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Bellingham's Favorite Hometown Newspaper

September 2023

Fundraiser at Southwick Zoo Will Help Children In Tanzania

Orphanage Founded by Bellingham's Jay Rowe

By KEN HAMWEY,
BULLETIN STAFF WRITER

Bellingham's Jay Rowe and the Southwick Zoo in Mendon have formed a magnificent partnership to help 30 children in an orphanage in Tanzania.

A fundraising event, scheduled for Sept. 8 from 5-9 p.m. at the zoo will ensure that money raised not only will benefit the children, but it also will help Rowe emphasize the orphanage's mission statement that reads: "to provide children (ages 5-12) access to school, medical care and church services in a clean, safe and loving environment."

The orphanage is located in Moshi, a small city in the East



ORPHANAGE

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Jay Rowe gets lots of love from the children of COKO in Tanzania.

Bellingham Post Office to Absorb Medway Due to Closing

By J.D. O'GARA

Medway's full-time Post Office, located on Main Street, in August, announced to the town's Post Office Box owners that it was suspending business, effective September first, with carriers heading to the Bellingham Post Office and residents instructed to pick up their packages there.

The Town of Medway was pretty shocked.

"I got a call from a resident who said the post office is closing at the end of the month," said Michael Boynton, Medway Town Manager, in mid-August, adding, "The situation is frustrating, and some of it doesn't even make sense."

Boynton explained the town has been entertaining concept ideas with the landowners, The Meehan Group, for "the better part of two years. Included in these discussions have been the primary uses that are there, including a gas station and food as

well as a car wash and the Post Office. We'd been having very good conversations and deemed them very responsive to the Town."

Boynton is puzzled as to the quick closure of the Medway Main Street location.

"There does not seem to be any basis for Post Office to be moving in any haste to vacate that site," said Boynton. "Is this the beginning of the Post Office cost-cutting? If you're serious about not having a serious impact on the Town, why is the Village Street Post Office not increasing their hours, and what do you propose to do about handicap accessibility? They're shipping their carriers to Bellingham, and that, again, begs the question, why? There's no obligation for them to talk to the Town; we have no control over this whatsoever, but it

CLOSING

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ORPHANAGE

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African country that borders Kenya, and its name is COKO (Children of Kilimanjaro Orphanage).

COKO was founded by Rowe and it began operating on March 15, 2020, just days before COVID-19 arrived. At the start of 2022, the zoo became the orphanage's primary sponsor.

"What could be better than a zoo that believes in animal conservation and teams up with an orphanage in East Africa to provide children an opportunity to have a normal life," said Rowe, who served in the Army and the Marine Corps.

Tickets for the fund-raiser are \$50 and include two hours of touring the zoo from 5 to 7 p.m., a skyfari ride (chairlift view of the zoo), music provided by Pieces of Eight, and a buffet that includes ribs, chicken, pulled pork, cheeseburgers, potato salad, cornbread, and corn on the cob. Raffles will be held for gift baskets and other items.

Tickets (in the form of a bracelet) can be obtained by going to COKO's website (help-

coko.org) or at Venmo by typing Children of Kilimanjaro Orphanage. They can also be purchased from Rowe, Amanda Campano or Roger Dooley, all members of COKO's Board of Directors.

The 60-year-old Rowe is a native of Bellingham who graduated from Bellingham High in 1982. An avid outdoorsman, he always wanted to reach mountain tops.

A desire to climb Mount Kilimanjaro brought Rowe to Africa, and it was his generous nature to help people that led him to volunteer at orphanages in Kenya and Tanzania. "I quickly discovered there are good orphanages and bad ones," he said. "And, it was unfortunate to see that money raised by bad ones wasn't benefitting children."

As a youth, his late parents (Dina and Chuck) always provided Rowe with the simple things in life. "I enjoyed a safe environment, and I was loved," he said.

In spite of dealing with cancer (seven surgeries that led to removal of his esophagus), he still felt the need to undertake the Herculean task of starting an orphanage. Now, after three-plus years, COKO is in a good place, and its future is bright.

Since its inception, COKO has changed a bit but it's all good.

"We've expanded from 25 children to 30," Rowe said.



Jay Rowe, Ibraheim and a giraffe in the background enjoy the outdoors in Tanzania. Rowe, of Bellingham, began a mission to give disadvantaged children access to school, medical care and church services in Moshi, a small city in the East African country that borders Kenya.

"Our fulltime staff has increased from seven to nine and includes a head matron, a head teacher, a security officer, assistant teachers, a cook and a cleaning employee. In March of 2025, we'll be leaving the compound's three buildings that occupy 10,000 square feet. We've bought 1.6 acres of flat land on Mount Kilimanjaro and that property will be the new COKO. It's beautiful, gorgeous land that's loaded with fruit trees."

Rowe knows the value of speaking more than one language. He speaks Swahili well enough to converse with the children, who learn to speak English at the start of third grade.

"They start learning English at school, but when they return to COKO, they continue to work on English with two teachers, and they also do their homework," Rowe said. "The children at COKO are in the top 10 percent of their class."

Most of the children have no parents, and some previously lived with grandparents who no longer could take care of them. They all come from villages surrounding Moshi and they're all chosen based on need by Rowe and co-founder Babu Msuya.

Rowe, who ran a masonry business before retiring, usually travels to Tanzania five or six times a year. But thanks to today's technology, he's able to talk on a daily basis with Msuya, a former school teacher.

"We discuss the day-to-day operations, COKO business, and what's needed," Rowe noted. "I also inquire about the kids' health, safety and their schooling."

Without donations, there would be no COKO. The orphanage has donors from Bellingham, from all over the United States and from other countries. "A small amount can still go a long way in Tanzania," Rowe said. "A large percentage of donations comes from Bellingham because, as a co-founder of the orphanage, friends, residents and businesses know me. Anyone wishing to donate can go to helpcoko.org."

Mountain climbing took Rowe to Tanzania, but he also was avidly involved with long-distance backpacking and ice climbing. But, he always wanted to climb Mount Kilimanjaro and he did that in January, 2011. "At that time, that was my highest climb," he said. "It was 19,341 feet. But, my highest effort was in 2013 in Nepal when I climbed 20,305 feet to the top of Island Peak in the Himalayan mountain range."

Mountain climbing and orphanages are an unusual mix, but that combination has benefited both the children of COKO and Rowe.

"When you see 30 kids who are happy, safe, going to school, playing games, having clean clothes and linen, and knowing they're loved, it's an awesome feeling," Rowe said. "These children never had anything. They just want to smile, be hugged and be happy. They're getting the things I had growing up. Every kid deserves that. They've given me more than I've given them."

Rowe says that starting an orphanage was the greatest thing he's done in his life. "The kids are loved by a devoted staff and they're all friends. It's one big family," he emphasized.

The fundraiser at Southwick Zoo will be a great way to assist in keeping COKO functioning and helping children.

Rowe doesn't crave publicity for his efforts, but he's pleased when COKO gets noticed. His giving nature is a plus, and it has no limits and no boundaries.

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CLOSING

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would be nice. There was zero communication. Our expectation was they had no reason to leave – they were going to be phased into a location at their site. The developer had been very transparent with anything they've presented to us."

USPS says it's closing the Medway Main Street post office because "Our current lease on this property expires August 31 and is not being offered for renewal," according to Steve Doherty, Strategic Communications Specialist for USPS. He added, "The Bellingham Post Office has adequate capacity to absorb the mail volume from Medway," "no employee layoffs are planned as a result of this move," and that the USPS "Delivering For America plan, which is currently underway ... does not include any plans to close Post Offices."

The Meehan Group, adamantly denies evicting the Post Office.

"Those allegations are absolutely erroneous, causing substantial harm to the potential developer," said Tariq "Ty" Fayyad, Development and Acquisitions Manager for The Meehan Group, which has yet to submit its final development plan for the parcel.

"Over these two years, there has not been one plan that did not account for the Post Office. Every single plan had the Post Office location somewhere, and further, all those plans were developed in a way that this development would go forward in a phased sense," said Fayyad, "They're great tenants, we want to keep them," said Fayyad, who added, "We reached out to JLL (the brokerage firm for USPS), saying we were ready to extend the lease to the desired two-year extension. However, we wanted a clause within the lease that simply allowed us to relocate them if the development was ready," said Fayyad. The email, copied to Medway Postmaster Afonso (and shared with Local Town Pages), also requested the Post Office initiate its RFP Process for relocation upon signing, whether their intention was to stay at the Main Street location or move.

"JLL then reached out to us via email saying they're not willing to negotiate the 2-year exten-

sion," says Fayyad, "Then, we reached back out saying we're willing to let them stay there as Tenants-at-Will, and they didn't respond back after that."

Fayyad, previously told by a separate JLL email (which he shared with Local Town Pages) that USPS had to go through a specific, lengthy legal process to move, and that, even if evicted, could legally stay for up to two years, expresses frustration at the sudden move to Bellingham. "JLL's desire to relocate is regrettable," says Fayyad, "We tried to keep (USPS) as tenants, but if they want to leave, we can't force them to stay."

The abruptness of the closure and lack of town notification concerns Keith Richard, President of the Central Massachusetts-Area Local American Postal Workers Union.

"I have 3-4 employees I represent in that office, and I see it as I represent the people of Medway, too. If I put myself in their shoes, I would hate what is going on right now at the Medway Post Office," said Richard.

The union rep maintained that, under Title 39 of the Federal Code of Regulations, section 241.3, that USPS is mandated to "give two-months' notice to every single citizen of that town of a discontinued post office, and they're supposed to send out questionnaires and flyers to all of them for their gen-

eral input. Also, they haven't conducted a feasibility study and have held no town meetings to keep everyone informed as they should," said Richard, "I know if I lived in Medway, I wouldn't want to be forced to go to Bellingham to pick up a package, express mail, certified letter or (held) mail from vacation."

At press time, only the Medway P.O. Box owners had been notified in a letter saying that "the Medway Post Office will be suspended at the close of business on Thursday, August 31st, 2023." Roughly 250 mailboxes will be moved to the Medway Village Post Office.

Medway Village, says Richard, "is not a feasible location to move a 4,000 square-foot facility. With the increased traffic ... and to add over 200 more P.O. Box customers to that location with no handicapped access and only two parking spots, not to mention how small the lobby is and lack of room for people to wait inside to conduct business and process passports, I foresee it as being a safety issue." Medway Select Board member Dennis Crowley echoes those concerns, worried that the parking for the non-ADA-compliant location "backs into a busy Village Street." Crowley confirmed that that the town had no knowledge of the Post Office closing and decried the subsequent misinformation spread on social media.

"What happens is that misconceptions get printed on the Friends of Medway Facebook page, and that's unfortunate. A lot (of posts) are blaming the town, but ... we didn't know a thing," says Crowley, who recently timed his drive to the Bellingham Post Office at "19 minutes and eight sets of lights. Moving Medway residents' postal services to Bellingham is really an inconvenience."

The Town of Medway has reached out to Congressman Jim McGovern's office, as well as Sen. Karen Spilka's office, regarding the location closure.

"Congressman McGovern has been in touch directly with the Town of Medway and immediately reached out to USPS leadership to express his concerns after learning about the potential closure of the

Medway Post Office on Main Street," said Matt Bonaccorsi, from McGovern's office, at press time, "He believes it's vital that people continue to have the convenience and accessibility of a fully-functional USPS location in Medway, and he opposes any closure or relocation that would make it harder for Medway residents to access vital USPS services."

USPS, however, has not waived on its official statement of the situation. When pressed as to The Meehan Group's statements, Doherty, on August 17th, reiterated, "We were notified that our lease will expire August 31 and would not be renewed. That is what prompted the move to Bellingham," adding, "There has been no violation of any regulations in this process."

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

By MICHAEL CONNOR

The Bellingham Athletic Booster Club “B.A.B.C.”, in conjunction with the Bellingham Athletic Department introduced you to five inductees into the Class of 2023 over the past two editions of the Bellingham Bulletin; Ken Hamwey, Michael Trudeau, and the 1996 D2 State Champion Field Hockey Team were featured in June while Dave Gibbs & Rick Smith were showcased in July. This month’s edition takes on a decided hockey theme with three who found success on the ice (along with other sports).

Justin Bernard, BHS Class of ’97, was a two-sport wrecking ball, representing the Blackhawks in both varsity hockey (4) and football (3).

Born to play hockey, the 4-year member of the varsity squad was noted in the 1997 yearbook as a defenseman responsible for “bone-crushing” checks in support of a TVL Championship.

He would be lured to football by Coach Cap “HOF 2021” during his sophomore year and would contribute to the Varsity program for three years on both sides of the ball (Def. linebacker – Off. running back). #44 was

named ALL-STATE running back during his senior year, holds the school’s rushing record and now joins his brother Adam “2021” in the BHS Athletic Hall of Fame.

Bob McManus, BHS Class of ’98, made a statement in baseball as a clutch hitter and starting pitcher; earning a tournament berth and starting a streak of tournament appearances that continues today.

Blackhawk hockey was the talk-of-the-town in the late 90’s and during the ’97 season (Bob’s Junior year) the Blackhawks won a TVL title with Bob amassing 48 points (24G, 24A) topped by his Senior Season where he would set the single-season points total with 63 points on 26 goals and 37 assists. He holds

the school record of 100 assists and is ranked #2 in scoring.

As a center iceman, he was quick, shifty, and adept at stick-handling, yet known league wide as one of the toughest players in the TVL.

Justin Park, BHS Class of ’99 was a defensive lineman for the 1998 Superbowl Championship team, but it is hockey that punches his ticket into the Hall of Fame.

Described by many as the most consistent player in Bellingham Hockey history, he was a marksman with a tremendous shot from a quick release. Possessing a “hockey IQ,” second to none, he was aware of where he and everyone else was around him. Justin remains the all-time leader in points with 166.

Our final installment comes next month and will take on a decided Field Hockey theme with the inclusion of Beth (Thornton) Cutler, Carrie (Leoncavallo) Wernig, Coach Joanne Paquette (field hockey).

The induction ceremony will take place on Friday, November 17, 2023, at the Coachmen’s Lodge. Tickets are \$50 and will go on sale October 1 and can be obtained by reaching out to Aley Thibault (Alessandria.tbo@gmail.com) or Michael Connor (mconnor@bpsdk12.org). The venue is limited to 200 attendees and each of our three prior events sold out.

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Bellingham VFW Gives Award to Charron Tree Service



For the award presentation, (from right) are Kevin Calnan, VFW Post Commander; Kevin Lemire, Owner of Charron Tree Service; Steve Shea, Sr. Vice commander of the Post, and Chris Condon, Post Quartermaster.

By DAVID DUNBAR

Beginning this year, the Bellingham VFW Post has decided to bestow an award to any member of the community “who goes above and beyond in helping us reach our goals as a VFW post,” says Commander Kevin Calnan.

This July, Charron Tree Service received the award. “This award is in recognition of your exceptional generosity provided to us throughout the years,” says Calnan.

The award recipient is decided by the executive board and constitutional officers of the Post.

Society of St. Vincent de Paul to Sponsor 13th Annual “Friends of the Poor Walk”

The Society of Saint Vincent de Paul, St. Blaise Bellingham Conference is participating for the thirteenth year in the nationally sponsored “Friends of the Poor Walk”. The 1.5 mile Friends of the Poor Walk will be held rain or shine on Saturday, September 23rd, 2023. The walk begins at St. Blaise Church, 1158 South Main Street continues down to the town common, around the common several times and back to the church.

Registration begins at St. Blaise Church, 1158 South Main Street, Bellingham at 8 a.m. and the walk begins at 9 a.m. T shirts, beverages and snacks will be available to all participants. You may choose to participate virtually in the walk, completing a 1.5 mile on your own at any time during the month of September.

Last year’s 21 participants walked and together raised \$5,944. The conference is looking to increase the participation and funds raised this year. All proceeds from the walk are used locally to assist Bellingham residents, regardless of faith. Assis-

tance is provided for heating, gas, electrical bills, rent and other necessities. Approximately 60 families and individuals have received assistance from the Bellingham Conference this past year, totaling over \$43 thousand dollars.

There are many ways people can help to ensure that the thirteenth Friends of the Poor Walk is a successful one. If unable to participate on the actual day of the Walk, you may donate to a specific walker or directly to the Bellingham conference at St Blaise through On Line Giving on the church’s website (please put FOB Walk in the Notes), or make a check out directly to SVdP Bellingham Walk – c/o St. Blaise Parish, 1158 South Main Street, Bellingham 02019.

Join the walk and help us help those in need. Experience the good feeling that comes with helping individuals and families to find shelter, put food on the table, heat their homes, keep the lights on, provide for their children and remain in their homes.

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America's Longest Walking Trail to Run through Milford

This story was shared with The *Bellingham Bulletin* by the *Milford, Upton & Mendon Free Press*, a sister publication.

By SCOTT CALZOLAIO

America's longest walking trail, spanning from Maine to Florida, will soon run right through Milford.

A 2.3 mile segment of the Upper Charles River Trail running from Holliston to Bellingham will soon don signage

touting "The East Coast Greenway."

The trail is partially on a former railroad corridor owned by the town, partially on-road, partially on New England Power Company property under a 99-year renewable lease agreement, and partially on two permanent easements, all according to a

letter of endorsement from the Milford Select Board.

The East Coast Greenway hosted 50 million users in 2022 according to statistics on www.greenway.org. The route travels through 25 cities and 450 communities in total, making it the "most popular park in America."

The organization touts that making the connection is good for local business, and useful for unconventional transportation.

In a presentation to the Milford Select Board on July 10, Chairperson of the Milford Upper Charles Trail Committee, Reno DeLuzio, discussed the success of the East Coast Greenway, and what it would mean to be a part of it.

"The cost of including the Milford Upper Charles River Trail into this Greenway," DeLuzio said, "is to install and maintain signage onto the trail."

The paved trail already exists and just needs some signage to be officially part of the Greenway.

There is one snag, noted DeLuzio.



The entrance to the Upper Charles River Trail, beside Sacred Heart Church on East Main Street. Source: Google Maps

The steep angle and crowded nature of Mount Pleasant Street makes the on-road part of the trail quite difficult.

"I came up with an alternate route," he said. "You can turn the corner and head down Beach Street ... up East Street, and East Street Extension to South Central."

South Central Street would lead to Beaver Street, skirt the Hopedale Town Line, and into

Grove Street to Bellingham. DeLuzio said he's not sure if Bellingham plans to continue the route.

The East Coast Greenway is currently about 35% complete, with about 1,050 miles designated, and \$200 million invested.

"It's connecting people, and it's designed to go where people live," DeLuzio said. "It connects locals and visitors, and they walk, run, bike, and more."

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Homeward Bound Veterinary Services becomes Upper Charles Animal Hospital

Meet the New Practice at the September 9th Open House

BY JANE LEBAK

On July 7th, Doctor Lyra Read and Doctor Brooke Crosier purchased Homeward Bound Veterinary Services from Doctor Karen Wilson, who formerly owned the practice for 27 years. Homeward Bound is now renamed Upper Charles Animal Hospital, and the doctors are in the process of rebranding the facility to align with their style of practice and design aesthetic.

Dr. Read, from Holliston, has worked as a veterinarian for eleven years after graduating with her DVM from Ross University School of Veterinary Medicine. For ten years, she worked at Foxboro Animal Hospital, as well as Holliston Animal Hospital, Tufts Veterinary Emergency Treatment, and Fresh Pond Animal Hospital.

Dr. Brooke Crosier, who's been a veterinarian for thirteen years, worked with Dr. Read at Foxboro Animal Hospital. Prior to that, Dr. Crosier earned her veterinary degree from Cornell University and worked at Adirondack Veterinary Hospital.

Upper Charles Animal Hospital is located on Route 140, near the high school and the library. The practice cares for dogs and cats.

Dr. Crosier says, "We have grown and expanded the practice, while still trying to maintain the family-focused atmosphere that Dr. Wilson fostered. Our goal is to serve the pets of Bellingham with high-quality, affordable care."

The decision to purchase the practice stemmed from the great working relationship Read and Crosier had developed during a decade of working together in Foxboro. With both doctors starting families themselves (they both have two-year-old boys) they wanted a practice that had a strong family feeling.

To that end, they have updated the layout of the building, altered the aesthetic (the waiting room now has tile images of all the staff's pets) and modified the exam rooms to make the animals more relaxed. For example, the dog room has a couch to make the dogs feel more at home. Another exam room has a private entrance for times when an anxious or upset patient may need to exit without passing through the waiting room.

On the medical side, updates include in-house ultrasound, digital ultrasound, full in-house bloodwork, more specialized surgical and treatment options, and in-house hospitalization for pets who require intensive daytime monitoring.

The practice currently offers both Urgent Care and same day appointments for emergencies.

The Upper Charles Animal Hospital's website has been updated to include all current services. It has a patient portal for pet owners to make appointments, set reminders, order medications, and have instant access to their pet's medical records. The site also includes informa-



**Business
spotlight**

tional handouts on several common conditions and procedures that a pet owner may encounter.

"Our purpose is nurturing the bond between pets and their owners by having owners take an active role in their pet's care," Dr. Crosier says. "We empower clients by giving them information."

Upper Charles Animal Hospital has also entered into a partnership with Angelcat Haven Feline Rescue, an all-volunteer organization dedicated to rescuing stray and abandoned cats in Plainville and the surrounding towns. The doctors will be assisting the organization with appointments for routine and sick visits, as well as spay/neuter surgeries.

On Saturday, September 9th, Upper Charles Animal Hospital will host an Open House from 10 a.m. to 1 p.m. At the Open House, visitors can tour the updated clinic and meet the doctors and staff. Food from local vendors will be provided. In addition,



visitors can enter raffles and other prize giveaways, make balloon animals, peruse goods from local vendors, have fun with a photo booth, and meet some cats available for adoption, as well as submit applications for adoption.

Dr. Read says of the new Upper Charles Animal Hospital, "What sets us apart is that we're privately owned. In the vet world, that's becoming less common. For us, that means we can make

adjustments. We have the autonomy to develop our practice in the ways our patients need."

The practice website is located at <https://uppercharlesah.com>, or pet owners can call (508) 966-7605 to book an appointment. The Open House will be held onsite at 116 Mechanic Street, Bellingham (Route 140) on September 9th from 10 to 1.

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Bellingham Business Association Holds Summer BBQ

Group's Annual Golf Tournament September 11th to Benefit Scholarship Fund

By J.D. O'GARA

Members, employees, and family members of the Bellingham Business Association maintained their sunny dispositions despite some cloudy weather for their annual BBA Barbecue, held on August 16th at the Circle CG Farm Campground.

The BBA will hold its annual golf tournament on Monday, September 11th, 2023 at the New England Country Club at 180 Paine Street in Bellingham, at 2:30 p.m., with tee-off promptly at 3 p.m. Proceeds from the event will benefit the nonprofit's scholarship fund, which awards two graduating high school seniors each \$1,500. The event was oversold, and the BBA wishes to thank all of its sponsors for their support and prizes.

Next month, the BBA will work with the Bellingham Education Foundation to present the Halloween Trunk or Treat Stroll on October 28th.

For more information, email Sue Grady at contact@bellinghambusinessassociation.org.



Rob and Linda Daley, third generation owners of Circle CG Farm Campground, who hosted the BBA event, serve with a smile.



Pete Daley stayed busy cooking burgers for BBA members and families.



Dan Ranieri gets a bite to eat with Sue Grady at the BBA Annual BBQ.



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Financial Aid Changes to Impact This Fall's College Applications

We've come to expect Congress naming new legislation that exaggerates impact but does little to be true to its name.

Inflation Reduction Act. Secure Act. American Rescue Plan Act.

Now add "FAFSA Simplification Act," which makes the upcoming 2024-2025 college admissions process a complicated mess.

To be balanced, here are the benefits per advocates:

- Easier FAFSA application process with a reduced number of questions.
- The Federal Pell Grant expands to more students and will link eligibility to family size and the federal poverty level.
- The Estimated Family Contribution (EFC) has been replaced by the Student Aid Index (SAI).

This last one is interesting because SAI is based on a comprehensive database of education costs that includes tuition and fees, room and board, and other living expenses. The index also includes data on financial aid awarded to students, such as grants, scholarships, and loans.



Glenn Brown, CFP

By calculating the average cost of college for a given school and comparing it to the average amount of financial aid awarded, the index can provide a more accurate estimate of the student's EFC and help make more informed decisions about which school to attend.

Ok, enough of the accolades, let's get to the complications and impact.

Two Different Views. Both students and parents must create a Student Aid Account to get an FSA ID before completing the form. Previously a shared sign-on allowed for a singular view, now each completes their respective sections and continuity becomes more challenging.

No longer does the most capable parent complete. For divorced or separated parents, the one providing greater financial support over past calendar year must now complete the FAFSA. Yes, not the parent most engaged to ensure accuracy and meet deadlines, but the one who provides the most money. So much for a fiduciary process.

Paying for two or more kids in college at same time? Who cares. The number of students a family has enrolled in college will no longer factor into the FAFSA calculation.

You aren't selling the farm or small business you've built, but if you had to...? The net worth of family farms and small businesses with under 100 employees will now be required as part of the application. Maybe having to sell is a strong ask, but borrowing against isn't - otherwise, why ask now?

All applicants, especially Early Action / Early Decision (EA/ED), your school's deadlines will be

before FAFSA opens. Historically, FAFSA opens October 1 and EA/ED deadlines followed in mid-October through November. Per the federal government, this year FAFSA has "an anticipated December 2023 launch date." The colleges aren't waiting around, they're keeping October and November EA/ED application deadlines, including CSS Profile schools.

For example, state university UMass-Amherst has a Early Action deadline of November 5 and Regular Decision of January 15, but the FAFSA priority deadline is March 1 and state deadline for Massachusetts is May 1.

CSS Profile school Williams College states, "The FAFSA is not an initial requirement for the 2024-2025 academic year, given the uncertainty of the FAFSA Simplification Act application timeline. Enrolled students will be required to complete the FAFSA by May 15th."

So don't prioritize completing the FAFSA before submitting your college applications this year.

Instead work on the admissions application now, continue your student's building of a relationship with the university's local academic recruiter and stay focused on Return On Investment (ROI) during the selection process.

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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Arigna Irish Pub and Coal Fire Kitchen

A high-energy restaurant with huge portions and a huge personality

BY JANE LEBAK

Bellingham is all fired up about its newest restaurant, Arigna Irish Pub and Coal Fire Kitchen.

Owner Gordon Hyde describes Arigna as, “a higher end Irish sports bar with really good food and service. We have a coal fire pizza oven, and we’re named after Arigna, a coal mining town in Ireland.”

Hyde has lived in Bellingham since 2006. He operates two other Arigna locations in Rhode Island, so for his third, he chose to stay close to home.

The vibe is energetic, with several HDTVs in the dining area and a top-notch sound system. The decor features beautiful exposed stonework, a portrait wall of Irish sports heroes, and a larger-than-life mural depicting the miners of Arigna.

With spacious high-top booths, Arigna gives diners plenty of room for pizza trays

Business spotlight

and multiple appetizers. The menu ranges from pub standards like fish and chips or burgers to Irish specialties like bangers and mash, hog wings, and Irish tater kegs.

Hyde stresses the size of the portions. “We make them big because people like that.”

Co-owner Ryan Blaney, who grew up in Holliston, adds, “We’ve got a scratch-cook kitchen using fresh ingredients all made in house. As a result, we pride ourselves on having guests who visit twice a week and not once a month.”

General Manager Mariah Vega says, “Our service here, from start to finish, is nothing short of an excellent yet memorable dining experience. Cus-



tomers love our hand cut fries, coal fire seasoned vegetables, coal fire seasoned wings, homemade soups, daily food specials, and best of all, our famous ‘PB & J Bomb.’”

What’s a Peanut butter and Jelly Bomb? “Signature deep fried

peanut butter and jelly sandwich, rolled in cinnamon sugar & served with vanilla ice cream and raspberry sauce.” Definitely worth the trip.

Arigna’s Rebel County Banquet Room is airy and spacious, with colorful pictures of famous musicians ringing the room. The banquet room can host up to 65 people, and it has a private bar and buffet. Bookings are already filling up for holiday parties, but it’s also useful for overflow seating.

Vega says, “When an entire baseball team called to ask if we could find places for thirty people...? Yes, we did. Easily.”

Naturally, reservations are much preferred to the abrupt arrival of a party of thirty. Reservations can be made over the phone and soon will be available through the website.

Beginning in October, the Rebel County Banquet Room will showcase live music on Friday nights. The restaurant went the extra mile with the sound system, ensuring its plug-and-play tech will allow musicians to plug right into the network for high performance results—and a fun evening for guests.

Arigna is the only location in the area showing UFC events, and the bar area TVs show most of the big games. Hyde says, “We’re eager for football season to start again. That’s always a good time.”

Hyde says, “We make sure everyone enjoys themselves when

they come, whether it’s a group of friends enjoying a spontaneous lunch or folks hanging out at the bar watching the game. We offer 27 different draught beers, and with 50 seats around the bar in addition to the 130 in the restaurant, we’ve got space for everyone.”

Regular customers can take advantage of the Arigna Rewards Program. Customers earn points for every purchase, and they can redeem 200 points for \$10.00 off.

Arigna offers a full menu, 11:30 a.m. to 9 p.m. from Sunday to Wednesday, and on Thursday through Saturday until 10 p.m. On Fridays and Saturdays, they also feature a late-night menu until midnight, including all the pizzas and most of the appetizers.

“I love it here,” says Hyde. “Every day is different. I meet a lot of people and get to know the community.”

Blaney agrees. “We bring a premium experience that you typically find in a major metropolitan area, but with all the conveniences of being your local gathering spot.”

Arigna offers curbside pickup and Grubhub, and soon will offer Doordash. To check out menu, visit <https://www.arignairishpub.com> or stop by 799 South Main Street (Route 126) in the Bellingham Marketplace.

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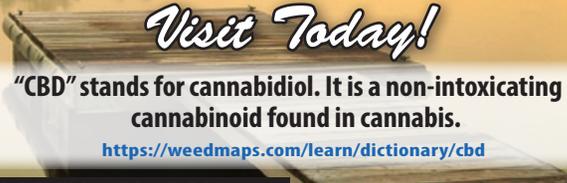
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Bellingham Lions Say Thank You!

The Bellingham Lions would like to thank all the sponsors, golfers, donors, and volunteers who helped make this year's golf tournament at the New England Country Club a great success. With their help we were able to award two \$1,500 scholarships to local high school graduating seniors, and we continue to serve local needs. Please join us for the next Bellingham Lions Golf Tournament on Monday May 20, 2024, at the New England Country Club.



Watch out for more details on our upcoming events:

1. Possible Paranormal Event in October
2. Santa's ride around Bellingham Friday November 24, Saturday November 25 and Sunday November 26
3. Senior Luncheon-Bellingham Senior Center. Saturday December 2nd
4. Holiday House Decorating Contest

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

BESG Yard Sale, Saturday, September 9, 9 a.m. to 3 p.m.: Find, among many other things, electronics still in their original boxes, suitcases, bikes and tricycles, games, toys, and tennis rackets. Money goes to support the Senior Center.

Annual Craft Fair, Saturday, November 4, 9 a.m.-3 p.m.: Find antiques, jewelry, soaps, knitted items, and some great ideas for Christmas gifts. Enjoy music, food, and raffles.

Grab-n-Go Lunches: Beginning this month, the popular drive by lunches will return to the Senior Center. Tuesdays and Thursdays, 11:30 a.m., \$5 per meal. Yes, the price went up (like everything else). Mickey G's is providing the lunches for \$10 each... you pay only \$5 and the COA pays the other \$5. Also, limit of one lunch per customer, per week.

COA Breakfast: A FREE breakfast for Bellingham seniors on Saturday, September 23, at 9 a.m. at the Senior Center. Town

Pizza will be catering. Please 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 *Mutant Message Down Under* by Marlo Morgan. Contact Josie Dutil at (508) 966-0398 to sign up.

The History of Ellis Island: Its history from 1630-2012, other inspection sites, and a history of immigration to our country. Who was processed at Ellis Island and what did that involve? How did the Legislation of Immigration affect Ellis Island? Join Seema-Jayne Kenney on Friday, September 29 at 1 p.m. for an illuminating look at Ellis Island.

Medicare 101: Turning 65 soon or retiring and needing health insurance through a Medicare plan? If so, please join Jean Roy, Shine Councilor for Medway and Judy Higgins, SHINE councilor for Bellingham on Tuesday September 19th at the Bellingham Library located at 100 Blackstone Street. We will go through the basics of Medicare and hopefully take some of the mystery out of the process.

The hour-long program will start at 6 p.m. Sign up by calling (508) 966-0398.

September 12, the "Age/Dementia Friendly Bellingham Committee" will meet at the Senior Center. If you would like to learn more or get involved, then please contact Kay Page at (508) 966-1804 or email kaepage609@gmail.com

Wanna learn to play the ukulele? : Free lessons Mondays at 9:30 a.m.

Make Joyful Noise: Are you a guitar or ukulele player? :

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Kalifornia Karl: "America's Most Popular Unknown Entertainer performing 340 days a year":

The well-known musician/entertainer from West Greenwich, RI, will be coming to the Senior Center on Friday, September 22, at 11:30 a.m. Join us! Please call ahead.



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Computer Vision Syndrome

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

As our scholars go back to schools and colleges, more and more time is spent every day using computer screens and our eyes are paying the price. Research shows that 25 to 93 percent of computer users experience a problem so common there's a name for it: Computer Vision Syndrome. Symptoms include decreased or blurred vision, burning or stinging eyes, sensitivity to light, headaches and back and neck pain.

Computer Vision Syndrome is more common if we exceed 2 hours of continuous computer screen time a day. The most common causes of this syndrome include improper viewing angle or distance from the screen, glare on the computer screen, extended computer use, staring without blinking and uncorrected vision problems.

The good news is that these problems are easy to fix, and identifying and treating the underlying cause usually eliminates this syndrome. Here what you can do:

1. Adjust your viewing angle

Studies have found the angle of gaze plays a key role in this syndrome. The angle used for computer work is different from that used for reading or writing. As a result, the requirements for focusing and moving the eyes place additional demands on the visual system when using a computer. To achieve the best angle, the center of the monitor should be placed 20 to 28 inches from your eyes and 4 to 5 inches below eye level. Reference materials should be positioned so they can be seen without moving your head to look from the document to the screen.

2. Reduce glare

Letters on a computer screen are not as clear as letters on a printed page. Your eyes will work harder if there is too little contrast between letters and background or glare on the screen. This can result

in sensitivity to light that can worsen under high-wattage fluorescent or flickering lights. Position your screen to avoid glare from overhead lights or windows. Close the blinds on your windows or switch to lower-watt bulbs in your desk lamp. If you cannot change the lighting to minimize glare, buy a glare filter for your monitor.

3. Rest your eyes

When using a computer for an extended period of time, rest your eyes periodically to prevent eye-strain. Every 20 minutes, look away from your computer to a distant object for 20 seconds. This will give your eyes a chance to refocus. After two hours of continual computer use, rest your eyes for 15 minutes.

4. Blink often

Our eyes need lubrication to see well. This is accomplished by a blinking reflex and leads to production



of moisture (tears) on the surface of the eyes. People normally blink about 18 times a minute, but computer users tend to blink only one-fourth as often. This increases the chance of developing dry eye. To lessen this risk, blink more often, and refresh your eyes periodically with lubricating eye drops.

5. Get your eyes checked

Uncorrected vision problems—farsightedness or astigmatism, problems focusing or coordinating the eyes and eye changes associated with aging—can contribute to eye strain and musculoskeletal pain. Even if you don't need glasses for daily activities, you may need them for computer use. If you wear glasses or contacts and need to tilt your head or lean toward the screen to see it clearly, your lens prescription may not be right for computer use. Having the correct prescription can help prevent pain in the neck, shoulders or back resulting from contorting the body to see the screen.

lying cause of Computer Vision Syndrome is not addressed, symptoms will continue and may worsen in the future. Your ophthalmologist can do a visual acuity measurement to determine how your vision is affected, test your eyes to find a prescription that will compensate for any refractive errors, and check how well your eyes focus, move and work together.

Computer vision syndrome is very common... As more screen work is needed, more eye strain can be expected. Our center and ophthalmologists have state of the art equipment to diagnose and treat many eye problems, including this syndrome. 7 dedicated eye care providers here to help you in 3 state-of-the-art facilities in Franklin, Milford and Millis. We are available and have Saturday and after-hours appointments. From the basic eye exam to the high-tech surgeries performed locally in Milford, our center is now able to better recognize and manage this problem and continue to provide world class eye care for the entire family.

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If the above measures don't work, don't put off seeing an ophthalmologist. If the under-



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Representative Soter Supported \$375M Municipal Transportation Bond Authorization

Bill Includes \$1,779,833.25 in Chapter 90 funding for the 8th Worcester District

State Representative Michael J. Soter (R-Bellingham) recently supported a municipal road and bridge bill that authorizes \$375 million in state bond appropriations to help cities and towns maintain their local transportation infrastructure.

House Bill 4013, *An Act financing improvements to municipal roads and bridges*, includes \$200 million in Chapter 90 roadway money and an additional \$150 million for six transportation-related state grant programs municipalities can access for funding assistance. The bill also contains \$25 million in municipal road construction funding to assist rural communities, specifically those with a population of less than 10,000 and a population density under 500 people per square mile.

House Bill 4013 represents a compromise reached by a six-member Conference Committee

that worked to resolve the differences between prior versions of the bill approved by the House and Senate earlier this year. The bill was enacted in both branches on July 27 and was signed by Governor Maura Healey on August 3rd, 2023.

Representative Soter said House Bill 4013 will provide \$1,779,833.25 in Chapter 90 funding for the 8th Worcester District for Fiscal Year 2024. The following is a town by town breakdown:

- BELLINGHAM: \$540,725.68**
- BLACKSTONE: \$229,521.45**
- MEDWAY: \$394,897.21**
- MILLVILLE: \$107,486.51**
- UXBRIDGE: \$507,202.40**

Established in 1973, the Chapter 90 program allocates funding annually to all 351 Massachusetts cities and towns on a reimbursable basis, using a formula that takes into account the

weighted average of a community's local road mileage (58.33%), population (20.83%) and employment (20.83%).

Representative Soter noted that Chapter 90 money can be used for a variety of purposes, including road resurfacing, sidewalk repairs, traffic signalization, crosswalks, and street lighting. Other eligible construction projects include structural work on bridges, culverts, footbridges and pedestrian bridges, and retaining walls.

Communities can also use Chapter 90 funding for the purchase or long-term lease of certain road-building equipment specifically related to a Chapter 90 project, such as backhoes, catch basin cleaners, concrete mixers, excavators and pavers.

In addition to the \$200 million in Chapter 90 funding and the \$25 million set aside to assist rural communities, House Bill 4013 also authorizes a total of \$150 million in additional grant program funding, with \$25 million apiece provided for:

- The construction, repair, and improvement of pavement and surface conditions on non-federally funded roadways;
- The Municipal Small Bridge program, which supports the design, engineering, construction, preservation, reconstruction and repair of, or improvements to, non-federally aided bridges;
- The Complete Streets program, which provides technical assistance and construction funding to eligible municipalities seeking to provide safe and accessible travel mode options for people of all ages and abilities;
- Bus-focused mass transit initiatives;
- Accessibility improvements at mass transit and commuter rail stations; and
- Facilitating municipalities' and regional transit authorities' transition to electric and zero emission vehicles.

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McGovern Introduces New Bills

Include Support for American Farmers and Rural Communities, Removal of Dangerous Pesticides

In July, U.S. Representative James P. McGovern (D-MA), Ranking Member of the House Rules Committee and Senior Member of the House Agriculture Committee, introduced a bill (https://mcgovern.house.gov/uploadedfiles/mcgovern_plant_act.pdf) to support American farmers and rural communities through plant-based food production.

McGovern's bill establishes new opportunities for farmers and food companies, creates new jobs in farming communities,

advances USDA's efforts to connect American farmers to new markets at home and abroad, and expands consumer choices at the grocery store, through plant-based food research and production. The Peas, Legumes, and Nuts Today Act, or PLANT Act, provides a blueprint for maintaining America's leadership in plant-based food production, while empowering farmers and rural communities and producing delicious, affordable food options for all Americans.

The PLANT Act is sup-

ported by a broad coalition of stakeholders who recognize that the success of the U.S. plant-based sector presents an unprecedented opportunity to support American agriculture and rural communities.

Congressman McGovern also introduced new legislation to remove the most dangerous pesticides from our food system. The Protect America's Children from Toxic Pesticides Act (PACTPA) (https://mcgovern.house.gov/uploadedfiles/pactpa_mcgovern.pdf) updates

the Federal Insecticide, Fungicide, and Rodenticide Act (FIFRA) by banning the highest-risk pesticides that have been scientifically proven to jeopardize human health and our environment.

McGovern's bill would ban the most dangerous classes of pesticides, mandate an emergency review of pesticides that the EU and Canada have already banned, and create a petition process to enable individual citizens to request the EPA identify dangerous pesticides. It closes dangerous loopholes that have allowed the EPA to issue emergency exemptions and conditional registrations for

pesticides before they have gone through full health and safety review by the agency, and gives power to local communities to enact protective legislation and other policies without being vetoed or preempted by state law. It also provides protections for frontline communities that bear the burden of pesticide exposure by requiring employers of farmworkers to report all pesticide-caused injuries to the EPA, with strong penalties for failure to report injuries or retaliating against workers. Finally, it requires all pesticide label instructions be written in Spanish and in any language spoken by more than 500 pesticide applicators.

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Vendor Call: Senior Expo

The Franklin Senior Expo is back! Join us Oct. 6, 2023 from 10 a.m. – 1 p.m. at the Franklin Senior Center, 10 Daniel McCahill St., for live entertainment, raffle prizes, a flu shot clinic, hearing tests and more.

This event is geared towards providing resources to our Seniors in a fun way! Does your business

offer information, services or other resources to Seniors? If so, consider tabling as a vendor. Access the **Senior Expo Vendor Registration Form** at <https://tinyurl.com/FranklinSeniorExpo23>.

Learn more about the expo here: <https://www.franklinma.gov/franklin-senior-center/pages/senior-expo-2023>.

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Municipal Spotlight

Fitzgerald a Good Fit as Bellingham's New Police Chief

By KEN HAMWEY,
BULLETIN STAFF WRITER

Ken Fitzgerald has been Bellingham's Police Chief for three months, and the words he undoubtedly would like to hear about his department in the days and months ahead are "effective," "modern," and "well-organized."

The 43-year-old Fitzgerald, who's been in public safety for a quarter century, worked for nine years at Foxboro's Police Department before taking the reins in Bellingham. And, he credits his time in operations and administration as "invaluable" in preparing him to become Bellingham's chief.

"I started as a patrolman, then moved up to detective, sergeant and then lieutenant," Fitzgerald said. "During my time as a lieutenant, I was in charge of detectives and facilities, but I also dealt with the courts, evidence, purchasing, dispatch, grant writing and training. I was third in command and on many occasions I served as acting chief."

As Bellingham's chief, Fitzgerald has some specific goals and he'll be proactive in his approach to improve the climate and culture, to modernize technology and equipment, and to update policies and procedures, so the BPD can comply with police reform.

"Recruiting and retaining new officers is another objective," he emphasized. "Making Bellingham a destination for new officers is important. Last year's pay raise and leaving civil service are steps in the right direction. The pay increase makes us competitive with other departments, and leaving civil service makes hiring easier, because there's a bigger pool available."

Fitzgerald indicated he'll emphasize more modern-day policies so the department will get state accreditation. Updating equipment is also a high priority.

"Currently, the department doesn't have stun guns (Tasers) or body cameras," he said. "Getting the officers better equipped is a key. That can sometimes be a reason to leave. I want to modernize some of the tools the men and women use on a day-to-day basis."

A native of Holliston, Fitzgerald's career in public safety began when, at age 18, he became a dispatcher at the Southboro Police Department. Three years later in 2002, he sponsored himself while attending the Mass. Police Academy in Boylston.

Fitzgerald's next stop was at Lasell University in Newton, where he worked as a campus officer. As a sergeant, he was the night shift supervisor. After 2½ years at Lasell, he joined the Natick Police Department as a motorcycle officer and also worked on the traffic unit. He also was an honor guard member and vice president of the officers' union. He moved on to Foxboro after 11 years in Natick.

A graduate of Holliston High, Fitzgerald has an associate degree in criminal justice from Mass. Bay Community College, a bachelor's degree from Curry College, also in criminal justice, and a master's in public administration from Anna Maria College.

When Gerry Daigle retired as chief last May, Fitzgerald was hired, and so far he likes what he's seen of Bellingham.

"I'm a familiar face," he mentioned. "About half of Bellingham's officers know me from working on details for Patriots games and other events at Gillette Stadium. Our staff is good, the town supports its police, and both the town and its police department are very similar to where I came from."

The personable Fitzgerald, who enjoys traveling and outdoor activities, is acutely aware of the key attributes that both young and veteran officers should have to carry out their duties.

"Integrity and character are important, and so, too, are being able to communicate and adapt," he said. "A good communicator can be effective in dealing with domestic violence situations, and being able to adapt helps when dealing with different kinds of people in a variety of situations. These are characteristics that lead to high-caliber policing."

Fitzgerald, who is married, listed accident reconstruction as one of his best experiences in policing. "What was positive about that aspect was being able to bring closure to people who were



Chief Ken Fitzgerald, who's been in public safety for a quarter century, worked for nine years at Foxboro's Police Department before taking the reins in Bellingham.

grieving over the loss of a loved one," he offered. "My least favorite situation was dealing with crimes against women and children. Working details at Gillette Stadium was different, because I saw lots of interesting people."

Bellingham's policing staff totals 35, compared to 39 at Foxboro. Fitzgerald says he's pleased to have two administrative assistants, seven dispatchers and two lieutenants.

"We want to be an efficient department, and we'll achieve that by updating policies and restructuring our organization where needed," he emphasized. "I'm currently working on capital requests for the November Town Meeting. I'll strive to work well with all departments to develop good relationships."

Fitzgerald, who was known for leadership and personnel development during his tenure at Foxboro, hopes to finish his career in public safety as Bellingham's chief. "I've got at least eight or nine more years, and I hope they're all in Bellingham," he said.

When he was hired at Foxboro in 2015, he was the first transfer in 20 years. "Word of mouth recruiting is a plus, and I want both our young and older officers to let others know that the Bellingham PD is a good place to work," he said. "My hope is to make Bellingham like the place I came from. I want it to be a destination."

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Bellingham Public Library News & Events for September

For updates to library programs and services, please see the library website, www.bellingham-library.org. Click on the red alert banner on the top of the page for details.

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

Fall Hours

Monday - Thursday 9:30 a.m. to 8 p.m., Friday 9:30 a.m. - 3 p.m., Saturday hours - 9:30 a.m. to 3 p.m. (resume on September 9th)

The library is closed on Monday, September 4th for the Labor Day Holiday

Welcoming Melissa Denham as our Youth Services Librarian!

Join us in welcoming Melissa Denham, who has worked part-time at the library for over a year, as our new Youth Services Librarian. You might know Melissa from her Sensory Story Times or other children's programs, or you might have seen her working at the main desk. She completed her Master's in Library Science at the University of Rhode Island last summer and is excited to join the library's staff as a full-time employee providing services to children from birth through age 12.

We wish Laura Brilliant-Giangrande all the best in her new position at the Bancroft Memorial Library in Hopedale.



Highlighted Programs

American Folk & Country Music Concert with Mark Mandeville & Raianne Richards

At the Town Common - Saturday, September 16th at 2 p.m.

If it rains, the concert location will be moved to the library.



Quilling Craft Class - Monday, September 18th at 6 pm

Quilling is the art of paper curling. The class will focus on creating several basic shapes to create an art piece to take home. For older teens and adults. Registration required.

Bellingham is OPEN for Business Final Programs

Humanizing Change Management - Tuesday, September 19th at 6:30 p.m.

Managing Burnout - Monday, September 25th at 6:30 p.m.

These are virtual sessions on Zoom. Registration is limited to 20 participants so register early!

Both programs are led by Cally Ritter of Positive Ripple Training & Consulting. Cally has consulted with and provided training for for the Red Sox, Reebok, Harvard & Tufts Universities, and other organizations.



After School Programs Resumed on August 30th

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

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

Ongoing Children's September Programs

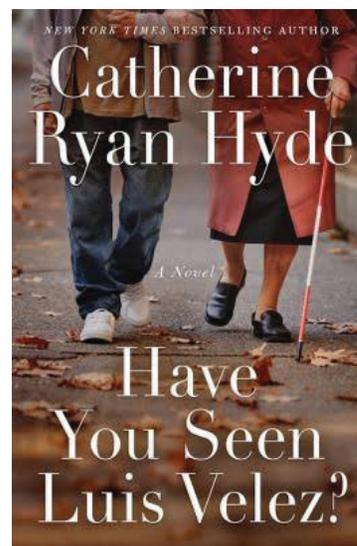
Read to Freedom the Reading Dog - Mondays from 6-7 p.m. Sign up for a 15-minute time slot!

Sensory Story Time - Mondays & Wednesdays at 10:30 a.m.. Please register for each session.

Ring a Ding - Tuesdays & Fridays at 10 a.m.. Drop in!

Adult Programs

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



Our upcoming titles for the fall are:

October: *Have You Seen Luis Velez* by Catherine Ryan Hyde

November: *The Lincoln Highway* by Amor Towles

December: *The Forest Lover* by Susan Vreeland

Yoga for the Seasons: Transitioning into Fall - Tuesdays at 8:30 a.m.

Starting on September 12th. Registration required for each session.

Virtual 50+ Job Seekers Networking Group - Wednesdays on Zoom

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

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

Library Board of Trustees Meeting - Thursday, September 7th at 7 p.m. in the Conference Room.

Red Cross Blood Drive - Saturday, September 9th from 9 a.m. - 2 p.m. Register at redcrossblood.org

Friends of the Library virtual meeting - Tuesday, September 12th at 7 p.m. Email library@bellinghamlibrary.org for the Zoom link.

SHINE Medicare Seminar - Tuesday, September 19th at 5:30 p.m. See calendar for details!

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Bellingham to Hold a Night of Remembrance September 30

A “Night of Remembrance” will be held at Bellingham Town Common on Saturday, September 30th, between 6 p.m. and 8 p.m. with luminaries lighting the pathways through the Common.

Join us for a beautiful night illuminated in love and surrounded by peace as we gather to remember, honor and support those we love. Each luminary bag, complete with battery-operated candle may be dedicated to whomever you would like to remember that evening.

- Purchase a luminary on behalf of a loved one to honor their life and memory.
- Purchase a luminary to offer strength and support for someone going through challenging times.

Then join us on Saturday night as we gather to watch our Town Common come to life and glow. The luminaries will be on display until 8 p.m.

Luminaries, \$5 each, will be available at the Town Clerk’s office. if you would like to lend a hand to assist with the installation of the luminaries please message Jennifer Altomonte through the event’s Facebook page (<https://www.facebook.com/events/302634498870349>)

A Wonderful opportunity for community service hours!

Bellingham Youth Basketball Gives Back to VFW



Pictured in the photo are Craig Ledger, BYBA President; Paul Painchaud, BYBA Vice President; Margaret Johnson, Post Adjutant; Ed Sandell, Post Service Officer; Jennifer Cipollini, BYBA Secretary; and Brian Martin, BYBA Treasurer.

Photo courtesy of Bellingham VFW Post 7272

The Bellingham Youth Basketball Association (BYBA) gives a huge Thank You to the VFW Post 7272 for all their support of our organization and community throughout the years. It’s only right that we return the favor and give back and show our support to such a fantastic group of people and Post.

BYBA presented a check to the VFW for \$1,000 recently. BYBA is an organization that strives to provide opportunities to children of all ages and skill levels.

BVT Announces Third Trimester Commendation List

Acknowledging Academic and Vocational Achievements

Blackstone Valley Regional Vocational Technical High School (BVT) has released the Superintendent-Director’s Commendation List for the third trimester of the 2022–2023 school year. To be named to the Commendation List, students must meet rigorous standards, such as maintaining a grade point average of 88 percent or above in each technical, related, and academic course for the trimester. To view the complete list, visit www.valleytech.k12.ma.us/3tcommendationlist.

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

SENIORS (Class of 2023)

Bellingham

Nicholas Cummings, Advanced Manufacturing & Fabrication; Hailey Davis, Construction Technology; Kaitlyn Mullen, Health Services; and Marek Rutkowski, Plumbing.

JUNIORS (Class of 2024)

Bellingham

Pyper Bourre, Health Services; Marissa Chamberlain, Health Services; Danika Kirby, Engineering & Robotics; and Sara Lewis, Engineering & Robotics.

SOPHOMORES (Class of 2025)

Bellingham

Isabella Anderson, Advanced Manufacturing & Fabrication; Isabella Brancato, Electronics & Engineering Technology; and Kiele Sarnie, Construction Technology.

FRESHMEN (Class of 2026)

Bellingham

Gracie Clinton, Health Services; Evan Donlon, Information Technology; Audrey Drons, Painting & Design Technology; and Justin Walsh, Biotechnology.

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The Franklin Art Association Welcomes New Members

The Franklin Art Association will have their first meeting of the season on Wednesday, September 6th, at 6:30 p.m. at the Franklin Senior Center, 10 Daniel McCahill Street, Franklin. Programs are free and open to the public. This month's program will feature artist Sue Pratt Sheridan, who will demonstrate the use and encourage the exploration of many different types of mediums with a slide presentation of artwork, including oils, watercolors, pastels, charcoal and mixed media. Sue holds a Bachelor of Fine Arts degree from UMass Amherst and has been a practicing artist for most of her life.

Established in 1971, the Franklin Art Association has members from throughout MetroWest MA and RI. The non-profit is dedicated to promoting a wide variety of fine art mediums and photography, while providing ongoing educational opportunities through live demonstrations and hands-on work-

shops. The association gallery is located at the Escape into Fiction Bookstore at 12 Main Street, Franklin. The FAA is supported

by the Franklin Cultural Council and the Franklin Cultural District. www.franklinart.org, Instagram and Facebook.



Sue Pratt Sheridan will be the featured artist at the next meeting of the Franklin Art Association, to take place September 6th at the Franklin Senior Center.

Hockomock YMCA Receives \$20,000 Grant for Staff Mental Health Trainings

The Hockomock Area YMCA announced it received a \$20,000 grant from the MetroWest Health Foundation to help address mental health challenges.

The 1-year grant will be used to develop opportunities and trainings aimed at educating YMCA staff around creating a culture where mental health discussion is encouraged. Funding will provide Mental Health First Aid Training for Hockomock Y staff and also support a communication campaign to staff, volunteers and members around the Y's commitment to address mental health. Staff will learn tools and overall strategies to better support mental health among youth.

"Our YMCA is thrilled to have the longstanding support of the Metrowest Health Foundation as we continue to grow our Mental Health Programming and supports. During our six months of strategic planning, Mental Health was discussed as the top priority for all popula-

tions in each outreach session," comments Jim Downs, CEO of the Hockomock Area YMCA. "A set of strategic goals arose from this process, with one of them addressing the evolution of our YMCA's mental health support for all ages in the communities we serve. We recognize that education and normalizing the conversation about mental health is of the utmost importance for every individual in and outside of our YMCA branches. Specifically, education and empowerment of staff around the topic of mental health is imperative for the youth and individuals we support."

The grant is in response to the 2020 MetroWest Adolescent Health Survey that found 13% of youth reported feeling depressive symptoms in the past year and 11% had seriously considered suicide in their lifetime.

For more information on the YMCA's efforts around Mental Health, please contact Brynne Kirwan, LCSW, at brynnek@hockymca.org.



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"Flooding" is any water coming across the ground and into the home. This could be rain, water from a clogged gutter, an overflowing pool or sea levels rising. If water comes across the ground and into your home, it is considered "flooding" and there is no coverage on the homeowner policy. Customers would need a separate flood insurance policy.



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Cheryl Wheeler to Open Circle of Friends Season



tional portraits of people, leaving you with the impression that you know the characters. You find yourself being dragged into the song rather than standing outside and observing. Other songs by Cheryl are hilarious situation comedies. Find out more at <http://www.cherylwheeler.com/>.

The Circle of Friends Coffeehouse at Franklin's First Universalist Society is back in full swing. Cheryl Wheeler opens the Circle of Friends Coffeehouse's 34th season on Saturday, September 23rd at 8 p.m. Cheryl is known for her brilliant, often hysterical, performances and beautifully crafted songs. She'll have you rolling in the aisles one minute, then she'll take off her glasses, close her eyes, and sing a heart-breakingly lovely song that may bring you to tears. Her entire concert is an emotional roller coaster. Cheryl will be joined by Kenny White on piano.

Cheryl's songs are often emo-

The Circle of Friends Coffeehouse is a non-profit organization affiliated with Franklin's First Universalist Society. Concerts are presented in a smoke free and alcohol-free environment at the Society's handicapped accessible Meetinghouse, 262 Chestnut St. in Franklin, and begin at 8 p.m.; doors open at 7:30 p.m. Beverages and gourmet desserts will be available.

Circle of Friends has set their schedule for the year. In addition to Wheeler, the following shows are planned:

2023

- Antje Duvekot, October 28
- Seth Glier, November 18
- Ellis Paul, December 2

2024

- Joe Jencks, January 13
- The Nields, February 10

- Matt Nakoa, March 9
- Garnet Rogers, April 27
- Susan Werner, May 11

Please visit <http://www.circle-folk.org/> for tickets or more information.

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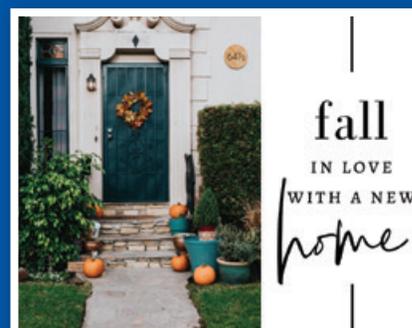
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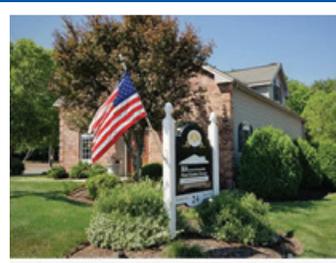
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Sports

Bellingham Eyeing an Appearance in the State Tournament

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Although the Bellingham girls' soccer team finished with a 1-15-2 record last fall the Blackhawks are looking to rebound with a big year – one in which would be in uncharted waters for the female soccer players.

“I don't think that Bellingham girls' soccer has ever made it to the MIAA playoffs,” Coach Jon O'Neil said. “I believe that if we continue to decrease our opposition's goals while scoring on our end, we should be able to achieve the goal of making it into the playoffs.”

Bellingham has been working hard at earning the Blackhawks first appearance in the post-season. Along with the realignment of the squad moving down to Division 4, where they will square off against teams more of their caliber, Bellingham will have a team full of upper-class athletes

– making their goal that much more realistic.

Over the past few seasons, the Blackhawks haven't fielded a team that supported a strong upper class, but this fall things will be different, and the Coach sees it as being a step in the right direction.

“When you go up against the talent that we've been playing in the Tri-Valley League (TVL) with teams having a lot of juniors and seniors on their squad, while we're playing eighth and ninth graders it makes it tough to be successful,” O'Neil said. “We've been under sized and lacked the physicality the other teams brought to the field, but now having the junior class being a big presence we are seeing the signs of things to come.”

While not part of the junior class, seniors Rebecca Pippitt and Kiarra Shain are looking to lead this team to history as co-captains. Pippitt will most

likely be playing on the defensive end, more as a left back, while she may see some action in the center for stability. Shain, on the other hand, will not be seeing action anytime soon. She suffered an injury that will not allow her to take to the field in fear of hurting herself more. However, she will be used in a managerial aspect by O'Neil and will supply the team with moral support on the sidelines. Pippitt will do so as well, but on the field of play.

In addition to having a talented corps of upper-class players, O'Neil has noted that their speed of the game has increased, and they believe that it will translate to success this fall. O'Neil went on to say that he is very excited for the upcoming campaign and what the junior class, which he classified as the strongest class in the school athletic wise, can bring to the field.

O'Neil has a handful of girls from that junior class that he is

looking for to grab the reins and guide the team into its first ever post-season. Calleigh Elder is an athlete that can play anywhere and will be a strong presence wherever she is penciled into play. Elder, who is being scouted by Division 1 colleges to play soccer, has also offered to play goalie if needed.

Rianna Taylor will play either center or outside midfield, where she will be the main focus of holding down the middle of the field. According to the Coach, the midfielder has shown signs that she is more than capable and adapting to what he has thrown at her. O'Neil is hoping that the junior has a breakout year, especially with her speed and physicality.

Sophia Jandrow has been playing defense for three years under O'Neil, this season will be her second as center back, where she transitioned last fall because of her soccer IQ and her making smart decisions.

“If she continues to play the way that she did last year (she played 16 or 17 of 18 games), she'll be a very important piece,” the Bellingham Coach said. “She is a rock and has been a huge impact on our goals allowed. We decreased our goal differential by 40 goals from the previous year and want to continue to improve upon it.”

Jocelyn Zahn is the teams 'Swiss Army Knife.' She can play anywhere on the field, and according to the Coach is one of the better conditioned athletes to take to the field. She run up and down the field for the full 90 minutes and doesn't have to worry about taking her out for a breather.

Anabella Barrasso will play up top for the Blackhawks as a striker with a very good shot and a strong foot. The Coach is looking for his striker to get that one-touch shot on net, while bringing a presence to the team on the field.

Two other athletes that should play key roles for the Blackhawks will be sophomore Maggie Kane and freshman Katherine Mendez. The freshman exceeded expectations last fall as an eighth

grader, while the sophomore stood tall as the last line of defense.

“Katherine came onto the scene last year and although she can play anywhere, she'll see a lot of action as a left back on defense,” O'Neil said. “She has a great soccer IQ and knows where to go with the ball at all times, I am confident in her ability no matter where I put her on the field.”

While there were many athletes that helped the Blackhawks decrease their opposition's total goals scored, Kane stood tall in between the pipes. The sophomore will be entering her third season as the Bellingham goal keeper and the Coach will be looking to her to continue to keep the ball out of the net while the goal differential continues to dip; all while being a vocal leader this season.

According to O'Neil, playing in the TVL is not only tough, but should help the girls prepare for the post-season, especially now that they will be playing in a much more compatible division.

“Last year, our scores really didn't indicate who were because of who we were playing (a lot of Division 1 and 2 teams, the Bellingham Coach said. “Our strength of schedule, having to play the TVL, will give us a chance to see what types of teams we'll be going up against. It will condition us to be ready to play the top teams.”

In the past, Bellingham has had a lot of tough games, against schools that had some 70 athletes tryout for their teams, while Bellingham was lucky to get 20-30 girls. With that said, the girls who did make the Bellingham team found themselves logging a lot of minutes taking a toll on their physicality as well as their mentalness.

Having to endure what they have in the past has only made Bellingham stronger, and they are more than ready to show their opposition that, this season, they are looking to make a statement as well as write history for the Blackhawks girl soccer program.



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Sports

Three Goals in The BHS Football Team's To-do List

By KEN HAMWEY,
BULLETIN SPORTS WRITER

Dan Haddad's goals for Bellingham High's football team this season are very basic.

"We want to be better than last year's 6-5 record, we want to contend for the Tri Valley League Small Division championship, and we want to qualify for the playoffs," he noted.

Now in his eighth year at the Blackhawks' helm, the 60-year-old coach, who's guided BHS to five tourney berths in seven seasons, firmly believes his three objectives can be achieved. "Our goals are reachable," he said, "but it's going to take a total team commitment. We'll be as good as we are together, and we'll need to be able to overcome adversity."

The Blackhawks, who finished second last year in the Small Division, then lost to Lynnfield in the playoffs, have 13 veteran returnees with varying degrees of experience. The team's overall strengths include some key attributes that provide optimism for Haddad.

"We've got a high football IQ, we're very athletic and our technique is strong," he emphasized. "We're developing mental toughness to go with our speed and quickness. Our wide receiving corps should make us a definite threat."

The five captains, all quality leaders, include seniors Connor Kelley (tight end/linebacker), Donovan Turner (center/defensive end), and Sean Dutremble (guard/defensive tackle), and juniors Mason Jacques (receiver/cornerback), and Ryan Cochrane (receiver/cornerback).

"The captains lead by example, they communicate, and

they're a cohesive group," Haddad said. "Connor is a strong presence who's respected by his teammates. Donovan is Mr. Everything, the best pure athlete on the team. Sean is a major force in the weight room, a good blocker and strong defender.

"Mason is energetic, a hard worker who's got great hands. He's started on offense and defense as a sophomore. Ryan is a superb competitor whose work ethic is solid."

The receiving contingent includes Kelley, juniors John Doucette, Jacques, and Cochrane, and sophomores Sam Sullivan and Wyatt Callery. "They're smart, they lead, and they've got great hands and run sharp routes," Haddad offered.

The running backs are senior Corey Perkins, junior Gabe Egan, and sophomore Josh Bouchard. "Our backfield features power runners with sneaky speed," Haddad said. "And, they're fundamentally sound."

The quarterbacks include junior Zach Berkeley, senior Dasha Domercant and freshman Cam MacGregor. "Zach is a dependable game manager," Haddad said. "A great athlete, he can run and pass. Dasha is a complete player who's smart and works hard. Cam is an up-and-coming threat at quarterback."

Seven offensive linemen provide depth, and they include Turner, Dutremble, seniors Connor Prentice (tackle) and Isaiah Tobin (guard), junior Hunter Knox (center/guard), sophomore Markus Whittaker-Sprah (guard), and freshman Jacoby McCarthy (tackle).

"They're athletic, diligent, and work hard on their technique," said Haddad, who played foot-



Dan Haddad is beginning his eighth year as Bellingham High's football coach.

ball at Natick High. "They're all effective on run and pass plays."

On defense, the line will be comprised of Dutremble, Prentice and McCarthy at tackle. The ends will be Turner and senior Robert Black. "It's a solid group," Haddad offered. "They're ath-

letic, and they'll apply pressure. Sound on basics, they're weight room junkies."

The inside linebackers include Kelley, Callery and Whittaker-Sprah. Bouchard and Egan will handle the outside chores. "This group consists of quality tacklers with excellent lateral pursuit," Haddad noted. "They're athletic, and their field vision is excellent."

The secondary duties will go to Doucette, Jacques, Cochrane, Berkeley, and Sullivan. "They've got really good instincts," Haddad said. "They've also got speed and quickness, athleticism, and a terrific work ethic."

Haddad rates defending champion Dover-Sherborn and Dedham as strong contenders to battle for the Small Division crown. "D-S is tough, and they rely on tradition," he said. "Dedham is a senior-laden team that's well-coached. We'll be in the mix, too."

For the first time in the program's history, there will be a middle school squad composed of seventh and eighth graders. The players will be coached by John Pendlebury, who has worked as an assistant track coach at the high school. He also has youth football experience.

The Blackhawks will open their season on the road at Blackstone-Millville on Saturday, Sept. 9, then return home to face Westwood at Anderson Field on Thursday, Sept. 14. The rest of the schedule is: Sept. 22 vs. Medfield; Sept. 29 at Ashland; Oct. 6 at Dedham; Oct. 12 at Medway; Oct. 20 vs. Millis; Oct. 27 vs. Dover-Sherborn; and Nov. 23 vs. Norton. Two playoff games will kick off November (dates and opponents to be determined).

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Senator Rausch to Host Community Town Halls

District Residents Invited to Hear Legislative Updates and Discuss Issues of Interest

Senator Becca Rausch (D-Needham) will host community town halls this Fall in the Southern, Northern, South Central, and Central regions of her district.

During these town halls, Senator Rausch will provide legislative updates, local and statewide budget victories, and offer residents an opportunity to share their questions, concerns, and challenges.

“Civic engagement is an important part of our democracy,” said Senator Rausch. “Listening to the perspectives of my constituents informs my legislative work on Beacon Hill. I look forward to hearing from residents and collaborating with them to further support our families and our communities.”

Senator Rausch will host four community town halls throughout the district, as follows:

Southern Region

Monday, September 18, 2023, 6 p.m.

Milford Town Hall, 52 Main St, Milford

Northern Region

Monday, October 2, 2023, 6 p.m.

Needham Town Hall, 1471 Highland Ave, Needham

South Central Region

Monday, October 16, 2023, 6 p.m.

Franklin Senior Center, 10 Daniel McCahill St, Franklin

Central Region

Monday, October 30, 2023, 6 p.m.

Norfolk Library, 2 Liberty Ln, Norfolk

These town halls are open exclusively to residents of the towns comprising the Norfolk, Worcester and Middlesex District: Bellingham, Dover, Franklin, Medfield, Milford, Millis, Needham, Norfolk, Plainville, Sherborn, and Wrentham.

For more information, please visit www.beccarauscha.com/townhalls.

New Members Welcome to Charles River Chorale Open Rehearsals in September

The Charles River Chorale will begin rehearsals for its Fall 2023 season and is actively recruiting new members who are seeking a new community and musical opportunity.

The non-audition chorale group will begin open rehearsals on Tuesday, Sept. 19, from 7:30 to 9:30 p.m. at the Church of Christ, 142 Exchange St., Millis. Two additional open rehearsals will take place on Sept. 26, and Oct. 3, to allow interested new members an opportunity to explore the chorale opportunity.

Under the leadership of director and Holliston resident Ashley Nelson-Oneschuk, the Charles River Chorale is entering its 40th year as a nonprofit 501(c)3 chorale. Nelson-Oneschuk, a music professional in her 8th year with the Charles River Chorale, is also the choral director for Medway High School. Her goal for the chorale is “focused on cultivating a joyful community first, with excel-

lent musical experiences as the vessel to achieve this.”

Charles River Chorale members hail from many area communities, with several from Holliston, Natick, Ashland and Hopedale, among others. Members range in age from teenager to octogenarians. The group typically holds winter and spring concerts, with the Winter 2023 concert planned for Sunday, Dec. 10, 2023, at 2pm, at Medway High School. The theme of the Winter 2023 concert is *Joy to the World, Celebrations from around the Globe*. This program will feature music celebrating cultures and seasonal events across the globe, including Chinese New Year, Kwanzaa, Christmas, Hanukkah, Diwali and more!

The Charles River Chorale rehearses on Tuesday evenings from 7:30 to 9:30 p.m. at the Church of Christ in Millis. Membership dues for the nonprofit organization support operating costs. There are no dues

for high school students, and scholarships based on need are available. There is also a separate children’s choir for children in Grades 2 through 6.

For more information about the organization and the upcoming open rehearsals, visit <https://www.charlesriverchorale.com>. Those who are interested in joining the chorale for the start of the season on Sept. 17, are asked to complete a short sign-up document via the attached QR code. Sponsorships and advertising opportunities are also available.



Tri County Regional Chamber Business After Hours September 13th

Business After Hours for the Tri-County Regional Chamber of Commerce will take place on September 13th, from 5-7 p.m.

at the Oasis Patio at the DoubleTree Hotel in Milford. This is a great opportunity to meet your fellow members and friends and catch up. Rob, Marie and all the team at the DoubleTree Hotel are excited to host us, and are giving away a 1 night

stay including breakfast, along with a gift card to spend at The Patio or at the Legends Bar. Make sure to register so that the staff can have plenty of food for everyone.

Register at <https://www.tricountychamberma.org/events#!event/register/2023/9/13/end-of-summer-sizzler-business-after-hours>.



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Keep an Eye Out For Signs of a Rodent Infestation This Fall

WPC Pest and Termite Control and the National Pest Management Association are sharing the top seven signs that rodents have taken up residence in your home

It's that time of year again — football season, trips to your local farm, and crisp, fall weather.

But before you break out your favorite pumpkin spice-flavored treats, it's important to remember to keep alert for uninvited guests looking to join in on the fun. As temperatures begin to cool,

WPC Pest Control, in partnership with the National Pest Management Association, is sharing signs homeowners should look out for that could signal a rodent infestation.

"Disgusting odors that permeate from insulation in attics and basement's are a sure sign that rodents are present," said Jim Mazzuchelli, owner of WPC Pest and Termite Control.

While rodent infestations are common throughout the year, they are particularly troublesome as colder weather arrives and food sources diminish. These stark changes to their environment make homes the ideal spot for them to hide out in.

Rodents are able to transmit more than 35 diseases to humans, posing a serious health threat to you and your family should they find their way into your homes insulation. Contamination from urine and droppings will cause serious

respiratory issues, such as the deadly Hantavirus.

To help keep your family protected this fall, WPC Pest Control is offering FREE rodent inspections and suggestions on decontaminating your home.

WPC Pest and the NPMA have identified the following top seven tell-tale signs of a rodent infestation:

- **Droppings:** Finding droppings in the home is one of the most common signs of a rodent infestation. Homeowners often find these where food is stored, such as kitchen cabinets or pantries, as well as under sinks, inside chewed cardboard boxes and along baseboards.

- **Gnaw marks:** Rodents will chew through almost any type of material to obtain food or water, causing serious damage to a home. Rats are also known to gnaw on wires behind walls, potentially resulting in dangerous house fires.

- **Nests:** Rodents prefer to hide in dark, secluded areas of the home and will use any materials available to build their nest. If you see items such as paper products or cotton strewn about, it might be a sign of a rodent infestation.

- **Tracks or rub marks:** As rats follow a trail between their nest and food sources

throughout a home, they will often leave dark grease or dirt marks along walls and floorboards.

- **Strange noises:** Hearing strange noises at night could be attributed to a family of mice scurrying about the house, between the walls and up in attics and crawlspaces.

- **An actual rodent:** Mice are known to reproduce quickly, as a female house mouse can give birth to a half dozen babies every three weeks or up to 35 young per year. Chances are, if you see one

mouse in the house, there are more hidden behind the walls!

- **Contamination:** Odors and staining of ceiling tiles and basement insulation is a sign of what could be droppings and urine caused by nesting rodents having their young.

For more information about rodent infestations, visit www.nobugsnopests.com or contact a licensed pest control professional.

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New Year for Ladies' Sodality

September 14, 6:30 p.m., will be the first meeting of the Ladies of St. Anne for the 2023-2024 year. We will begin by celebrating Mass and Installation of Officers. During the business meeting, plans for various events, meetings and fundraisers will be discussed.

We would like to invite all Bellingham women, 18 years or older, to come to a meeting and learn about our Sodality and the work for the parish and our community to which we are committed.

PLAN of MA & RI Donates \$25K to Central MA Agency on Aging

The Planned Lifetime Assistance Network of Massachusetts and Rhode Island (PLAN of MA & RI) recently presented Central Massachusetts Agency on Aging with a \$25,000 grant to support the organization. PLAN of MA & RI Executive Director Joan McGrath is pictured with CMAA President and CEO Dr. Moses Dixon. A Quincy-based nonprofit, PLAN of MA& RI is recognized as an expert in operating special needs trusts and, since 2020, has granted more than \$1 million to nonprofits supporting individuals with disabilities.

Learn more at www.planofma-ri.org.

(Photo courtesy PLAN of MA & RI)



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Library Resources of the Month – Online Courses/Tutoring

Would you like to learn a new language? How about watercolor painting or yoga? Need homework assistance? The library gives patrons access to a variety of online courses and tutoring help free-of-charge with just your Bellingham Library card!

BrainFuse HelpNow is an online database that provides live tutoring services for students of all ages and levels, including adults, with a wide range of academic needs. Online tutors are

available every day from 2:00 pm to 11:00 pm EST. BrainFuse also has a 24-hour writing lab, where you submit essays and other forms of writing for constructive feedback. There is also a language lab for Spanish and French speaking support, and other features!

Craftsy is an online resource for all creative makers, where you can find everything you need – from basic instruction to advanced techniques.

There are three online databases to help you learn a new language: *Mango Languages*, *Transparent Language*, and *Lingo LITE*.

Universal Class offers hundreds of online continuing education classes facilitated by dedicated instructors sharing their knowledge on almost any imaginable topic. There are lessons on topics from Accounting to Yoga and just about everything in between! Although these courses are designed for adults, many of them are appropriate for a variety of ages and there is a category of courses just for homeschoolers.

The Great Courses includes over 250 unique courses for lifelong learning and personal enrichment. Courses are taught by award-winning and trusted experts in their fields, covering a broad range of subjects.

Niche Academy contains tutorials on how to use many of the Bellingham Library's online resources. There are also tutorials on popular websites including Facebook, Gmail, Instagram, Pinterest, and Twitter.

To access these online resources, go to the Bellingham Public Library's website at www.bellinghamlibrary.org. Click on the Online Resources tab, and then click Online Courses/Tutoring.

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Save the Date!

Country Christmas Fair, December 9th

St. Blaise parish hall will be transformed into a Country Store for Saturday, December 9, 9 a.m. to 3 p.m. The Country Store will feature handmade items such as afghans, soaps, Christmas decorations, religious items, gift baskets, jewelry, etc., as you would see in traditional country stores for purchase as gifts or for your home. We will also have our popular Craft Table where you'll be able to purchase handmade tissue holders, key rings, book marks, etc. A change this year at the Candy Store will have various penny candy bagged for sale

at 50 cents per bag, or there will also be penny candy you can choose to customize your treat bag at 1 cent per piece!

There will be old favorite and new kids' games with prizes displayed with each game in a Kids' Zone.

Lunch will be served from 10 a.m. to 2 p.m., featuring hamburgers, hot dogs, chili, dynamites, and other favorites. The St. Blaise Sweet Shoppe will have a variety of breads, muffins, cookies, cakes, and pies ready to enjoy at the Fair with a cup of coffee or hot mulled cider or

packaged to take as gifts.

The main raffle table, lottery ticket raffle, and the adults' Card Game will also make their return.

And, of course, Santa and his Elf will be there to listen from 10 a.m. to 2 p.m. to the gift wishes of all kids from 2 to 102!

We hope you'll join us at our Country Christmas Fair, scratch a few Christmas gifts off your list, and enjoy good food and Christmas cheer with family and friends. We're waiting to welcome you!

Open for Business Program Final Workshops in October

The Bellingham Library's Open for Business Grant has two final workshops scheduled for October. Both workshops for these virtual programs are presented by Cally Ritter, principal of Positive Ripple Training and Consulting, and limited to 20 attendees, so register early! We hope to see you there!

Cally's goal when working with an employee group is to inspire them to make shifts in their thinking and behavior for greater work/life effectiveness. She is a Licensed Independent Clinical Social Worker with her BA from Bucknell University and her master's in social work from the University of Pittsburgh. Cally has consulted with and trained for the Red Sox, Harvard University, Tufts University, Wellesley College, Analog Devices, Stonyfield Farm Yogurt, Beth Israel Deaconess Hospitals, the Massachusetts State Government, the Girl Scouts, and countless municipalities in MA and NH. For Cally's full bio go to <https://callyritter.com/>

September 19th from 6:30 pm-8 pm - Humanizing Change Management

You know the saying ... change is the one constant! This is a misnomer; the frequency of change isn't constant, it's actually on a rapid decline. The speed of change in the workplace has accelerated, leaving us breathless from the g-force. The ability to manage change isn't just a good idea but is now a life skill. This seminar examines the human side of change management through an exploration of change management roles, change research, models of change, "your brain on change", your change mindset, and how to increase receptivity to change.

Register at <https://tinyurl.com/ChristensenBellinghamsept19>

Zoom link will be sent to registrants close to the event date.

September 25th from 6:30-8:30 p.m. - Managing Burnout

Over the last several years we've rallied to meet countless

challenges. Whether it was responding to a global crisis, working from home, working hybrid, or working non-stop - many of us are tired. Our nervous systems have been continuously taxed, and we're exhausted. In this session we'll explore why so many are experiencing job burnout in 2023, as much as 78% of employees. We'll discuss how burnout shows up in our relationship to work, our relationship to our colleagues as well as our relationship to ourselves. We'll explore research based micro-practices that counteract burnout and elevate the 8 dimensions of vitality. This highly interactive session will include discussion, an online live survey tool (accessed through participant's cell phones), individual reflection, large group solution exchange and several opportunities to practice bolstering our vitality.

Register at <https://tinyurl.com/managing-burnout>

Zoom link will be sent to registrants close to the event date.

Townwide Yard Sale Coming up in Upton

The United Parish is planning another town wide yard sale this fall in junction with the town's celebration of Heritage Day on September 30th. Last year's event was a success with over thirty sales throughout the town. On the morning of the 30th, buyers will be able to purchase a map of all the yard sales in town for a cost of \$3. These will be available beginning at 7:30. Also returning will be our snack

bar offering hot dogs, hamburgers, sausages for all patrons of Heritage Day activities as well as yard-salers. We will also offer as we did last year our well received apple crisp booth. The members of the church will be baking apple crisp served with real whipped cream throughout the day. So mark your calendars now for a special day on September 30!

Calendar

September 9

Red Cross Blood Drive -9 a.m. - 2 p.m., Bellingham Public Library, Register at redcross-blood.org

The Franklin School for the Performing Arts (FSPA) Open House for prospective students and families, 10 a.m. - 4 p.m., 38 Main Street, Franklin.

BESG Yard Sale, 9 a.m.-3 p.m., Bellingham Senior Center.

September 12

American Folk & Country Music Concert with Mark Mandeville & Raianne Richards, presented by the Bellingham Public Library at the Town, 2 p.m., If it rains, the concert location will be moved to the library.

September 14

First meeting of 2023-24 year of the Ladies of St. Anne Sodality, 6:30 p.m., will include Mass, Installation of Officers, plans for various events, meetings and fundraisers, church hall of St. Blaise Church, 1158 South Main Street, Bellingham. Bellingham women 18+ welcome

September 18

Quilling Craft Class, 6 p.m., Bellingham Public Library, For older teens and adults. Registration required.

Community Town Hall with Sen. Rausch, 6 p.m., Milford Town Hall, 52 Main St, Milford

September 23

The Society of Saint Vincent de Paul, St. Blaise Bellingham Conference 13th Friends of the Poor Walk, St. Blaise Church, 1158 South Main Street. Registration 8 a.m., walk 9 a.m., t-shirts, beverages and snacks for walkers, proceeds from the walk are used locally to assist Bellingham residents, regardless of faith.

September 30

A Night of Remembrance, 6-8 p.m., Bellingham Town Common, purchase a luminary in honor or support of a loved one, luminaries available for \$5 from the Town Clerk's office. Volunteers welcome, visit the event's Facebook page at (<https://www.facebook.com/events/302634498870349>).

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Biden-Harris Administration Announces Grants

\$50 million in Available Grants to Upgrade Stormwater and Sewer Infrastructure

In August, the U.S. Environmental Protection Agency (EPA) announced the availability of nearly \$50 million in regular funding through the Sewer Overflow and Stormwater Reuse Municipal Grant program to help communities address stormwater and sewer infrastructure needs.

States may now apply for grant assistance to fund projects that will help municipalities strengthen their stormwater collection systems against increasingly intense rain events made worse by the climate crisis and prevent contaminants from polluting waterways.

Stormwater management is a complex environmental challenge for communities across the country. The cost to construct, operate, and maintain stormwater infrastructure can be significant, which can strain ratepayers, especially those in small and financially distressed

communities. This investment follows changes made by the Bipartisan Infrastructure Law to prioritize projects for small and/or financially distressed communities and prevent cost share requirements from being passed on to these communities.

Learn more about the Sewer Overflow and Stormwater Reuse Municipal Grant program at <https://www.epa.gov/cwsrf/sewer-overflow-and-stormwater-reuse-municipal-grants-program>.

\$115 Million in Grants to Cut Harmful Diesel Engine Emissions

The U.S. Environmental Protection Agency (EPA) announced the availability of \$115 million in grant funding for projects that cut harmful pollution from the nation's existing fleet of older diesel engines. Under the Diesel Emissions Reduction Act (DERA) grant funding competition, EPA anticipates making 4-10 awards in each of EPA's ten regions to eligible applicants.

EPA is soliciting applications

nationwide for projects that significantly reduce diesel emissions and exposure, especially from fleets operating at goods movements facilities in areas designated as having poor air quality. Applicants may request funding to upgrade or replace older diesel-powered buses, trucks, marine engines, locomotives and nonroad equipment with newer, cleaner technologies. Priority for funding will also be given to projects that engage and benefit the health of local communities already overburdened by air pollution, protect grant funded investments from severe weather events caused by climate change, and applicants that demonstrate their ability to promote and continue efforts to reduce emissions after the project has ended.

EPA is seeking cost-effective diesel emission reduction projects that maximize health benefits, reduce diesel exposure for those facing poor air quality, and/or employ community-based inclusive and collaborative approaches to reduce harmful emissions. The DERA Program

delivers on the Biden-Harris Administration's Justice40 Initiative to ensure that at least 40% of the benefits of certain federal investments flow to disadvantaged communities, creating good-paying jobs and driving inclusive economic growth.

The grant funding opportunity is open until Friday, December 1, 2023. For any questions on the application, applicants should email written questions to: dera@epa.gov. For any technical issues with [grants.gov](https://www.epa.gov/grants), please contact [grants.gov](https://www.epa.gov/grants) for assistance at 1-800-518-4726 or support@grants.gov. More information, including applicant eligibility and regional funding breakdowns, can be found at the DERA website.

\$10 million grant opportunity to advance environmental justice in New England

The U.S. Environmental Protection Agency's (EPA's) New England Region Office is announcing a grant competition for an "Environmental Justice Thriving Communities Technical Assistance Center" (EJ TCTAC). The agency is offering this funding opportunity of up to \$10 million to help communities and other environmental justice stakeholders in the New England states access federal assistance and resources to address environmental and energy justice concerns. EPA Region 1 includes the states of Vermont, New Hampshire,

Maine, Massachusetts, Connecticut, and Rhode Island, and 10 Tribes.

"This grant opportunity will create a technical assistance center to empower communities and help them tackle environmental justice concerns in New England," said EPA Regional Administrator David W. Cash. "While many of our urban, rural and tribal communities have identified solutions to the environmental challenges they face, there is a significant need for resources to achieve results. This center will help build capacity and deliver federal funds for environmental justice projects across our region."

In April, EPA announced \$177 million in investments for the creation of EJ TCTACs across the country to help underserved and overburdened communities access funds from President Biden's Investing in America agenda. Under this new Region 1 grant opportunity, EPA will partner with the U.S. Department of Energy to select a qualified applicant to deliver much-needed assistance to these communities within New England.

EPA Region 1 issued a Notice of Funding Opportunity (NOFO) for the EJ TCTAC today and will be seeking applications from eligible entities through September 11.

Access the NOFO at <https://www.grants.gov/web/grants/view-opportunity.html?oppId=349627>.

Green Lawns Without Green Waters!

Applying more fertilizer than the label recommends or your soil needs won't improve your lawn, and instead the extra fertilizer may wash off into nearby waterways. Just as fertilizer helps plants grow on the land, it encourages algae and other aquatic plants to grow in water. Dense weeds and algae reduce oxygen in the water, which in turn harms fish and other aquatic life. "Green water" is also much less attractive for boating, swimming and other human uses.

Please help keep our local waters clean:

- Test your lawn soil and calibrate your spreader.
- Use fertilizers, pesticides, and herbicides sparingly. Sweep any overspray back onto the lawn.
- Mow 2.5 to 3 inches high with a sharp blade to encourage dense growth and deter weeds.
- Leave grass clippings on the lawn to lessen the need for fertilizer.
- Never discard yard waste down storm drains or into waterways.
- Water deeply and infrequently, and time watering to avoid evaporation and runoff.
- Reseed bare areas with drought-tolerant varieties of lawn grass.



For more information, visit our community's website or go to www.stormwatermatters.org.

Over-feeding our lawns may also green our rivers and ponds!



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or

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MAPC Invites Municipalities to Apply for One-Year Accelerating Climate Resilience (ACR) Grants

The Accelerating Climate Resilience (ACR) Municipal Grants program is now accepting applications for one-year municipal projects that advance strategies to protect people, places, and communities from the impacts of climate change. The application deadline is September 15, 2023, with awarded FY24 projects expected to be announced in November 2023 and commence in January 2024. Municipalities can receive up to \$50,000 for technical assistance and design, capital projects, or capacity building. Community-based organizations, nonprofits, schools and institutions, and other individuals can contact their local municipal officials to express ideas for projects that advance climate resilience and encourage application to the ACR program.

Now in its third year, this grant program is generously

funded by the Barr Foundation. To date, grant projects have ranged from one- to two-year duration, up to \$140,000, and funded municipal-led innovations and interventions that facilitate long-term transformation and strengthen climate change resilience in the region. Previously funded projects spanned a number of categories, including: nature-based green infrastructure; capacity building for municipal staff; strengthening community resilience; innovative public outreach strategies; and even supporting local food systems. Overall, projects that promote environmental justice or demonstrate innovative climate resilience strategies that are transferable at the local or regional level are encouraged to apply.

ACR grantees also get to participate in the program's Resilience Community of

Practice (RCOP), a peer-to-peer networking and learning group dedicated to knowledge exchange, as well as technical, value-based, and instructional guidance to aid municipalities in deploying, scaling, and amplifying their climate resilience practices across municipal functions. In tandem with the ACR grant program, MAPC hosts a speaker series about innovations in climate resilience.

Learn more about past years' grantees and find the invitation for proposals and application form for the FY24 grant round at www.mapc.org/resource-library/accelerating-resiliency/.

For more information and questions about the Accelerating Climate Resilience program, contact MAPC Senior Environmental Planner Van Du at vdu@mapc.org.

26th Annual Dean College President's Cup, Monday, September 18

Franklin Country Club, 9 a.m. shotgun start Lunch, Awards, & Networking Opportunities

Please join us for a day of golf and networking while supporting scholarships for Dean students at the 26th Annual President's Cup Golf Tournament at the Franklin Country Club.

For more information regarding the President's Cup registration, sponsorship or volunteer opportunities, or lunch tickets, please contact Alyssa Norton at (508) 541-1676 or at anorton@dean.edu

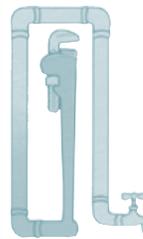
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