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Vol. 29 No. 8

Bellingham's Favorite Hometown Newspaper

July 2023

A Final Tribute to Pete's Bluebird Restaurant

By KEN HAMWEY, BULLETIN STAFF WRITER

When May 20, 2023 arrived, it was time to officially say goodbye to Pete's Bluebird Restaurant and offer thanks to its two proprietors — Bill Coniaris and his sister, Sammy. Peter and Georgia Coniaris, Bill and Sammy's parents, bought the restaurant, known in the 1930s as "The Bluebird Café," in 1940. The 82-year-old steakhouse, which closed on Aug. 16, 2022, was Bellingham's oldest business establishment.

A large crowd was on hand for a surprise retirement celebration at the Sportsmen's Club to honor the couple, not only for their devotion and lengthy service to the community, but also to pause and reflect on their philanthropic ways.

Christine McClafferty, who began planning the event in March, enlisted Elizabeth Lofgren and Penny Harris (all friends of the Coniaris family) to



Pete's Bluebird Restaurant, which was in business for 82 years, was operated by Bill and Sammy Coniaris. (Inset photo with their dog Katie).

assist in what would be labeled "Pete's Bluebird Retirement Celebration."

"Bill and Sammy have done so much for the community, whether it (was) conducting fundraisers at the restaurant or contributing to countless groups and charities," McClafferty said.

"They've made donations to Tufts Veterinary Hospital and Bellingham High's athletic department, to name a few. And, in 1984, they held a huge fundraiser for muscular dystrophy."

TRIBUTE
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The Bellingham DPW installed 13 displays, paid for with ARPA funds, at Bellingham Town Common.

Bellingham Story Walk: An Interactive Reading Experience

By JENNIFER RUSSO

An excited crowd gathered on April 29th for the ribbon cutting of Bellingham's own Story Walk, a project that has been in the works for a couple of years. With some of the town's ARPA funding received to mitigate effects of the pandemic and approval from Bellingham town leaders, the Town Commons is

now home to this walk-through reading adventure.

Installed by the DPW, thirteen permanent displays now stand along the walking path within the Commons, and stories will be changed out on a regular basis. Each display has

STORY WALK
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TRIBUTE

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Retired fire chief Dick Ranieri and Rick Marcoux, the chairman of the Bellingham Historical Commission, emphasized how Bill and Stamma have always supported local events.

"They contributed and helped many activities," Ranieri said. "Bill even took time to train and serve as a call EMT. He's a great guy. Their restaurant was like the Cheers of Bellingham."

When Bill and Stamma arrived at the Sportsmen's Club, they were greeted with a raucous round of applause and a plethora of handshakes and hugs. To enhance and capture some nostalgia, they were seated at one of the original booths from the restaurant.

"Stamma and I were totally surprised," Bill said. "It was amazing. We thought we were going to a retirement party for Police Chief (Gerry) Daigle. We both were humbled and in awe of the celebration."

Stamma appreciated the recognition, saying, "There were a lot of people. It was fun, and I could feel the admiration."

McClafferty, who also served as



Christine McClafferty (L), organized the retirement celebration at the Sportsmen's Club, and State Representative Mike Soter (R) presented Bill and Stamma Coniaris with a resolution honoring them and the restaurant for 82 years of being part of the business community of Bellingham.

the function's emcee, introduced State Rep. Mike Soter who presented the couple with a resolution from the Mass. House of Representatives honoring the family "for 82 years of being part of the business community of Bellingham." Dick Ranieri, retired selectman and town clerk Ann Odabashian and current school committee member Jen Altomonte stood with Bill and Stamma.

Bill said he "was just a young kid who peeled potatoes" when he began working at the restaurant for his parents, adding, "The best thing I ever heard was a salesman telling my parents they could buy frozen French fries. I was ecstatic."



Original seats and a table from Pete's Bluebird Restaurant were set up at the Sportsmen's Club to honor Bill and Stamma Coniaris for their service to Bellingham.

When the Phantom Gourmet filmed the restaurant for a television segment, people from all over the state were streaming into the venerable structure.

Stamma said her special moments at the restaurant were serving long-time friends and patrons. "Bill and I had a nice bond with so many people," she emphasized. "Because I've had some health issues, I just want to thank those who knew I always tried to do my best."

For years, the restaurant sponsored a car show that raised money for various charities. The restaurant also sponsored successful bowling teams, as well as men's and women's softball teams for 44 years, starting in 1977. "In 1981, our men's and women's softball teams both won area championships," Bill noted.

Bill recalled some of the sports stars who frequented the estab-

ishment, especially the Red Sox Bernie Carbo, whose home run preceded Carlton Fisk's game-winning homer in the 1975 World Series against Cincinnati.

"Other sports figures who visited us were Rick Middleton, Brad Park and Johnny MacKenzie of the Bruins," Bill recalled. "Middleton came into the kitchen to chat, and he laughed when I told him I remembered when the Canadiens' Chris Nilan knocked out his teeth."

The restaurant has been sold to Julie and Paul Rogers, who own PJ's Bar & Grill in Bellingham and PJ's Smoke 'n' Grill in Medway. The building will be demolished, because it's out of code, and a new facility will be built on the current site, targeted for completion in October, 2024.

Lofgren offered a final tidbit of Bellingham history. "The last two steaks served there on Aug. 13,



Bill Coniaris (holding plaque) and his sister Stamma (front) were honored for their service and generosity by the Mass. House of Representatives. Also shown, Jen Altomonte, Dick Ranieri and Ann Odabashian.

2022 were for my husband John and me," Lofgren said. "We've been friends of Bill and Stamma for 50 years."

Marcoux, noting the large crowd, said, "This is the greatest turnout for a family business in Bellingham. The Coniaris family never said 'no' to the needs of the community."

Retired Bellingham elementary schoolteacher and Uxbridge principal Lori Fafard earned huge applause when she sang "Take Me Out To The Bluebird," to the tune of "Take Me Out To The Ballgame." McClafferty then thanked members of the Sportsmen's Club, as well as Roger Dooley, who produced a video shown at the celebration.

Bill and Stamma Coniaris had a knack for pleasing their patrons. That knack endured because of their dedication and devotion to Bellingham, its people, and the many causes they supported.

localtownpages

Founded by Pamela Johnson

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

Publisher

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Michelle McSherry Kim Vasseur Wendy Watkins

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Bellingham Students First to Perform "Ad Lib"

Composer Boysen Created Musical Piece in Memory of BMS Student Ian Shumaker

By J.D. O'GARA

On Tuesday, June 6, 2023, Bellingham Public Schools music students in grades 5-8 performed a concert, which, as a highlight, featured the world premiere of "Ad Lib," by composer Dr. Andrew Boysen, Jr. The piece, performed by students in grades 6-12, was commissioned to honor the memory of Ian Shumaker, a BMS student who passed away.

"I had Ian for almost a year and a half," says Ian's former music teacher, Timothy MacDonald, who reached out to Dr. Boysen, with whom he had a personal connection. Ian was a percussionist in 5th grade band and then in jazz band, he says. "He was a very kind and gentle person, and he really thrived in music. His parents told me that band was the place where he started to really open up," adds MacDonald, noting that Ian "was a really brave kid, wasn't afraid to improvise, to take risks or make wrong notes. I think in that regard he inspired a lot of kids to take more risks and be more brave."

In fact, "Ad Lib" includes a jazz section in the middle of the piece called "The Concert" which symbolizes Ian's participation in musical performances. This section gave the Bellingham students an opportunity to "be brave like Ian," with their improvisation.

"The beginning (of the piece) is a slow and more contemplative section called 'Crosby's Big Brother,' because Ian's younger brother's name is Crosby, and then the final section of the piece, titled 'An Adventurous Spirit,' combines the two sections in a much faster pace and percussively rhythmic portion of the music." In the final section, says MacDonald, students had a chance to pick up a set of drumsticks and improvise, backed by the percussion section. The teacher notes that the entire musical composition was written around a particular melody drawn from Ian's final improvised solo in jazz band.

"We had a recording from Cable 8, and we took a sequence of notes and recurring melodies from that piece," says MacDonald.

Funding for the commissioned piece came from Bellingham Educational Foundation, Bellingham Memorial School PTO, Bellingham Friends of Music, BHS National Honor Society and Vic Firth Percussion Company.

STORY WALK

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one or two pages of the story, so children and their families can follow along while they enjoy the outdoors.

"With everything that happened during the pandemic, we realized how important it was to do things outside and get some fresh air," says Bernadette Rivard, Bellingham Library Director. "We did some research and saw that Southboro had something similar that we really wanted to bring to our community. It will be great for families and quick class trips, and we may organize it around different themes."

Renée Kurilla, Bellingham resident and author/illustrator of *One Springy, Singy Day* - the Story Walk's first featured book, did the honors of cutting the ceremonial ribbon, joined by the Board of Library Trustees and some close relatives.

The book was inspired by the author's daughter Zoey, who was two years old when the book was written. It's simply about several young children doing the funny things that they do, and kids reading it will no doubt relate to their charming antics.

"I was sitting on the floor playing with my daughter, surrounded by toys and crayons when I thought of this story,"



Renée Kurilla, Bellingham resident and author/illustrator of *One Springy, Singy Day* - the Bellingham Story Walk's first featured book, is shown here with Board of Library Trustees and some close relatives.

says Kurilla. "I'd call her glowy Zoey, showy Zoey, and other rhyming words which corresponded to our activities at the time."

Another book is planned for late summer, called *One Upside Downy Day*, a book focused on navigating emotions when things don't go quite so wonderfully.

Kurilla walked the group through the book, stopping at each display to read the pages to local children, who would then run off giggling to the following page, excited to hear the next part of the story.

Jovie Falcone, 4, said her favorite part of the book was when someone had noodles in their hair, while Noah Lamour, 7, and his sister Chiara, 5,



thought the bath time page was especially hilarious.

When we got to the last page of the book, there was a round of applause. It is easy to see how this will be a wonderful activity for families, especially now that the weather is getting warmer.

Stop by the Bellingham Story Walk and read the story for yourself. It begins just next to the parking lot at the Town Commons and works its way around the perimeter - just follow the arrows and start reading!

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The Blackstone Valley Tech Class of 2023 Commencement Ceremony was held at The Hanover Theatre & Conservatory for the Performing Arts, Worcester, MA, on May 25th. The evening ceremony celebrated the accomplishments of its 294 graduates with all the pomp and circumstance they deserve.

“We all have great reasons to be proud as we gather to honor these students for completing a major milestone in their lives,” said Assistant Superintendent-Director/Principal Mr. Anthony E. Steele II in his opening remarks. “We commend the members of the Class of 2023 for maintaining their focus and for their dedication to reaching the goal of becoming a Blackstone Valley Tech graduate.”

The ceremony included the National Anthem sung by graduate Carleigh Koopman of Northbridge. Next, Yvette Martin, Director of Student Services, delivered the benediction. Then, graduates Mason Day of Hoped-

ale and Luke Scholl of Northbridge performed “Wild Horses” by the Rolling Stones, followed by several speakers.

Thanking those who helped them on their journey was a shared theme for those who spoke during the ceremony. *Katelyn Steele of Upton, Valedictorian*, spoke about the positive traits the Class of 2023 possess as ‘Beavers,’ such as constructing houses, treating sick patients, and engineering solutions to global problems. *Isabel Cahill of Uxbridge, Senior Class President*, urged living in the present and being proud of who we’ve become. *Hunter Claflin of Douglas, Student Council President*, talked about memories made. *Natalia Vazquez of Mendon, Senior Class Historian*, said our memories influence who we are and who we will become. Thanks for the memories! Lastly, *Maxwell Guyton of Uxbridge, Salutatorian*, noted that today is not the end but the beginning of the incredible things we have yet to accomplish.

Assistant Principal Ms. Skye Bomba addressed the Class and took a moment to recognize those who were instrumental in helping our students get to this finish line. In closing, she encouraged the Class to live a life of kindness and compassion for others, reminding them that it costs nothing to be kind.

“Few know the obstacles you have overcome to be where you are today,” said Superintendent-Director Dr. Michael F. Fitzpatrick. “You, the Class of 2023, are part of our legacy and forever a part of our collective voyage. As you set your sights on your future goals, do not give up on your dreams because real magic happens when you take a leap of faith and believe in yourself. We look forward to celebrating your continued success. Congratulations!”

BWOT Awards Scholarships

The Bellingham Women of Today selected two deserving High School seniors residing in Bellingham who will be furthering their education this fall. The scholarships are awarded to students who have excelled in community service and leadership.

that we award the Joanne Eisner Memorial Scholarship to Sarah Kidd. She plans to attend the University of Connecticut, train as an EMT and go to medical school to become a pediatrician.

BWOT Scholarship

This scholarship was developed to recognize a Bellingham student that has shown a deep sense of community volunteerism while maintaining his/her grade level. This year, we are proud to award the Bellingham Women of Today scholarship to Casey Sherman. She plans to pursue a career in nursing.

Joanne Eisner Scholarship

The Joanne Eisner Scholarship is given in memory of Joanne Eisner who was a member of the Bellingham Women of Today for over 25 years. She gave countless hours volunteering and giving back to the community. It is with immense pride



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Operation Graduation a Great Celebration for BHS Grads

BY CAITLYN MCCANN

The Operation Graduation Committee want to send a heartfelt thank you to the generous people within the Bellingham community. We are grateful for the parents and businesses who sponsored events, donated goods, their time and/or money over this past year. Not only did the committee raise enough money to host an all-night party for the

2023 graduates of Bellingham High at Urban Air, but with the support of this community, we were also able to award 16 scholarships to seniors totaling \$8,000.

The Senior Class party began with high school graduates entering Urban Air through a balloon arch at 10:30 p.m. and ended the following morning at 5 a.m. Each graduate received a swag bag containing a Yeti water bottle, stuffed full of gift cards



to stores and restaurants. The majority of graduates were in attendance. The seniors jumped, climbed and soared throughout the night. Additional party rooms were converted into areas where students engaged in additional activities such as music bingo and trivia. They had their futures predicted by a psychic, got some fresh ink by a tattoo artist, and had their portrait drawn by caricaturist. The graduates also had an opportunity to participate in escape room games; Lost Mummy of ancient Egypt

and Envy 1920s murder mystery. The crowd favorite was the hypnotist, Frank Santos, Jr.

enjoyed an extraordinary night with friends and classmates in which they will surely remember and reflect upon.

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Ants Ready to Bug Homeowners This Spring

WPC Pest and Termite Control offers pest-prevention tips to keep ants from marching indoors.

Summer is officially here and with it comes one of the most persistent warm-weather pests—ants. As temperatures rise, WPC Pest Control warns that America’s number one nuisance pest will invade homes across MetroWest in search of food. While most species present problems in people’s pantries and kitchens, some species can deliver painful bites while others inflict property damage. According to a survey from the National Pest Management Association (NPMA), more than half of consumers list ants as their top pest concern.

“As most homeowners know, ants are especially drawn to the kitchen and their sheer numbers can be daunting,” said Jim Mazzuchelli, owner at WPC Pest and Termite Control. “Carpenter ants are most likely to invade residential homes this spring, but eliminating food sources can help keep them at bay.”

Of all the U.S. ant species, carpenter ants and fire ants pose the most risk for homeowners. Carpenter ants excavate wood in order to build their nests, which can compromise a home’s structural soundness. Just seeing 3 to 5

ants a day could indicate an underlying problem that might only get worse and cause major damage to your home.

Although ants can be difficult to control once they have entered a home, the following preventative measures can play a major role in helping to avoid infestations:

- Wipe up crumbs and spills immediately
- Store garbage in sealed containers and remove from the home frequently
- Keep food packages closed or sealed and store products in air-tight containers

- Avoid leaving food out on the counter or pet food out on the floor for long periods of time
- Repair holes or gaps in window and door screens
- Seal cracks and holes on the outside of the home including entry points for utilities and pipes
- Keep tree branches and shrubbery well-trimmed and away from the house
- Replace weather-stripping and repair loose mortar around basement foundation and windows

- If you suspect an ant or any pest infestation in your home, contact a licensed pest professional to inspect, identify and treat the problem

“With more than 700 species of ants in the U.S., many of which create huge colonies, prevention is the key to an ant-free home,” added Mazzuchelli.

For more information on ants, please visit www.nobugsnopests.com or call (508) 366-1820 to set up a free inspection and a free outside treatment.

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Elijah T. Grasshopper Delights Kids with a Hoppin’ Good Time

By JENNIFER RUSSO

An impressive crowd of children, their grownups, and their teddy bear friends gathered at Bellingham Common to join in the fun of a teddy bear picnic. Blankets scattered the lawn in front of the gazebo, where Elijah T. Grasshopper entertained everyone with inventive songs that were not only a joy to listen to but worked in great life lessons, too.

Joined by an assistant and some of his puppet friends, Grasshopper had the kids moving and shaking, tumbling, running, and dancing. When Weatherbee the frog was asked what frogs say, he replied “mooo,” resulting in a bunch of laughs and insistent corrections from the audience. This was followed by an active song which encouraged kids to jump up and down like a frog.

A crowd favorite was inspired by Willa the worm, a shy worm who wanted to know if the kids liked to play hide and seek, which of course everyone did. Grasshopper played “hiding music,” a sneaky guitar riff, and told everyone they should go hide whenever they heard it played. Some kids hid behind their parents, some behind trees or trash cans, and some simply covered their eyes.

When they were not hiding, they were doing the wiggle worm dance, which prompted them to wiggle, jiggle, and diggle. When asked what the fourth verse should be that rhymed with those, one child yelled out “pickle,” and Grasshopper didn’t miss a beat – replying that he has heard of pickle ball, but never a pickle worm. The last verse was of course, giggle, which the kids certainly did.

An importance on the job of a firefighter was emphasized and each put on a plastic fire cap for the next song. He made sure to insist that everyone take a “nap” to be sure they were rested for



Elijah T. Grasshopper entertained children and adults alike on Bellingham Town Common thanks to the Bellingham Public Library and a grant from Bellingham Cultural Council.

the job and proceeded to snore loudly every time he asked them to sleep, which led to eruptions of laughter and yelling that he was being too loud, which of course he denied entirely.

Another popular song was called *What a Mess* – a song that talked about keeping the planet clean. He began by asking three questions: 1) How many kiddos think it’s important to keep the earth clean, 2) How many kid-

dos think it’s important to keep the sky clean, and 3) How many kiddos think it’s important to keep the oceans clean? Then he had his assistant dump chopped up pool noodles on everyone to see how fast they could clean them up during the song.

It was a wonderful way to spend a sunny lunch hour, with everyone participating and hopefully learning something in the process.

Learn more about Elijah T. Grasshopper at www.elijaht-grasshopper.com

This concert was hosted by the Bellingham Public Library and supported by a grant from the Bellingham Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

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Ben Franklin Charter School Art Show a Success

By JENNIFER RUSSO

The Benjamin Franklin Classical Charter School recently held its annual whole-school art show. The school common area and first floor hallway became a rainbow of color with works that the students in each class had been developing throughout the year. The theme of the show was *What Does Art Mean to You*. Though on the surface that may seem like a simple question, the way students rose to the challenge of defining it were thoughtful and complex. Those who came to see the galleries were left considering the same question as they navigated through rows of unique interpretations of that answer.

Select projects were showcased by grade (K-8), with mediums ranging from paintings, sculpture, mosaic, drawings, and more. Walking through the maze-like gallery wasn't only a visual treat but served as inspiration for guests about how to see the world in a more beautiful light. The attention to detail, even from the youngest artists, was truly outstanding.

"There was so much the student artists were able to accomplish," shared art instructor Nathaly Davis. "Our show began with kindergarten and their self-portraits from the beginning of the year displayed next to their end of the year self-portraits. First graders *Colors of Us* self-portraits enabled student artists to learn to mix skin tones using red, yellow, brown, and white paints. Second graders explored collage and printmaking and let their imaginations



Students at all grade levels of the Benjamin Franklin Classical Charter Public School showcased their creativity at the school's annual art show.

shine with the creation of *Art Houses* that they built it from the ground up using cardboard."

While there has been recent debate that art education is more extracurricular than foundational, studies, such as one from the Arts Education Partnership, reveal otherwise. In fact, art has been proven to develop students creative and conceptual thinking, communication, analytical ability, and complements other facets of STEM learning.

"The Visual Arts are an important part of educating the whole child, and it is a Classical Education Pillar of BFCCPS. I was so struck by the pride our students felt in displaying their artwork, and joy they took in celebrating the art that their peers made," shared Joseph Perna, Head of School.

When entering the space, visitors could take a handful of comment cards to compliment artists on their work, which would later be shared with the artists. It was an excellent way to let the children know that about their work was appreciated and foster confidence.

"Third grade students showed their capabilities through one-point perspective drawings and abstract dinosaurs inspired by artist Jean Michel Basquiat," said Ms. Davis. "Fourth graders integrated math into their art by learning how to create their own tessellations (artwork with repeating patterns on a geometric plane), and also created mini museums showcasing a variety of famous artists at a small scale."

"Sixth graders explored emotions and created paper mache masks to represent them. Our oldest students, the seventh and eighth graders, took on the single prompt of turning the necessary 7 Elements of Art (balance, rhythm, pattern, emphasis, contrast, unity, and movement) into an art creation," Ms. Davis shared.

Ms. Davis shared concluding thoughts on the show's success. "This show was a huge undertaking as a first-year art teacher. I am so proud of all my student artists for their efforts and creativity. I am a firm believer that everyone is an artist in their

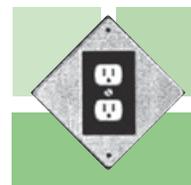
own way. To my students, please never lose your imagination."

The Charter school is made up of students from Franklin and

its surrounding towns, including Bellingham, Wrentham, Blackstone, Medway, Milford and more.

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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 2015-16 school year.

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Col. Henry Knox Regimental Color Guard Joined Bellingham Memorial Day Parade

Shown is a photo from Bellingham's Memorial Day Parade, submitted courtesy of Brad J. Bittenbender, who writes, "The Colonel Henry Knox Regimental Color Guard is attached to the Massachusetts Society of Sons of the American Revolution. Membership, a genealogy heritage-based organization. The Color Guard are the descendants of family members who directly supported the American Colonies war the Great Britain to form the independent United States. In addition to parades, we participate in commemorating historic events in Massachusetts in the lead up to and the American Revolution. Also, the remembering of Veteran Patriots through grave marking events."



To learn more about the Massachusetts Society Sons of the American Revolution Color Guard, visit <https://www.massar.org/color-guard/>.

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JEN'S PRIORITIES

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Government is supposed to work for you. I first sought public office to support my neighbors, and that is why I am running for Select Board. *I want to be your voice.*

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Glenn Brown

Once David Letterman had frequent guest and a favorite musician of his, Warren Zevon, on for an entire show. Zevon, who'd disclosed terminal cancer, performed and interviewed throughout. Dave at one point asked, "Anything you know now, that I should know?" to which Zevon wittily deadpanned, "Enjoy every sandwich."

Those raising children and helping aging parents often feel rushed and are distracted thinking about what's next, overlooking the beauty of daily, mundane moments.

July is National Sandwich Generation Month, celebrating a generation of people sandwiched between caring for their young children and aging parents at the same time.

I'm a Sandwicher, as are approximately 15% of Americans between ages 40-60 who face

the challenges of planning, communicating and executing for 3 generations at once.

In 2018, my parents were struggling with health to remain independent in NH after 60 years in their home. Stress rained on my mom as a caregiver and daily living/house routines began to slide. My wife, our daughters (then 5 & 3) and I lived comfortably in our Ashland home. The adults agreed on a Plan B supported by updated financial planning. Sell both homes, buy a new home for 3 generations and live as one household sharing in daily responsibilities.

The urgency was greater than anticipated and not without challenges since our move to Holliston. Here's some antidotes for Sandwichers:

Small talks instead of "The Talk": Families don't like to think about declining health and elder care, let alone discuss it. I used single topics tied to a recent story about a friend, asking what they would do. Gained small agreements, the changed topics as would address others another day to frame a mutual plan.

Bring in outside mediators. My aunt shared with my mom that time is not your friend. She encouraged the positives to take action now, rather than later when fewer options are available. Additionally, we consulted with an elder care attorney on understanding MA Health op-

tions, current trusts, POAs and proxies before making the move.

Define their plans for wellness. Far too often, adult children tip-toe around aging conversations with parents for fear it may come across as morbid or worse, inheritance focus. These conversations need to focus on their future ideas of wellness. What is it they foresee for a surviving spouse? When they can no longer remain independent? By having these talks when both parents are in good health, it defines their expectations and allows planning a foundation with greater flexibility.

Your spouse's support is critical. Incredibly fortunate to have a spouse that pushed me to see the positives and embraces bringing family in as "you'd want your daughters to treat you the same someday."

Through the eyes of a child. It's not all about you, the girls show the love and benefits of learning by being around grandma and grandpa. And vice

versa, as health has improved so has activity as the girls provide motivation and energy.

Sometimes timing is everything. I couldn't imagine the anxiety and ill-advised actions my parents would have faced on their own these past 3-plus years.

Your parents sacrificed many things to make sure you had it better, including concealing issues to not worry you. Be open with communication and embrace change, the best ways to prevent costly unintended consequences and ensure positive lasting memories.

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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Bellingham High School Class of 2023

GRADUATES

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 Marissa N. Anderson
 Ray G. Audet
 Alyssa M. Baker
 Julie Anne Bates
 Charlotte Anne Bessette
 Daniel Bessette
 Evan Gregory Biello*
 Emma Hailey Blackwell*
 Ethan R. Bombard
 Jenavieve Skye Boucher-Hipolito
 Thomas R. Bracken
 Juliana Rose Buckley*
 Tyler James Burlingame
 Halle Cadorette
 Anthony R. Campbell
 Jeffrey Thomas Caruso
 Hannah R. Casey
 Santiago Castillo Borja
 Shondra Yolanda Cela Pugo
 Jake Harrison Clark*
 Emma Jordan Clinton*
 Jamie Marie Costello*
 Ella Covino
 Connor Crowley
 Steven John Crummet*
 Allison Mae Cundiff*
 Tatianna P. Cunha*
 Fayleenn Daout
 Liam R. Dewar
 Gianna A. DiPietro

Liliana Donofrio
 Devon Michael Earnest
 Anna Aracely Espinoza Loja
 Madison Rose Ferreira*
 Victoria R. Foley*
 Emily G. Galvin
 Amethyst O. Gasper
 Emily R. Gaudet*
 Timothy Gauntlett
 Harry Joseph Gearhart
 Philip Tanios Ghazali
 McKenzie Rose Giordano*
 Daila Goodoff*
 Callie Egan Goulet*
 Mariana Alejandra Guncay Castro
 Dylan John Haggerty*
 Marcus Anthony Hanson
 Cassidy MacKay Hasselbaum*
 Haven Rand Hauptman
 Lauren Evelyn Hearn*
 Ashley Rose Henrich*
 Valerie Patrice Holland
 Alexa Hurt
 Skye L.N. Jones
 Brandy Virginia Keaney
 Liam Colin Keating
 Sarah Kidd*
 Arti L. Lacroix
 Ella Marie Lage*
 Connor R. Lalonde
 Carlyn Mackenzie LaRose
 Christopher M. Losardo

Bryan Ross MacLennan
 Balsam We'am Mafhoum*
 Thomas R. Magee*
 Ryan Anthony Maiorano*
 Paige M. Margiotta
 Franci Marku*
 Abbygail Louise McCann*
 Ruby A. McDermott
 Rena-Jae McFall
 Kaitlyn E. McKee
 Christian A. McKenzie
 Anna Marie McLaughlin
 Gracie P. Miller
 Elizabeth C. Morandi
 Baileigh Bree Murphy*
 Donald Surin Murray
 Connor Michael Nasif
 Gabrielle Rose Nelson
 Vanessa Jolie Noke
 Andrew Northrop
 Bridget Mary O'Brien*
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 Brady Pelletier

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 Sweeney Jaramillo
 Edward Sweeney Jaramillo
 Aiden James Tardif
 David Robert Jame Thibault
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 ♪ Tri-M Music Honor Society

Valedictorian - Elsa Robinson
 Salutatorian - Jamire Marie Costello

Valedictorian and Salutatorian at Bellingham High School - Class of 2023

Principal Megan Lafayette is pleased to announce that Elsa Robinson and Jamie Costello have been named Valedictorian and Salutatorian, respectively, of the Bellingham High School Class of 2023.

Class Valedictorian, Elsa Robinson, is the daughter of David and Kristen Robinson of Bellingham. Elsa maintains a 4.0 grade point average, and is a distinguished two-year member of the National Honor Society. Elsa is a recipient of the John and Abigail Adams Scholarship. Elsa has been a member of the color guard since grade 10 and was captain of the color guard her senior year. Elsa has been an active member of Bellingham High School's band program for the past seven years. Elsa was the band's trombone section leader and qualified for senior central district competition as a senior. Elsa was also a member of the Massachusetts Instrumental Choral and Conductors Association (MICCA) gold medal performance in 2023. This fall, Elsa will attend the University of Rhode Island where she received the presidential scholarship, and plans to complete their six year doctoral program in pharmacy.



Class Salutatorian, Jamie Costello, is the daughter of James and Jean Costello, of Bellingham.

Jamie maintains a 4.0 grade point average and is a recipient of the John and Abigail Adams Scholarship. She is a distinguished two-year member of the National Honor Society and 4 year member of the Bellingham High School Student Council. Dedicated to community service at school and in the greater Bellingham community, Jamie coordinated a fundraiser for the Leukemia and Lymphoma Society in February of 2022 and 2023 that raised a total of \$1,433.72.

An accomplished scholar-athlete since grade 9, Jamie is a four-year member of the BHS Winter and Spring Track and Field teams as well as the BHS Soccer team. She demonstrated exceptional leadership and was announced captain of the winter track team this year. This fall, Jamie will attend the University of Connecticut and plans to major in Nutritional Sciences. Jamie's goal is to become a registered dietitian and work specifically with athletes as a sports dietitian.

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Summer Eye Safety

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

We all use sunscreen to protect our skin, but don't forget to protect your eyes as well. Summertime means more time spent outdoors, and studies show that exposure to bright sunlight may increase the risk of developing cataracts and growths on the eye, including cancer. The same risk applies when using tanning beds, so be sure to protect your eyes from indoor UV light as well. Sunlight reflected off sand and water can cause photokeratitis, the condition responsible for snow blindness, so beach- and pool-goers: Take note.

Independence Day is just around the corner. Your 4th of July holiday usually ends with enjoying professional fireworks and maybe even lighting a few of your own in the backyard. Before you light your first bottle rocket or sparkler, let's talk about the dangers of fireworks and how to keep you and your loved ones safe.

Most firework injuries happen in a one-month span from

late June to late July. Each year approximately 16000 people visit an emergency room because of a fireworks-related injury, and there are 18 deaths. The number of people sustaining minor injuries not requiring an ER visit is thought to be much higher. The most common injuries are to the hands and fingers, legs, head, face, ears and arms. Sometimes people pick up packs of fireworks at the grocery store thinking they're safe because they're small and don't produce large displays. Often, these are the fireworks we give or use close to children. Consider the number of ER trips these common, "safer" fireworks cause each year. Many of us think the people most at risk of getting injured are those lighting the fuse, but bystanders are the most at risk. Those on the sidelines account for 65% of all ER visits for firework-related injuries.

Eye injuries caused by fireworks are very common and can have devastating effects. Your eyes are delicate, and any fireworks injury could potentially cause permanent damage.

Sparks, flames, smoke, and flying pieces of debris are all hazards inherent in any display. The four most common eye injuries are: detached retina, scratches on the cornea, ruptured eyeball and burns. Any eye injury can lead to long-term vision problems or even blindness. If your eye has been hurt, seek medical attention right away. Please leave fireworks to the professionals and let's all enjoy a safe 4th.

UV radiation, whether from natural sunlight or indoor artificial rays, can damage the eye's surface tissues as well as the cornea and lens. Unfortunately, many people are unaware of the dangers UV light can pose. By wearing UV-blocking sunglasses, you can enjoy the summer safely while lowering your risk for potentially blinding eye diseases and tumors. It is important to start wearing proper eye protection at an early age to protect your eyes from years of ultraviolet exposure.

Everyone of any age and any degree of skin pigmentation is susceptible to UV damage.



Children are particularly susceptible to UV damage. People with light colored eyes may have an increased risk of certain eye diseases tied to UV exposure, including eye cancer. Some studies show that people with certain eye diseases such as retinal dystrophy may be at greater risk for UV-related sun damage.

Cataract is a clouding of the eye's lens. The lens must be clear in order to focus light properly onto the retina. Extensive exposure to the sun is one of the major reasons why we develop cataracts. Cataract surgery is by far the most common surgery performed in the United States.

According to a national Sun Safety Survey conducted by the American Academy of Ophthalmology, only about half of people who wear sunglasses say they check the UV rating before buying. The good news is that you can easily protect yourself. In order to be eye smart in the sun, the American Academy of Ophthalmology recommends the following:

Wear sunglasses labeled "100% UV protection": Use only glasses that block both UV-A and UV-B rays and that are labeled either UV400 or 100% UV protection.

Choose wraparound styles so that the sun's rays can't enter from the side.

If you wear UV-blocking contact lenses, you'll still need sunglasses.

Wear a hat along with your sunglasses; broad-brimmed hats are best.

Remember the kids: It's best to keep children out of direct sunlight during the middle of the day. Make sure they wear sunglasses and hats whenever they are in the sun.

Know that clouds don't block UV light: The sun's rays can pass through haze and clouds. Sun damage to the eyes can occur any time of year, not just in summer.

Be extra careful in UV-intense conditions: Sunlight is strongest

mid-day to early afternoon, at higher altitudes, and when reflected off of water, ice or snow.

By embracing these simple tips you and your family can enjoy the summer sun safely while protecting your vision ... And if you have a cataract and it's time for surgery, remember that new technologies exist to optimize vision and outcome: Bladeless laser cataract surgery is a major advancement in cataract treatment, is FDA approved and embraced by top Ophthalmologists in the US and around the world.

At Milford Franklin Eye Center, we offer in-house optical service with the best in UV protection sunglasses. And if you need cataract surgery, Dr. Kaldawy is proud to have been the first surgeon in the area and among the first in Massachusetts to offer bladeless laser assisted cataract surgery. We are happy to have been pioneers of this technology in our communities. We implant high quality premium lenses, with correction for distance, near and everything in between. Many cases of astigmatism are no longer a problem as these implants can now be offered even if you have astigmatism thanks to bladeless laser surgery. Our percentage of complications is one of the lowest in the Nation and is measured by independent sources. We operate in a state-of-the-art surgery center with door-to-door concierge service. 100% of the surgeries are performed under topical anesthesia, so only drops, no need for shots and their risks and no need for stitches. With 22 years of established experience and tens of thousands of procedures performed, we are happy to offer state-of-the-art medical and surgical eye care to our communities.

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Concerts on the Grass Continue

Bellingham Town Common

Wednesday, July 12

- 6 p.m. – 7 p.m. – Free pony rides
- 6:30 p.m. – 8:30 p.m. – Morse Code (classic rock)
- Opening Act: The Wild Beyond (classic rock)

Wednesday, July 19

- 6 p.m. – 7 p.m. – Free pony rides
- 6:30 p.m. – 8:30 p.m. – Riverboat Stompers (Dixieland)

Wednesday, July 26

- 6 p.m. – 7 p.m. – Free pony rides
- 6:30 p.m. – 8:30 p.m. – Back Pages. (rock and pop).

Mendon Town Beach

Wednesday, August 2

- Free Pony Rides – 6:30 p.m. – 7:30 p.m.
- 6:30 p.m. – 8:30 p.m. – Brass Connection (brass band)

Wednesday, August 9

- Free Pony Rides – 6:30 p.m. – 7:30 p.m.
- 6:30 p.m. – 8:30 p.m. – Tobe Rode (60s, 70s, 80s rock)

Wednesday, August 16

- Free Pony Rides – 6:30 p.m. – 7:30 p.m.
- 6:30 p.m. – 8:30 p.m. – Jesse Liam (contemporary pop)

BVT Scholarships & Awards: A Springboard for Success!

Nearly \$7 Million in Student Scholarships Awarded

UPTON – The Blackstone Valley Vocational Regional School District is proud to announce its Class of 2023 Scholarship and Award Recipients.

As BVT’s newest graduates prepare to advance their career training, awards totaling nearly \$7 million in renewable value are a springboard for success allowing its recipients the financial freedom to implement their career plans across various pathways.

The following is a list of the scholarships and awards earned by members of the Class of 2023, including immediate plans for career training. Students are categorized by town and listed alphabetically by last name. Scholarship amounts reflect the first-year total. For more details, visit www.valleytech.k12.ma.us/scholarshiprecipients2023.

Bellingham Student on Anna Maria College Spring 2023 Dean’s List

Anna Maria College, in Paxton, Mass., recently announced academic honors for students named to the Dean’s List for the Spring 2023 Semester. Belling-

ham resident Jacob Gagnon was named to this list. Anna Maria College awards Dean’s List recognition to students enrolled in a full-time undergraduate day

program in good standing who have attained in the previous semester a GPA of 3.5 with no grade lower than “B” for a minimum of four courses.

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Municipal Spotlight

'Miss Laura' Excelling as Youth Services Librarian

By KEN HAMWEY,
BULLETIN STAFF WRITER

Laura Brillant-Giangrande has been on the job for six months, and it's obvious the new Youth Services Librarian has developed a terrific relationship with parents and their children who participate in the many activities offered at the Bellingham Public Library.

Brillant-Giangrande, who replaced the popular "Mr. Steve" (Steve Fowler) in January, is personable, energetic and caring, and she's not only a major plus for the library, but also a big hit with children of all ages.

"It's important to be welcoming, a good listener and very understanding, said the 50-year-old Brillant-Giangrande, who's a native of Foxboro. "Other keys include being actively helpful, to always be happy, and to be supportive and comforting."

The children's librarian at Plainville's Public Library for the last six years, Brillant-Giangrande gets high marks from Library Director Bernadette Rivard.

"The Bellingham Library administration and staff are thrilled that Laura Brillant-Giangrande has joined our team," Rivard said. "With her education and training as a teacher, Laura brings a different perspective to children's programming. Since her arrival, not only has she managed to continue offering some of our most popular programs, but she also has added new programs to the library's calendar. We look forward to working with Laura to continue to bring fun and dynamic and educational library services to the children of Bellingham."

Brillant-Giangrande, who's been married for 25 years and has two adult children, says there's lots to like about her role in Bellingham.

"I love families and like being part of their community," she noted. "I also like presenting activities to parents and children, and helping people find solutions to problems by providing help, guidance and information on whatever issues they're facing, es-



Laura Brillant-Giangrande, better known as "Miss Laura," is fitting in nicely as the Bellingham Public Library's Youth Services Director.

pecially ones that involve reading. My prime passion is getting kids excited about reading."

Brillant-Giangrande presents three activities on a weekly basis and three others on a monthly time-frame. The weekly activities include Rhyme Time

(three times per week), Ring A Ding (three times per week) and Baby Time (twice a week). The monthly programming features Monster Squad (STEM-related activity), Building and Engineering (Lego and other builders) and Starlight Story Time (evening reading program).

The theme of Brillant-Giangrande's 8-week summer reading program is "Find Your Voice."

"This year's summer reading program focuses on international and multi-cultural people and stories. And there's something for everyone, because it's for pre-readers through middle school."

The most challenging aspect of Brillant-Giangrande's role is time, or the lack of it. "There's so many things I want to be involved with and so many things I can be involved with," she emphasized. "But it's a challenge to get all of my objectives completed."

Brillant-Giangrande is pleased children and parents call her "Miss Laura." "I love the phrase," she offered, "because it shows the kids are comfortable." Brillant-Giangrande is delighted with the support she's received. "The relationships with the children, the parents and the community has been lovely," she said. "The community is fabulous. What I enjoy is the way different departments work together to promote team chemistry."

Rivard and the rest of her staff have helped Brillant-Giangrande transition into her role smoothly. "The staff has been accepting, friendly and helpful," she said. "And, Bernadette is amazingly supportive. She listens, she understands and she's helpful. Since arriving in Bellingham, I've been very busy, and that's a plus because I can feel the energy and excitement of the children and the parents."

Brillant-Giangrande's background no doubt helped her to become an effective children's librarian. After graduating from Foxboro High School, she attended Quincy College, graduated summa cum laude, and received an associate's degree in early childhood education. Bridgewater State University was her next stop. She majored in history and elementary education and graduated magna cum laude.

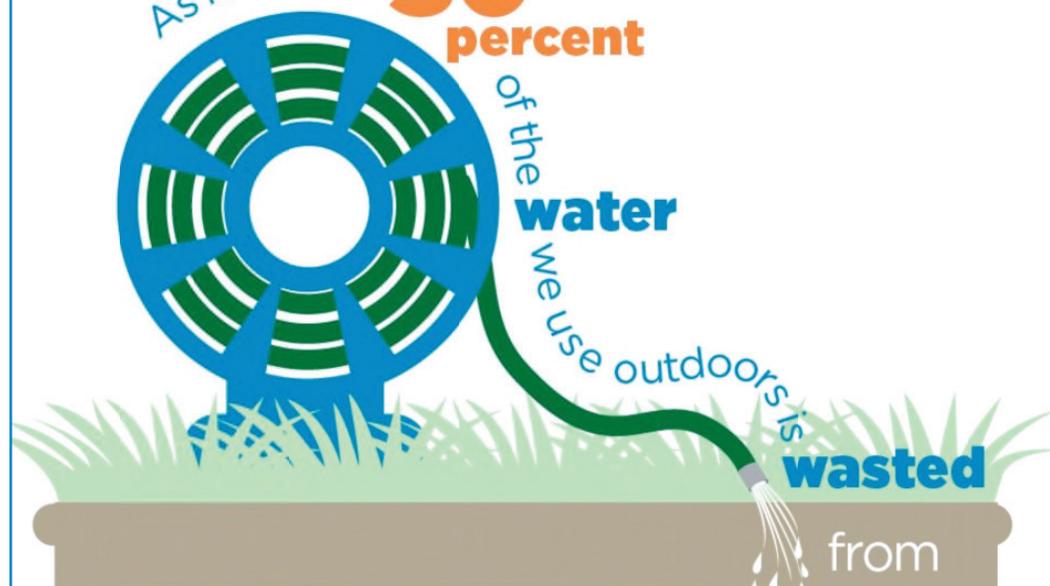
Brillant-Giangrande began her career as a pre-school teacher in Quincy, then became a kindergarten teacher at a private child-care center. She later worked at the Foxboro YMCA as a pre-school teacher before becoming a substitute teacher at the Foxboro Regional Charter School. When she assumed library duties, she first was a substitute in Plainville before becoming the children's librarian. She is earning her master's degree in library science.

Brillant-Giangrande lives in Foxboro with her husband (Camillo), a 23-year-old son (Camillo IV) and a 19-year-old daughter (Bella), who was diagnosed with juvenile Myoclonic epilepsy at age 12. The family has worked to support Bella since she's been living with this diagnosis.

Brillant-Giangrande hopes her stay in Bellingham is lengthy. "I hope I'm the right person to fill the needs as library services progress," she said. "And, I hope to fulfill my No. 1 goal. "I want kids to love the library and be eager to return."

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Memorial Day Committee Grateful to Local Businesses and Groups

Dear Editor:

The Memorial Day/Veterans Committee is so grateful for the generosity given to the Memorial Day parade by some local businesses and groups.

A lot of time goes into getting ready to pay tribute to our veterans throughout town each year. Because of these donations and time, the 2023 Memorial Day Parade & Ceremony was a success! We couldn't have done it without these groups, given that we had to change the parade route due to road construction in town. THANK YOU! We would like to thank the following businesses for their help:

- TRI-MARK DISTRIBUTION CENTER - allowed us to use their parking lots to kick off the parade and to park our vehicles and set up our floats.
- P.J'S BAR & GRILLE - donated a buffet of food to the Bellingham VFW for all parade participants to enjoy after the parade at the VFW.
- VFW AUXILIARY- donating their time and energy in cooking burgers & hotdogs along with set up & clean up on parade day at the VFW .
- HOME DEPOT - donated all the flowers you see at the Town Common War Memorials and Memorial Squares throughout town. Allen and Sara from the Bellingham Home Depot store came out to help plant the flowers with Committee members.
- D & D MULCH - donated the mulch needed for the Town Common Memorials and the trimming of the shrubs

- Antron ENGINEERING & MACHINE SHOP - allowed us to use their parking lot to judge the fire trucks before the start of the parade
- YOUNG MARINES in the BLACKSTONE VALLEY- donated their time to spread mulch at the Town Common War Memorials, change flags at the cemeteries in town and March in the parade
- BELLINGHAM GIRL SCOUTS and BOY SCOUTS donated their time changing the flags in the cemeteries and participating in the parade.

Gratefully,
Lori Fafard

Bellingham Memorial Day/Veterans Committee Members

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Wednesday June 28. 6pm – 8pm. Kids Night with Wayne Potash and Trevor the Games Man.

Sponsored by Bellingham Town Common Trustees

Wednesday July 12. 6pm – 7pm – Free pony rides. 6:30pm – 8:30pm Morse Code (classic rock).

Opening Act: **The Wild Beyond** (classic rock)

Wednesday July 19. 6pm - 7pm. Free pony rides., 6:30pm – 8:30pm Riverboat Stompers (Dixieland)

Wednesday July 26. 6pm – 7pm. Free pony rides., 6:30pm – 8:30pm Back Pages. (rock and pop).



MENDON TOWN BEACH

Wednesday Aug 2. Free Pony Rides 6:30pm – 7:30pm., 6:30pm – 8:30pm. Brass Connection (brass band).

Wednesday Aug 9. Free Pony Rides 6:30pm – 7:30pm., 6:30pm – 8:30pm Tobe Rode (60s, 70s, 80s rock)

Wednesday Aug 16. Free Pony Rides 6:30pm – 7:30pm., 6:30pm – 8:30pm Jesse Liam (contemporary pop)



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Soter Attends Groundbreaking of Blackstone River Greenway

State Representative Michael Soter (R-Bellingham) attended the groundbreaking of

the Blackstone River Greenway in Blackstone on May 25, 2023. Representative Soter joined Sec-

retary of Energy and Environmental Affairs, Rebecca Tepper, Department of Conservation

and Recreation Commissioner Brian Arrigo, and officials from the town of Blackstone to kick off the start of the project.

This Blackstone River Greenway is part of the Southern New England Trunkline Trail (SNETT). The SNETT is a recreational trail, owned and managed by DCR, along a former railroad corridor that runs approximately 22 miles from the Franklin State Forest in the Town of Franklin to the Douglas State Forest in the Town of Douglas. The SNETT passes through the towns of Bellingham, Blackstone,

Douglas, Franklin, Millville, and Uxbridge and is one of the longest rail-trails in southern Massachusetts. The project is expected to last three years.

According to DCR, the Blackstone project includes a single-span railroad viaduct and a seven-span railroad viaduct on which the trail will be constructed. These viaducts that will be rehabilitated as part of the project are important historic structures and cultural resources. Funding for the project is through the DCR Major Trails Capital Program.

Bellingham Student Awarded Sheet Metal Workers Local 17 Scholarship

Valerie P. Holland, recent graduate of Bellingham High School, was recently awarded a scholarship by Sheet Metal Workers Local 17, a division of the SMART Northeast Regional Council (SMART NERC). The division is celebrating 40 years of creating opportunities through its scholarship fund. Since 1983, the union has contributed over \$2.2 million to the futures of local students. Holland was sponsored by her father, Jacob Holland.

In this year's round of scholarships, Local 17 has allocated \$151,000 to 29 area high school seniors and college students. The awards, 100% funded by the

membership of Local 17, range from one-time \$750 scholarships to four-year scholarships totaling \$16,000.

"We want to congratulate all our scholarship winners and wish them good luck in their higher education pursuits," said SMART NERC Financial Secretary-Treasurer Russell Bartash. "We also want to thank all Local 17 members for contributing to the scholarship fund and making these awards possible."

Bartash credited the three generations of the Hayward family (Bob, Scott, and Sean) for leading the scholarship committee and helping the program

reach new heights. Bartash also noted that the program accommodates a wide range of higher education opportunities, so any student can benefit on their path to success.

Seven cents is contributed to Local 17's scholarship fund for every hour a member works. Over time, this commitment and the collections have added up, making a big difference for hundreds of local students in paying tuition, books, and other academic fees. Scholarships are awarded based on state Labor History Exam performance or through a lottery drawing.



Coming Up at Bellforge Arts Center

The following events are free, but registration is encouraged. Visit <https://bellforge.org>.

Summer Sounds

Summer Sounds is the perfect mid-week getaway right in our own backyard. Join us after work until dusk for a free evening of food trucks, beer garden vibes, lawn games, and live music performances from rising home-grown bands and artists. All ages, Wednesdays, all summer.

- Summer Sounds with Heather Scott and Talia Rose, Wednesday, July 12, 5 p.m.-8 p.m.
- Summer Sounds with Nectarine Girl and Sweetie, Wednesday, July 19, 5 p.m.-8 p.m.
- Shakespeare: King Lear, Saturday & Sunday, July 22-23, 5 p.m. - 7:30 p.m.
- Summer Sounds with Little Fuss and Jay Alan, Wednesday, July 26, 5 p.m. - 8 p.m.

- Shakespeare: King Lear, Saturday & Sunday, July 29-30, 5 p.m. - 7:30 p.m.

To Get to Bellforge Arts Center:

Take Rt. 27 to Hospital Road. Make a left on Hospital Road, then a left on Service Drive.

If using Google Maps or Waze: Use 1 Service Drive, Medfield in your GPS

If using Apple Maps: Use 45 Hospital Road, Medfield in your GPS

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.

For more information, visit bellforge.org/events.

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Coming Up at the Bellingham Senior Center

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

DRIVE-BY LUNCHESES: Tuesdays and Thursdays from 11:30 a.m. to 12:30 p.m. lunches will be provided by Mickey G's. \$3 per meal for Bellingham residents.

COFFEE & CONVERSATION: Every Tuesday at 9:30 a.m. Stephanie Gray from Congressman Auchincloss's office will be our guest on July 11. Call ahead, please, and reserve your seat at the table.

THE AFFORDABLE CONNECTIVITY PROGRAM: is a federal program that offers financial assistance to low-income households for their broadband services and internet connected devices. If you'd like to know more about it, please call Lisa Loo at (508) 657-2714 or email lloo@bellinghamma.org

Earn chances to win prizes for you and your Council on Aging

Lace up your sneakers! *The Walk Massachusetts Challenge is back.* Your participation helps your local Council on Aging win money for fitness programs and gives you the chance to win one of several prizes. The challenge runs until October 31, 2023. Learn more at www.walkmachallenge.com and choose one of the challenges based on a Commonwealth of Massachusetts fun fact.

BLOCK ISLAND TRIP: On August 15, another signature BESG trip will get underway, leaving the Senior Center at 7 a.m. and returning about 6:30 p.m. \$159 each. Meet the ferry at Point Judith for a quick ride and itinerary briefing. A tour of the island is next including a stop at the historical Southeast Light. Then, lunch at the National Hotel. Free time follows to walk and shop in the Old Harbor's downtown. For reservations, please contact Doreen at (508) 966-4221. \$15 deposit or full payment due at sign up.

GRANDPARENTS RAISING GRANDKIDS: Twice each month, meetings are held at The Ber-non Family YMCA in Franklin, in-person and on Zoom, second and fourth Wednesdays of the month, 6-7 p.m. More information available from the Y at (508) 528-8208. And free childcare is available. If you are a grandparent raising a grandchild and need a backpack for this up-coming school year, please reach out the Hockomock Area YMCA at backpacks@hockymca.org

BESG COOKOUT: Bellingham Elder Services Group will hold a cookout on July 13, at 4 p.m. Come have some kielbasa!

GUITAR OR UKULELE PLAYER? Would you enjoy getting together and practicing one or two songs?

We plan to meet for an hour every other week. We will keep it simple and sheet music will be supplied. We'll be focusing on John Denver songs in July and using three chords: C, G, and A. Join us on the first and third Mondays every month at 2:30 p.m. Call ahead to reserve your spot.

VIRTUALLY YOURS: Every Monday at 9 a.m., the Spiritual Book Club meets via Zoom. Discussion currently is about The Signature of All Things. Contact Josie Dutil at (508) 966-0398 to sign up.

MEN'S GROUP meets every Wednesday at 11 a.m. at Devlin's

BLOOD PRESSURE: Come have it checked on Tuesdays at 10 a.m.

MEMOIRS OF AN ARABIAN PRINCESS FROM ZANZIBAR: will be presented by Rita Parisi from Waterfall Productions at the Senior Center on Friday, July 7, at 1 p.m. Please call to let us know you'll be attending.

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Bellingham Historical Commission Announces Summer Hours for Ernest A. Taft Historical Museum

The Ernest A. Taft Historical Museum, 3 Common Street, the brick building located in the Town Hall Complex across from Walgreens, will be open the following days from 9 a.m. to 1 p.m. this summer:

- Wednesday, July 12th
- Wednesday, August, July 9th

We are also open by appointment! Email history@bellinghamma.org to set up an appointment.

Our Saturday hours will resume after Labor Day!

Hope to see you at the museum soon!

BVT's FY24 Annual Budget Unanimously Approved

The Blackstone Valley Vocational Regional School District's proposed annual budget has earned unanimous and favorable support from its District towns to secure its operational budget for the Fiscal Year 2024 (FY24).

The Massachusetts Association of Regional Schools and others have recognized the proposed annual budget for consistently advancing creative funding techniques. For example, rather than depend upon non-renewable federal stimulus funding or significant local debt support, the District generates major revenue via nontraditional sources such as self-funding roof repair projects reimbursed from the Massachusetts School Building Authority, which saved its member towns \$2,765,025 from FY11 through FY21.

An ever-vigilant cost-containment replenishment approach to its reserve account enables

the District to self-fund building maintenance which protects its 60-plus-year-old campus, its students and staff, and the original investment by taxpayers. Some ten years ago, the District refinanced its only existing debt to secure a far lower borrowing rate. In addition, several previous collective bargaining negotiation contracts with its professional staff generated individual contributions to the system's OPEB obligations which others have since replicated.

Where it is common for town warrant appropriations to be sprinkled with multiple cost centers attributable to education-related expenses yet classified as municipal expenses, BVT does not ask its district towns to carry additional fiscal burdens for health benefits to workers' compensation. Instead, the District incorporates 100% of its expenses into a one-time annual

and consolidated budget request. In addition, it pursues and secures grants and donations for its capital assets. The awards granted directly to BVT exceeded three million dollars this year. Grant acquisitions alone complement local tax dollars at a rate of \$2400 in additional teaching resources for each of its 1,250 enrollees. Recently, an anonymous donor, who was impressed with the school, gifted \$400,000 for new training equipment.

As the annual budget sought approval from its sending towns, it relied on the continued support of each member town to endorse its vocational-technical school system at its Annual Town Meeting. The Blackstone Valley Regional Vocational Technical High School community is thankful for that support. For more information, visit www.valleytech.k12.ma.us/annualbudget.

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Healey-Driscoll Administration Funds Free Swim Lessons for Residents of All Ages

In an effort to increase access to swimming lessons and enhance water safety, the Healey-Driscoll Administration today announced it has awarded 14 organizations throughout the state a total of up to \$372,000 to provide free beginner swimming lessons to Massachusetts residents of all ages.

The funding is being awarded through DCR's Safe Water Initiative Massachusetts (SWIM) program. Contracts were awarded to organizations whose instructors hold Red Cross Water Safety Instructor certification, or industry equivalent, and preference was given to applicants that serve environmental justice communities.

"The SWIM program enables DCR, working with partners, to provide opportunities for communities to offer free swim lessons to residents of all ages and from all backgrounds," said DCR Commissioner Brian Arigo. "DCR is committed to ensuring our pools and waterfronts are as safe as possible for people to enjoy as they seek relief from the summer heat, and ensuring people have access to swim lessons is an important way we can keep our swimming areas safe."

The following organizations were awarded SWIM funding:

- Boys and Girls Club of Stoneham;
- Boys and Girls Club of Metro South;
- Charles River Aquatics, Inc. in Wellesley;
- British Swim School of Worcester;
- Hockamock area YMCA in Franklin;
- Merrimack Valley YMCA in Lawrence;
- MetroWest YMCA in Framingham;
- Old Colony YMCA in Quincy;
- British Swim School of North Shore in Reading;
- West Suburban YMCA in Newton;
- YMCA of Greater Boston;
- YMCA of Metro North in Peabody;
- YMCA of the North Shore in Beverly; and
- YWCA Central Massachusetts Inc. in Worcester.

In addition to the SWIM program, DCR provides free swimming lessons to children from four to 12-years-old, which are offered every summer through the agency's Learn to Swim program at select agency-managed pools. Last summer, DCR provided free swimming lessons to over 700 young people at 19 agency swimming pools over three, two-week sessions. DCR will open sign-ups for its Learn to Swim program in the coming weeks. SWIM significantly expands the Learn to Swim program by reaching more residents in more communities across the Commonwealth, with a central focus on expanding access to swimming lessons for those most in need.

For more information on how to sign up for free swimming lessons under the SWIM program, contact the award recipients.

Officers' Recognition Banquet Ends Ladies' Year

On June 8, the banquet held at Box Seats in Franklin honored the Officers of the Ladies of St. Anne but also celebrated the end of the activities for the successful 2022-2023 year. Through bake sales, Thanksgiving and Easter raffles, and a plant sale, the Ladies raised funds to donate to the St. Blaise Journey in Faith, Confirmation and First Communion programs, the Scholarship Program, and the Loaves & Fishes

Food Pantry. Truly, it is a team effort by all members throughout the year which makes this Sodality a vital part of the St. Blaise community. We would like to thank all St. Blaise parishioners and the Bellingham community who bought cakes, pastries, and plants or donated items for the baskets. Your generosity throughout the year is very much appreciated!

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Going, Going, Gone! BVT to Comply with Records Regulations

Attention Class of 2016, Destruction of Student Records is set for August 1st

In accordance with state and federal regulations, special education (IEP) and 504 student records shall be destroyed seven years after the student leaves the school. For the Blackstone Valley Regional Vocational Technical High School Class of 2016, this date is August 1, 2023.

The Class of 2016 may request special education and 504 records before the August 1st shred date by written request. Be sure to indicate the year of graduation, and name while attending school, to Blackstone Valley

Regional Vocational Technical High School, Student Services Record Dept., 65 Pleasant Street, Upton, MA 01568.

Student transcripts (a record of grades) shall be destroyed 60 years after the student leaves the school. For the Class of 2016, that date is August 1, 2076. An alum from that class may request a transcript from their graduation date: May 2016 through August 1, 2076.

If you want to retain your records, learn how at: www.valleytech.k12.ma.us/studentrecords.

Tyler Reed Awarded Scholarship

It was an honor for the Ladies of St. Anne Sodality to present a \$500 Scholarship to Tyler Reed at the 10 o'clock Mass at St. Blaise on June 4th. Tyler graduated from Tri-County Regional Vocational Technical School as an Honor Roll student. He was recognized with the "Top Student Award" in his Computer Information Systems Shop and graduated with an overall 4.3 grade point average. Throughout high school he worked part-time and then full-time with an internship at Dell/EMC in his senior year. His leadership qualities have continued through his freshman year at Framingham State University. He has maintained his excellent academic standing as he strives for a Bachelor of Science degree in Computer Science. As a member of St. Blaise Parish he continues to



Pictured are Tyler Reed (front center), his parents on either side, and members of Ladies of St. Anne

volunteer for Thanksgiving Baskets distribution, Adopt-a-Child Christmas Program, Loaves and Fishes Food Pantry, various

Parish community activities as needed, and nurturing his faith by weekly worship at our 10 a.m. Sunday Mass.

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3. Leigh and Connell are out golfing. While driving the golf cart, Leigh accidentally runs over Connell's foot, causing serious injury. Would Leigh have any coverage for the injuries through his auto or home insurance?

Answers:

1. Yes, a newly licensed driver has 60 days to be added to the policy.
2. No, if the jewelry is not "scheduled" there is no coverage for mysterious disappearance.
3. Yes, Leigh's homeowner insurance would provide coverage. His auto policy would not provide coverage.



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Sports

Lowell Catholic Defeats Top-seeded BHS Nine, 2-1

State Tourney Roundup

By KEN HAMWEY,
STAFF SPORTS WRITER

Bellingham High's baseball team was seeded No. 1 in the Division 4 state tourney, but after advancing to the second round by eliminating Monomoy, 7-2, the Blackhawks lost, 2-1, to 16th-seeded Lowell Catholic at Richardson Field.

BHS ended its season at 14-8.

The Crusaders, who play in the Commonwealth Athletic Conference, improved their record to 14-8. They defeated Leicester, 3-1, to earn their date with Bellingham, then moved on to face Northbridge, which edged Lowell Catholic, 2-1, in the quarterfinals.

The Crusaders' sophomore pitcher, Seamus Scott, didn't seem overpowering, striking out only three Blackhawks and walking three. But, he mixed his fastball and curve effectively and hurled a complete game.

"Seamus isn't afraid to challenge hitters," said Matt Stone, the Crusaders' coach for the last 12 years. "His control was good, and it was his curve ball that was a plus in the late innings. Against a team like Bellingham, relying on a fastball isn't enough. We just told him to throw your best stuff."

Bellingham coach Andy Nolan called Scott's effort "fantastic," and said: "He kept coming at us with a bulldog mentality. His curve was a factor, but he also hit his spots with his fastball. Their defense played a key role, too."

Alex Hughes started for Bellingham, pitching three innings before giving way to C.J. Fama.

The Crusaders scored their first run in the third inning, when Brady Prindle walked and Aidan Virella singled. With runners on first and second, Sean McNamara bunted, but Bellingham pitcher Alex Hughes, trying to get a force-out at third, threw wide, allowing Prindle to score. Hughes retired the next two batters before loading the bases on a walk to Zack Gosselin. Joe Farina flied out to right field, ending the inning with the bases loaded.

The Blackhawks tied the game in the fourth on back-to-back doubles. Ryan Maiorano doubled off the centerfield fence and scored on Troy Simpson's off-the-fence double to centerfield. Bellingham failed to add another run after Simpson advanced to third on a balk and Tyler Ladouceur walked. Robbie Seyffert's sharp grounder in the hole took a diving effort by McNamara at third base to get the second out at first base. With runners on second and third, Owen Miller's fly ball to second ended the inning with two runners stranded.

"Lowell Catholic relies on pitching and defense," Nolan offered. "It's no accident they had four shutouts in a row."

With the scored knotted at 1-1, Lowell Catholic opened the seventh inning with a single by Prindle. Virella's sacrifice moved Prindle to second before McNamara was intentionally walked. With runners on first and second, Dan Parent hit a sharp grounder to third. Simpson fielded the ball but opted to get the second out at first base, allowing Prindle and McNamara to advance. An intentional walk to Scott loaded the bases, but Fama walked Gosselin, giving the Crusaders a 2-1 advantage.

"C.J. didn't have a walk to that point, and I know I put him in a tough position," Nolan said. "The intentional walks were instinctive moves made in the heat of battle."

The Blackhawks threatened before bowing out. Miller lined a single to center. Dylan Haggerty ran for him and advanced to second on Priscella's bunt. Ely Sylvia walked before Ryan Nolan's grounder resulted in a force-out of Sylvia at second.



Bellingham coach Andy Nolan has guided the Blackhawks' baseball team to two straight tourney berths.

With two outs and runners on first and third, Josh Bouchard grounded to shortstop, ending the game when Virella forced Nolan at second.

"We got good pitching, but we didn't get enough timely hitting," Nolan emphasized. "We didn't get that two-out hit. Our two best chances to tie or take the lead were in the fourth and seventh innings. Leaving two runners on base both times hurt."

Stone had the utmost praise for the Blackhawks, saying "they've got pitching, a strong lineup and they're well-coached."

"To beat the No. 1 seed, you need to be good and get some luck," he emphasized. "Whether you're seeded No. 1 or 32, anything can happen on any given day. I credit our entire team for this victory. Winning a close game like this in the tourney gives us confidence and our kids showed they can compete against top-notch teams."

The Blackhawks' triumph over Monomoy featured Maiorano pitching a complete game and striking out 11. Two freshmen supplied the offense — Miller, the designated-hitter,

went 4-for-4 and scored two runs while Bouchard had two hits and two RBIs.

BOYS' VOLLEYBALL

The Bellingham High boys volleyball team lost in the first round of the Division 2 state tourney to Ludlow, 3-0, but there's plenty of blue sky ahead for this up-and-coming program.

The team finished its regular season at 16-4, giving them second place in the Tri Valley League behind Medfield. The squad's record is the best in the program's four-year history.

Seeded 18th for the tourney, they lost to 15th seeded Ludlow in three close games. The scores were: 25-22, 25-23, and 25-22. "Ludlow didn't commit many mistakes," Mantegani said. "We had very few miscues, too, but they played close to flawless volleyball."

The Blackhawks had five players recognized by the TVL.

Setter Grant Wojcik, who will play for Regis College next year, was selected as a co-MVP.

Zach Mantegani, an opposite hitter, and Dan Rose, a middle hitter, were chosen to the all-star squad. Honorable-mention choices included libero Anthony Campbell and outside hitter Thomas Crandall.

Mantegani is optimistic about the future.

"We're aiming to improve our strength of schedule next year," he said. "We're maturing as a team, and we're ready to challenge ourselves. We've got seven returnees with experience and nine jayvees eager to compete. Next year, we hope to contend for the TVL title with an eye towards winning that crown."



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Sports

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

BY MICHAEL CONNOR, BHS AD

The Bellingham Athletic Booster Club “B.A.B.C.,” in conjunction with the Bellingham Athletic Department is pleased to announce the Class of 2023 inductees into the Bellingham High School Athletic Hall of Fame. *Journalists Ken Hamwey & Roderic “Ric” Smith are joined by 6 athletes - Justin Bernard (football), Beth (Thornton) Cutler (field hockey), Carrie (Leoncavallo) Wernig (field hockey), Bob McManus (hockey), Justin Park (hockey), and Michael Trudeau (baseball) along with coaches David Gibbs (basketball) and Joanne Paquette (field hockey), as well as the 1996 State Champion Field Hockey team.*

This will be the 4th induction class with the prior three coming in 2018, 2019, & 2021. The Class of 2023 induction will occur on Friday, November 18 at the Bellingham Coachmen’s Lodge.

Bellingham Athletic Director, Michael Connor, noted that the inductees remain in rarified air when one considers that BHS just held the 85th graduation ceremony and during that time tens of thousands of Blackhawk athletes represented the community and we’ve just begun to scratch the surface with inductees. He went on to note that we currently have a list of more than 50 nominees but continue to accept nominations, gather press clippings, and research yearbooks dating back to the early 1940’s to “have the story” that sets the individual, team, coach, or contributor apart from all other Blackhawks.

We are grateful to have the forum of the Bellingham Bulletin and over the next few months, we will showcase a few inductees each month leading up to the event.

BELLINGHAM BULLETIN’S own KEN HAMWEY, a Bellingham resident who’s worked for the Bulletin for 16 years has made a name for himself showcasing the Blackhawks with seasonal introductions and recaps along with his “Where are they now” stories. Ken has been a Bellingham resident for 51 years and will be inducted as a contributor. In support of one of their own, the Bellingham Bulletin has a longer article showcasing his journalistic history ... enjoy and well-done Ken!

Michael Trudeau – BHS Class of ‘81

Michael was an exemplary student, athlete and leader during his Bellingham High career. He was a member of the varsity baseball and basketball teams and would go on to serve as a captain for both teams. During his 3 varsity seasons as the starting shortstop, he maintained a batting average of .350. He was

selected as a First Team Tri Valley League Allstar and Co-MVP during his senior year.

He also excelled as a member of the prestigious Milford Legion baseball team.

A strong shooting point guard, Michael averaged 13 points and 7 rebounds per game in two varsity seasons on the basketball team where he was also named MVP. He was a member of the school’s National Honor Society, graduating 5th in his class and as a result of his prowess in the classroom and on the field/court he was the recipient of the Scholar Athlete Award for the Class of 1981.

After graduating from Bellingham High, Michael would go to attend the University of Notre Dame on a Naval ROTC Scholarship. Michael would walk on to the baseball team and play all four years. His senior year he led the team in hits, average and home runs. After his junior year, he was invited to play Cape Cod League baseball after his junior year.

Upon graduating from Notre Dame, he was commissioned as a Naval Officer and served our country with distinction on both active duty and in the Naval Reserves. He spent most of his active duty as a Surface Warfare Officer serving in the Western Pacific and Persian Gulf. Michael lives in Wrentham with his wife of 37 years, Deanna, who he met at Notre Dame. They have three adult children.

Our final showcase for this edition is the 1996 Division II State Champion Field Hockey team coached by another inductee this year, the late Joanne Pa-

quette (who will be featured next month).

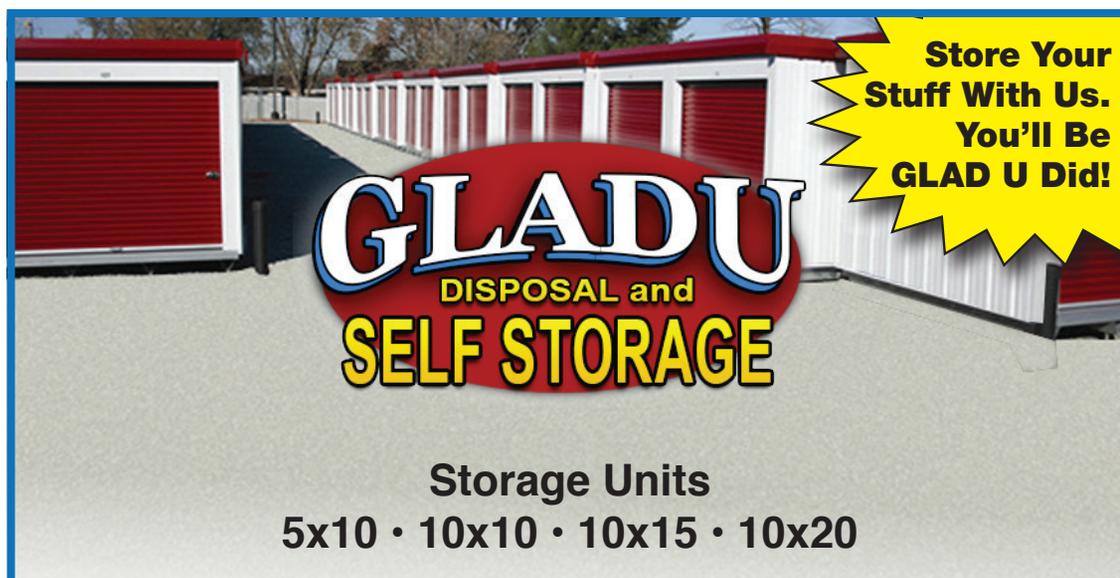
The Blackhawks, led by Senior Captains Jes Gulino (2nd leading scored with 10 goals & 13 assists) and Val McDaniel (leading scorer with 13 goals & 10 assists), along with Junior Captain Amy Bartlett had a slow start in 1996, finishing 3rd in the TVL and 8th in the Sectional but this team was built for a playoff run.

In their quest for a state championship, tenacious defense resulted in victories over Milton (1-0), Mansfield (2-1), Medfield (2-1), Hull (1-0), & Watertown (4-3) resulting in a season record of 17-5-1 and the school’s 3rd State Championship in an 11-year span. The 1985 and 1988 State Field Hockey teams were previously inducted into the Hall of Fame.

At this time, tickets are available to the inductee’s families and guests and will be available to the general public in September. For more information on the Hall of Fame, reach out to Athletic Director Michael Connor mconnor@bpsdk12.org or B.A.B.C. member Aley Thibault allessandria.tbo@gmail.com.

Quick note from the Athletic Director’s desk ...

Registration for all sports – all seasons for the upcoming 2023-24 school year are open on FamilyID.com (search Bellingham). Bellingham High School and Middle School offer up to 16 sports encompassing as many as 57 teams for students in grades 8 – 12 with some opportunities for students in grades 5, 6, & 7.



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Sports

Maiorano Taking His Skills to Fairfield University

By CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Prior to high school, Bellingham's Ryan Maiorano really never considered himself playing college baseball, especially as a pitcher. However, now that the Blackhawks season has come to an unexpected conclusion, the graduate's next stop will be at Fairfield University in Connecticut.

"I've always been a pitcher, actually a pretty bad one at that," Maiorano recalled. "I had never played on a travel team until I was 14, I never had the experience."

Eventually, he joined the New England Longhorn's where Coaches Joe Santos (Holliston) and Matt Anderson (Hopkinton) helped him to take his game to the next level while helping him realize that he had the talent to eventually play college baseball.

"I didn't think that I had the talent to play after high school. I played shortstop and pitched, but as a pitcher, I really didn't know my true potential," he said. "I had always been a skinny kid, but the Longhorn coaches taught me how to put on weight properly and turned my mechanics around."

With his game on the upswing, Maiorano started seeing coaches and scouts at the Bellingham games whenever he took to the mound.

"It was nerve wracking at first, seeing scouts at the games. I had never had to deal with anything like that before. The first game I pitched in front of the scouts, I went 5 innings with 12 strikeouts,

and that day showed me that once I put it out of my mind, that I could pitch with the best of them."

In May of last year, Maiorano committed to play for Fairfield, and almost immediately, the monkey was off his back.

"Once I committed, it was a great relief," he said. "Knowing that I didn't have to impress the scouts anymore, I could just go out and be myself without the pressure."

In addition to putting on weight and fixing his mechanics, prior to his junior year, Maiorano got himself a strength coach in Tyler Kessler and soon after started to see improvement in his velocity.

That season, the junior threw 2 no-hitters, recorded 86 strikeouts, and issued 30 walks in 44 innings pitched. He also received the first of his Tri-Valley League Small Division Pitcher of the Year. (He would win the award again this year as a senior).

"He is a fiery kid on the mound and throws 87-88 with a good slider and a developing changeup that keeps the batters honest," said the Bellingham Skipper. "Ryan knows that if he gets into trouble, he can always go for the strikeout to get out of it."

This year, the senior collected his second Pitcher of the Year award, posting a .97 ERA with 49 strikeouts in 29 innings. Nolan pulled Maiorano's innings back enough to keep the Blackhawks in contention for the State Tournament as well as not to hurt the future college pitcher.



Bellingham's Ryan Maiorano, heading to Fairfield University this fall, has worked diligently to become the player he is today.

Nolan went on to say stats speak volumes. Over the last two seasons, Maiorano had pitched 80.2 innings for Bellingham picking up 7 wins, posting a 1.48 ERA and .97 WHIP while allowing 39 hits and 39 walks in addition to striking out a phenomenal 146 batters enroute to his two TVL Pitcher of the Year awards.

"He has fully developed significantly through his AAU team," Nolan said. "During his sophomore year, he had the arm but not the ability to throw, but once he was able to harness that power he took off."

Although the now Bellingham graduate is a star when he takes the ball and heads to the hill, things were not always the case. Bellingham baseball Coach Andy Nolan recalls seeing Maiorano for the first time in a game against Ashland when the pitcher had himself a game he'd much rather forget. Finally getting a chance to pitch, Maiorano took to the mound and proceeded to hit six batters.

"It was a really rough game," Maiorano said. "Once I realized that I just needed to brush it off and go out and pitch, I knew that

I could, I just needed to have faith in myself. Today, that game brings a good laugh when it's talked about."

Entering his senior campaign, Maiorano was hoping to expand upon last year's performance and get his team back into the Division 4 State Tournament. Last year, he was able to fan 16 batters in an 11-2 victory over Clinton before the Blackhawks fell 3-2 to Abington in the next round. This year, Maiorano went out and once again pitched his team to a 7-2 opening win against Monomoy, but once got eliminated in the second round.

During this off-season, the Bellingham pitcher will continue to work with his strength trainer 4-5 times a week. He knows nothing is set in stone as per a starting position on the Stags roster. He may get a chance in the early part of the season when the squad heads down South.

"He has the talent and a good mix of pitches to play for a Division 1 baseball program. My only concern, and I'm an old school type of guy, is that he takes a lot of time to warm up," the Bellingham coach said. "It's going to be tough for a freshman to walk in and become a top pitcher; he'll need to adapt, but he has the promise to eventually get into a game."

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Sports

Hamwey to Be Inducted into Bellingham's Hall of Fame

Bellingham Bulletin sports writer Ken Hamwey will be inducted into the Bellingham Athletics Hall of Fame on Friday, Nov. 17 at the Coachmen's Lodge.

The 79-year-old Hamwey, a Bellingham resident who's worked for the Bulletin for 16 years, was a unanimous choice of the selection committee. In addition to the Bulletin, the veteran sports journalist continues to write feature stories in semi-retirement for *Local Town Pages*, focusing on seven communities — Medway, Millis, Norfolk, Wrentham, Holliston, Natick and Franklin.

Hamwey, who's been a Bellingham resident for 51 years, graduated from Natick High before earning a bachelor's degree from Babson College. He started his newspaper career in 1967 with the Framingham News, now the *Metrowest Daily News*. During his first year as a sports reporter, his stories focused on Bellingham's new football program that achieved varsity status in 1967 and was coached by George Anderson. Early on, his reporting ranged from high school and college sports to the professional

beat where he covered the Boston Celtics and the New England Patriots.

"I'm honored and humbled to be selected for induction into Bellingham's Hall of Fame," Hamwey said. "It's heart-warming to have a wonderful community like Bellingham recognize me for my reporting. Some of my fondest memories during a 56-year career involve Bellingham's athletes and teams."

Hamwey covered the Blackhawks' baseball and softball teams in 2014 that won state championships on Flag Day, June 14. "It turned out to be a banner day for the town," he said. "The baseball team defeated Monument Mountain Regional and the softball team upset two-time champion Grafton. Both triumphs were in Worcester. The boys competed at Holy Cross and the girls captured their crown at Worcester State."

Hamwey also covered many of the high school's elite players and coaches. He broke the story



Ken Hamwey covered sports at the high school, college and professional level. In November, he will be inducted into the Bellingham Athletics Hall of Fame.

on Rick Santos when he was chosen to compete in the Hula Bowl after a dynamic career at the University of New Hampshire. He was on the scene when the

Blackhawks won two state titles in field hockey during the coaching reign of Ron Bonollo. He also covered the BHS boys' basketball team that defeated Bromfield for a state championship in 2003.

Others to be inducted include Carrie Wernig (field hockey), Mike Trudeau (baseball), Justin Bernard (football), Bob McManus (hockey), Justin Park (hockey), Beth Thornton (field Hockey), Joanne Paquette (field hockey coach), Dave Gibbs (basketball coach), Rick Smith (contributor) and the 1996 field hockey team.

Hamwey, who'll be inducted as a contributor, left the *Metrowest Daily News* in 1973 and was hired at the *Providence Journal*, where he spent the next 35 years working for the four-time Pulitzer-prize-winning newspaper. He finished his career there as the paper's Night Sports Editor, retiring in 2008. On Hamwey's last day in Providence, the Rhode Island State Senate read aloud a citation for his efforts and contributions to R.I. athletics. Two years later, in 2010, he was honored by the Mass. Inter-

scholastic Athletic Association (MIAA), which presented him with its Distinguished Friend Award.

At the *Metrowest News*, which included editions of the *Milford News* and *Country Gazette*, Hamwey wrote a popular weekly column — "Yesterday's Heroes" — that focused on athletes' and coaches' past achievements. Many of Bellingham's top-notch coaches and athletes were featured in that column.

In 2007, Hamwey began covering sports for the *Bellingham Bulletin*. As Sports Editor at the *Bulletin*, he launched a column similar to Yesterday's Heroes called "Where Are They Now," reporting on former Bellingham athletes. For the next 16 years, he extensively covered Bellingham sports while also filing stories for *Local Town Pages*.

Hamwey's upcoming induction will be his second Hall of Fame honor. He was inducted into the Millis Athletics Hall of Fame last year. Hamwey and his wife Pauline, who taught at Macy School for 35 years, have been married for 34 years. His son, Travis, is a 1989 graduate of Bellingham High and a 1993 graduate of UMass-Dartmouth.

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Bellingham Public Library News & Events for July

For updates to library programs and services, please see www.bellinghamlibrary.org.

Summer Hours

Monday - Thursday 9:30 a.m. to 8 p.m., Friday 9:30 a.m. - 3 p.m.

(Saturday hours resume on September 9th)

The library is closing at 5 p.m. on Monday, July 3rd and will be closed Tuesday, July 4th for Independence Day.

Special Programs

Summer Reading Ramps Up!

If you haven't already signed up for Summer Reading, it's not too late. See Miss Laura in the Children's Room for details! Thank you to the Friends of the Library and the Rockland Trust Charitable Foundation for sponsoring this year's Summer Reading Program!

Stop by and pick up, or reserve your copy of your school Summer Reading assigned titles!

July Children's Program Schedule - check the library calendar for details and to register!

- Mondays - Each week's Code Word Hunt starts on Monday!
- Mondays at 10 a.m. - Summer School Skills, ages 2-5, please register on the 6/26 date to attend all sessions.
- Tuesdays at 10 a.m. - Summer Sensory Story & Play with Miss Melissa, drop in! (no class 7/18)

- Tuesdays at 12 noon - Picnic Stories on the Town Common, weather permitting!
- Wednesdays at 10 a.m. - Summer Ring a Ding, drop in!
- Wednesdays at 12 noon - Summer Krafty Kids with Miss Diane, please register for each session.
- Thursdays at 10 a.m. - Summer Family Movie Fun
- Thursdays at 6:30 p.m. - Summer Starlight Story Time, drop in!
- Fridays - Each week's Summer Brain Buster starts on Friday!
- Fridays at 11 a.m. - Summer Baby Time, drop in! (no class on July 21st)
- Thursday, July 13th at 2 p.m. - Tweens & Teens: Taste Testers - Chips, Pizza, & S'mores - Vote for your fave! Please register!
- Tuesday & Wednesday, July 18th and 19th from 1:30-3:30 p.m. - Camp Millionaire is back! Fun way to learn about money, finances and more! For ages 8-12, please register. Must be able to attend both days.
- Wednesday, July 19th at 6 p.m. - Rockabye Beats Concert - drop in!
- Thursday, July 27th at 3 p.m. - Tweens & Teens: Galaxy Tie-Dye. Please register.



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Calendar

July 1

Franklin 41st Annual 4th of July Celebration begins, Rides & Carnival 12-10 p.m., megapass 12-10 p.m., wristbands, 12-5 p.m., Blues Festival: Ed Peabody (12-1:15), Neal & the Vipers (1:45-3), Mikey Junior (3:30-4:45), Mike Crandall (5:15-6:30), Bruce Katz (7-8:15), Sugar Ray & the Blue-tones (8:45-10), Franklin Town Common. Fireworks 10 p.m. Franklin High School www.franklin4th.com

July 2

Franklin 41st Annual 4th of July Celebration begins, Rides & Carnival 12-10 p.m., megapass 12-10 p.m., wristbands 12-6 p.m., Padula Trio Plus One 12-1:30, Attleboro School of Rock 2-3:30 p.m., The Zajac Brothers Band 4-6, Neon Wave 7-10, Franklin Town Common. www.franklin4th.com

July 3

Franklin 41st Annual 4th of July Celebration begins, Rides & Carnival 2-10 p.m., megapass 2-10 p.m., wristbands 2-6 p.m., Backyard Swagger 7-10, Franklin Town Common. www.franklin4th.com

July 4

Franklin 41st Annual 4th of July Celebration begins, Rides & Carnival 12-6 p.m., megapass 12-6 p.m., wristbands 12-4 p.m., Matt Zajack 12-1, Jamie Barrett 1-2, Hot Acoustics 2:30-4, Jessie Liam Band 4:30-6, Franklin Town Common. www.franklin4th.com



July 11

Adult Writing Group, 6:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, Email marjorie@marjorieturner.com for details.

July 12

Ernest A. Taft Historical Museum July hours, 9 a.m.-1 p.m., 3 Common Street, Bellingham, (the brick building located in the Town Hall Complex across from Walgreens), also open by appointment—email history@bellinghamma.org.

Bellingham Concerts on the Grass, 6 p.m. - 7 p.m. - Free pony rides, 6:30 p.m. - 8:30 p.m. - Morse Code (classic rock), Opening Act: The Wild Beyond (classic rock), Bellingham Town Common, sponsored by ABMI TV

Friends of the Library meeting 7 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, library@bellinghamlibrary.org for details

July 19

Rockabye Beats Concert, 6 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, drop in!

Bellingham Concerts on the Grass, 6 p.m. - 7 p.m. - Free pony rides, 6:30 p.m. - 8:30 p.m. - Riverboat Stompers (Dixieland), Bellingham Town Common, sponsored by ABMI TV

July 21

Red Cross Blood Drive, 9 a.m. - 2 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, register at www.redcross.org

July 26

Bellingham Concerts on the Grass, 6 p.m. - 7 p.m. - Free pony rides, 6:30 p.m. - 8:30 p.m. - Back Pages. (Rock and pop). Bellingham Town Common, sponsored by ABMI TV

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 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.
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 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.

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Land Plans, Not Plot Plans, Available at Norfolk County Registry of Deeds

Norfolk County Register of Deeds William P. O'Donnell today reminded homeowners that only a certain type of land plan is recorded here at the Norfolk County Registry of Deeds, and it is not a plot plan.

"One of the questions we hear frequently from homeowners at the Registry of Deeds is, 'Can I get a copy of my plot plan?' Plot plans are not recorded here at the Registry. What is recorded are land plans, which simply provide the overall dimensions of a property. Sometimes a land plan may get recorded that shows a structure on the lot, but more often than not at the Registry of Deeds it does not," stated Register O'Donnell.

There are times when homeowners require a plot plan when doing a capital improvement, such as an addition to their home or installing a swimming pool. A plot plan, or site plan, contains retained and proposed buildings. Again, the Registry of Deeds does not record these types of plans here in Norfolk County. There are communities where the Building Department may have filed plot plans showing the locations of structures as well as various dimensions of those structures and the dimensions of the structures relative to the lot.

"However, plot plans are not always available to the public.

In some cases, they may only be accessible to the property owner or a licensed surveyor." Register O'Donnell continued, "Also, remember that these plans may not be up-to-date or accurate, as changes to the property may have been made since the plan was filed. It is always best to consult with a licensed surveyor or other professional before relying on any plot plan for legal or construction purposes."

Many times, a mortgage plot plan will be compiled as part of a real estate transaction or mortgage refinancing. Homeowners should check their records first if they are in need of a mortgage plot plan. Also, in some cases, town building departments may have an accurate copy of a property's plot plan and/or the property's as built plan. If not, the homeowner would have to contract a surveyor if they need to have a plot plan created.

Land plans, which are recorded at the Norfolk County Registry of Deeds, provide the overall dimensions of a property.

"On property deeds, there is a section which lists the metes and bounds (description) of the property," noted the Register. "Most deeds also contain a cross reference to a land plan Book and Page number recorded here at the Registry. Land plans can be useful if there is a ques-

tion amongst neighbors about a property line or just highlighting other dimension issues that relate to the property."

Register O'Donnell concluded, "The Norfolk County Registry of Deeds has available for viewing documents and plans going back to the Registry's beginnings in 1793. Non-certified copies of our documents and plans can be viewed and printed free of charge via our website, www.norfolkdeeds.org. Copies of land plans that do not contain non-certified copy language are available for a fee of \$1.00 per plan (size 8 1/2 x 11 inches) plus an additional \$1.00 per plan for postage. Larger plans, 11 x 17 inches or 18 x 24 inches, cost \$2.00 per plan plus an additional \$1.00 per plan for postage. If you desire a copy of a plan from the Registry and you know the plan Book and Page number, send in a mail request to the Norfolk County Registry of Deeds, 649 High Street, Dedham, MA 02026 along with a check made out to the Norfolk County Registry of Deeds for the appropriate amount. If you are not sure of your land plan Book and Page numbers or have further questions about land plans, you can call our Customer Service Center at (781) 461-6101, Monday through Friday, between the hours of 8:30 a.m.-4:30 p.m..

BVT 'Paint' Night! an Evening of Color, Creativity & Meaning

Families and friends took brush to canvas, unleashing their inner artist during an evening of color, creativity, and meaning that honored Rachel's Challenge. The Blackstone Valley Regional Vocational Technical High School (BVT) Kindness Matters: Community Paint Night on May 19th was a fun, interactive community event.

"It was an excellent opportunity to gather with my friends and meet new people in a positive, welcoming environment," said Anders Potter of Douglas, a freshman in the Heating, Ventilation, Air Conditioning & Refrigeration program at BVT.

Seating was limited to the first 50 people who signed up for this free event, which included all materials and guided instruction. The Visual Arts instructors Kelly Garabadian and Gerald Knall led participants through all the steps needed to go from a blank canvas to a completed work of art in just two hours.

"The paint night theme 'Kindness Matters' was in-

tended in the spirit of Rachel's Challenge to inspire, uplift, and encourage simple acts of kindness, creating and inspiring chain reactions of kindness through art as a positive way to express emotions and diminish negative feelings," said Gerald Knall.

"Throughout the evening, we focused on quieting our inner critics and extending kindness to each other and ourselves while learning more about Rachel's Challenge," said Kelly Garabadian. "The well-attended event was an enjoyable evening of artistic experience and community."

This event was made possible in partnership with the Visual Arts Department and supported by grants from the Mass Cultural Council, a state agency, through its Festivals & Projects Program and the Grafton, Millbury, and Millville Cultural Councils (Mass Cultural Council's Local Cultural Councils LCC Program). To view the art, visit www.valleytech.k12.ma.us/paintnight2023.

RECYCLE THIS PAPER

Milford Regional's Golf Classic August 21

Milford Regional Healthcare Foundation, the philanthropic partner of Milford Regional Medical Center, will host its 34th Annual Golf Classic on Monday, August 21 at Franklin Country Club. Sponsorship opportunities are available for this charitable event which helps support the highest priority needs of the hospital.

The August 21 tournament begins with a 9 a.m. shotgun start and concludes with a reception, during which raffle prizes and event/golfer accolades will be presented.

Proceeds from the Golf Classic support Milford Regional's Annual Fund, which provides unrestricted funds to the hospital and are available for immediate

use, enabling the hospital to address its patients' most pressing care needs.

"For more than three decades, the highly anticipated Golf Classic has been a cornerstone fundraiser for Milford Regional," said 2023 Golf Committee Chair Joyce Gilmore. "Not only will this year's event be a wonderful day to enjoy with friends and colleagues at our beautiful host course Franklin Country Club, but it also highlights the generous spirit of our sponsors and attendees whose participation has such a meaningful purpose."

In addition to Gilmore, the 2023 Golf Committee includes Katherine Cunningham; Michelle D'Aniello and Nancy Davidge, Dean Bank; Shafali Desai, Rockland Trust and chair

of Milford Regional Healthcare Foundation; Steve Frohbieter, Milton CAT; Brooke Littleton-Fitzgerald, Human Services Management Corporation; John Morte, Berkshire Hathaway Home Services Commonwealth Real Estate; Derek Plourde, Charles River Bank; Joe Soares, Bright Insurance Agency, Inc.; and Carla Tuttle, Oliva's Market.

The Milford Regional Annual Golf Classic 2023 sponsors to date include:

- **Gold Sponsors (\$10,000):** Christine's Pallets, LLC, Hyman and Shirley Hill Foundation, Inc., Milton CAT, Rockland Trust, and Oliva's Market.
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- **Bronze Sponsors (\$2,500):** Charles River Bank, Action Collection Agency of Boston, Guerriere and Halnon, Inc., Attorney Linda and Mr. Michael Mancini, Milford Federal Bank, and Mirick, O'Connell, DeMallie & Lougee, LLP.

Companies interested in corporate sponsorship opportunities should visit foundation.milfordregional.org/golfclassic or contact the Foundation directly at (508) 422-2228 or foundation@milreg.org for more information.

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Library Resources of the Month – Bellingham History

There are a number of online resources that can be accessed through the library’s website pertaining to the history of Bellingham. These include the *Bellingham High School Yearbooks*, *Town of Bellingham Annual Reports*, *History of the Town of Bellingham 1719-1919*, two books about *Deborah Sampson*, and *Massachusetts Memories Road Show Photographs*.

Both the *Bellingham High School Yearbooks* and the *Annual Reports* have been made available on the library’s website through the Digital Commonwealth, Boston Public Library’s statewide digitization program. The oldest yearbook online is the 1939 edition. Years 1940 and 1941 were not available to be digitized, but every edition from 1942 through 2018 is available online. Yearbooks can be searched by year, and once you have selected a yearbook you can search inside it for a specific person. Pages can be enlarged or decreased, and brightness and contrast can be adjusted for easy viewing.

Annual Reports are available for online viewing from as far back as 1862. There are a number of annual reports in the 1800s that were not available for digitization, but every edition is accessible from 1899 through 2021. Like the yearbooks, the annual reports can be searched by year, and once a certain

year has been selected, you can search inside it. You can enlarge or decrease a page, and adjust brightness and contrast according to your needs.

History of the Town of Bellingham 1719-1919 by George F. Partridge has been made available online through the Internet Archive. Visual adjustments can be made for brightness and contrast, as well as increasing or decreasing the page size. The library also owns several print copies of this book, in both the circulating collection and Local History Room.

Two books about Deborah Sampson have been linked on the library’s website. Deborah Sampson became a hero of the American Revolution when she disguised herself as a man and joined the Continental Army from May 1782 to October 1783, enlisting in Bellingham. *The Female Review: Life of Deborah Sampson – the Female Soldier in the War of the Revolution* by John Adams Vinton has been made available through the Internet Archive. *Soldier’s Secret: The Story of Deborah Sampson* by Sheila Solomon Klass is linked to the library’s Overdrive electronic book collection. You need a library card to check out books from this collection. The library also has several print copies of this book that can be checked out.

The *Mass. Memories Road Show* is a statewide, event-based participatory archiving program that documents people, places, and events in Massachusetts history through family photographs and stories. Archivists and public historians in University Archives and Special Collections in the Joseph P. Healey Library at UMass Boston collaborate with local planning teams and volunteers to organize free public events where individuals bring photographs to be copied and included in a digital archive. Bellingham was honored to be selected for a “Road Show” event in November 2022. Over 200 photographs were digitized, and 13 videos were filmed.

To access any of these online resources, go to the library’s website at www.bellinghamlibrary.org and click Online Resources, then click Research/History. You might just learn some fascinating facts about your town!

LoSA Celebrates Memorial Mass

A Memorial Mass for the deceased members of the Ladies of St. Anne of St. Blaise Parish was celebrated on May 21 at 10 a.m. Family members and friends of the Ladies who passed away within the last year were present, and a collation followed in the Parish Hall. A memorial plaque

with names of members who have died within the last 5 years was created, and will be mounted in the Parish Hall. Each year the names of deceased members will be added to this plaque and a Memorial Mass will be celebrated in their honor.

McGovern, Pressley, Blumenthal Re-Introduce Bill to Allow Medical Wigs to be Covered Under Medicare

Massachusetts Congressman *James P. McGovern (MA-02)* and Congresswoman *Ayanna Pressley (MA-07)*, alongside Senator *Richard Blumenthal (D-CT)* announced that they are reintroducing the Wigs as Durable Medical Equipment Act, legislation to help individuals affected by Alopecia and patients with cancer who are undergoing chemotherapy.

Many private insurance plans cover wigs for those undergoing treatments that cause hair loss or who are affected by alopecia areata. This bill would allow cranial prosthetics (wigs) to be covered under the Medicare program.

The bill is also co-sponsored in the Senate by U.S. Senators Cory Booker (D-NJ), Jeanne Shaheen (D-NH) and Debbie Stabenow (D-MI).

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Docket No. N023C0219CA

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

CITATION ON PETITION TO CHANGE NAME
In the matter of: Emma L. Laflamme of Bellingham, MA

A petition to change name of minor has been filed by Emma L Laflamme of Bellingham, MA requesting that the court enter a Decree changing their name to Emma Lynn Goryl.

IMPORTANT NOTICE
Any person may appear for purposes of objecting to the petition by filing an appearance at **Norfolk Probate and Family Court** before 10:00 a.m. on the return day of 07/12/2023. This is NOT a hearing date, but a deadline by which you must file written appearance if you object to this proceeding.

WITNESS, Hon. Patricia Gorman, First Justice of the Court
Date: June 08, 2023

Colleen M. Brierley
Register of Probate

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50/50 Compost/Loam	\$32.00	Stone Dust.....	\$32.00
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3" Gray Stone.....	\$35.00	Special 3" Fill	\$22.00
3/8", 3/4" Multi Color Round.....	\$80.00	Trench Sand	\$28.00
1 1/2", 2 1/2" Multi Color River Stone.....	\$80.00	1" Dense Grade Gravel	\$25.00



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On Friday, June 2nd, the Bellingham High School class of 2023 attended their annual all-night party called Operation Graduation at Urban Air Adventure Park. The event was planned by a group of senior parents that volunteered their time and resources to make this year's event a huge success. The goal of the event is to keep our senior graduates safe while having a fun night together for one last night after graduation. The Operation Graduation Committee wishes to express their sincere appreciation to the parents and local businesses that donated their time, resources and talents from the start. This year long endeavor, to provide a safe and fun night, began last fall with fundraising and ended with a fabulous night creating lasting memories. Thanks to the overwhelming generosity of the community, the committee was also able to grant 16 \$500 scholarships to members of the senior class as they embark on the next phase of their educational journeys!

We would like to extend a very special THANK YOU to the following organizations that helped make this night possible:

3 Restaurant
 67 Degrees
 Allegra Franklin
 Arigna Irish Pub & Coal Fire Kitchen
 Asphalt Engineering
 Balloons All Over
 Beef Barn
 Bellingham Business Association
 Bellingham Electric
 Bellingham Lumber
 Bellingham Mens Over 30 Softball League
 Bellingham Parts Plus, Inc
 Beth Sullivan Designs
 BJ's Wholesale Club
 Blackhawk Pizza
 Blackstone Valley Irrigation
 Boston Red Sox
 Café Assisi
 Charles River Bank

Charlie's Tire & Service Center
 Chic Fil A of Chicopee
 Christopher's Restaurant
 Ciro's Tavern
 Coachmen's Lodge
 Committee to Elect Mike Soter
 Countertops by Superior
 Dairy Queen
 Dunkin Donuts
 Erdman Automotive
 Ernie's Liquors
 Gagnon Homes
 Game Show Parties of Boston
 Hanson Heating & Air Conditioning
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 Hockomock YMCA
 Imperial Ford
 Jersey Mike's
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 Summer Falls Day Spa
 Target

Taylor's Rental
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Thank you

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