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Vol. 28 No. 7 *Bellingham's Favorite Hometown Newspaper* June 2022

Bellingham High Students Help Create VFW Mural, New Tradition

BY DAVE DUNBAR

Next time you drive by the VFW Post on South Main Street in Bellingham, you might notice a new look.

In addition to the recently re-paved and painted parking lot, there is now a new, four-color, hand-painted, patriotic mural that wraps the south end of the building.

"We've been working on this since last fall," explains Post Commander Tom Lane. He hoped to get some high school art students involved and contacted Bellingham High art teacher Tim Etter.

"Our students have done murals for different parts of the school," says Etter. "But this is the first permanent piece that can be seen by everyone." He asked 10 advanced art students to come up with some designs. They produced 12.



A four-color, patriotic mural was unveiled at the Bellingham VFW last month. Starting from the far left is Commander Tom Lane and Select Board Chair Cindy McNulty; art teacher Tim Etter is in the middle; far right is State Representative Mike Soter. The students are named in the article.

MURAL

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Bellingham Remembers Veterans, Honors Female Soldiers

Commander Billie Farrell, the first female commander of the U.S.S. Constitution, was keynote speaker at the 2022 Memorial Day observance held at Bellingham Town Common on May 22nd. She is shown here with Rep. Michael Soter (left), and Jim Hastings (R).



For more highlights of the event, go to page 18.

Bellingham's Taft Museum Re-Opens

BY J.D. O'GARA

After extensive renovations, the Bellingham Historical Commission (<https://www.bellinghamma.org/historical-commission>) re-opened the Ernest A. Taft Jr. Historical Museum on May 22nd, prior to the town of Bellingham's annual Memorial Day parade and celebration. The ribbon-cutting ceremony drew a small crowd, members of the town and Historical Commission, as well as Rep-

resentatives Shawn Dooley and Michael Soter.

The Bellingham Historical Museum is a repository for artifacts, documents, photographs and personal collections that help others to envision and understand the lifestyle and concerns of the citizens of Bellingham since the incorporation in 1719.

MUSEUM

continued on page 3

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MURAL

continued from page 1

The designs were evaluated by VFW members, voted on, and the one produced by student Rylee Chiappone was the winner. "It was a lot of fun to work together, to all chip in little parts of it."

"I love this class of trailblazers," offered Cindy McNulty, the Chair of the Bellingham Select Board. She was on hand along with State Representative Mike Soter, the town planning board's newest member Nick Mobilia, and about a dozen others for the unveiling of the mural last month.

McNulty adds, "They've started a tradition. This mural will be auctioned in a year and the money will go into a relief fund for vets. And then there will be a new mural."

Soter presented the student artists with a proclamation that recognized "their impactful contribution to the community. They are leaving something in the community – a legacy – and I can see the pride in their eyes." In addition, "this shows our appreciation for our veterans."

Here are the names of all the students involved in the mural project: Rylee Chiappone, Brendan Hewett, Emily Welch, Cassandra Senna, Alyssa Rosado, Cierra McMahon, Summer McGill, Lilly McFall, Paige Margiotta, Carlyn LaRose, Isabella Kelley, and William Ferguson. Most are seniors in art three and four classes. And most will be off to college in the fall, including URI, Community College of RI, Westfield State University, and Massachusetts College of Art and Design where Brendan Hewett will be going.

Hewett plans to study 2D and 3D animation. "I really like the looks of Beauty and the Beast... the joining of traditional and realistic elements."

Soter said he was grateful to play a role in getting the mural project to happen at the VFW. "This is a special place for me, to see it get back on its feet after the pandemic and know that vets can come here to support each other."

Jacqueline Olivo Foundation Turns Efforts toward Bellingham

BY DAVE DUNBAR

There are some 33,000 non-profit organizations in Massachusetts associated with social causes and purposes. But the story of how the Jacqueline Olivo Foundation in Bellingham came about is unique.

Eight years ago, at age 40, Jacqueline Olivo died unexpectedly. Her mother, Lois, decided to open the foundation in her daughter's name.

"In loving memory of Jacqueline," reads the opening message on the Foundation's website, "we were inspired to create this Foundation. Jacqueline is our guide with helping hands from heaven. Jacqueline believed that every person has a right to basic human and civil rights."

"I had a small diamond tucked away," recalls Lois, "so I sold it, purchased hundreds of sneakers and had a sidewalk give-away to people in need in Worcester." And that was the beginning of the Jacqueline Olivo Foundation. She still works with the city's Queen Street Shelter regularly delivering a variety of items.



Lois Olivo at her dining room table with a small portion of a large shipment of hats, sandals, shorts, t-shirts, and soap all headed for local homeless men and women.

Worcester is where she started, because of the high number of homeless men and women. Now, she's shifting her emphasis to Bellingham. "Jacqueline loved our house in Bellingham," she says, "and so I'd like people in town who might be struggling inside their homes to know that they have a resource."

The Foundation's website is a good place to start. It's www.jofoundation.org and offers testimonials, how you can donate or ask for help, and contact information. The Foundation is a Massachusetts based 501(c)(3) non-profit organization. Major support for the Foundation comes from The Global Thrift Store in Waltham and from private donations.

"Your story touched my heart," writes Kathy R. on the website. "You are doing such good in your daughter's name. Your courage and strength amaze me."

As Lois continues to transition her Foundation's attention to Bellingham, she still donates to Worcester shelters and to outreach workers. "We're trying to save the lives of those living outside," she says. Donations include new clothing, footwear, hygiene products, and help with

temporary housing.

During the pandemic, Lois took to the streets in Bellingham. In April 2020, she handed out \$5,000 worth of gift cards to shoppers entering Market Basket. In March 2021, she handed out little gift boxes to 12 essential workers at Cumberland Farms. There were three \$100 bills in each box.

She would like to see an ice-skating rink installed at the Town Common "in loving memory of Jacqueline."

"Maybe we could figure out how to add a splash pad, too. Someday, I could go there and watch people having fun, in the name of our Foundation," says Lois.

She's eager to hear about opportunities to help in Bellingham. She has donated to the St. Blaise Food Pantry. She has written a check to cover plant seeds and supplies for the food garden at the Senior Center. And wants to do more.

"My agenda is to get help to people."

You can find out more at the Foundation's website: www.jofoundation.org or visit the Facebook page. You can contact Lois directly by emailing lois@yahoo.com or calling (508) 282-0211.

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jenschofield@localtownpages.com

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Kim Vasseur

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MUSEUM

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If you wish to donate items to the museum please complete and return the Artifact/Material Donation Application Form, found at https://www.bellinghamma.org/sites/g/files/vyhlf2796/f/uploads/donor_form.pdf.

The museum will be open Saturdays, June 4th and 18th - 9:30 a.m. to 12:30 p.m. and by appointment. Email history@bellingshamma.org to request an appointment.

Photos by and used courtesy of **Craig Bartelloni**.



Local Middle School Student Places Third in Poster Contest

Bellingham middle-schooler Amari Flynn received third place in the third annual Massachusetts Association for Mental Health (MAMH) and Massachusetts Health Council (MHC)'s mental health art contest. Chosen by a judges panel of youth advocates and past winners, these middle and high school students used art and creative expression to represent their own methods of maintaining their mental health, helping others, and reflection of why mental health is so important.

Youth judges included a combination of young adult mental health advocates and past winners. Students competed for \$800 prize money while keeping in mind this year's theme: refreshing your mental health. The resulting drawings, paintings, photography, and more represented students' own methods of maintaining their mental health, helping others, or reflection of why mental health is so important.

MAMH and MHC have been engaged for more than 100 years in advocacy to increase understanding, eliminate stigma, and improve support for people with mental health needs.

Winners:

Middle School

- 1st Place:** Kendall Belloise (Everett)
- 2nd Place:** Keith Clark (Boston)
- 3rd Place:** Amari Flynn (Bellingham)

High School

- 1st Place:** Sorina Condon (Scituate)
- 2nd Place:** Ainsley Hayes (Scituate)
- 3rd Place:** Mckayla Vermette (Lawrence)

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BVT's Robotics Team 61 Awarded the District Chairman's Award

Upton - The Blackstone Valley Regional Vocational Technical High School (BVT) Robotics Team 61, The Intimidators, competed against the top robotics teams from across New England during the New England FIRST Robotics Competition (NEFRC) District event held at Worcester Polytechnic Institute in April. Team 61 was ranked 24th and came home with the District Chairman's Award.

The Chairman's Award is the most prestigious award at FIRST; it honors the team that best represents a model for other teams to emulate and embodies the mission of FIRST. It was created to keep the central focus of FIRST Robotics Competition on the goal of transforming the culture in ways that will inspire greater levels of respect and honor for science and technology, and encourage more of today's youth to become science and technology leaders.

"Thank you to everyone who helped make our dream of winning this award a reality," said Ms. Nicole Ledoux, FIRST Robotics Coach, Team 61. "For

the past 28 years, Team 61 has proudly represented BVT at FIRST, and we're all incredibly thrilled to be awarded this outstanding honor."

Chief Outreach Officer Natalia Vazquez (Engineering & Robotics) and Junior Outreach Officer Kate Watchmaker (Electronics & Engineering Technology) are both juniors from Mendon. They are responsible for organizing team meetings and outreach events for The First Robotics Team 61 within the community.

Team 61 provides STEM opportunities for kids at a young age through hosting events at local libraries, volunteering at middle schools to teach students robotics skills, and hosting FIRST LEGO League (FLL) Challenge competitions. "This past year, Team 61 began an Assistive Technology program dedicated to creating products to aid differently-abled people with some of their daily routines," said Kate. "One such example is the development of Hydration Alert, our first implementation of Assistive Technology in Robotics. It was designed



BVT's First Robotics Team 61, The Intimidators, received the prestigious NEFRC 2022 District Chairman's Award during the NEFRC competition at WPI in April.

to help elderly farmers to stay hydrated depending on the outside temperatures, prompting them to drink through sensory-based alerts and vibrations."

The Intimidators have worked with the Center for Applied Behavioral Instruction (CABI), a school for students with special needs, to host different robotics

demonstrations and visited their campus to work more interactively in a safe and controlled environment. Through the pandemic, they have remained in contact with the CABI School and are currently developing a STEM-based curriculum for their students to gain the skills to start their own FIRST team.

"Team 61 has always been more than an intimidating robotics team," said Natalia Vazquez. "We prioritize accessibility to STEM and are proud to spread the message of FIRST, and seeing the joy in kids' faces as they drive a robot for the first time is incredible."

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Markets got you down?
As of May 16th, S&P 500 is -16% for the 2nd worst start in 80+ years.

Wait, there's more.
Tech heavy NASDAQ is -26%, small companies Russell 2000 -20% and "favors the brave" (insert eyeroll) Bitcoin is -39%.

Diversification in developed international -16% and emerging markets -17% is failing.

Good thing there's bonds. Oh wait, US bond market via the BarCap Agg Index -10% is worse start to a year ever.

And cash, true it didn't lose principal but purchasing power decreased -8.3% the last 12 months, and if you've been to a grocery store, auto dealer/service dept, barber or gas station, 8.3% inflation my...

Don't be Torn and Frayed, become Happy about the opportunity to roll your Tumbling Dice.

Yes, Rolling Stones reference to Exile on Main Street celebrating a 50th anniversary. The relevance?



Glenn Brown

The Stones were on an amazing run of albums - Beggars Banquet, Let It Bleed (headline reference) and personal favorite Sticky Fingers. Yet, they found themselves exiled from Britain due to new 93% wealth tax, broke from a manager who'd stolen from them and sued by their record label. As vagabonds in France and later LA, they recorded what many consider their greatest album and then toured the US as year's top grossing act,

a first of record 9 times.
Let me Shine a Light on 3 action steps to consider given down markets:

Roth Conversion - If certain investments you intend to hold for a long period are down -20% or more, then convert those a Roth and pay 20% less tax. Estimate your MAGI prior, as conversion is taxed as income impacting your federal tax bracket and % owed.

Take Tax Losses - Face your mistakes, learn and move on. In taxable accounts selling at a loss builds capital losses to carry and offset capital gains over future years. If you believe the investment will come back, wait 31 days later to avoid wash sales. Remember, every Apple or Amazon from 2000, there's dozens of JDS Uniphases, Lucent, Global Crossings, and CMGIs.

Buy Quality When On Sale - People love sales, except when it comes to risk assets like equities. If not now, then when do you "buy low and sell high"? Sure, the market may go lower, but if

you own quality investments you understand at a fair price, over time it will be time that matters most.

Don't overload on commodities, energy, TIPs and cash as this too shall pass on a macro level, since economic cycles rarely skip stages. Up next will likely be cooling housing values, layoffs disguised as reorgs and deflation via recession or soft landing by Fed's raising of rates.

Eventually a base for economic expansion is created but if you wait to see it, investment values will have adjusted in anticipation and opportunity past.

Had the Stones simply stopped or not built upon their foundations in '71 until all things favorably aligned, one wonders about their legacy or even living to old age, let alone being the top grossing US tour in 2021.

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

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

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Townwide Cleanup a Group Effort in Bellingham

Over 60 folks volunteered for Bellingham's annual Earth Day cleanup, which was held on April 23rd, 2022. In all, volunteers, both individuals as well as groups such as those from Amazon (who did their own cleanup on Maple Street), the Board of Health and the Bellingham High School Football team, collected 106 bags of trash that day.

"We would like to thank Honey Dew, Stop and Shop, Market Basket and Aroma Pizza for their generous donations," said Bellingham Board of Health's Laura Renaud. "Also, we would like to thank all the volunteers, including the DPW, COA and Police Dept. for their help in making the day a huge success."

(Photos used courtesy of Bellingham Board of Health)



Volunteers came from all facets of the community.



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FOR UPDATES

Garden Club of Bellingham, MA Holds Plant Sale

The newly-formed Garden Club of Bellingham, MA held its spring plant sale on May 7th at the Bellingham Senior Center. The new 509(a)(2) public charity aims to educate members of the town on agriculture as well as



work to beautify the town. The group runs a garden and farm stand at 200 Center St, Bellingham and meets virtually or in person every 3rd Tuesday of the month.

For more information about the club or its programs, or to get involved, email: bellingham-gardenclubofma@gmail.com or bellinghamfarmmarket.ed@gmail.com. You can like the group on Facebook as well as visit its website at <https://sites.google.com/view/bellingham-gardenclubma/home>.



From the Town Clerk

Our Annual Town Election was held on May 3rd, at which the following resident were elected to office for the next three years:

- Selectmen Sahan Sahin elected with 414 votes
- Town Moderator Michael Carr re-elected with 445 votes
- Town Clerk Lawrence Sposato re-elected with 491 votes
- Constables David Brown re-elected with 357 votes
Richard Martinelli re-elected with 391 votes
William Paine re-elected with 386 votes
William Roberts, Sr. re-elected with 362 votes
- Library Trustees Nicole Buckley re-elected with 439 votes
(one open seat remains)
- Planning Board Philip Devine re-elected with 318 votes
Nick Mobilia elected with 345 votes
- School Committee Jennifer Altomonte re-elected with 424 votes
Michael Reed re-elected with 400 votes

Election information, such as polling hours, polling location, early and absentee voting opportunities are posted on the Town website on the home page under the "banner" section, in the Bellingham Bulletin (newspaper and website), and on the Election Warrant posted at several public locations in Town. Please check these options as elections draw near. Our next elections will be the State Primary on September 6th and the State Election on November 8th.

It is expected (final legislation has not been voted yet) that both of these elections will have early voting hours associated with them.

Dog licenses are now overdue. Late charges will be in effect as of July 1st. Please apply for your

2022 dog license now to avoid any late charges or assessment of future fines. Application may be made (with proof of rabies vaccination) in person, by mail, or online at bellinghamma.org (provided you are able to upload rabies certificate).

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Senior Center Volunteers Honored

This article first appeared in and is used courtesy of The Spirit of Bellingham, the newsletter of Bellingham's Council on Aging

There are approximately 50 Senior Center volunteers who, together, contribute more than 200 hours of work each month. They were all celebrated, and thanked, at a Volunteer Appreciation Dinner last month.

The pandemic delayed such a celebration for three years. But at the Coachmen's Lodge in Bellingham, the talk was of accomplishments in the past and opportunities in the future.

"When you look at all the events, programs, games, and activities that take place at the Senior Center and in our community, you wonder how it all gets done," observed Center Director Josie Dutil. "I'll tell you how... it gets done on the backs of countless, selfless volunteers. Bellingham has the best of the best!"

"After I retired," says volunteer Pat Gorman, "I needed something more in my life. Working with the supportive day program at the Senior Center, I help keep participants safe, happy, and active! It is so rewarding in so many ways! I look forward to my hugs and smiles! And I've been doing this for almost five years."

The celebration lasted more than two hours, with live music provided by Jeff Gamache who has worked for WNRI radio for 30 years. Attendees each received a colorful gift bag.

Volunteer Jane Malo describes her experience this way: "I currently deliver bags of groceries from the Franklin YMCA to Bellingham seniors in need, every week. I started volunteering at the Senior Center in March of 2020. I do this to let folks know that someone really does care about them. A smile, a friendly face and 'Hi, how are you doing?' works wonders! Volunteering makes me very happy and gives me purpose. It feels like I make a difference."

"What we would like to express to all of you," said Dutil from center stage, "is a deep-seated appreciation for the abundance of your service. We have done great things together and I sit in excited anticipation of all that we will continue to do in the future."

Please see page two for photos from the celebration. If you would like to know more about volunteering at the Senior Center, then contact Assistant Director Terri Graham at (508) 966-0398.



**Happy Father's Day
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Color, Creativity & Meaning

Art Heals: Shine Your Light Chalk Festival

Student artists at Blackstone Valley Regional Vocational Technical High School (BVT) in Upton got creative for a cause by sharing personal stories through their artwork to help raise awareness of mental health and support teen suicide prevention.

Creating a visual image through any medium can produce physical and emotional benefits for the creator and those who view it. The Art Heals: Shine Your Light Chalk Festival on May 12th was all about the healing power of art. Color, creativity, and meaning were fully displayed as student artists created unique sidewalk chalk murals that reflect their mental health stories on the theme of light and how “art heals.”

Ashlyn Lambert of Blackstone, a junior in Multimedia Communications, said, “The idea of self-authenticity through art was the inspiration for my piece. I wanted to create a gray scale portrait, flowing with color from within to represent a contrast between one’s outer shell and the true inner self. I’m my most authentic self when I’m creating art. I express emotions I might not always let show on the outside. With the theme of mental health and healing through art, I felt it was important to emphasize that being able to communicate how you’re feeling and expressing yourself, even if it’s not through words, is crucial to healing and growing as a person.”



In collaboration with the School Based Health Center, fifty-one students participated in this artistic endeavor showcasing art as a positive way of expressing emotions and diminishing negative feelings and thoughts. During the event, college art students and BVT alumni Alyssa Davis (Painting & Design Technology, Class of 2020) and Annabelle O’Reilly (Construction Technology, Class of 2020) worked

alongside the student artists and provided insightful feedback.

It was a beautiful day for this outdoor festival and for the community to view the completed masterpieces during the Evening Chalk Walk. It was an opportunity to connect with others in a shared appreciation and awareness of how art can be used as a strategic tool in the treatment of mental health.

The event was supported in partnership with BVT’s Visual Arts Department, School Based Health Center, and supported by grants from Grafton, Mendon, Milford, and Millville Cultural Councils (Mass Cultural Council’s Local Cultural Councils Program). To view a slideshow of the art, please visit www.valleytech.k12.ma.us/artheals2022festival.

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BVT 66 Medals at SkillsUSA State Leadership & Skills Conference

29 Gold, 27 Silver, 10 Bronze

Upton - Blackstone Valley Regional Vocational Technical High School students tested their vocational-technical ability in the annual SkillsUSA State Leadership & Skills Conference Championships on April 14th and 29th. It was the second of three SkillsUSA competitions, and the school had 102 students competing with other career and

technical education high school students with impressive results. The competition allows students to demonstrate their vocational-technical education, skills, and knowledge with SkillsUSA employment and trade tests. BVT student-competitors successfully demonstrated their career-technical expertise and proudly claimed 29 gold, 27 sil-

ver, and 10 bronze medals. "The medal results are truly remarkable. At BVT, our students gain and hone the skillsets needed to compete against the best vocational-technical students in the SkillsUSA District, State, and National Championships," said Superintendent-Director Dr. Michael Fitzpatrick. "Our student competitors, residents of our thirteen-member communities, are a highly motivated local

contingent that will advance to compete against the top peers from the likes of Michigan, Ohio, and Texas." BVT has 27 students advancing from states to compete amongst the most talented vocational-technical students in the nation at the SkillsUSA National Leadership & Skills Conference in Atlanta, Georgia, this June. The complete list of medalists is available at www.valleytech.k12.ma.us/skillsusa.

Following are BVT students from Bellingham who earned medals at the SkillsUSA State Leadership & Skills Conference:
Gold: Sara Lewis, Principles of Technology
Silver: Aiden Cohen, Major Appliance Technology
Bronze: Pyper Bourre, Health Knowledge Bowl

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Friends of Mendon Elders to Hold Town-Wide Yard Sale

The Friends of Mendon Elders look forward to once again holding their popular Mendon Town-Wide Progressive Yard Sale. This has been an annual event for over 17 years and every year promises to be bigger and better! It all begins at 7:30 a.m. on Saturday, June 11th (rain date Sunday, June 12th) at the Senior Center, 62 Providence Street, Mendon where shoppers first stop and shop. There, they purchase the Master List of Sales Directory with map of "The Little Town of Mendon" included for only \$2. Once they have the Map and Directory, which lists the addresses and directions to the homes participating along with descriptions of the list of the main items for sale, they will Progress from the Senior Center Yard Sale to the many yard sales throughout the entire town! Last year more than 50 homes participated with folks coming from miles around. With such a large number of residents having sales on the same day makes Mendon a desirable destination for shoppers looking for so many bargains! It is a yard sale shopper's paradise! All proceeds from this fundraiser go to the Friends of Mendon Elders, Inc. for enhancements and program development at the Senior Center.

8th Worcester District Fire Departments Receive AED Grants

On April 26th, Representative Soter announced that the Baker-Polito Administration released grants to empower local municipalities to purchase Automated External Defibrillators (AED) for public safety and first responder vehicles. \$527K of state and federal funding will equip 246 vehicles serving approximately 70% of the Commonwealth's cities and towns. This grant opportunity was made possible by state legislation authorized by Chapter 24 of the Massachusetts Acts of 2021, *An Act Making Appropriations for Fiscal Year 2022*. This legislation was sponsored by Senator Fattman.

The funding released to 8th Worcester District towns is as follows:

- Bellingham Fire Department - \$2,500
- Millville Fire Department - \$2,500
- Uxbridge Fire Department - \$2,493

An AED is a medical device used to support people experiencing sudden cardiac arrest, which is the abrupt loss of heart function in a person who may or may not have been diagnosed with heart disease. An AED analyzes the patient's heart rhythm and, if necessary, delivers an electrical shock, or defibrillation, to help the heart re-establish an effective rhythm. A study from the American Heart Association found that 350,000 people suffer sudden cardiac arrest outside of the hospital every year in the U.S.

"This funding will be used to purchase life-saving equipment here in the 8th Worcester District," commented State Representative Michael J. Soter. "Public safety has always been a top priority of mine and ensuring our first responders are prepared is paramount. This is another step in making this district and the overall Commonwealth a safer place to live."

The Massachusetts Office of Grants and Research (OGR) received significant interest from municipalities for this grant opportunity. As part of its competitive process, OGR recommended funding for all 246 applicants. Although the total funding requested exceeded the allocated state funds, Public Safety and Security Secretary Terrence Reidy authorized the use of federal Edward J. Byrne Memorial Justice Assistance Grant (JAG) Program funds to meet the \$27K difference and deliver AEDs to all grant applicants. support all requests. Of the 246 awards, 12 applicants received federal JAG funding.

Representative Soter stated that he will remain committed to funding public safety initiatives and continuously advocate for the departments within the towns that he represents.



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Coming Up at the Bellingham Senior Center in June

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

CONCERT: June 2 concert outside in the parking lot at the Senior Center so parking will be at the high school parking lot and a shuttle van bus will shuttle you to the Center and back to the high school. Mark Mandeville & Raianne Richards will be performing a variety of folk songs.

WALKING GROUP: Senior walkers meet Fridays at 9 a.m. at the SNETT on Center St.

DONATIONS: We are accepting donations for the upcoming yard sale and craft fair but please re-member we cannot accept clothing, shoes or electronics. Please bring your donations to the Senior Center.

June 10 PRESENTATION: A presentation on Choosing a Nursing Home will be

given by 2Sisters on June 10 at 11 a.m. at the Senior Center. Valuable information to be had and a great opportunity to ask questions!

June 28 BOOK CLUB: The June book club will be reading *Where Daffodils Bloom* by Leya Delray. Enjoy the book, it's based on a true story of a WWII bride and come to the Senior Center June 28 for the discussion!

June 17 PRESENTATION: The Russian dictator ("Mad Vlad") will be the subject of Henry Quinlan's presentation at the Senior Center on June 17 at 1 p.m. Please call Senior Center to reserve seat.

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Memorial Mass Honors Ladies

Deceased member of the Ladies of St. Anne were honored at a Memorial Mass on May 29, at St. Blaise, with a collation following in the parish hall. Family members of Barbara DeMaria, Muriel Lariviere, Rose Ryan, Grace Brouillette, Lorraine Recore, and Lorraine Rabidou, Ladies who departed within the past year, were invited to attend this memorial mass and celebrate their lives with the Ladies of St. Anne and all St. Blaise parishioners.

The June meeting will be the Officers' Recognition Banquet

on June 16, at 6 p.m.. Devlin's Tavern will provide a buffet of mixed salad, stuffed mushrooms, chicken cordon bleu balls, lasagna, roasted chicken, potatoes, mac'n cheese, and dinner rolls. The cost is \$25. per person and must be paid by June 6 to Pat Goddard or Dodi Hard-sog. Members can also put their check in an envelope addressed to Ladies of St. Anne in the collection basket during Mass. Please make the check payable to St. Blaise and note LoSA Banquet on the memo line.

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¹Equity Builder grant funds of up to \$22,000 used to assist with down payment or closing costs are eligible for the purchase of a primary residence located in Massachusetts and Rhode Island on the Bank's First-Time Homebuyer, Mass Housing loans and other fixed-rate loans as long as the borrower does not exceed 80% of HUD Area Median Income in those counties. Recipients must attend homebuyer education/course.

Bellingham Public Library News & Events for June

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.

Library Hours

Monday - Thursday 9:30 a.m. to 7 p.m.

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

Special Programs

Red Cross Blood Drive – Friday, June 3rd from 9 a.m. to 2 p.m.

Register at redcrossblood.org

Bellingham Memory Café – Tuesday, June 7th at 11:30 a.m.

The library is pleased to host the Bellingham Senior Center's Memory Café! A memory café is a welcoming place for people with forgetfulness and other changes in their thinking and for their family and friends. Cafés are a place to talk with others who understand what you are going through, to forget about limitations and instead focus on strengths, to enjoy other's company, and to explore something new. RSVP to Terri Graham at the Senior Center at (508) 657-2710 ortgraham@bellinghamma.org.

Father's Day Crafts – Thursday, June 9th at 4 p.m.

Make a variety of Father's Day crafts! Please register!

Summer Reading 2022 – Sponsored by Rockland Trust Charitable Foundation

This year's theme is Read Beyond the Beaten Path. Summer reading sign ups will start on June 1st and the Summer Reading Program will start on June 20th and end on August 25th. Details are on the library website.

Other Children's Programs

Details on the programs below are available on the library website (<https://www.bellinghamma.org/library/kids>) and calendar (<https://bit.ly/3xMECCt>)

After School Kids (ASK) ends Thursday, June 16th.

Teen Room Activities end Tuesday, June 21st.

Ongoing programs include: Baby Time, Crayon Box Story Time, Graphic Novel Book Club, Mother-Daughter Book Club, Picnic Stories, Ring a Ding, STEAM Time, and Wild Side.

Other Adult Programs

Additional details of these programs are available on the library calendar (<https://bit.ly/3xMECCt>)

- Bellingham Skein Artists Adult Knitting Group, drop-in group, meets weekly on Wednesdays at 5:30 p.m.
- Book Club generally meets on the first Monday of the month, email Reference Librarian Cecily Christensen at cchriste@cwmmars.org for details.
- Friends of the Library generally meet on the second Tuesday of the month at 7 pm. Email library@bellingshamlibrary.org for details.
- Library Board of Trustees generally meets on the second Thursday of the month at 7pm. Email library@bellingshamlibrary.org for details.
- Adult Writing Group generally meets on the second Monday of the month at 6:30 p.m. Email marjorie@marjorieturner.com for details.

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Eye Care Facts and Myths

BY: ROGER M. KALDAWY, M.D.
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We have all been told by someone at some time, "You'll hurt your eyes if you do that!" But do you really know what is or is not good for your eyes?

Test yourself with the following true or false statements and see how much you know about your eyes.

"Reading in dim light is harmful to your eyes."

False. Using your eyes in dim light does not damage them. However, good lighting does make reading easier and can prevent eye fatigue.

"Using computers can damage your eyes."

False. Working on computers will not harm your eyes. Often, when using a computer for long periods of time, just as when reading or doing other close work, you blink less often than normal. This reduced rate of blinking makes your eyes dry, which may lead to the feeling of eyestrain or fatigue.

Try to take regular breaks to look up or across the room. This should relieve the feeling of strain on your eyes. Keep the monitor between 18 to 24 inches from your face and at a slight downward angle.

Also consider the use of artificial tears. If your vision blurs or your eyes tire easily, you should have your eyes examined by an ophthalmologist.

"Wearing the wrong kind of eyeglasses damages your eyes."

False. Eyeglasses are devices used to sharpen your vision. Although correct eyeglasses or contacts help you to see clearly, wearing a pair with the wrong lenses, or not wearing glasses at all, will not physically damage your eyes. However, children less than eight years old who need eyeglasses should wear their own prescription to prevent the possibility of developing amblyopia or "lazy eye."



"Children outgrow crossed or misaligned eyes."

False. Children do not outgrow crossed eyes. A child whose eyes are misaligned may develop poor vision in one eye because the brain will "turn off" or ignore the image from the misaligned or lazy eye. Children who appear to have misaligned eyes should be examined by an ophthalmologist.

"Learning disabilities are caused by eye problems."

False. Difficulties with reading, mathematics, and other learning problems in children are often referred to as learning disabilities. There is no strong evidence that vision problems cause learning disabilities. Children with

learning difficulties often need help from teachers and people with special training. Before such treatment begins, make certain your child is seeing as well as possible.

"Sitting close to the television can damage children's eyes."

False. Children can focus at close distance without eyestrain better than adults. They often develop the habit of holding reading materials close to their eyes or sitting right in front of the television. There is no evidence that this damages their eyes.

"People with weak eyes should avoid reading fine print."

False. It is said that people with weak eyes or people who wear glasses will "wear out" their eyes sooner if they read fine print or do a lot of detail work. The concept of the eye as a muscle is incorrect. The eye more closely resembles a camera. A camera will not wear out sooner just because it is used to photograph intricate detail.

"Wearing eyeglasses will cause you to become dependent on them."

False. Eyeglasses are used to correct blurry vision. Since clear vision with eyeglasses is preferable to uncorrected vision, you may find that you want to wear your eyeglasses more often. Although it may feel as if you are becoming dependent on your eyeglasses, you are actually just getting used to seeing clearly.

"Older people who gain 'second sight' may be developing cataracts."

True. Older individuals who wear reading eyeglasses sometimes find themselves able to read without their eyeglasses and think their eyesight is improving. The truth is they are becoming more nearsighted, which can be a sign of early cataract development.

"A cataract must be 'ripe' before it is removed."

False. With older surgical techniques, it was thought to be safer to remove a cataract when it was "ripe." With today's modern surgical procedures, a cataract can be removed whenever it begins to interfere with a person's lifestyle.

"Contact lenses can prevent nearsightedness from getting worse."

False. Some people have been led to believe that wearing contact lenses will permanently

correct nearsightedness so that eventually they won't need either contacts or eyeglasses. There is no evidence that wearing contact lenses produces an improvement in vision.

"Eyes can be transplanted."

False. Medical science has no way to transplant whole eyes. Our eyes are connected to the brain by the optic nerve. Because of this, the eye is never removed from its socket during surgery. The cornea, the clear front part of the eye, has been successfully transplanted for many years. Corneal transplant is sometimes confused with an eye transplant.

"Laser assisted cataract surgery is the same as traditional cataract surgery."

False. The 5 best rankings Eye Hospitals in America offer bladeless laser assisted cataract surgery. We do offer exactly the same. Bladeless cataract surgery is all about aiming towards better precision, more safety and excellent outcomes. The laser advanced bladeless precision and ability to correct astigmatism translates into better likelihood of seeing well without glasses following cataract surgery. The same laser used in bladeless cataract surgery breaks up and softens the cloudy cataract so there is less ultrasound needed to remove the cataract. Less ultrasound translates into less energy used inside the eye and clearer corneas, which in turn helps producing better vision on the first day after the surgery. This becomes even more critical if you have a weak cornea or a small eye with a dense cataract.

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Touch-a-Truck Kicks Off Stallbrook Inclusive Playground Initiative

By J.D. O'GARA

On Saturday, May 14th, a Touch-a-Truck event was held at Bellingham Memorial Middle School to kick-off a series of fundraisers aimed at building a fully inclusive playground at Stallbrook Elementary School in Bellingham. A number of local companies, Bellingham Police & Fire, Boston Medflight and more participated in the well-attended event that featured a helicopter landing, K-9 demonstrations and free pizza donated by Blackhawk Pizza, hamburgers and hotdogs generously donated by Norfolk County Sheriff's Department and a bouncy house from Taylor Rental.

Stallbrook teacher Hallie Glassman embarked on this initiative, inspired by classroom aides and her students, who encounter difficulty accessing the playground at the school. Lack of physical access, she says, leads to an altered social emotional experience for children who can't use the playground.

If you would like to learn more about the initiative, visit www.ourplayability.com.



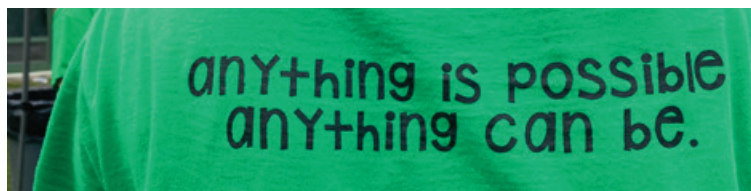
Hallie Glassman (left), Stallbrook Special Education teacher who initiated the drive to create an inclusive playground at Stallbrook, draws names of raffle winners.



Volunteers gather at the first fundraiser held toward building an inclusive playground at Stallbrook Elementary School.



Avery and Hope, who are each 6 1/2 enjoy some sand time at the touch-a-truck.



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**CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF GUARDIAN FOR
INCAPACITATED PERSON PURSUANT TO G.L. c. 190B, §5-304**

Docket No. N022P0288GD

**In the matter of: Tyler J Best
Of: Bellingham, MA**

To the named Respondent and all other interested persons, a petition has been filed by **Alicia Weddeke of Bellingham, MA** in the above captioned matter alleging that **Tyler J Best** is in need of a Guardian and requesting that **Alicia Weddeke of Bellingham, MA** (or some other suitable person) be appointed as Guardian to serve on the bond.

The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before **10:00 A.M.** on the return date of **06/22/2022**. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.
Date: May 16, 2022

Colleen M. Brierley
Register of Probate

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Career Plans in the Trades Celebrated at Signing Ceremony

The Cooperative Education Program (Co-op) at Blackstone Valley Regional Vocational Technical High School (BVT) in Upton held its 2nd annual Career Signing Day on May 6th. The ceremony celebrated its senior co-op and career placement students, who announced their career plans and signed a commitment letter to work with their employer after graduation.

This year, the senior class of 2022 had 136 students participate

in the Co-op program, which represents double the number of job placements from the previous year and further illustrates the demand of local employers for BVT students. These employable young adults collectively worked almost 55,000 hours, earning a combined \$815,000.00 salary over the past year.

While advanced degrees are required to enter some professions, in others, you must first convey that you have the skills an

employer needs. The 38 seniors who proudly announced the great places they will be working at after graduation had to prove they have what it takes to continue in the skilled trades. The event also recognized the local businesses employing BVT students based on their vocational skills, technical training, and expertise—the new employees are excited to further their vocational education alongside industry experts.

“There are many paths to success, and while I am proud of all of our career-focused students, I am particularly proud of

these students heading directly into the workforce. Using their high school vocational-technical training to launch their careers is the essence of our mission. They have a lot of confidence in their skills, and it takes guts and grit to go against the cultural grain of heading to college,” said Principal Anthony E. Steele. “Congratulations to all of our co-op and career placement students proceeding directly into high-skill, high-wage employment.”

For more details, visit www.valleytech.k12.ma.us/career-signingday2022.

Free Legal Help Available June 7th at Dedham District Court

The Bar Association of Norfolk County’s next Free Legal Clinic will be in person on Tuesday, June 7th from 6 p.m. - 8 p.m. at the Dedham District Court, 631 High Street, Dedham, MA for those in need of legal assistance. Attorneys experienced in all areas of the law will be available for a free one on one confidential consultation, to those who have questions or concerns regarding a legal issue.

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Bellingham Firefighter Recruit Graduates from Firefighting Academy

Luke Gonya, a firefighter with the Bellingham Fire Department, is among 60 firefighters who recently graduated from the Massachusetts Firefighting Academy in May. State Fire Marshal Peter J. Ostroskey and Deputy State Fire Marshal Maribel Fournier, acting director of the Massachusetts Firefighting Academy (MFA), announced that graduates completed the

50-day Career Recruit Firefighting Training Program at three campuses, Stow, Springfield, and Bridgewater

“First responders are on the frontlines protecting their communities, and these newest firefighters are needed now more than ever,” said State Fire Marshal Ostroskey. “The rigorous professional training they’ve received provides them with the

physical, mental, and technical skills to perform their jobs effectively and safely.”

The intensive, 10-week program for municipal firefighters involves classroom instruction, physical fitness training, firefighter skills training, and live firefighting practice.

The MFA, which marked its 50th anniversary last year, provides recruit and in-service-

training at three separate campuses and has graduated nearly 14,000 firefighters in more than 430 classes. Video of the gradu-

ation ceremonies will be available on the Department of Fire Services’ YouTube channel.

Bellingham Public School District Notice of Destruction of Special Education Records

In compliance with the Student Records Regulation, Chapter 71 and the Massachusetts Department of Elementary and Secondary Education Regulations, 603 CMR23:06, notification of the destruction of temporary school records is given to all students who received special services and who transferred,

terminated, withdrew, were released from these services, or graduated from the Bellingham Public School District during the 2014-15 school year.

Contact the Student Services Office at (508) 883-1706, to make an appointment to obtain or examine the original copies of

your special education student file prior to July 31, 2022. All unclaimed student records meeting the above criteria will be destroyed after the deadline.

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In addition to his clinical practice, Dr. Illanes is Chief of the Division of Urogynecology/Female Pelvic Medicine and Reconstructive Surgery at Tufts Medical Center in Boston. He completed his residency in obstetrics and gynecology and a fellowship in female pelvic medicine and reconstructive surgery at UMass Medical School. He is fluent in English, Spanish and Portuguese.

In addition to his Milford office, Dr. Illanes has locations in Hopkinton and Franklin.



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Bellingham Memorial Day 2022

With a number of great participants, bands and honored guests, Bellingham's 2022 Memorial Day parade and ceremony took place despite sweltering heat. Here are a few glimpses of the day, which honored veterans no longer with us and who gave the ultimate sacrifice, as well as recognized the contributions of women veterans, among them and in attendance, Bellingham veteran Linda Calderiso and Commander Billie Farrell, Commander of the U.S.S. Constitution.



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The town of Bellingham is providing its annual Drinking Water Quality Report online as an alternative to delivering printed copies to each customer. By taking advantage of this approved option, we will be saving money and paper while posting the document in an easy-to-find location for you to review, download, or print at any time. To download the report:

1. Visit the town website, www.bellinghamma.org.
2. Click on "Departments" just below Massachusetts.
3. Click on "Department of Public Works"
4. Click on "2021 Drinking Water Quality Report"

We encourage everyone to learn more about Bellingham's water system.

If you'd prefer to receive a paper copy of the annual report, here's how to obtain one:

- ~ Call the DPW Office, 508-966-5813 or 508-966-5816, and we will mail it to you.
- ~ Stop in at the DPW Office — 26 Blackstone Street (beside the fire station).
Hours: Monday thru Friday, 7:00 AM to 3:30 PM
- ~ Stop in at the Town Clerk's Office, 10 Mechanic Street (upstairs), or the Bellingham Public Library, 100 Blackstone Street, during regular hours (after June 1st).

If you have any questions about your water quality or the information in this year's report, please contact Donald DiMartino, Director of the Bellingham DPW, at 508-966-5813.

Sharon Timlin Memorial Event: A Race to Cure ALS to be held on June 18th to benefit The Angel Fund

Family Will Be on Hand for Race

The 19th Annual Sharon Timlin Memorial Event: A Race to Cure ALS (Lou Gehrig's Disease) will be held as both an in-person and virtual event for runners of all ages on Saturday,



June 18th at Hopkinton High School.

The road race and family fun day benefits The Angel Fund for ALS Research and its research at UMass Chan Medical School. The race has raised more than \$2 million for ALS research since its inception.

The event is held in memory of Sharon Timlin, mother of former Red Sox relief pitcher Mike Timlin, who was diagnosed with ALS in May 2001. She died less than a year later, in March 2002. The event also recognizes and honors the Timlin family's commitment to ALS research and The Angel Fund for ALS Research. Mike and his wife Dawn will be guests of honor at the event.

"We are excited that the Sharon Timlin Memorial Event will return to an in-person event

again this year," Mike and Dawn said. "We've missed seeing everyone in person for the past two years, so this year is going to feel extra special as we come together again for our 19th annual event. We hope you will join us on Saturday, June 18th, 2022."

The 5K race begins at 8:30 a.m., followed by the family fun day activities with live music, food, games, raffles, silent auction, Kids' Run and other activities from 8:30 to 12 noon.

Online Registration closes at 11:59pm on June 17, 2022. There will be no day of registration.

The in-person 5K race fee is \$45 with a virtual option of \$25, plus shipping. All 5K participants will receive a commemorative race T-shirt and can purchase a 2022 Commemorative Race Cap.

Awards will be presented to the top three male and female finishers. The top three finishers in the following age groups will also receive awards: 14 and under; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-plus; male/female 80+, and wheelchair division. There will be no duplicate awards

Runners and non-runners are encouraged to take part in the Angel Fundraising Challenge, a fun and easy way to go the extra mile and fundraise.

To register for the race and/or donate to the Sharon Timlin Memorial 5K Event - a Race to Cure ALS, visit the website www.sharontimlinrace.org. You may also send checks payable to The Angel Fund to The Timlin Race, 149 Wood Street, Hopkinton, MA 01748



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In Fight Against Hunger, McGovern Secures Historic White House Win

In May, Congressman James P. McGovern (D-MA), Chairman of the House Rules Committee, issued this statement following an announcement from President Biden that he would convene the second ever White House Conference on Food, Nutrition, Hunger and Health this September:

“This is a historic moment in the fight against hunger. I’m proud of the nationwide, grassroots organization we built to secure this conference. I’m grateful to President Biden and his team for listening to us and understanding that a hunger-free future is within America’s reach. And most importantly, I’m incredibly inspired by the thousands of everyday people—nonprofit volunteers, tribal leaders, teachers, doctors, faith leaders, people with lived experiences, and so many others—who contributed their time and talent to build this movement. I look forward to working closely with President Biden, Vice President Harris, and their entire administration to make this a meaningful, substantive conference worthy of the serious issues we are addressing. Together, let us bring a diverse set of voices to the table, increase access to nutritious food in communities across the country, and end hunger once and for all.”

“Hunger, diet-related disease, and the disparities surrounding them impact millions of Americans, and the COVID-19 pandemic put a spotlight on the urgency of addressing these issues. No one should have to wonder where their next meal will come from. We must take bold steps now – with government, the

private sector, non-profits, and communities working together – to build a healthier future for every American,” said Ambassador Susan E. Rice, Director of the White House Domestic Policy Council.

About McGovern’s Role:

- After decades spent leading the charge to end hunger in America—working at the local, state, and federal level to fight for change, build awareness, and push for legislation to address policy failures that have created food insecurity—Chairman McGovern announced last year he would build a nationwide grassroots movement calling on the White House to convene a policy conference focused on ending hunger once and for all.
- Secured \$2.5 million in funding for the conference.
- Led a bipartisan bill requiring the White House to convene a Conference on Food, Nutrition, Hunger, and Health with Senators Cory Booker (D-NJ) and Mike Braun (R-IN) and Congresswoman Jackie Walorski (R-IN).
- In an unprecedented show of support, organized every Committee Chair in the House of Representatives in a letter calling on President Biden to convene a conference.
- Conducted stops in Pennsylvania, New York, Arizona, California, Maryland, Massachusetts, and Washington, D.C. to amplify local solutions to the national hunger crisis and build nationwide support for the conference.

- Collaborated with opinion leaders like José Andrés, Tom Colicchio, and Soledad O’Brien to expand support for the conference.
- Garnered nationwide media attention from ABC, CNN, MSNBC, NPR, POLITICO, and Roll Call.
- Held over a dozen hearings and roundtables on topics such as hunger among veterans, seniors, students, rural communities, and indigenous communities.
- Organized thousands of leading nationwide anti-hunger organizations and advocates like the National Education Association, Harvard University, AARP, and former Senator Bob Dole.

About the Conference

The first and only White House conference focused on hunger and nutrition was convened in 1969. That conference led to landmark legislation and nearly a decade of transformational progress in the fight to end hunger in America—spurring the creation and expansion of programs such as the Supplemental Nutrition Assistance Program (SNAP), the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), and the National School Breakfast and Lunch Program. McGovern is pushing for a hunger conference for the 21 century that would take a whole-of-gov-

ernment approach to ending hunger America, which features more diverse voices and those with lived experience.

Although new census data shows that recent actions have brought hunger in America to its lowest level since the pandemic began, returning to the pre-COVID status quo would leave tens of millions of people hungry in every congressional district in the nation. More than 35 million people, including 10 million children, were going hungry in America even before the COVID pandemic hit. Nonprofit groups estimate that hunger costs

the United States over \$160 billion each year in poor health outcomes, chronic disease, and lost productivity. The conference would bring together the heads of food banks, hospitals, government agencies, nonprofits, educators, individuals with lived experiences, and more, with the goal of crafting a real plan with benchmarks to end the hunger crisis by 2030, as the United Nations has called for. Leading up to the Conference, the Biden-Harris Administration will host listening sessions to hear from every region of the country.

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House Passes Bipartisan McGovern Resolution Calling for Nutrition Education for Medical Students and Physicians

Congressman James P. McGovern, Chairman of the House Rules Committee, (D-MA) applauded passage today by the House of Representatives of a bipartisan resolution he authored alongside Congressman Michael C. Burgess, M.D. (R-TX) that calls for medical schools, residency, and fellowship programs to provide nutrition education that demonstrates the connection between diet and disease.

McGovern has led the push for a White House conference on Hunger, Nutrition, and Health. Earlier in May President Biden announced that his adminis-

tration would convene such a conference—the first in over 50 years. Obesity, type-2 diabetes, heart disease, cancer, and stroke are among the leading causes of death and disability nationwide and are inextricably linked to diet. Moreover, the economic costs related to diagnosed diabetes exceed \$300 billion per year and the costs related to obesity exceed \$200 billion per year. Despite the human and economic toll, physicians in training receive little to no education on the relationships between diet, food and health—often lacking the skills to counsel patients.

McGovern's resolution, which directly addresses the lack of nutrition training in medical education, was drafted following a Congressional Briefing organized by the Nutrition Education Working Group—a group of nationally-recognized leaders in nutrition science, education, and food and health policy who meet regularly at Harvard's T.H. Chan School of Public Health.

"We cannot continue to ignore the correlation between diet and health. It's time to make sure our medical providers are equipped with the best knowledge and tools to help their patients," McGovern said on the House Floor, just prior to the resolution's passage. "I want to thank Dr. Burgess for his partnership in this important bipartisan effort. Nutrition, food access, and health are not only directly connected to each other, they are directly connected to our progress as a nation. It is time we treat them as such."

"As a cardiologist, I've witnessed first hand the needless patient suffering that follows from

the lack of attention to diet," said Dr. Stephen Devries, a preventive cardiologist who co-leads the Nutrition Education Working Group with Dr. Walter Willett based at the Harvard School of Public Health. "Sadly, physicians typically haven't played a meaningful role in helping to guide patients to better nutrition, because they haven't received the nutrition education they need. Medical educators often report that there isn't time in the curriculum to teach nutrition, but somehow time is always found to educate physicians about the latest drugs and procedures. I am very appreciative of the high-level acknowledgment of the importance of this issue evidenced by the bipartisan support and passage this week of the U.S. House of Representatives Resolution on Nutrition Education in Physician Training. Does it take an act of Congress to finally convince medical educators that nutrition education for physicians is not optional? Apparently, the answer is, yes."

"I am thrilled that the House of Representatives passed a resolution today calling for widespread and meaningful nutrition education for physicians and other health care professionals. We have long known that food and nutrition play a vital role in health and wellness, affecting both individuals and society as a whole. This resolution demonstrates that the education of healthcare providers about these

topics is a national priority, and I am hopeful that it will move us towards a future where our next generation of doctors, nurses, physician assistants, and other providers will have the knowledge needed to promote health and address diet-related health conditions for their patients," said Emily Broad Leib, Clinical Professor of Law, Harvard Law School.

"The American College of Lifestyle Medicine (ACLM) applauds the extraordinary efforts of Congressman Jim McGovern and Congressman Michael Burgess in leading the House of Representatives to formally recognize that the epidemic of chronic disease that plagues our population is, in fact, primarily diet and lifestyle related, and that the gaping void in nutrition education across the spectrum of medical education has left our health care system ill-equipped to address the needs of patients suffering from type 2 diabetes, cardiovascular disease and other such chronic conditions. ACLM stands ready to fill that void with quality educational materials, resources, events and support for the current generation of health care providers and the next one to follow. We look forward to working with Congress and the Administration to help create a work force that can give new hope to patients who for generations have been told their conditions cannot be reversed, but only managed."

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Library Resource of the Month: Library of Things

The Bellingham Public Library has more than just books that you can check out with your Bellingham Library card! The "Library of Things" is a collection of kits, equipment, and more. This collection offers patrons a chance to try new things. All items are on a first-come, first-served basis, unless it can be reserved. New items are added to the collection from time-to-time, so there may be additional items that aren't included below. There are three categories of items: Audiovisual Equipment, Recreation and Crafts, and Science and Technology.

Audiovisual equipment includes a Roku streaming stick, small Bluetooth speaker, large Bluetooth speaker with microphone, 3D virtual reality glasses for iOS and Android, virtual reality glasses for Android only, vinyl to MP3 record player, GoPro camera, headphones (in library use only), LED projector, and a boom box.

Included in the Recreation and Crafts category is a bike repair kit, bubble machine, croquet set, karaoke machine, laminator (in library use only), sewing machine, ukuleles, keyboard, bike locks (to lock your bike to our bike rack in the parking lot while you are in the building), badminton set, crochet and knitting set, Jenga Giant, Magna-Tiles, bird watching kit, and a parachute (12 feet in diameter).

There are a number of children's kits, and just some examples are alphabet learning locks, floor puzzles, build and learn

geometric shapes, house building engineering center, mood and emotions mirrors, number-bots, simple words learning locks, tower of sight words, and more!

The library has a collection of board games that can be checked out. Some examples are: Amazing Race, Apples to Apples, Battleship, Cards against Humanity Family Edition, Catan, Catan Junior, Chinese Mahjong, Chutes and Ladders, Cribbage, Dominoes, Monopoly Junior, Operation, Pictionary, Pokemon Pikachu, Scrabble Junior, Trivial Pursuit, and Trouble.

The Science and Technology category includes a shredder, make-your-own computer kit, Dash Robot, microscope set, Osmo Genius Kit for iPad, Osmo Genius Kit for Fire tablets, Snap Circuits Pro, Structural Engineering Bridges & Skyscrapers, telescope, WiFi hotspots, kill-a-watt meter, Makey Makey, and a Code-a-Pillar.

In the upcoming months we will be adding items to this collection so please check our website for some NEW additions to our Library of Things, including: a Coin Sorter, Dymo Label Maker, Laser Level and Stud Finder, Cricut Cuttlebug, and a Metal Detector!

There is a limit of 2 items per family in this collection, and they circulate for 2 weeks with no renewals. To learn more, go to the Bellingham Library's website and click on "Kits, Equipment & More!"

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Sports

Bellingham Boys Lacrosse Looking to Improve

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

The Bellingham boys' lacrosse team was looking to progress as they prepared to open the season. Things looked good as the Blackhawks won their season opener with a double over-time win over Milford, but as quickly as they were to notch their first W on the season, the losses began to build up. Bellingham lost seven in a row following their opening day victory before finally getting back into the win column.

"The boys' lacrosse program is continuing to make positive strides in building a competitive program at the high school level," Coach Steve Linehan said. "We enter the season with strong experience and leadership from several veteran players."

Looking to lead the Hawks on the field will be the team's returning goalie Mark Imperato,



defenseman Sean Edwards and attackmen Connor Henchey and Liam Keating. Henchey is the team's offensive leader and has been the Blackhawks top scorer the past two years. He will be headed to Franklin Pierce University in Rindge, NH to play lacrosse next fall. Along with Edwards and Imperato the trio, who are all captains, will be looked upon heavily as the staples of the

program this spring.

Bellingham also expects to have strong contributions from returning varsity players Gavin Elder, Jameson Eldridge, Brady Pelletier, Jack Baker, Josh Davis, and Max Walker.

As the program, which is now in its 12th season, continues to grow, Bellingham is also in possession of some talented younger players as well. Freshmen Brady



A strong youth program will be key to building the foundation for Bellingham's High School Lacrosse team to reach tournament level.

Carroll (midfielder), Aiden Smith (defense), and Ryan Austin (attack) will all see considerable time on the varsity level this season. The three all suited up as eighth graders for Linehan's last year and Austin and Carroll are currently second on the team in scoring.

"In addition to having a year of experience, they all play club lacrosse," the Coach said. "They are not at all intimidated with the speed or the physicality of the varsity game."

Linehan will also be looking for Brandon Hazard, Aidan Schaefer, and Harry Gearhart to contribute to the team's success on the season. As the year moves along, he is also hoping that he gets some positive input on the field from his first-year varsity athletes as well.

Prior to the season getting underway Bellingham's goal was to capture the most wins in the program's history, which currently sits at six.

"It has been tough to play in the Tri Valley League. It's a very competitive league where we are at the mercy of the power house schools," the coach said. "We are a division 4 school playing against division 2 and 3 teams. Although we've been around for 12 years, we only started our feeder program about five years ago."

Prior to the feeder program becoming established Bellingham High School, lacrosse players were basically picking up their sticks for the first time. Now, just about the entire team is playing the sport on a consistent basis.

The Blackhawks' second goal was to qualify for the State Tournament, something the program has only done once in its history, and it has been some time since they were able to venture into the post-season.

According to the Coach, doing so is a very feasible probability with the MIAA's new ranking system.

"It can be done, but in order for us to advance into the division 4 tournament, we definitely will need some more wins," Linehan said. "And that will come from the job the youth program has been doing getting players ready to move up the ladder and be ready for high school lacrosse. Lacrosse is a money sport and Bellingham is not a money town, so the youth program plays a big part in our success."

With a couple of wins under their belt at the midway point of the season Bellingham is going to have to work a little harder to pick up some more wins if they want to collect on their two pre-season goals; but as the Coach said it is obtainable if they continue to work and play hard.



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2. Ryan is an energetic elementary schooler who loves riding his bike. One day, Ryan's bike is stolen. Would his bike be covered for theft even though his parents are the named insureds on the homeowner policy?
3. Brooks and Katie buy an oversand permit for Cape Cod this summer. While off-roading on the sand, they hit another car. Would their auto insurance cover the claim even though they weren't on a roadway?

Answers:

1. Yes – most home insurance companies cover liability for boats with engines up to 49 HP.
2. Yes
3. Yes



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Sports

Haynes' To Play Softball Next Spring at Providence College

BHS Senior Led TVL in HRs as a Freshman

BY KEN HAMWEY,
STAFF SPORTS WRITER

Ryanne Haynes is 18 years old, and she says she's lived and breathed softball for the last 12 years. Because of that commitment, the Bellingham High senior will be playing softball for Division 1 Providence College in the Big East Conference next year.

The 5-foot-3 Haynes, who started playing softball in the youth league at the age of five, has competed at the club level for the last seven years. That experience obviously played a key role in her landing a scholarship as a junior to play for the Friars. And, it also sheds light on the amazing statistics she compiled as a freshman catcher for the Blackhawks.

Haynes hit six home runs, knocked in 34 runs and batted .458. She not only led the Tri Valley League in home runs but was selected as a TVL all-star. Not bad for a freshman.

"Ryanne started out as a catcher, then we moved her to shortstop as a junior and to centerfield this season," said Bellingham coach Dennis Baker. "She adjusted quickly to all the positions. She's versatile, athletic and has great passion for softball. She accepted every change and also accepted the challenges. Ryanne is coachable, has a positive attitude, and her confidence and athleticism should lead to success at the college level.

Nine other schools besides Providence showed interest in recruiting her and three of them — Villanova, Holy Cross and the University of Pennsylvania — offered scholarships or financial aid.

"Jill Karwowski is the coach at PC," Haynes said, "and she saw me play as a freshman, mostly at the club level. "She liked the improvement I made and advised me to keep striving to elevate my work ethic."

Haynes, a two-time captain at Bellingham, has a high softball IQ, good arm strength, power at

the plate and mental toughness. She likely will excel at Providence academically and on the field. At BHS, she's been a two-time National Honor Society student and her GPA is 3.90.

"I'm going to miss playing at Bellingham," Haynes offered. "I've enjoyed being with great teammates early in my career and with wonderful teammates this season. I've also liked playing for coach Baker. At BHS I gained confidence in softball and academics and now, I'm very excited about the future. I hope to have four great years at Providence."

Although Haynes has been on two Bellingham teams that competed in the playoffs, her senior year has been more about mentoring the Blackhawks' younger players. The current squad, which has three 8th graders in the starting lineup, has struggled. Their record at the Bulletin's deadline was 5-11 overall and 5-8 in the TVL.

"My goals at the start of the season were for the team to improve day by day, to see our younger players gain confidence and to win as many games as possible," Haynes said. "We're a young team, we don't have a lot of experience and our depth is thin. But, it's been fun to compete and help the players grow."

Haynes is a caring teammate, and she displayed her charitable nature when she was chosen for a home-run derby as a sophomore and junior to raise money for cancer research.

"A non-profit company called 'A Shot For Life' selected 16 girls in the state for a home-run derby at Austin Prep in Reading," Haynes said. "I finished second last year and was able to raise a total of \$2,000."

Haynes, who hit 3 homers, batted .419 and had 20 RBIs as a junior, has handled the chores in centerfield admirably. "Coach Baker moved me to the outfield, probably because he's trying to groom a catcher for the future," Haynes noted.

Haynes displayed superb defensive ability against Millis this season. Her catch in the sixth inning preserved Bellingham's 8-5 triumph. "With the bases loaded, a Millis player hit the ball 200-plus feet," Baker recalled. "Ryanne turned her back, ran it down and caught the ball. That could have been a grand slam. She saved the day on that play."

Haynes, who's hitting .356 and has 4 homers and 17 RBIs at the Bulletin deadline, didn't compete as a sophomore because spring sports were canceled due to the pandemic.

"Catching, shortstop and centerfield are fun because you deal with a variety of situations," she emphasized. "They're leadership positions that require lots of decision-making. As a captain, I've tried to lead by example and by being vocal and supportive."

As her final season at BHS approaches the finish line, Haynes can reflect and think about some highlights.

"I was glad to be on two teams that played in the tourney," she said. "We got to the third round last year, and it was good to gain that experience. My top thrill probably was selection to the TVL all-star team as a freshman. That was my goal and to achieve it was satisfying. It certainly was an honor and the six home runs I hit no doubt helped."

Haynes plans to major in computer science at PC and she's leaning towards a career in cyber security.

Always intent on securing Bellingham's fortunes on the field, Haynes is acutely aware that if she's to continue on a successful path in college, she'll need to focus on what's needed for a smooth transition. She likely will play centerfield for PC.

"I'll have to improve my speed and my hitting," she said. "My work ethic must remain sharp and maintaining confidence is important, too. My technique can also be better."

Haynes expresses kudos for Baker and co-captain Charlotte MacGregor. "Charlotte does a good job at shortstop and pitch-



Ryanne Haynes will continue her softball career at Providence College next spring.

ing," Haynes said. "She can hit and field, and she's a positive leader. Coach Baker has been great to play for. He's a motivator who can be tough when needed. He knows the game, and he's super nice."

Having traveled a lot while playing AAU ball, Haynes likely will adjust quickly to Providence's travel schedule in the Big East, which will include stops in New York, Pennsylvania, and Washington, D.C.



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Municipal Spotlight: Bellingham Youth Baseball Program No Stranger to Success

By KEN HAMWEY,
CONTRIBUTING WRITER

No matter what changes or challenges crop up, Bellingham's youth baseball program continues to thrive. And, it seems like it maintains its success because it follows a formula that emphasizes the welfare of families, the community, and its youthful competitors.

Incorporated 33 years ago in 1989 as Bellingham Youth Baseball, Inc., the organization currently has 460 participants competing for 39 teams at eight levels.

"In previous years, we've surpassed 560 participants," said Kerry Farrell, the organization's president. "We've had success because we focus on the welfare of the community, we keep communication open with families, and we have many parents who volunteer. And, we've been able to adjust to challenges, like COVID-19. When changes are made, it's to benefit the community."

BYBI has also adapted effectively given the variety of options youths currently have — like other sports, multiple activities and club (AAU) baseball.

Playing all of its games in one centralized location on Harpin Street, BYBI utilizes five fields — Richardson, Tuttle, Trottier, Roberts and Peneau. "That's a definite plus" according to Linda Peneau, the BYBI's treasurer for the last 26 years. "The Harpin Street complex is popular because parents with multiple children can see them all compete," Peneau said. "Younger players can see their older siblings and their peers play and they can visualize themselves in those positions in years to come. Also, the concession stand is available to everyone, no matter what field they're at." The 67-year-old Peneau runs the concession stand and is in charge of all fund-raising efforts.

The 53-year-old Farrell notes that youth baseball in Bellingham is a social happening. "People can see their friends' children play and all five venues are safe places to gather."

When COVID-19 struck in March, 2020, BYBI was able to adjust and be flexible. "We had to delay the spring season," Farrell said. "Instead of starting in April, we began in June and completed the spring campaign in August. We followed all the rules of the Center for Disease Control (CDC) and the local Board of Health, and we often conferred with Town Administrator Denis Fraine. The Fall Ball program had an overabundance of kids (250-plus). But, we were one of the few youth sports leagues competing."

BYBI schedules activities during all four seasons. The spring games are from April to June; summer camps and tournaments are run in June and July; fall baseball is from September through October; and winter training is scheduled from January to March at Stallbrook Elementary and the High School.

The eight levels that comprise the program include: Li'l Sluggers (age 4 children learn baseball skills); Tee-Ball (ages 5, 6 learn positional skills); Instructional (age 6, 7 learn the competitive nature of baseball); Junior League (ages 8, 9 in games with umpires); International League (ages 9-12 in competitive games with playoffs); Majors (ages 10-12 most competitive spring league); Senior League (ages 13-18 playing in-town and out-of-town); and Challengers (special needs children get all types of instruction). "The Challengers level helps special needs kids with social skills and interaction," Farrell said. "The assistants in this program are 'base buddies' comprised of current BYBI players and others at the high school level."

The 21-member Board of Directors, which includes the Executive Board made up of Farrell (President), Doug Houston (Vice President), Sheila Elliott (Secretary), and Peneau (Treasurer), along with the coaches and assistant coaches are all volunteers and not monetarily compensated for their time and efforts. How-



Kerry Farrell, left, and Linda Peneau call their efforts with Bellingham Youth Baseball Inc. "a labor of love."

ever, BYBI has a youth umpire leadership program and those participating (13-year-olds and up) are paid per game. They train for six weeks and they umpire games for players 8-12 years old.

While the Parks Department cuts the grass at all fields, renovations and field improvements are the responsibility of BYBI. "We add sod, fix fences and batting cages, paint and maintain the concession building, upgrade and maintain fields utilizing our own field equipment for the base paths" said Farrell and Peneau. "When it comes to fund-raising, we have a huge support group — sponsors pay for signs and support teams and fund-raising events."

A key cog for BYBI is Anthony Maiorano, the field maintenance manager. A top-notch groundskeeper, he's been a Bellingham resident for 19 years and has served in the youth program since 2015. Maiorano previously was a groundskeeper for Rutgers University and head groundskeeper for the Newark North Bears, a minor league baseball team.

"Anthony is very caring and he strives to keep all our fields in terrific condition," Peneau said.

BYBI holds an annual meeting to summarize current year accomplishments and challenges and to vote in a new Board of Directors. The players are honored in June with playoffs when championship teams are celebrated with trophies given to champions and runners-up of each league. A Field Day is held for the lower leagues and the Challengers, and a Home-run Derby for other leagues.

Farrell and Peneau, who've served the organization faithfully and passionately, have children who have benefited from BYBI.

Both women call their time on Harpin Street a labor of love. "We do it for the kids," they said. "We like seeing the interaction of youths, and for families the program is a social outlet. We do this because life is all about giving back."

For more information or to register for summer camp or fall ball, go to www.Bellinghamyouthbaseball.com.

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Calendar

June 3

Red Cross Blood Drive, 9 a.m. to 2 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, Register at red-crossblood.org

June 4

Ernest A. Taft, Jr. Museum hours, 3 Common St., Bellingham, 9:30 a.m. – 12:30 p.m.

June 7

Bellingham Memory Café – Tuesday, 11:30 a.m., Bellingham Public Library, 100 Blackstone St., Bellingham, fun event for those with some memory loss and their families, RSVP to Terri Graham at the Senior Center at (508) 657-2710 ort-graham@bellinghamma.org.

June 10

The Franklin Performing Arts Company (FPAC) presents Stephen Sondheim's *Sweeney Todd: The Demon Barber of Fleet*

Street at THE BLACK BOX, 15 W. Central St., Franklin, MA, THEBLACKBOXonline.com or call (508) 528-3370 for tickets.

June 11

The Franklin Performing Arts Company (FPAC) presents Stephen Sondheim's *Sweeney Todd: The Demon Barber of Fleet Street at THE BLACK BOX, 15 W. Central St., Franklin, MA, THEBLACKBOXonline.com or call (508) 528-3370 for tickets.*

Friends of Mendon Elders Progressive Town-Wide Yard Sale, 7:30 a.m. (rain date Sunday, June 12th), Mendon Senior Center, 62 Providence Street, Mendon, shoppers can purchase yard sale map of "The Little Town of Mendon" \$2.

June 12

The Franklin Performing Arts Company (FPAC) presents

Stephen Sondheim's *Sweeney Todd: The Demon Barber of Fleet Street at THE BLACK BOX, 15 W. Central St., Franklin, MA, THEBLACKBOXonline.com or call (508) 528-3370 for tickets.*

June 16

Ladies of St. Anne meeting, 6 p.m., St. Blaise parish hall, \$25 includes buffet by Devlin's Tavern. \$25. per person must be paid by June 6 to Pat Goddard or Dodi Hardsog. Members can also put their check, payable to St. Blaise and noting LoSA Banquet in an envelope addressed to Ladies of St. Anne in the collection basket during Mass.

June 18

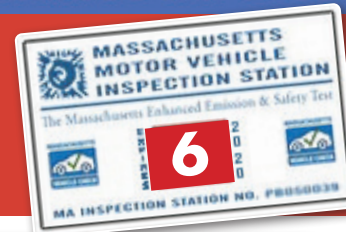
Ernest A. Taft, Jr. Museum hours, 3 Common St., Bellingham, 9:30 a.m. – 12:30 p.m.

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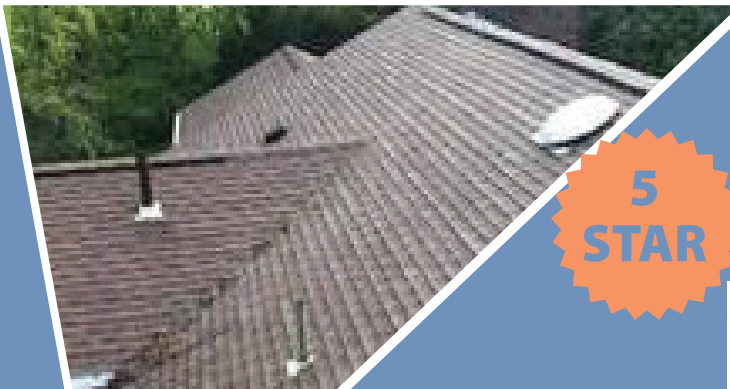
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