, MA 02019
508-883-4522 • www.mygaragedoor.com

*View a live-stream of your garage for free. 7-day and 30-day video storage options are available via a monthly or yearly subscription. Apple, the Apple logo, iPhone, and iPad are trademarks of Apple Inc., registered in the U.S. and other countries and regions. App Store is a service mark of Apple Inc. Google Play and the Google Play logo are trademarks of Google LLC. © 2022 The Chamberlain Group LLC. All Rights Reserved. LiftMaster, the LiftMaster logo, myQ and the myQ logo are registered trademarks of The Chamberlain Group LLC. 300 Windsor Drive, Oak Brook, IL 60523 | LiftMaster.com | Wi-Fi is a registered trademark of Wi-Fi Alliance 18967801



◆ Serving Bellingham since 1991 ◆

VALLEE'S
EXTERIOR
HOME IMPROVEMENT, INC.

◆ Siding ◆ Windows ◆ Roofing ◆

Call for your Free Estimate!

508-883-7912

Insured MA MA License

LIBRARY

continued from page 16

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@cwmars.org for more information.

Our upcoming titles are:

February: *The Night Ship* by Jess Kidd

March: *The Little Paris Bookshop* by Nina George

April: *My Friend Anne Frank* by Hannah Pick-Goslar

Library Board of Trustees Meeting – Thursday, February 8th at 7 p.m. in the Conference Room.

Writing Group for Adults – Tuesday, February 13th 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.

Friends of the Library Monthly Meeting – Tuesday, January 13th at 7 p.m.

Email library@bellinghamlibrary.org for the Zoom link

Virtual Ask-A-Lawyer Program with Attorney Brian T. Salisbury

Monday, February 26th starting at 5 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. Appointments are between 5 and 7:30 pm. 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 that you may have. Unless otherwise agreed in writing, Attorney Salisbury will not provide legal representation in any legal matter discussed.

Yoga for the Seasons

Tuesdays at 8:30 a.m.. Check the library calendar for details and to register.

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.

Drop in Sewing/Craft Night

Alternating Thursdays from 5:15 to 7:45 p.m., check the library calendar for dates

Join members of your community for a night of sewing, quilting, knitting, or any other creative project you are working on. This is an independent setting for you to work on your current project. Please bring your own supplies- supplies are not available. Please bring a project to work on independently. No classroom instruction. Adults only, for safety no children permitted.

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.

In regards to all Senior Center programming and transportation this winter, it will be aligned with the Bellingham schools' cancellations and delayed openings. The Center will remain open for information and referrals unless the Town Hall closes. If you requested transportation to a doctor's appointment, hairdresser, or shopping on a day when schools are closed, then we apologize for any inconvenience. You can call the Center at (508) 966-0398 if you have questions on a bad weather day.

Tales of American Presidents: The popular series continues on Monday, February 12 at 11:30 a.m. with Paul Arsenaault talking about Jack & Jacqueline Kennedy.

Saturday Coffee at the VFW: On the last Saturday of each month, from 9-11 a.m., visit the Bellingham VFW on South Main Street for free coffee and assorted goodies including bagels.

Medicare Advantage Options: The general Open Enrollment period ended on December 7th. However, if you currently have a Medicare Advantage plan and would like to make a change to or just compare other Advantage plans you still have time. Until March 31, you can make

changes. Medicare.gov is a great site to make comparisons or you can set up an appointment with Judy Higgins by calling the Senior Center at (508) 966-3098 and "we can take a look together."

Coffee & Conversation: Join us every Tuesday for a popular free-wheeling discussion beginning at 9:30 a.m.. And on the second Tuesday of every month, a Select Board member will be in attendance.

St. Patrick's Day Party: The Bellingham Police Department will pre-sent its annual celebration on Wednesday, March 13, at 11:30 a.m. at the Coachman's. It is FREE, so sign up now by calling the Senior Center at (508) 966-0398. Space is limited.



Lullaby
Family Childcare

NOW ENROLLING

Bilingual Spanish/English
Nutritious Breakfast,
Lunch and Snack included
Infant, Toddler and Preschool
Monday-Friday from 7 a.m. to 5 p.m.

CALL NOW TO SCHEDULE A TOUR
508 - 840 - 1194

lullabyfamilychildcare@outlook.com
11 Priscilla Avenue, Bellingham, MA 02019



Store Your Stuff With Us. You'll Be GLAD U Did!

GLADU
DISPOSAL and
SELF STORAGE

Storage Units
5x10 • 10x10 • 10x15 • 10x20

401-769-9125 www.GladuSelfStorage.com

Best Prices & Great Service

Servicing Southern MA & RI

10 - 15 - 20 - 25 yd. Dumpster Rentals

165 Poplar St., Woonsocket, RI
www.GladuWrecking.com

MassBay Offers Free Workforce Training Courses in Spring 2024

This spring, MassBay Community College, in Wellesley Hills, is offering free workforce training courses for eligible Massachusetts residents in Automotive Damage Appraisal, Behavioral Health Technician I, Behavioral Health Technician II, Certified Nursing Assistant (CNA), Emergency Medical Technician (EMT), English as a Second Language (ESL), and Phlebotomy. These grant funded courses are one-semester and

provide students with in-demand skills that will strengthen gaps in the local workforce needs.

“We are thrilled to continue to offer community members these classes, free of charge, enabling them to gain skills that qualify them for positions in growing industries that need trained and ready-to-work professionals,” said MassBay Executive Director of Corporate Partnerships, Workforce Development and Community Education Colleen

Coffey. “Community members are able to learn a new profession in just a few short months, and in many instances, they are offered jobs at the conclusion of their clinical placements.”

Prospective students interested in learning more can visit MassBay’s Corporate Partnerships & Workforce Development (CPWD) course listing or email or call cpwd@massbay.edu or (781) 270-4100.

HCA Members Show 2024

On display through February 15, 2024

Are you ready to witness some amazing artwork created by our talented HCA members? This popular annual event is back again, and you will not be disappointed! Members of all ages have come together to display their paintings, prints, mixed media, and photography. You’ll be left in awe of our members’ sheer talent and creativity.

98 Hayden Rowe, Hopkinton

Tri-County Regional Chamber, Bellingham Business Association Networking Feb. 7th

Join the Tri-County Regional Chamber and the Bellingham Business Association for an unforgettable networking evening! Reconnect with familiar faces and discover new business opportunities. Remember, nurturing your business connections is as vital as managing your daily operations.

\$10 members; \$20 future members
<https://fb.me/e/5ycAQUolz>

Sound Sculpture at Bellforge

Saturday, February 3, 5-9 p.m.

Sound Sculpture created by MASARY Studios is an interactive sound and light instrument for spontaneous, cooperative composition. 25 location-aware blocks comprise a massive, wireless controller. Each cube represents a note in spatial dimension and time, and the public’s interaction and placement of the cubes creates musical structures. Various sound and lights scores are prepared and realized in collaboration with the public.


It is like walking onto the staff paper, picking up the notes and moving them around, thereby changing pitch, rhythm, melody and harmony. In this way participants are creating physical and sonic structures collectively and simultaneously.

Admission is free. Add as many tickets you’d like at

<https://bellforge.org/cart/>


Support Bellforge Arts Center at our Chipotle fundraiser on Tuesday, February 6th, from 4-8 p.m. at 250 Main Street, Medfield, MA. Enjoy your favorites and 33% of sales will be donated to the Bellforge Arts Center. Order online with code 6JGY8DE.

Directions: Take Rt. 27 to Hospital Road. Make a left on Hospital Road, then a left on Service Drive. You will turn in to the hospital grounds when you see the school buses. Drive up the hill, where you will find several available parking lots on your left. Bellforge is on the right (walk between the brick buildings) with events located outside on the grounds of the former Chapel.



SIMPLE WAYS TO SAVE WATER

There are many simple things we can do to save water. Learn from the water-efficiency hero Flo what you can do today to help protect our water supply!




TURN OFF THE TAP!

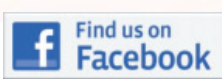
Just by turning off the tap while you brush your teeth in the morning and before bedtime, you can save up to 8 gallons of water! That adds up to more than 200 gallons a month, enough to fill a huge fish tank that holds 6 small sharks!

The same is true when you wash dishes. Turn off the tap! Scrape your dirty dishes into the trash—then put them in the dishwasher.

Check Back Each Month for more Helpful Ways to Save!



Sponsored by the Bellingham DPW



Find us on Facebook

Pre-Targeting™: The New Way to Buy Online Display Ads

- 100% REACH
- 100% VIEWABILITY
- 100% TRANSPARENCY

Pre-Targeting selects the sites by the concentration of audience interest rather than specific content.

Want to reach your target audience? Contact Jen Schofield at 508-570-6544 or by email at jenschofield@localtownpages.com today for more information.

Library Resource of the Month – Digital Music

The Bellingham Public Library subscribes to three services that allow you access to music: Freegal, Qello Concerts, and Hoopla. They are free with your Bellingham Library card!

Freegal offers download or streaming access to more than 18 million songs belonging to over 200 genres, including Sony's Music catalog of legendary artists.

- 200,000 songs added monthly
- Music from over 93,000 labels with music that originates in over 100 countries
- No software to download and no digital rights management (DRM) restrictions
- Can both stream and download music on a desktop computer or mobile device
- Mobile app available in the Apple App Store and Google Play Store
- Bellingham Library patrons are able to download 3 songs per week and stream 3 hours of music per day.

There are millions of songs to choose from, such as Miley Cyrus, Adele, Beyoncé, Billy Joel, Bob Dylan, and Miranda Lambert. Listen to some love songs for Valentine's Day! Freegal also offers a rich and growing collection of music videos, which

often have supplemental content that is not in the underlying song. Because a video is considered premium content, a video download will count as 2 of your weekly music selections. They are in MP4 format, and are yours to keep.

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! Bellingham Library cardholders have access free-of-charge through Overdrive's Libby app and Libby website.

- Thousands of concert films and documentaries
- New concerts added every week
- 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 set the mood for Valentine's Day, try watching "Tony Bennett and Lady Gaga Cheek to Cheek" or maybe Julio Iglesias's "Starry Night" concert!

Hoopla lets you borrow music immediately, with no waiting and no holds list! Albums are from a wide variety of music genres. There are popular selections such as Taylor Swift and

Ed Sheeran as well as decades albums with music as far back as the 1960's. Some other genres to choose from are disco, workout hits for health and fitness, jazz, Latin, opera, Christian and gospel, rock, country, soundtracks, and much more!

- Titles are immediately available
- Up to 6 Hoopla titles each month can be checked out
- Titles are available for streaming and downloading for 7 days after you borrow them
- Automatically returned and removed from your device at the end of the lending period

To access **Freegal**, **Qello Concerts**, or **Hoopla**, go to the Bellingham Library's website at www.bellinghamlibrary.org and click on the Online Resources tab. Then click Digital Music, Movies & TV. Let Freegal, **Qello Concerts**, or **Hoopla** help you set a romantic mood for Valentine's Day!

THE SPRING MARKET IS JUST AROUND THE CORNER!

IF YOU are thinking of buying or selling a home this year, call a professional who knows your town and the real estate market, someone who knows how to handle the process as quickly and smoothly as possible...

Call someone who genuinely cares about your needs & dreams!

Bellingham's #1 Realtor!



COLDWELL BANKER REALTY

Vice President, Bellingham Business Association

EVERYTHING SUE TOUCHES TURNS TO SOLD!




Suzanne Ranieri
cell: 508-380-1643
Email: suzanne.ranieri@nemoves.com

Herbert F Hunter, CPA

Taxes | Accounting | Auditing

9 Summer Street - Suite 305, Franklin, MA 02038

(508) 530-3089 | www.hfhuntercpa.com

DALPE'S P&M SVCS., LTD.
DBA **JOE THE PLUMBER**

508-962-5225

JothePlumber314@aol.com

Repairs • Installations
Kitchen & Bath Remodels • Gas Piping
Gas & Oil Heating System
Installations • Conversions

Joe Corriveau
Master Plumber



MA Lic.# 11226
RI Lic.# 1719



Clean Solar Energy

\$0 DOWN!

You Own the System

GROUND MOUNT • ROOF MOUNT • PRODUCTION GUARANTEE

Based in Bellingham • Installing Solar in Bellingham since 2009

References Available

MIKE KELLEY

508-657-1116 or mkelley@massrenewables.net

www.MassRenewables.net



CALL NOW FOR MORE INFO!

Sports

Hutchinson Memorial Basketball Tourney

High-Powered Bourne Downs BHS Boys in Title Game

By KEN HAMWEY,
BULLETIN SPORTS WRITER

The Barry Hutchinson Memorial Tournament is a fabulous way for Bellingham to honor a basketball coach who set high standards and left a legacy that emphasizes effort and enthusiasm.

Hutchinson died of a heart attack at the age of 47 in 2006, three years after his Blackhawks won the Division 3 state championship by defeating Bromfield, 49-40. Bellingham's current coach, T.J. Chiappone, was Hutchinson's varsity assistant and he knows all about Hutchinson's penchant for excellence.

"Barry was intense and demanding," Chiappone said. "But his players would have run through a stone wall for him. He was very caring about his players and the program. He always gave the kids all the time they needed."

The late coach would have been proud to see the way Bourne and Bellingham High competed in the 17th edition of the annual tourney. Bourne won the title game decisively, 68-50. The winning margin, however, is deceiving because the Canalmen led by 37 in the third quarter.

But, don't feel sorry for the Blackhawks. They never lost their desire and they personified what Hutchinson preached — effort and enthusiasm.

"We knew Bellingham plays hard and they'll win their share of games because of their relen-

less work ethic," said Bourne coach Scott Ashworth, who was a teammate of Chiappone's when they played at Bridgewater State University. "I knew coach Hutchinson, so playing in this tourney has meaning for me. We feel honored to be in this tourney."

Chiappone, who was acutely aware of Bourne's excellence long before the game got underway, emphasized the Canalmen's strengths in glowing terms after the championship trophy was presented to Ashworth and his players.

"They're well-coached, they run the floor effectively, their inside and outside abilities are strong, they're well-conditioned and they're also physically and mentally tough," Chiappone said. "We didn't make shots, but our group played hard, and we'll continue to rely on a strong work ethic in practice and in the games ahead."

Chiappone turned to his reserves midway through the third quarter. That contingent included Ryan Nolan, C.J. Fama, Alex Hughes, Zach Berkeley, John Doucette, Latrey Barche and Ryan Austin. They gave 100 percent and that effort led Bellingham to a 13-0 run in the final stanza.

The Blackhawks' starting point guard, Ross Priscella, scored 24 points against Wayland in the tourney opener and was selected as a tourney all-star. He put the tourney in perspective



Bourne coach Scott Ashworth, left, and Bellingham coach T.J. Chiappone were teammates in college at Bridgewater State University.

with this view: "We didn't get the result we wanted but we played as hard as we could for coach Hutchinson. None of our players knew him but we know he's important to coach Chiappone and his staff, so he's important to us."

Bourne, which plays in the South Coast Conference, left the tourney with a 5-0 record. The Blackhawks, who defeated Wayland, 53-39, is their first-round game, was 3-3 after the tourney but at the Bulletin's deadline they improved to 5-3, losing to Medway then beating Dedham and Ashland.

Bourne, which demolished Hopedale, 71-42, in its opening-round game, was led in the title matchup by Leo Andrade with 18 points. Not far behind were junior Nate Reynolds (17) and Mike Dankert (14). Andrade was the tourney MVP and Reynolds and Dankert were named to the all-tourney team. "Leo had a great tourney and is one of the quickest players I've coached," Ashworth said. "Nate has great hands around the basket and Mike is a terrific inside-out player."

Bourne had a balanced effort in its win over Hopedale. Andrade and Dankert each scored 14 points while Emery Robbins had 12 and Reynolds added 10. Patrick Madden led the Blue Raiders with 20 points.

"Against Hopedale, our defense helped our transition game," Ashworth said. "We



Bellingham point guard Ross Priscella was selected to the all-tournament team.

shared the ball and made shots."

Hopedale coach Tony Cordani admitted that his squad was outplayed and didn't have any answers against Bourne's size and quickness. "They're a dominant team in all facets of the game," he said. "We were overmatched."

The Blue Raiders, however, won the consolation game, edging Wayland, 49-46, after a sluggish start that left them trailing 18-4. Hopedale's Patrick Madden and Wayland's Grant Larsen were selected to the all-tourney team.

"We've have a tendency to start slow," Cordani said. "We were fortunate to recover in time to edge Wayland. "Patrick played well. He's an all-around player with good skills."

Wayland coach Dennis Doherty, whose team leaves the tourney with an 0-4 record said his squad has to be more patient. "We lost to Bellingham in the opener because of turnovers and missed foul shots," he noted. "We need to become more fundamentally sound."

Against Wayland, Priscella led Bellingham, getting 12 of his 24 points in the final quarter. Haroun Mafhoum had 10 for

the Blackhawks while Larsen's 12 points paced Wayland.

"Ross and Haroun were outstanding," Chiappone said. "Our defense is starting to wear people down and our on-ball defense from our guards has been great."

Doherty had high praise for Priscella. "His compete level is very high," he said, "and that makes it tough to guard him."

TOURNEY TIDBITS: Every year, Chiappone brings back a former player who competed for Hutchinson to address the current team and inform the players what the late coach was all about. This time he chose Matt Blue, who played the two-guard on the state title team and is a Hall of Fame inductee at BHS. Blue, whose name is on a banner in the gym that lists the school's 1,000-point scorers, currently works for the National Basketball Association's Global Academy in Australia as a player-development coach.

The first seat on Bellingham's bench, which had black and white balloons attached, was vacant for both tournament games. "That's to signify that Barry Hutchinson's spirit is still with us," Chiappone said.



YOU SHOULD LOVE YOUR Realtor

Call or email me today for a *free* market home valuation!

happy valentine's day

Jennifer DeLuca 508.951.2178
REALTOR jenniferdeluca@bhhspace.com

©2023 BHHS Affiliates, LLC. An independently owned and operated franchisee of BHHS Affiliates, LLC. Berkshire Hathaway HomeServices and the Berkshire Hathaway HomeServices symbol are registered service marks of Columbia Insurance Company, a Berkshire Hathaway affiliate. Equal Housing Opportunity.

Sports

Hutchinson Memorial Basketball Tourney

Ursuline Girls Crowned Champs After O.T. Win over Carver

BY KEN HAMWEY,
BULLETIN SPORTS WRITER

The Ursuline Academy's girls' basketball team came close to winning the Barry Hutchinson Memorial Tournament in 2022, losing, 43-40, to Bellingham. The Bears, however, made sure their latest trip to the Bellingham tourney had a different outcome, even if it had to be achieved in overtime against a different opponent.

Ursuline, an all-girls school in Dedham, won the 2023 tourney by defeating Carver, 51-47, in a clash that featured plenty of up-tempo offense and intense defensive pressure.

Junior Alana Hogan led the Bears with 16 points and senior Colleen Ganley had 13. The versatile Ganley, who usually plays guard but operated primarily in the post, was the tourney's MVP. Hogan was named to the tournament's all-star squad.

Carver's Sarah Stairs and Julia Fernandes each scored 12 points, and Stairs and Julia Grimes were selected as all-stars.

Regulation play ended tied at 43, but the Bears outscored the Crusaders, 8-4, in the extra session. Hogan netted four points on a lay-up and two free throws, and the Bears' other points came at the foul line — two for Payton Knight and one each for Ganley and Sofia Pichay.

"It feels great to win the tournament," said Ursuline coach Morgan O'Donnell. "The key for us was playing smart, tough, and quick. Our defense also played a major role. Alana works hard constantly and strives for improvement, and Colleen is a solid all-around player who's

coachable and always positive."

Ursuline advanced to the final by defeating Dighton-Rehoboth, 50-35, in the opening round. Hogan connected for 17 points and Knight had 13. The Falcons' top scorer was Julia Mello with 9 points while Lucy Latour and Maggie Kazanjian each had 7. "Ursuline is very athletic," said D-R coach Jon Pacheco. "We're a young team that's learning and hoping to improve."

Carver coach Michael Ponte credited Ursuline for its title-winning effort. "Both teams played hard but they made a couple more plays than we did," he said. "Stairs and Grimes competed effectively, and the tourney atmosphere was a good experience for us."

The Bellingham girls, who entered the tourney winless in their previous four games, bowed in their opener to Carver, 48-26, but enjoyed a much-needed, bounce-back victory in the consolation game, crushing Dighton-Rehoboth, 44-24.

Junior guard Calleigh Elder, who was selected as a tourney all-star, dominated the Blackhawks' offense, scoring 23 points (17 in the first half). Elder scored on mid-range jumpers and slashing drives to the basket that enabled Bellingham to take a 16-5 lead after the first quarter. Their margin ballooned to 32-10 at halftime and ended with the Blackhawks winning by 20.

Bellingham freshman Debora Kalemi chipped in with eight points while the Falcons were led by Megan Keane who had 10. Latour was named to the all-tourney team.

"The key to winning was our half-court, trapping defense that led to easy baskets," said Bellingham coach Bob Pingeton. "Calleigh was the spark we needed on offense, and she got points that resulted from steals. We needed this win badly and I hope it becomes contagious. Getting our first win makes us all feel better."

"The girls were up for this game, and we executed well against Dighton-Rehoboth. But, against Carver, we didn't."

Since posting their first win of the season against D-R, the Blackhawks managed to notch their second victory, beating Tri Valley League foe Ashland.

Carver's 22-point win against the Blackhawks in the tourney opener featured a parade of scorers — Stairs (12), Fernandes (9), Grimes (8) and Jady Sotomayor (7). Montana Berglund and Elder led Bellingham with seven points each.

"We've been working hard on our offense," said Ponte after downing the Blackhawks. "Now our shots are starting to fall. We also rely on a strong defense. Stairs played very well against Bellingham. A starter since her freshman year, she's tough as nails."

Michael Connor, who's been the athletic director at Bellingham High for the last seven years, was pleased with the way all the boys' and girls' teams competed.

"Traditions are great things, and the 17th annual Barry Hutchinson Memorial Tournament continued the tradition of great high school basketball," he said. "Competitive games in tournaments like these are the goal and we saw some good ones."



Bellingham point guard Calleigh Elder was selected to the all-tournament team.

GET NOTICED!

Contact Jen to find out how you can use this space to reach more than 153,000 homes and businesses each month!

508-570-6544 (call or text) or
jenschofield@localtownpages.com

MULLALY MATERIALS




FIREWOOD

SEASONED
HARD WOOD

GREEN
HARD WOOD

KILN DRIED
WOOD

CALL FOR PRICING: 508-883-0977

Be Ready! Stock up on all your Winter Products

- Snow Shovels
- Bulk Salt
- Ice Melt by the Bag or Pallet
- Washer Fluid
- Roof Rakes
- Gloves








671 Quaker Hwy, RT. 146A, Uxbridge, MA 01569

Like us on
facebook

Visa / MC / Cash / Check

M-F 7:30am-4pm • CLOSED SAT. & SUN.

WWW.MULLALYMATERIALS.COM STORM HOURS AS NEEDED

Sports

Bellingham's Track Teams Are Goal-Oriented Groups

By KEN HAMWEY,
BULLETIN SPORTS WRITER

The Bellingham High boys' and girls' indoor track teams may not have winning records, but coach Sam Cowell, nevertheless, is pleased with their work ethic, leadership, character and versatility.

Both squads are 1-3 after four meets — their only victory was against Millis and their three losses came against Dedham, Norton and Medway. Now in his second year as coach for both squads, the 47-year-old Cowell admires the way his competitors have strived to reach the goals he set in pre-season practice.

“Our goals were to improve individually, set new personal records and compete in multiple events,” he emphasized. “Of course, we want to win, but that will occur if our athletes work hard in practice and strive to be versatile, multiple-event competitors. Hard work leads to self-improvement and that can lead to a better overall record. Being versatile in multiple events and aiming for personal bests maximize the teams' ability to add points in dual meets.”

The squads have a balance of youth and veteran competitors, and Cowell likes the strengths they bring to the table.

“We've got good overall leadership,” he said, “and our older kids are role models. They're quality student-athletes who work hard in the classroom and

have good character. And, both teams are flexible, willing to compete in sprints, distance events or field events.”

The captains for both teams are seniors Erik Ormberg and Nina Ames. Ormberg runs the mile and high jumps while Ames competes in the hurdles and long jump.

“Both are excellent role models,” Cowell noted. “They lead by example and are supportive. They're quiet leaders who set great examples.”

“Erik works hard at improving his speed and he's able to compete in sprints (dash and 300-meter run). Nina works hard to improve her acceleration to the first hurdle and has made progress on her four-step technique. Previously a high jumper, she's now displaying lots of natural ability in the long jump.”

Three seniors who've been key contributors are Ryan Ginn (mile, 1000-meter, shot put), Alex Bastek (1000-meter), and James Robey (1000-meter, shot put).

“Ryan is a strong distance runner who's achieved personal bests in all three of his events and he's also scoring in all three, Cowell said. “Alex had a strong cross-country season, and that success has carried over to track. His personal best in the 1000-meter run is 3:10.37. James is new to the program but has become our top shot-putter (personal best is 22 feet, 2½ inches). He's committed to keep improving.”



Bellingham track coach Sam Cowell is flanked by his captains — Erik Ormberg and Nina Ames.

Four other senior boys who've been consistent are Tristan Staples (two-mile), Lucas Howard (hurdles, 600-meter), Ben Howard (hurdles, 600-meter) and Pranshu Shah (600-meter). “They all work hard, provide depth and are capable of scoring points in their events,” said Cowell, who teaches Spanish and French at the Middle School.

Two juniors who are having excellent seasons are Gabe Egan (55-meter, 300-meter, long jump) and Olivia Carney (55-meter, 300-meter). Both are ranked in the Tri Valley League's top 10 in the 55-meter dash.

Egan's personal bests are 7.05 seconds in the 55-meter dash, 39.24 seconds in the 300-meter run, and 17 feet, 5 inches in the long jump. Carney's personal records are 7.54 seconds in the 55-

meter dash and 45.16 seconds in the 300-meter run.

“Gabe is an incredible hard worker and a natural leader,” Cowell said. “And he's got excellent speed out of the blocks. Our young competitors seem to gravitate towards him. Olivia has qualified for the Division 5 championships in both her events. She's working to improve her acceleration from the blocks. When at full speed, she can compete with anyone.”

After four dual meets, the Blackhawks' top scorers for the boys are Ormberg (29 points) and Egan (26). For the girls, Carney has 20 points and Ames has 19.

A group of underclassmen who've provided depth and scored points are juniors Sydney Bashford (hurdles) and Brady

Carroll (long jump); sophomores Alannah Doyle (shot put) and Eli Cowell (hurdles); freshmen Jenna Dormandy (600-meter), Alyssa Gerbrands (high jump) and Eric Mounsey (mile); and eighth-grader Sam Araujo (600-meter). “They're all improving as the season moves along and they are our future nucleus,” Cowell said.

Cowell's athletic philosophy is “to ensure that our athletes reach their potential and grow in their experience as team contributors.” He also hopes his competitors learn valuable life lessons. “It's important to be committed and to be accountable,” he emphasized. “I hope our kids understand the value of hard work and reap the benefits of it and know that being part of something that's bigger than themselves is very important.”

A 1995 graduate of Bellingham High, Cowell competed in the hurdles indoors and the 4x400-meter run and the hurdles outdoors. He has a bachelor's degree in French from the University of Kansas and a master's in education from UMass-Boston. He and his wife Kerry live in Bellingham and have a son (Eli) and a daughter (Olive).

Some of the Blackhawks will compete at the Tri Valley League meet on Feb. 3 at the Reggie Lewis Center in Boston and the Division 5 meet is set for Feb. 14, also at the Reggie Lewis Center.



**HOPEDALE
PIZZA MARKET**

\$5 OFF

Dine-in/Take-out orders on purchase \$10 or more
VALID ON FOOD ONLY

NEAPOLITAN PIZZA!
Beer & Wine Now Available (DINE-IN ONLY)

1 Menfi Way, Hopedale • 508-381-3292 • myhopedalepizza.com



Print & Deliver

We Print and Deliver your inserts.
Perfect for Big Events, Coupons,
Menus and More!



For more information, or to schedule your insert, please contact Jen Schofield at 508-570-6544 or by email at jenschofield@localtownpages.com

Calendar

February 3

Sound Sculpture at Bellforge, 5-9 p.m., Rt. 27 to Hospital Road, Medfield. Make a left on Hospital Road, then a left on Service Drive. Turn into the hospital grounds at school buses. Drive up the hill, lots on your left, Bellforge is on right (walk between the brick buildings) -events outside on the grounds of the former Chapel, www.bellforge.org

February 5

Bellingham Library Book Discussion, 6:30 p.m., 100 Blackstone St., Bellingham
The Night Ship by Jess Kidd
 MPAC Full Circle presents: Auditions for Agatha Christie's Murder on the Orient Express, 6-8 p.m., 150 Main St., Milford, Rehearsals Tues and Thurs Evenings Feb and March, Performance Dates: April 5th-7th,

Open to individuals ages 16+, visit <https://www.milfordpac.com>

February 6

MPAC Full Circle presents: **Auditions for Agatha Christie's Murder on the Orient Express, 6-8 p.m.,** 150 Main St., Milford, Rehearsals Tues and Thurs Evenings Feb and March, Performance Dates: April 5th-7th, Open to individuals ages 16+, visit <https://www.milfordpac.com>

Franklin Art Association meeting, 6:30 p.m., Franklin Senior Center, 10 Daniel McCahill St., Franklin, featured artist Phil Pariseau, glass artist

February 7

Bellingham Business Association and Tri-County Regional Chamber Networking, 5:30-

7:30 p.m., Lowell's Restaurant, 75 Cape Road, Mendon, \$10 members; \$20 future members, <https://fb.me/e/5ycAQUolz>

February 8t

Spirit, and Swoon – A Guaranteed Happily Ever After with rom-com author Tessa Bailey, 8 p.m., virtual author talk presented by Bellingham Public Library, visit <https://libraryc.org/bellingham>

February 9

Fancy Nancy Dance-y Party, 6 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, For families. Please register!

February 10

Getting Started with Genealogy, 10 a.m., presented by The Bellingham Library and the Bellingham Historical Commission, Bellingham Public Library, 100 Blackstone St., Bellingham
Dance for a Cause and Play Musical Bingo, 7 p.m., American

Legion Post 225, 592 South St., Wrentham, benefits Tri-County Vocational Scholarship, James M. Paquette Memorial Fund (J.u.M.P.) and Gilly's House Sober Living Scholarship Fund

February 12

Parenting in the 21st Century – Challenges at Home & School, 6 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham
 Second Sunday Speaker Series, 1:15 p.m. (doors open at 1 p.m.), Franklin Historical Museum, 80 West Central St., Franklin, Alan Earls will present "Postal Poetry: The Art and Commerce of Valentine's Cards"

February 13

Writing Group for Adults, 6:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, To participate contact Marjorie Turner Hollman at marjorie@marjorieturner.com

February 17

Bellingham Art & Photography Show, 6-8 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham

Cinema 80 – a new program of films at Franklin Historical Museum, 6 p.m., curated by Chris Leverone in cooperation with the Franklin Senior Center, 80 West Central St., Franklin, featured film: Safety Last

February 24

Cinema 80 – a new program of films at Franklin Historical Museum, 6 p.m., curated by Chris Leverone in cooperation with the Franklin Senior Center, 80 West Central St., Franklin, featured film: The Freshman

February 26

Virtual Ask-A-Lawyer Program with Attorney Brian T. Salisbury, 5 p.m., courtesy of Bellingham Public Library, visit www.bellinghamlibrary.org

**GROW YOUR BUSINESS
with Local Town Pages!
Call Today! Jen 508-570-6544**

PHARMACY OUTREACH
 Helping MA Residents Lower Drug Costs
 Providing Free Medication Information
CALL Today 1-866-633-1617

 MASSACHUSETTS COLLEGE of PHARMACY
 and HEALTH SCIENCES
 Pharmacy Outreach Program
 19 Foster Street, Worcester, MA 01608 | M-F 8:30 am to 5 pm

WOODSTOCK BUILDING ASSOCIATES, LLC
 The Leader in Design-Build

WOODSTOCK, CT
 3 Route 171, Suite 1
 860-928-0897



FRANKLIN, MA
 15 Main Street, Suite 11A
 508-570-4853

Residential Carpenter to join the team in Franklin, MA!

If you want to work in a supportive team environment and collaborate on some amazing residential projects, then you should join the Woodstock Building Associates team. Our company is focused on continuously improving our processes and elevating our business. Our mission is to have a positive sustainable impact in the communities we build in. We are a residential design-build firm that is 21 members strong, a family focused organization, passionate about our mutual success, and looking to create happy clients.

Learn more here: wbahomes.com

Emails at: careers@wbahomes.com



MA Home Improvement Contractor #119085 - MA Construction Supervisor #111269 - CT Home Improvement Contractor #565903 - CT New Home Construction Contractor #160

REMODEL - NEW CONSTRUCTION - KITCHENS & BATHS - ADDITIONS

Attorney Amy N. Azza
 Over two decades of
 estate planning experience



Now accepting new clients for wills, trusts, powers of attorney and health care proxies.

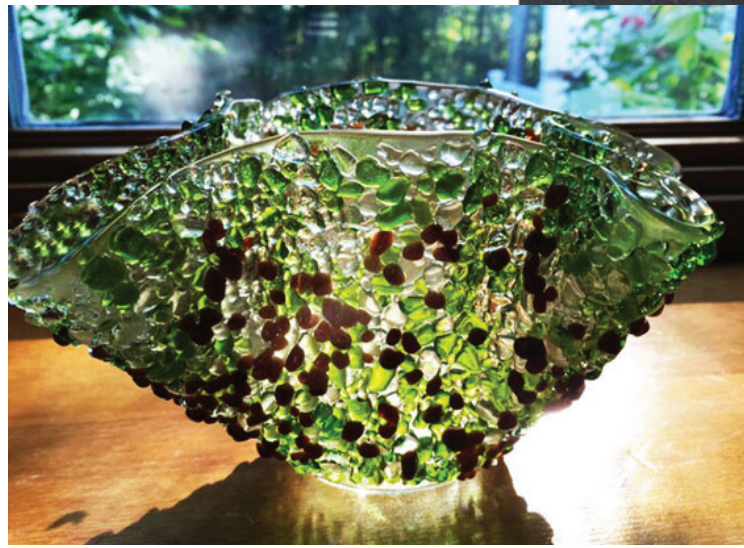
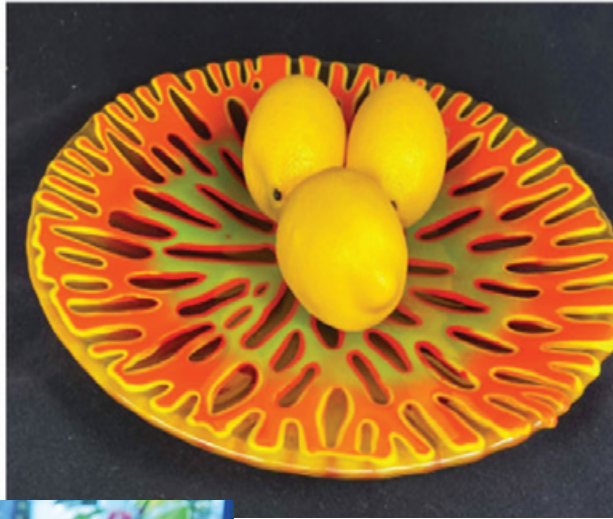
- **WHY YOU NEED A WILL**
 Wills can name an executor, distribute your property, name child guardians, forgive debts and more. And having a will means that you—rather than state laws—decide who gets your property when you die.
- **WHY YOU NEED A HEALTH CARE PROXY**
 A health care proxy names someone you trust as your agent to express your wishes and make health care decisions for you, if you are unable.
- **WHY YOU NEED A DURABLE POWER OF ATTORNEY**
 A durable power of attorney gives extensive power to your chosen agent to act on your behalf, in case you are incapacitated. Without it, a family member or loved one would have to petition the court for that right.

 **Doherty, Dugan, Cannon,
Raymond & Weil, P.C.**
 ATTORNEYS AT LAW
 508.541.3000 | ANA@ddcrwlaw.com
 124 Grove St., Franklin, MA 02038 | www.ddcrwlaw.com

Franklin Art Meeting Feb. 7th to Welcome Glass Sculptor Pariseau

The Franklin Art Association welcomes glass sculptor, Phil Pariseau to be featured artist demonstrator for their February 7, Wednesday meeting at 6:30 p.m. at the Franklin Senior Center.

Phil Pariseau is a self-taught glass artist working on Cape Cod and Franklin, Mass. Phil's early interest in glass began with a glass blowing class more than 25 years ago and developed into a passion for creating kiln-formed pieces of art and unique glass gifts. Combining various techniques of fusing, raking, temperature manipulation, slumping, his pieces often produce a flow that results in a unique designed to capture light and color



beautifully. Phil's glass pieces are known for their distinctive and colorful qualities, including one-of-a-kind wall hangings, sculptures, plates, bowls, and seasonal artwork.

Phil will be demonstrating his approach to glass fusing and designing his sculpture pieces. Meetings are open to the public, free of charge, at 6:30 p.m. at the Senior Center in Franklin. The Franklin Art Association is partially sponsored by the Franklin Cultural Council.



FINANCING AVAILABLE

- 12 Months
- No Interest
- No Payments
- Free Estimates
- Get Instant Estimate Online @ <https://robertevansjrinc.com/>

Or Call
508-877-3500
Millis, MA 02054

Fully Licensed & Insured
CSL 056746
HIC 108807



5 STAR

OVER 30 YEARS OF BUSINESS

ROBERT EVANS JR CONTRACTOR
ROOFING, SIDING, WINDOWS & MORE
EST. 1992

Lifetime Roof Guarantee
Get a FREE Upgrade to a

CertainTeed
SAINT-GOBAIN

Lifetime Guarantee
Exp. February 29, 2024
Offers May Not be Combined

\$500 OFF Full Roof Replacement
On 28 Square Feet or More
Exp. February 29, 2024 • Offers May Not be Combined

ROOFING • SIDING • WINDOWS