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Bellingham's Favorite Hometown Newspaper

July 2024

Athletes Shine in Bellingham's Special Olympics

By JENNIFER RUSSO

What do you think of when you hear the words Special Olympics? Many of us were brought up to believe that this is a sporting event for people with varying types of physical and intellectual disabilities. While, in theory, that is correct – perhaps we should challenge ourselves to look at it a little differently. Instead of considering someone's "disability," we could simply look at their unique abilities, their capabilities...their possibilities.

This is what the Best Buddies organization does. They have what they call Friendship Programs, which pair people of differing abilities together to improve quality of life and encourage true inclusion. The Bellingham High School chapter puts together high school students with other students in the local school system who may have some unique needs, cultivating relationships that



Best Buddies officers CJ Farma, Erik Ormberg, Madison Elliott, Brianna Adams, and Rebecca Pippitt hold the banner as athletes start the event off with a parade.

help build confidence and self-esteem.

For the fourth year, educational leaders in the town organized a Special Olympics for these outstanding athletes to compete in. This year, 60 Bellingham students and young adults were joined by about 20 Blackstone-Millville students for the games, which made it even

more exciting. Family members, friends, and fellow classmates filled the bleachers on both sides of the BHS football field, holding up signs of encouragement, clapping and shouting to cheer them on.

OLYMPICS
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Here, Lenny Duquette, Hannah Forbes and Emily Duquette enjoy a stroll on the new walkway at the Little League complex on harpin Street that features accessibility improvements.

Commission on Disability Ensures Public Access to All

By DAVID DUNBAR

It will have been 34 years on July 26 since the Americans with Disabilities Act (ADA) was signed and became a federal law.

Among many other things, the ADA specified that Municipal Commissions on Disability be

DISABILITY
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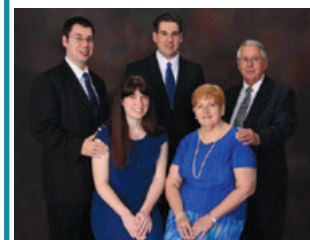
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OLYMPICS

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The ceremony began with some Bellingham High School trumpeters (Sophia Almoussali, Suraji Iyer and Adam Doran) setting the music for a parade of all athletes and their buddies, holding a banner that proudly proclaimed, "I can...and I will! Watch me." This was followed by the opening ceremonies with a warm welcome and uplifting words from Assistant School Superintendent Carolyn Rafferty about the program and event. The event planning team was then recognized for all their hard work, and included Suzanne Michel (Director of Student Services), Jessica Cournoyer (Student Services Secretary), Ashley Saiyan (Para Educator, Best Buddies Lead), and Kerry Farrell (Bellingham Town and Unified Athletics).

"We were so excited to include Blackstone-Millville in this event this year," says Suzanne. "It's a lot of work to get something like this off the ground, but it is absolutely worth the effort, and we had an amazing team of people who really wanted it to be seamless."



Hope Rafiq, Reagan Piotti and Kadin Boisclair race to the finish!



Kerry Farrell high fives athlete Nathan Perdomo after his race win!

"We are very fortunate to have people involved who care about the success of our children," says Kerry. "The success of this event is due to the overwhelming support from the community and the dedicated staff members who made sure that it moved forward."

A beautiful rendition of the National Anthem, complete with improvised cymbal crashes, was sung by Lucien Ducharme (BHS), and Logan Brett (BMR) read the Special Olympics oath. Elementary school students from Bellingham and Blackstone-Millville then kicked the event off with an official "let the games begin!" shout.



Anthony D'Asti, Liam (LJ) Januszewski and Tim DeSalvo show off their medals after their running race.

From walking, running, wheelchair, and relay races (with inflatable torches) to softball throwing and long jumps in the sand pit, the strong bonds between the athletes and their Buddies were obvious, with encouraging smiles and shouts of "You've got this!" and "Let's do this together!" floating above the clapping crowd. While participants competed, those not currently in an event had access to lawn games and other fun activities. When they were competing, their confidence and resilient spirits soared high, where every crossed finish line was a victory and showcased their potential.

"It is truly amazing to watch these kids grow and learn together," shares Ashley. "The volunteers learn to be kind, compassionate, and patient leaders and helpers of the community, while the students they pair with

in the program get to feel a true sense of belonging, love and trust."

The impact of the event on our community is a real understanding of what determination and true sportsmanship should look like. Even in competition, athletes cheered for and helped each other along the way. They smiled whether they came in first or not and celebrated their opponents. They reminded us that diversity and inclusivity should not just be something we strive for, rather it should be at the core of everything we do. Athletes gave their all and everyone proudly walked away with gold medals for a job well done.

A special thank you to families for donated food items, Blackhawk Pizza for discounted refreshments and Heavy Press Sports for discounted t-shirt production.

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From the Town Clerk... Annual Town Election Results

Upcoming Elections

There are two more elections scheduled for this year. The Massachusetts State Primary and the General Election.

The Massachusetts State Primary will be held on Tuesday, September 3, 2024 in the Bellingham High School Gymnasium. Polling hours will be from 7 a.m. until 8 p.m. Leading up to Election Day, there will be In-Person Early Voting held at the Municipal Center beginning on August 24th and ending on August 30th. If you wish to vote by mail, and have not filled out a request card, please contact us at townclerk@bellinghamma.org and we will send you an application. If you are an unenrolled ("independent") voter, please choose the party ballot that you would like to receive. The choices are: Democrat, Republican or Libertarian. There is no such thing as an "independent" ballot.

The General (Presidential) Election will be held on Tuesday, November 5, 2024, once again

in the Bellingham High School Gymnasium. Hours will be from 7 a.m. until 8 p.m. There will be a two-week period of In-Person Early Voting beginning on October 19th and ending on November 1st. Once again, if you wish to vote by mail, please fill out the request card that will be mailed to you or contact the Town Clerk's office at townclerk@bellinghamma.org for an application.

Please watch the Town website and *Bellingham Bulletin* August issue for further information.

Public Information Requests

Due to the increasing number of public records requests, please submit all such requests in writing (email) so that we can better keep track. Vital records requests may be called in or requested in person. Thank you for your cooperation.

Have a safe and happy Fourth of July!

The June 4, 2024 Bellingham Town Election yielded the following results:

Selectman for 3 Years

Donald F. Martinis
Jennifer L. Altomonte

Selectman for 2 Years

Ann L. Odabashian

Planning Board for 3 Years

Stephen W. Goyette
Brian T. Salisbury

Library Trustee for 3 Years

Kimberly L. O'Neal
Lynn A. Scornavacca

School Committee for 3 Years

Erik A. Ormberg
Courtney L. Cartier

Housing Authority for 5 Years

Linda L. Cartier
Christopher P. Remillard

Ballot Question: To assess an additional \$750,000 in real estate and personal property taxes for the purposes of hiring 6

paramedics and funding costs of related equipment, for the Fiscal Year beginning July 1, 2024—**YES** (by 103 votes)



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Bellingham Business Association Holds Awards Night

By J.D. O'GARA

On Wednesday, June 12th,

2024, The Bellingham Business Association held its annual awards meeting, where the group named its "Unsung Hero" of the year as well as awarded two scholarships to deserving Belling-



Kerry Farrell received this year's Bellingham Business Association "Unsung Hero Award," for her dedication to Bellingham Youth Baseball, and more specifically, her advocacy for children with special needs.

ham high school seniors.

BBA President Kerry Pickering talked about the Unsung Hero award, awarded to an individual who "gives more than they take," and focuses "on the big picture. Unsung Heroes take action and are willing to sacrifice time and humility as well as consistent excellence, teamwork and effort for the good of others. They are committed to a cause and do so with empathy and compassion."

This year's Unsung Hero Award went to Kerry Farrell, someone Pickering noted was "synonymous with baseball and basketball. Kerry has been a member of the Board of Bellingham Youth Baseball League, serving as the secretary from 2012 to 2016 and serving as president since 2016. Kerry founded The Challenger Program in 2014, so that players with special needs and unique talents could participate in baseball. Kerry is also the president of the Special

Education Parents Council in Bellingham. She is an amazing advocate for children with special needs."

Pickering went on to name the two scholarship recipients, each from Bellingham High School – Liam Coyle, who will attend Dean College in the fall with a major of communication and sports broadcasting, and Isabella Stearns, who will attend Providence College in the fall, majoring in business. The BBA awarded each a \$1,500 scholarship for "showing leadership and community involvement."

Noted Pickering, "We had a great number of qualified applicants this year, and the decision was not an easy one, but these two applicants stood out from their peers."

The BBA will hold a summer event to be announced in August and on September 16th will host its golf tournament. For more information, visit www.bellingham-businessassociation.org.



BBA President Kerry Pickering is shown here with the organization's 2024 scholarship recipients, Isabella Stearns and Liam Coyle.

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DISABILITY

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established in cities and towns across the U.S.

And, about 25 years ago, Bellingham set up its Commission on Disability.

It advises town government on the local disability community's needs. It informs municipal officials about accessibility concerns and best practices for inclusion of people with disabilities in municipal programs, services, and facilities. Specific priorities and actions depend on the needs of the disability community.

Denis Fraine is Interim Town Manager and a member of the Commission on Disability. "I have a responsibility to make sure equal access is provided and that people have an opportunity to let us know what we're missing."

In that regard, the Commission meets at least four times a year to consider requests, complaints, new information. Larry Sposato is the Town Clerk and a Commission member. He explains that people don't have to wait for a public meeting to ask questions. "They can contact either Denis or me anytime," he adds.

Fraine recalls a "blind individual who regularly had to cross busy Hartford Avenue. We got an audible signal installed for this person's safety." An accessible swing was set up at Silverlake Park, "and now we're looking at putting one in at Arcand Park, too."

On the U.S. Department of Labor's website, you will find "disability" defined as "a physical or mental impairment that substantially limits one or more of the major life activities of the disabled." You'll also find information about wheelchair mobility products, legal and advocacy resources, independent living, service animals, and much more.

"We constantly look at town properties," says Fraine, "to make sure they are accessible to all." Sposato adds that "sometimes we can't act right away because a condition or situation has been grandfathered in."

An architect's study from years ago "gives us ideas about things to work on," says Fraine. "One project is at the ball fields behind the high school and the middle school. We have a half-million dollar grant to create a walking path all the way around the fields, and construction will begin next year."

"At the Town Common," Sposato explains, "we've created more parking spaces for people that use wheelchairs and walkers." At the schools, water fountains have been put in and curb-cuts made to improve access.

"I'd like to see a collaboration between our Commission and the town's new Age and Dementia Friendly Task Force," says Sposato. "We need to understand a person's circumstances because the disability may not be visible, like hearing or sight or dementia."

The town's Commission on Disability includes Fraine, Sposato, the building inspector, the Department of Public Works Director, and the Human Resources Director.

For more information, visit www.bellinghamma.org and click on Commission on Disability. The U.S. Department of Labor's website has details about the Americans with Disabilities Act and the Commonwealth's site has information about disability commissions.

Rausch Budget Amendment for \$35K for Bellingham Clears First Hurdle

Senator Becca Rausch's budget amendment securing \$35,000 for the Town of Bellingham was approved and passed in the recent MA Senate Budget. The funding will support accessibility improvements at Silver Lake Park, including handicap accessibility improvements within the parking area and the splash pad area.

"Accessibility improvements make our public parks safer and more welcoming places to play and relax for everybody, including wheelchair users and parents with strollers," said Sen. Rausch. "I'm proud to work with partners in local government to identify priority projects for state funding, including these inclusive enhancements at Silver Lake Park."

The House and Senate having each passed versions of the Fiscal Year 2025 budget, representatives of both chambers now meet in a conference committee to craft a compromise proposal. Once a compromise is achieved, the Legislature will vote to enact that compromise and send it to the Governor's desk for her consideration. Funds will become available for disbursement after the budget becomes law.

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Disability Supports Offered at Senior Center

July Marks Disability Pride Month and Anniversary of ADA

By ANGIE FITTON

Unbeknownst to many, July is Disability Pride Month. July 26th marks the anniversary of the creation of the Americans with Disabilities Act (ADA) in 1990.

Also unbeknownst to most, there are Disability Supports offered at the Bellingham Senior Center. This level of support is for everyone; it is not something that is determined by age.

The Bellingham Senior Center is all one floor and is ADA compliant and accommodates all disabilities. They offer an array of different services to those with disabilities.

Every Monday at 1 p.m., the senior center has complimentary chair exercise classes. Each Tuesday at 10 a.m., a nurse is at the senior center measuring blood pressures of anyone who would like to check up on

it. Wednesday mornings at 8:15 a.m. is a walking group that goes around the town common. This is great for those who need to frequently stop and rest while getting the exercise necessary to their health.

There are a couple of different opportunities to get exercise on Fridays, with a chair yoga class at 9:15 a.m. and at 9 a.m. for those able to walk without needing the frequent stops, there is a walking group that goes to the Southern New England Trunkline Trail (SNETT).

“At Home Hearing Health” comes to the Bellingham Senior Center the second Monday of every other month, or by appointment. During these visits, community members, and not just seniors, can get hearing tests, have their hearing aids cleaned and checked to make sure they are working properly as well as receive guidance on how to use the aids.

The Durable Medical Equipment Program is another great way that those with physical disabilities can receive help. Free

of charge, as they are all donations, citizens of Bellingham have the option of borrowing from the “closet” at the senior center. Equipment that can be loaned out or given are wheelchairs, commodes, walkers, canes and shower chairs. Some of these items people may need long-term, or if they’ve just had a surgery and need equipment temporarily, this program is great for those in need.

“Helping those with disabilities is a natural fabric of the senior center,” states Director Josie Dutil.

Through GATRA, the Greater Attleboro Taunton Regional Transit Authority, which can be reached at (508) 823-8828, Bellingham residents within ten miles of the senior center receive complimentary rides to and from the senior center for any reason.

Coming this July, the Bellingham Senior Center will be employing a part time Mental Health Therapist for those in need of talking with someone about their mental health prob-

lems. This free service is vital to those with mental health disabilities and a great addition to the senior center’s offerings.

For those looking to take advantage of the services provided at the senior center, their telephone number is (508) 966-0398, and they are located at 40 Blackstone Street. It is highly recommended that anyone who thinks they may be able to utilize the senior center call and request to be added to the list of recipients of the Bellingham Senior Center newsletter or go to the website off of the main Bellingham town page at www.bellinghamma.org.

In addition to the Bellingham Senior Center, the Franklin Senior Center, right in the next town at 10 Daniel McCahill St., Franklin, is open to neighboring town residents aged 55 and older. There, folks experiencing vision problems can call for an appointment or to join the low vision support group at their regional Low Vision Center. Call Maggie Gundersen at (508) 520-4945.

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Waves of Change

SMILE MASS Works to Make Beach and Recreation Experiences Accessible for All

By JENNIFER RUSSO

As we go about our daily lives, many things become routine. We get up, get in our cars and drive to work. We drop the kids off at school and sports activities or take them to playgrounds to enjoy some swing time on a sunny day. And when summer arrives, we load our things up and drive to the beach or go on a little family time away down on Cape Cod, Maine, or Rhode Island.

As a native New Englander, the beach has always been a part of my summer. We are fortunate to live in a coastal state, where we have tons of options for cooling off in the ocean. For some though, getting down to the beach isn't as simple as that. In fact, many of these things aren't very easy at all.

For families who have a member who is in a wheelchair, beaches are often inaccessible. The wheels don't go through the sand, the bathrooms are too small to fit and/or change in, and wheelchair users can't get into the water without someone carrying them through the beach and into the ocean. Rental properties are usually not equipped for all the needs of the family, so it can be challenging to find something that is truly adaptive.

Lotte Diomedede, President and Co-Founder of SMILE Mass, was experiencing this firsthand. Her son has been in a wheelchair his entire life and requires assistance from others for that and other challenges he faces daily. She and her family found it almost impossible to enjoy something as seemingly effortless as a day on the beach.

"The world is simply not set up for kids like my son," says Lotte. "Now, I could sit there and complain and cry about it, or I could do something to change that. I chose to act. So, I started with creating a fundraiser for a completely universal playground in my hometown of Sudbury and everything blossomed from there. (That effort is underway at Stallbrook Elementary in Bellingham, too, see www.ourplayability.com)

"In 2009, Susan Brown and I created SMILE Mass with the

mission of enabling families who are raising loved ones with different abilities to be active, enjoy recreation and relaxation time, and create happy memories. We strive for true inclusion."

When the pandemic turned the world on its head in 2020, they launched Club SMILE Mass, which offered programs online like storytelling and music therapy and then small group or individual sessions for swimming and gym time, working with contracted coaches. That program grew exponentially and now serves almost eighty clients.

In addition to wellness programs like this, SMILE also provides floating wheelchairs to local beaches so children and adults with disabilities can experience the beach like anyone else would. These specially designed chairs can move through sand and float in the water without tipping, allowing those who cannot walk to get down to the ocean and cool off. It can also lay down flat to allow for easy changing of clothing. To date, SMILE has donated chairs to over 100 beaches across New England.

Towns can request floating wheelchairs, but there are some criteria that need to be met. There needs to be available locked storage, handicapped parking, running water to rinse the chairs, and lifeguards or staff available to immediately provide a chair to a family asking to use it.

"Imagine having a family of 4 kids and one is in a wheelchair," says Lotte. "You don't want a situation where they get there and there isn't a floating chair readily available – it could derail the whole day to have to wait for one to arrive."

"Additionally, the chairs need to be maintained. Towns need to create an annual budget line item (minimum of \$75) to help support the maintenance schedule and upkeep," Lotte shares.

For a completely inclusive beach vacation experience, Lotte also purchased and renovated a condominium unit in Truro, MA that is available to be rented. The accessible beachfront home can sleep six people and has a fully



A family has a wonderful beach day thanks to one of the floating wheelchairs provided by SMILE Mass



Lotte Diomedede and her son Nicholas participate on the SMILE Mass team at the Falmouth Road Race.

equipped kitchen, extra space in the floorplan, widened doorways, roll-in shower, adjustable bed, ramp access and a deck. A floating wheelchair is provided as well.

Lotte plans to continue creating more and more meaningful ways to normalize accessibility. Currently, they are looking at a Framingham property that would enable them to have an in-house space that people can "go from 0 to 99" in – to use for their wellness and educational programs, large get-togethers, accessible trails to walk and wheel on, and to be a true community hub.

"I won't be here forever. My goal is to do as much as I can, for

as long as I can, in order to create a better and more inclusive world, and hopefully inspire others to stand up and fight for this community, because right now people do not get all the services they need," Lotte shares.

"Inclusion is so much more than just doing the right thing. Access equals independence for people with physical challenges. Just because someone needs support doesn't mean they should just accept less or even the bare minimum. This is about quality of life – EVERY life. I believe that everything is possible if you change your mindset and make it happen."

A list of accessible beaches in Massachusetts can be found at <https://www.mass.gov/accessible-beaches-and-pools>, however please note that just because a beach is listed as "accessible" does NOT mean it has a beach wheelchair. It may just have a mat to wheel out to the water line or a sand chair. For a list of beaches where SMILE Mass has provided chairs, information about the accessible beach house, adaptive equipment rental, and to see the other inclusive services they provide, visit their website at www.smilemass.org.



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3. Jessie & Katie rent some kayaks for the 4th of July weekend. While paddling the kayaks, they accidentally bump into a brand-new boat – scratching and denting the boat. Would their home insurance cover the claim even though they do not own the kayaks?



Answer 1: No, the ring would have needed to be scheduled on Jeff & Kia's policy.
 Answer 2: No
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Municipal Spotlight

As Bellingham's CFO, Numbers Make Chuckran Tick

By KEN HAMWEY,
BULLETIN STAFF WRITER

Heidi Chuckran has been on the job as Bellingham's Chief Financial Officer for six months and there's no denying that numbers make her tick.

"In my role as CFO, I'm the keeper of all the town's financial records and I oversee all accounting revenue and assessment functions," she said. "The offices of the treasurer, accounting and assessor are all under my umbrella."

Although each day as a CFO is different, Chuckran primarily deals with managing and monitoring the town's \$80-million budget, answering taxpayers' questions, preparing articles and departmental budgets for Town Meeting and coordinating training for town departments.

Preparation for the overall budget can be tedious and time-consuming, but that's where the 50-year-old Chuckran rolls up her sleeves and gets into the financial trenches.

"I work with Town Administrator Denis Fraine to get the budget in balance," Chuckran said. "We'll sit down with the Select Board and inform them of the budget's substance. Later on, there's a Saturday workshop where all department heads present their budgets with Denis and myself available to answer questions. When all of the discussions are complete, then it's time for the budget to be presented to residents for a vote at Town Meeting."

Chuckran's role at Town Meeting is to ensure that any questions on the budget are answered, that the free-cash balance is known and to ensure that the Town Meeting process is clear.

A native of Brockton, Chuckran also monitors the town's finances when a fiscal year is about to end.

"I make sure accounts are in line and there's no overspending," she said. "I also will reconcile the cash balance on hand with the treasurer, and accounts receivable must also be reconciled. September is when the books close for the fiscal year."

To be an effective CFO, key attributes are necessary and the graduate of Bridgewater State University's background in banking, accounting and auditing are key assets.

"The important attributes for a CFO are to be adept in math and accounting, to know the state's rules and regulations for municipal finance and to pay attention to detail," she emphasized. "Other key characteristics are to be able to multi-task, to interact well with people, be an effective team leader and to be able to problem-solve."

Chuckran, who lives in Brockton, majored in political science in college but later took classes at Bridgewater State that enabled her to pass a state exam and obtain a license to be a certified



Heidi Chuckran has been on the job as Bellingham's Chief Financial Officer for six months.

public accountant (CPA). "A professor at Bridgewater State said I had 'a knack for accounting' and should pursue a CPA license," she recalled.

Chuckran's early career stops were positions with banking, insurance, and accounting firms before working for nine years for the city of Brockton as its auditor. Before arriving in Bellingham, she served as the town accountant in Mattapoissett for seven years.

Chuckran replaced Mary MacKinnon as Bellingham's

CFO but has leaned on her when questions arise. "We conduct zoom meetings and Mary has been crucial in making my transition go smoothly," Chuckran said. "She's helped with computer programs, community finances, bond ratings, borrowing, and budgets. She's been awesome, willing to assist in a variety of areas."

Chuckran also has high praise for Fraine, now serving as Bellingham's interim Town Administrator. "We work closely on budget matters," she noted. "Denis is so knowledgeable. He's sincere and has a great demeanor. He's a gem."

Chuckran admires "the cooperative spirit" when working with department heads on budgets, spending and grants. "If they have questions about a purchase, I'm always willing to help."

The school department at times also works with Chuckran. "I review their warrant and advise them where to charge expenditures," she said.

Chuckran labels the town's overall financial health as good. "The town's leaders take a conservative approach," she said, "Lots of growth keeps taxes low and Bellingham has the lowest tax bills in Norfolk County."

Six months may seem like enough time to settle into a role, but Chuckran is still learning the nuances of the community. "It's obvious that Bellingham leans on industrial and commercial development," she observed. "Prime challenges are staying within the parameters of an annual budget and knowing all the state regulations on budgeting and spending. A CFO must know the generally accepted accounting principles. I just wish there was more time in each day to accomplish what I'd like to achieve."

Chuckran likes the town's stores and restaurants and she's a fan of the library and the senior center. "They both offer outstanding programs," she said.

Whether she's juggling figures to make a specific budget fall into line or serving as a resource to answer questions on articles at Town Meeting, Heidi Chuckran is comfortable in her role as Bellingham's CFO because she's always involved in a numbers game.

That's what makes her tick.




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Summer, Summer, Summertime - Time To Sit Back and... Experience Spend



Glenn Brown, CFP

Recall your age 21 summer? Mine had DJ Jazzy Jeff and Fresh Prince's "Summertime" as a soundtrack. Days spent gathering with friends at backyard BBQ's, a pool or restaurant patios in Portsmouth, then 6 nights a week "working" as a DJ in various clubs on Hampton Beach.

When we reminisce about our past, we recall experiences. Examine further, you'll likely realize the small windows of opportunity to enjoy them. For example, two years later I'd be in Florida, working for a minor league baseball team and able to see just one of those friends.

Life is constantly evolving, and moments once passed cannot be relived. Embracing experience spending encourages individuals to seize opportunities to enjoy life while they can. It shifts focus from material wealth to emotional wealth — the happiness,

satisfaction, and memories that come from shared experiences and personal adventures.

Why experience spending?

Beyond the concept of having greater value for experiences versus things, studies find people misjudge what purchases will make them happy, how happy they will feel, and how long that happiness lasts.

Spending money on experiences creates more and longer-lasting happiness than spending on material goods, which people are more prone to comparisons and buyer's remorse. Also, objects tend to deteriorate with time, while experiences can create lasting memories and become part of your identity.

The challenges of getting advice to spend money.

The financial industry, in particular investment management and financial planning, places too little emphasis on helping clients spend money for today's experiences.

There are various reasons as to why. Advisors paid solely by % of Assets Under Management don't want assets taken out, as it results in them earning less. For financial planners, it's easier (and safer) to model goals 15-20 years out, whereas spending now makes analysis harder to balance future outcomes. Furthermore, clients see the impact of recommendations immediately and can judge accordingly.

Timing of experiences is critical.

Consider the family vacation to Disney, it is a different shared experience for all going when kids are 6 & 8 versus late teens.

Or the HS senior and family trip you've been meaning to do. What's their availability (and desire) once in college to go on a family trip with mom and dad? That window's closing.

It's not limited to just travel.

Saving up for a big purchase is admirable. But in terms of your happiness, is this the best way to allocate finite resources? For many, happiness is more closely aligned to the frequency and variations as opposed to intensity.

Ask yourself if you'd be happier with a few big-ticket items, such as a luxury car, or rather indulge frequently in small purchases, such as cooking clubs, memberships, kid's activities, and spa days?

Financial considerations.

While experience spending prioritizes moments over materialism, it also requires mindful financial planning of your resources. Budgeting involves allocating funds for activities that align with personal values and goals. It encourages responsible spending by focusing on the long-term benefits of enriching experiences while balancing your financial stability and security.

For instance, imagine parents trying to make up for lost time, now wanting to take the family on a luxury vacation. Sure, they could choose to do that. But would it have been better to have done prudent financial planning all those years of sacrifice by assessing current financial health, setting a realistic budget, and exploring cost-effective alternatives that still deliver a memorable experience? Furthermore, this approach removes the build-up of unrealistic expectations

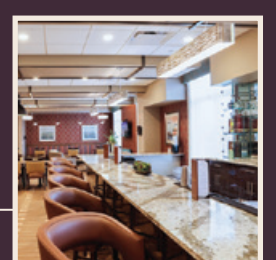
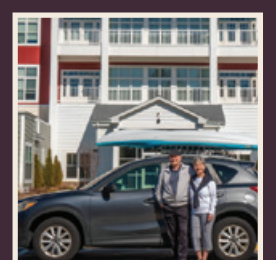
and places the focus on making memories together.

I hope you enjoy your "summer, summer, summertime" and may you have "time to sit back and unwind" together.

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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The b.LUXE *beauty beat*

An Interview With a Very Special b.LUXE Client

By GINA WOELFEL

Beauty and cancer are two words that, for most people, don't naturally go together. Going through something as traumatizing as a cancer diagnosis can disconnect you from your relationship with yourself and shatter your beauty ideals. In short, cancer is ugly.

At b.LUXE, we see clients daily for all their hair, makeup and skincare needs. We help them feel stylish, trendy, and confident. Most days, giving beauty advice comes easily, but some days, it tugs at our heartstrings and redefines what it means to feel beautiful.

Kathy Curran first met Heather, the owner of b.LUXE Hair and Makeup, over 15 years ago when Heather was working at The Sherborn Day Spa. Kathy booked with Heather when her stylist changed her hours, and they "instantly clicked." When Heather opened b.LUXE in 2011, Kathy followed and has been a loyal client and friend ever since. "While I was sitting at Heather's new salon having my hair done and absorbing the whole atmosphere, I thought, this feels like family, and this is where I want to be. Heather cracks me up," says Kathy. "We laugh and laugh every time I see her, but she has also helped me through some rough times."

"In August of 2021, I found a lump in my breast. I had an echocardiogram a few weeks earlier, and I remember thinking

that the technician was rough and the area hurt like I'd been bruised. I took a short trip with my husband, and I was still hurting when I returned," explained Kathy. "I called my doctor, and she saw me right away. She scheduled a mammogram and ultrasound that afternoon. They confirmed the mass and immediately sent me for a biopsy."

"While waiting for my results, I didn't let myself get too nervous or down. I was diagnosed during COVID-19, and processing times for pathology were delayed," Kathy shared. "I read everything I could about breast cancer and genuinely believed that the mass would be benign. On Friday evening, while having supper with my family, my primary care physician called to tell me I had cancer."

When Kathy met with her treatment team in Boston, they explained to her that she had a very aggressive kind of cancer that could not be treated with conventional drugs. She was handed a mountainous stack of paperwork and release forms that detailed her grueling treatment process and its problematic side effects. After reading through everything once, she set it aside. She knew she would have to endure severe nausea, stomach upset, total body hair loss, and extreme exhaustion, but this was her only chance. "I remember thinking this is what soldiers must feel like going into battle. You don't know what will happen or if you'll come out on the



other side, but you do it anyway because it's the price you pay to be alive."

"Heather was one of the first people I called to help me prepare for my hair loss," Kathy remembered. "It was an emotional phone call. I remember saying I needed to see her and told her why. It was like telling a sister, if you know what I mean. We both cried. She was so sweet and apologized for the tears. She told me she'd get me in, and we'd figure out what to do. I remember sitting in her chair telling her to chop it really, really short. I didn't want big clumps of hair falling out all at once. She looked at me with all sincerity and said something so inappropriate and yet so funny, we both burst out laughing." Kathy remembers that laugh felt like "a breath of fresh air" in the darkness of a cancer diagnosis. "Honestly, she's done that more than once over the course of our relationship, but that particular time was very poignant. Heather has this crazy, quirky sense of humor.



That's her gift. She makes people laugh and feel better. She cut my hair really short and sassy and I looked great for the couple of weeks I still had my hair."

Kathy started her treatment in September 2021. She underwent two surgeries in April and June of 2022: a partial mastectomy with a bilateral reduction and another surgery to address an infection. Kathy began radiation treatment in June 2022 and continued to receive infusions until December. She still gets a bone-strengthening infusion every six months until next summer. Kathy has been in remission since April 2022.

I asked her if her beauty ideals had changed at all after going through such an ordeal.

"I bought a book on makeup and how to look your best during chemo. I'm not makeup crazy, but I was very scared about my appearance," she explained. "When my hair started to come back it was coming back curly and I thought, oh my. Heather loved it and thought it was great! I thought I looked like my mother and my siblings were kind of freaked out!"

When Kathy's hair grew back curly, there were still patches that grew straight. She joked with me, "I didn't know what to do! I didn't want to look like Albert Einstein!" Heather told her she could do a smoothing treatment, but Kathy opted to embrace her curls. "I had gotten so comfortable with being lazy about my appearance. I don't mean lazy in the sense of letting it go, I mean taking the easy route. I just do a little bit of mascara, a little bit of blush and I stick my head under

the sink in the morning and wet my hair and it's done."

When I asked Kathy if perhaps she was focusing more on different things, she told me, "Well, that's just it. It became less of a priority. There were so many other things that were more important. I cared about my appearance, but I didn't want to spend a lot of time on it now. I just kind of changed my beauty routine and Heather has really helped me do that because she's like a cheerleader. When I see her, she always says, 'OK, how's your hair? I want you to love it!' And I say, Heather, I'm not sure I'm ever gonna love it, but you know, I'm in a place now where I can look at it, and it's my victory crown."

While preparing for the Beauty Beat last month, I asked Heather for five client names to contact for our June column titled "Getting to Know You." We planned to interview customers from nearby towns and write about their experiences at b.LUXE. However, Kathy was my first call, and after our initial talk, I realized there was a much bigger story to tell.

Hers...

Thank you for sharing your story with us, Kathy. Beauty and cancer are two words that don't naturally belong together, but you showed us that you can find beauty despite cancer, and that strength, bravery, and grace all come from within.

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Concerts on the Grass Resume Wednesday Evenings

By DAVID DUNBAR

Looking for something cool, entertaining, and free to do this summer?

Concerts on the Grass in Bellingham and Mendon on Wednesday evenings this month and next might be just what you're looking for. And there are free pony rides for the kids each evening.

The concerts are organized and presented by local cable television station ABMI8. Steve Saraceno is the station's Publicity Director and Concerts on the Grass organizer.

"I've been organizing Concerts on the Grass for almost 25 years now," explains Saraceno. "We are dedicated to providing free summer shows for the Bellingham and Mendon communities. One exciting new act we're looking forward to showcasing this year is Alexander's Jazz Time Band, a 22-member ensemble that concludes the series August 14 at Mendon Town Beach."

Each concert attracts about 100 spectators and lasts approximately two hours.

"ABMI records every concert," adds Saraceno, "and we cablecast the recorded production the following weekend and periodically throughout the

summer and fall. The shows are also archived at our website abmi8.org"

Here's the schedule:

Bellingham Town Common

Wednesday July 10. 6-7 p.m. Free pony rides. 6:30 - 8:30 p.m. *Westwood Swing* (big band).

Wednesday July 17. 6-7 p.m. Free pony rides. 6:30 - 8:30 p.m. *Back Pages* (rock and pop).

Wednesday July 24. 6-7 p.m. Free pony rides. 6:30 - 8:30 p.m. *Morse Code* (classic rock). Sponsored by Middlesex Savings Bank.

"Middlesex Savings Bank," explains Marketing Manager Terri Valentine, "is proud to sponsor this event as it aligns with our sense of community involvement. We strive to be as active in our branch town communities as possible. The Concert on the Grass is a perfect opportunity to support the Bellingham community."

Mendon Town Beach

Wednesday July 31. Free Pony Rides. 6:30 - 7:30 p.m. 6:30-8:30 p.m. *The Jesse Liam Band* (contemporary rock).

Wednesday Aug 7. Free Pony Rides. 6:30 - 7:30 p.m. 6:30 -



This is the popular Jesse Liam Band which will play this year on July 31 at Mendon Town Beach.

8:30 p.m. *Quintessential Brass* (brass band).

Wednesday Aug 14. Free Pony Rides. 6:30 - 7:30 p.m. 6:30 - 8:30 p.m. *Alexander's Jazz-time Band* (jazz standards) Sponsored by Dean Bank.

"The pony rides are always a big hit with the kids," says Leo Dalpe, a member of Bellingham's Town Common Trust-

ees Committee. The committee sponsored the first concert this year on June 26 and oversees the use of the Town Common.

"The rock bands are great," says Dalpe. "It's a very worthwhile program that we've sponsored for years."



Kids get free pony rides at all the Concerts on the Grass.

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Summer Eye Safety

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

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

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

Most firework injuries happen in a one-month span from

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

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

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

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

Everyone of any age and any degree of skin pigmentation is susceptible to UV damage. Children are particularly susceptible to UV damage. People with light colored eyes may have an increased risk of certain eye



diseases tied to UV exposure, including eye cancer. Some studies show that people with certain eye diseases such as retinal dystrophy may be at greater risk for UV-related sun damage.

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

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

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

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

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

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

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

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

Be extra careful in UV-intense conditions: Sunlight is strongest mid-day to early afternoon, at higher altitudes, and when reflected off of water, ice or snow.

By embracing these simple tips you and your family can enjoy the summer sun safely while protecting your vision ...

And if you have a cataract and it's time for surgery, remember that new technologies exist to optimize vision and outcome: Bladeless laser cataract surgery is a major advancement in cataract treatment, is FDA approved and embraced by top Ophthalmologists in the US and around the world.

At Milford Franklin Eye Center, we offer in-house optical service with the best in UV protection sunglasses. And if you need cataract surgery, Dr. Kaldawy is proud to have been the first surgeon in the area and among the first in Massachusetts to offer bladeless laser assisted cataract surgery. We are happy to have been pioneers of this technology in our communities. We implant high quality premium lenses, with correction for distance, near and everything in between. Many cases of astigmatism are no longer a problem as these implants can now be offered even if you have astigmatism thanks to bladeless laser surgery. Our percentage of complications is one of the lowest in the Nation and is measured by independent sources. We operate in a state-of-the-art certified and accredited surgery center in Milford with an anesthesiologist present at all the times to take care of you during your surgeries- no exception. Compare this to other practices operating in their office and without an anesthesiologist's presence. Did you know that office-based surgery is not endorsed by professional societies and not approved by Medicare? Have they been referring you to office-based surgery? Call us for a second opinion! You come first. With 24 years of established experience and tens of thousands of procedures performed, we are happy to offer state-of-the-art medical and surgical eye care to our communities.

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“Mr. Steve” Fowler Launches Alphabittles Book Series

BY JENNIFER RUSSO

Steve Fowler recently visited the Bellingham Library to share information about his new book series, Alphabittles – with a live reading of the first book to launch, *The B Hive*.

Before the community room doors opened, you could see how excited everyone was to see “Mr. Steve,” the library’s former youth services librarian who created the Alphabittles program that is still successfully running today. The program runs for twenty-six weeks and focuses on a different letter of the alphabet each week, a fantastic way to learn letters! Expanding on his idea for that program, Steve has been busy since his move to South Carolina back in 2022 ideating and authoring the books, featuring the Alphabittles, which are colorfully drawn children who look like lowercase letters of the alphabet.

The B Hive is a charming story about a teacher who is educating her class about bees. As you might imagine, the little b character is a bit confused by this and doesn’t realize she is talking about insects, but thinks she is talking about him, and begins imagining all of the facts she shares from that perspective.

The room was packed as Mr. Steve read the story aloud to the kids and was met with giggles over the photos illustrated by Klaire Gielegem, who also demonstrated how she draws the characters on a tablet. The story was cute and fun, and everyone was excited to buy one and have



Author Steve Fowler and Illustrator Klaire Gielegem answer questions about the Alphabittles book series.



Steve Fowler reads his book, *The B Hive*, to a group of children and their caregivers at the Bellingham Library.



a father and son fishing together and catching some surprising things. Each book has a QR code in the back which brings the reader to a page that provides resources for further learning of that letter, including imaginative crafts and activities.

The *B Hive* book can be purchased on Amazon, and more information on the Alphabittles series can be found at www.alphabittles.com



Children work on letter B activity sheets

it signed by Steve and Klaire. There were also letter crafts and playing cards that could be purchased, and everyone who attended was given an Alphabittles bookmark.

There will be books released for each letter of the alphabet, but not in order. The next book in the series is about the letter F, and is called *Fishing is Fun*, about

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Operation Graduation Holds Another Successful Bash for Grads

By J.D. O'GARA

June 7th was a big day for the Bellingham High School Class of 2024, as following graduation, 100 out of the 140 graduates celebrated with a party thrown for them by Bellingham's Operation Graduation at Urban Air, from 11 p.m. to 5 a.m.

"We had a casino theme," says this year's Operation Graduation Co-Chair Beth Ladouceur, who headed the event with co-chair Amy Robey. "A company came in from Boston, and we had dealers, and we did large prizes for bingo. A lot of the stuff we purchased, and there were donations from local businesses," she says, adding that co-chair Robey coordinated prizes for that event. Prizes included Beats headphones, Bose stereos, two TV's and two mini-fridges, all of which come in handy for those headed to college in the fall. Local businesses donated so many gift cards, organizers

were able to add them to prizes such as "husband and wife" pillows, as well as smaller freebies to swag bags for every attendee. In fact, Ladouceur gives a shout out specifically to the Bellingham Dunkin's for its generosity.

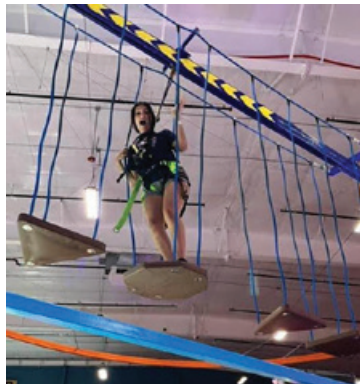
"Overall, it was an amazing night, and the community helped us out," says Ladouceur, who will pass the baton to parent of the next class this year since her child graduated. "We felt the amount of donations that came in were impressive, almost \$12,000 in donations from community members and local businesses in town and in neighboring towns."

In addition to the casino fun, Frank Santos, a hypnotist, came in to entertain the grads.

Ladouceur was effusive with her praise for the committee, especially Janna Nolan, treasurer. "Our committee was run by 17 amazing women that met every single month, that banged this out," says Ladouceur.



June 7th's Operation Graduation, an all-night party organized for BHS grads, took place at Urban Air and featured a casino theme, bingo and a hypnotist, not to mention a lot of prizes thanks to the generosity of local residents and businesses. Photos used courtesy of Operation Graduation.



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Bellingham Memorializes Sal Pilla with Town Square in His Honor

BY LORI FAFARD, BELLINGHAM MEMORIAL DAY PARADE/VETERANS COMMITTEE

This past Memorial Day, around 50 Bellingham residents came to pay tribute to one of Bellingham's beloved veterans, "Sal" Pilla. Sal was a WW II Army Staff Sergeant veteran who lived to be around 100 years old. He survived D Day and the Battle of the Bulge.

To many people in town, Sal was a legend and good friend. Also, many Bellingham residents would get to know him because he was a fixture at Market Basket for many, many years during his retirement. In addition, he worked for the Bellingham Fire Department (See photo) for 20 years, serving as a Lieutenant.

Jim Hastings, chairman of the Memorial Day Parade/Veterans Day Committee, welcomed all the residents that turned out for the ceremony, and Father Mullen, pastor from St. Brendan's Church, said a few words about "Sal," who was a



From left to right: Liam Dufresne, Timothy Cole, Bethany Cloutier, Benjamin Butensky. Not in photo but in attendance was Captain Donovan.

communicant in his parish and blessed his Square. Richard Ranieri, former Fire Chief, spoke kind words about Lieutenant Pilla, serving on the town's Fire Department.

Sal's Memorial Square stands at the corner of Ray Avenue and Maple Street, the area where "Sal" lived. His Memorial Square joins the other 15 in town.



Photos used courtesy of Bellingham Memorial Day Parade/Veterans Committee

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Putting Their Career Plans into Action!

The Cooperative Education (Co-op) program at Blackstone Valley Regional Vocational Technical High School (BVT) held its 4th annual Career Signing Day on May 17th. The ceremony recognized the senior Co-op and career placement students, who proudly announced their career or military plans and signed a commitment letter to work with their employer after graduation.

Vocational Director Kerri Baltramaitis proudly welcomed the soon-to-be graduates, parents, instructors, industry partners, and school administrators before highlighting the individual student's achievements in their trade area and the Co-op program. The Class of 2024's remarkable participation in the program led to unprecedented Co-op numbers, with 167 students involved. Through their collective efforts, the students have completed over 60,000 hours of work since April 2023 and earned an estimated

1.1 million dollars in salary. The Co-op experience is possible thanks to the growing number of local businesses that partner with the school and students each year, ultimately demonstrating the program's positive impact on the local community.

During the ceremony, employment contracts were signed with representatives from local companies, including Ace Temperature Control, Anchor Subaru, Avenue Fifty Salon & Spa, Bill Tracia Electrical, Boucher Energy Systems, Braza & Mancini Electrical Contractors, Brian Richard Salon, Carter Electric Inc., Core Concepts, Corrosion Materials, Elevation 3D, E-Tech, General Mechanical Contractors, Greg Burt Contracting, Joseph T. Mark Electrical, Kevin Allen Carpentry, Kuik Electric, La Mare Salon, O'Donnell Electric Corporation, RJ's Plumbing & Heating, Saint-Gobain, Salon Dior, Tingley Home Services,

T&J Heating, Air Conditioning & Plumbing, Worcester Regional Transit Authority, and Worldband, in addition to military services which included the Massachusetts Army National Guard and the United States Air Force.

While many students signed contracts at the ceremony, several more who could not attend due to work conflicts are also headed directly to industry careers. These modern vocational students have demonstrated financial independence, showcasing their skills and technical training. They will continue to gain more experience with full-time employment and on-the-job training. Their employers are confident that they are ready to go directly from high school into high-skill, high-wage employment, and they are excited about putting their career plans into action! To learn more about the school and this event, please visit www.valleytech.k12.ma.us/careersigningday2024.



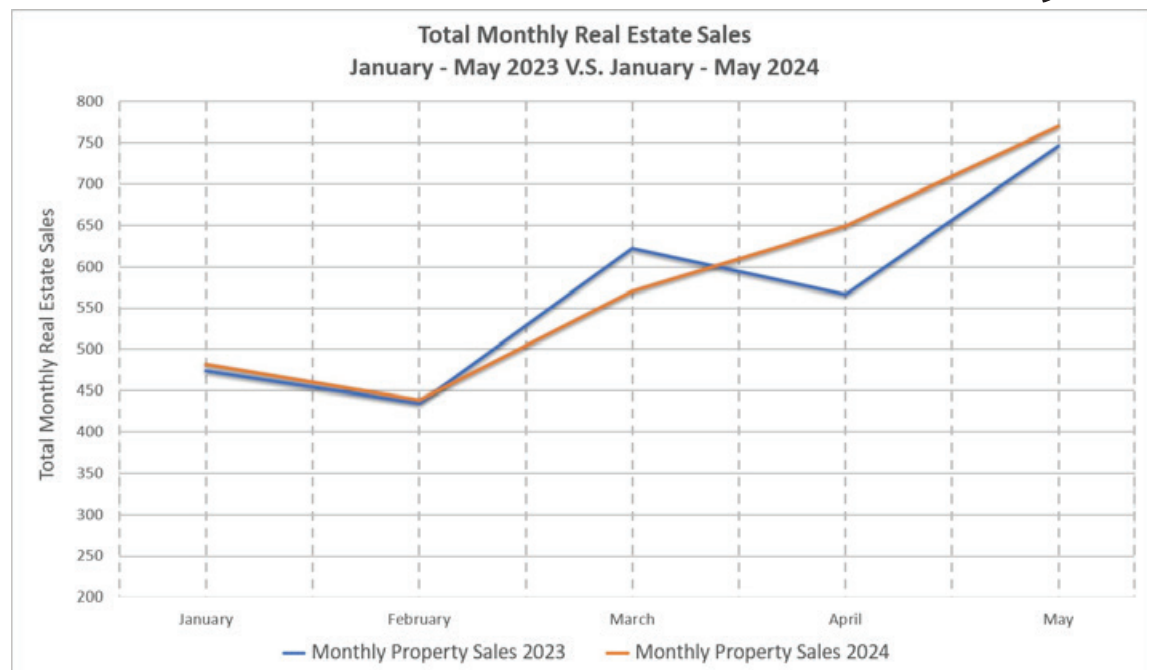
Nathan Poitras of Bellingham, a senior in the Plumbing program, signed with T&J Heating, Air Conditioning & Plumbing.

Norfolk County Home Sales Continued to Rise in May

Norfolk County Register of Deeds William P. O'Donnell reported that Norfolk County recordings for the month of May 2024 indicated an increase in overall real estate activity, with

significant increases in property sales and transfers as compared to May 2023.

The Registry of Deeds recorded 9,249 documents in May 2024. This was 1% more than in



May 2023 and an 11% increase compared to April 2024.

“The increase in overall real estate activity, especially when it is driven by a jump in property sales and transfers, is a positive sign for the local real estate market, indicating continued growth,” stated Norfolk County Register of Deeds William P. O'Donnell.

The total number of deeds recorded for May 2024, which reflects both commercial and residential real estate sales and

transfers, was 1,504, up 11% from May 2023 and up 20% from April 2024. Looking at just commercial and residential real estate sales, the number was up 3% from last year and up 19% from last month.

“The total number of commercial and residential property sales in May 2024 showed a notable increase compared to May 2023. This positive trend is a promising indicator that the real estate market in Norfolk County continues to show resilience and

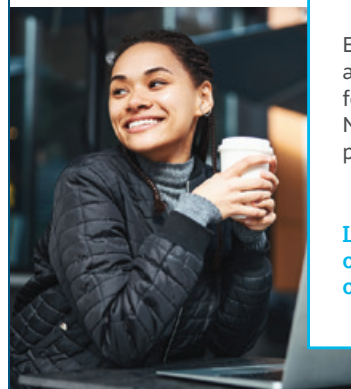
growth,” Register O'Donnell added.

The average sale price of commercial and residential properties for May 2024 rose to \$1,252,129, a 27% increase compared to May 2023 and an increase of 21% from April 2024. The total dollar volume of commercial and residential sales is also up, increasing 31%

RE SALES

continued on page 18

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Everyone Deserves Access to All Things Fresh Air and Nature!

By LYN MACLEAN

Welcome summertime, a perfect time to embrace all things outdoors! As we celebrate the anniversary of the American Disabilities Act, below is an at-a-glance list of local outdoor recreational spaces highlighting some of the accessibility features offered. Local towns have worked hard to incorporate various accessible features to ensure everyone of all abilities can enjoy the local town parks and trails. In addition, we share what steps some towns are taking to ensure continued ADA enhancements are implemented

moving forward.

Ryan Jette the Director of Recreation for the Town of Franklin, cited that in 2023 a self-evaluation plan was added to their Open Space & Recreation plan that is hoped to be released this summer. During this self-evaluation, the group used the AAB (Architectural Access Board) guidelines to evaluate compliance with their spaces. This board is a reputable benchmark that establishes public facility regulations to ensure the safety and accessibility of all persons with disabilities.

In 2024, Franklin established an Accessibility working group

that meets on the 1st Thursday of every month. The group's mission is to complete a comprehensive Accessibility study. The scope of work will meticulously evaluate every park and recreational space in Franklin to determine what ADA enhancements are needed.

At a minimum, the study will solidify the groundwork to prioritize ongoing ADA enhancement objectives while evaluating funding opportunities in this challenging economic climate.

Some examples of possible future enhancements: (But not limited to)

- Adding van accessibility parking spots
- Ground surface enhancements
- Restroom grab bars, motion-sensor soap, paper towel dispensers, and motion faucets
- Paved picnic table access
- Enhanced signage

The chart below has minimal hiking trails mentioned. The hiking trails within Franklin present numerous challenges in providing all-abilities access. Wetlands, steep slopes, and rugged terrain

all pose extreme limitations. The Mass Audubon's Stony Brook Wildlife Sanctuary, which neighbors Franklin, has done a remarkable job providing numerous all-abilities features in a trail environment. The Sanctuary has incorporated mobility, auditory, and visual enhancements to offer an exceptional adaptable outdoor nature experience.

Keep the list below in mind this summer and let's get outside! Take advantage of what is offered and understand that all towns are working tirelessly to make all outside spaces further improved and adaptable for all residents.

FRANKLIN, MA		
PARK	ADDRESS	ADA ACCESSIBLE FEATURES
Beaver Pond Park	450 Beaver Street	• Turf shock pad, wheelchair accessible
Dacy's Community Field	700 Lincoln Street	• Adaptive swings, paved walkway to ramp access
DelCarte	459 Pleasant Street	• Accessible picnic tables, adaptive swings, ground surface is wood fiber so an all-field wheelchair may be needed
Fletchers Field	51 Peck Street	• Adaptive swings, rubber ground surface
King Street Memorial Park	740 King Street	• Adaptive swings, poured in place rubber ground surface
Nason Street Tot Lot Park	22 Nason Street	• Adaptive swings, poured in place rubber ground surface
Other mentions: Community Garden Sculpture Park	736 King Street Panther Way	• 1 Lower accessible garden bed is available by reservation • Handicap parking space, resting benches, paved ground surface, sculptures displayed at various viewing heights
HIKING or BIKE TRAILS		
SNETT -Southern New England Trunkline Trail	234 Grove Street	• Hard-packed gravel surface can be used with all-terrain wheelchairs
BELLINGHAM, MA		
PARK	ADDRESS	ADA ACCESSIBLE FEATURES
Silver Lake	95 Cross Street	• Mobi sand mat providing wheelchair access directly to the lake • Splash pad • Adaptive swings at the playground • Paved ground surface around the playground providing direct wheelchair access, the playground itself is wood chips • Handicap parking
NORFOLK, MA		
PARK	ADDRESS	ADA ACCESSIBLE FEATURES
Mass Audubon's Stony Brook Wildlife Sanctuary	108 North Street	• 1/3mile All-person sensory Trail: includes post & rope trail for visually impaired • Interpretive trail guides in large print or Braille • Wide wheelchair-accessible trail • Bench resting points • Freedom Chairs (All-terrain wheelchair) • Seat Canes • Hands-free binoculars • Large Print Field Guides or audio guides • Rollator (Walker) • Audio Tours, audio player available on loan • ADA Restrooms • Sensory Friendly Days when Sanctuary is closed to the public • Crushed stone mix ground cover, not paved Note: Contact the Nature Center to: • Make reservations for any equipment • Identify ground conditions on the day of your visit. Water, mud, and other factors could impact mobility effectiveness during certain climate conditions

Dana-Farber Hosts Surprise Party for Bellingham Teen's HS Graduation

Eighteen-year-old Michael Ingram received a double dose of positivity on June 5 at the Dana-Farber Brigham Cancer Center at Milford Regional Medical Center. First, the Bellingham resident learned from his oncologist, Humberto Rossi, MD, that his lymphoma is in remission and his treatment is going according to plan. Then the entire clinical team hosted a surprise party to celebrate his upcoming high school graduation.

After sharing the good news during their appointment, Rossi led Ingram down a hallway lined on both sides with applauding staff members while the graduation march "Pomp and Circumstance" played in the background. Inside a cheerfully decorated infusion room,

Ingram was presented with a cake and poster board that read, "Happy graduation from your Dana-Farber family," along with warm messages of congratulations, inspiration, and hope from dozens of clinicians.

"I was shocked. Then I started tearing up a little," said Ingram, who will walk in his graduation ceremony at Bellingham High School on Friday evening, June 7. "It showed me how many people care and are willing to take extra steps to make me feel special. It made me really happy."

Even though Ingram suffered from debilitating fatigue for several weeks last winter, he was shocked when a blood test revealed cancer on January 19, 2024.

"It was heart-dropping to

hear," Ingram said. "Cancer just isn't something I ever thought about getting or being around."

At first, Ingram said he only shared the diagnosis with his family and a close group of friends because he worried about being treated differently.

"I wanted to feel like a normal kid," he said. "I'm still Michael."

In addition to his support network, Ingram said he appreciates Rossi for patiently answering every question and helping him fully understand his disease and treatment procedures. He also praised the nursing team for being "super nice."

"They listen when I need to talk, and when I need my space, they give it to me," he added. "Because of them, I was calm the whole time and never worried about anything. They made me feel safe and like I'm going to be good. Which I am."

Oncology nurse Lauren McCarthy, RN, said this was the first school graduation celebration she helped organize, though clinicians regularly acknowledge patients' birthdays, the halfway point of treatment, and a patient's final infusion.

"We see patients at what is often the most difficult time in their and their family's lives, so we love to make a big deal of milestones and special moments," McCarthy said. In fact, Ingram's celebration was a joyful team effort with special con-



Bellingham resident Michael Ingram, 18, enjoys a high school graduation surprise party organized by clinical team members including oncology nurse Lauren McCarthy, RN, (pictured at right) on June 5 at Dana-Farber Brigham Cancer Center at Milford Regional Medical Center. (Photo courtesy of Dana-Farber Cancer Institute)

tributions from oncology social worker Kimberly Kisil, LICSW; oncology nurse navigator Stephanie Girouard, RN; staff nurses Mary-Beth Proulx, RN, and Patricia Silva, RN; and Kelly Veneziano, CA.

Rossi said he felt privileged to participate in the graduation celebration.

"I really admire Michael's determination and resilience. This treatment course is intense and

has been disruptive at an important time in his life," Rossi said. "Michael is brave and tenacious, and he has had lots of support from family, friends, and the dedicated professionals at Dana-Farber Brigham at Milford. We congratulate Michael on his big day!"

For more information on the Dana-Farber Cancer Institute, visit <https://www.dana-farber.org>

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RE SALES

continued from page 16

from last year and up 43% from last month.

Register O'Donnell noted, "With a limited supply of available properties on the market, any increase in demand is likely to cause an increase in the average property sales price. Unfortunately, when prices rise without an equivalent rise in inventory, it may result in increased competition among buyers. This makes it harder for homebuyers in general, but especially for first-time homebuyers."

For the month of May, lending activity showed a decrease compared to the same month a

year ago. A total of 1,392 mortgages were recorded in May 2024, down 3% from May 2023, but 12% more than last month.

"Homeowners who took advantage of lower interest rates in 2020 and 2021 are less likely to refinance and are more hesitant to buy at current mortgage interest rates. Higher interest rates also make it harder for first-time home buyers to secure affordable repayment options," noted O'Donnell.

The Norfolk County Registry of Deeds is closely monitoring a rise in foreclosures from 2023 to 2024.

For the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action Pro-

grams (617-479-8181 x376) and NeighborWorks Housing Solutions (508-587-0950) to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400.

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

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

42nd Annual Franklin 4th of July Fest July 3rd-7th, 2024 Blues Festival & Fireworks July 6th

Mark your calendars now for the 42nd annual Franklin 4th of July celebration! This year's event will take place from July 3rd-7th, 2024, with the popular Blues Festival, followed by fireworks, to take place on July 6th.

At press time, the following was the schedule:

Wednesday, July 3

- 6-10 p.m.: Rides and food booths open
- 6-7 p.m.: Smoke n Whiskey
- 7:30-10 p.m.: Backyard Swagger

Thursday, July 4

- 12-10 p.m.: Rides & food booths open, Megapass 12-10, Ride wristbands 12-5
- 12-1 p.m.: Matt Zajac
- 1:15-2:30 p.m.: Jamie Barrett
- 3-4 p.m.: Ken Freeman & The Sunset Brothers

- 4:30-6pm: Jesse Liam Band
- 7-10 p.m.: Neon Lighthouse

Friday, July 5

- 2-10 p.m.: Rides and food booths open, Megapass 2-10, Ride wristbands 2-6
- 2-3 p.m.: Padula Trio Plus One
- 2:30-3:30 p.m.: Two Guys Who Like Sharks
- 4:30-6 p.m.: Attleboro School of Rock
- 7-10 p.m.: Neon Wave

Saturday, July 6

- 12-10 p.m.: Rides and food booths open, Megapass 12-10 p.m., Ride wristbands 12-5
- 4th Annual Mike Crandall Franklin Blues Festival:
 - 12-1:15 p.m.: Junior Krauss & The Shakes
 - 1:45-3 p.m.: Neal & The Vipers

- 3:30-4:45 p.m.: Professor Harp
- 5:15-6:30 p.m.: Mike Crandall Tribute Band
- 7-8:15 p.m.: Bruce Katz
- 8:45-10 p.m.: Delta Generators
- 10 p.m.: FIREWORKS / FRANKLIN HIGH SCHOOL

Sunday, July 7

- 12-6 p.m.: Rides and food booths open, Ride wristbands 12-5
- 12-1:30 p.m.: Zajac Brothers Band
- 2-3:30 p.m.: Brandt Taylor Band
- 4-6 p.m.: Gary Hoey

In addition to the entertainment, local nonprofit groups will be operating food booths for the celebration.

From its start, this event is 100% funded by donations, and sponsors and volunteers are still sought for the festival, which

drew 10,000 in 2023. For updated information, visit the event website at www.franklin4th.com.

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Garden Club Hard at Work Beautifying Bellingham

The Bellingham Garden Club of MA has finished our third year of beautifying Daigle Way on Blackstone St in Bellingham by sprucing up the area and planting some lovely colorful Spring impatiens florals – a must-see for Bellingham residents to enjoy!

You can visit us @ our website below:
Bellingham Garden Club of MA
bellinghamgardenclubofma.com



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

Class of 2017: Destruction of Student Records is August 1st

UPTON – Attention Blackstone Valley Regional Vocational Technical High School Class of 2017. Per state and federal regulations, temporary student

records, including special education files (IEP), 504 plans, and student health records, shall be destroyed seven years after the student leaves the school. For the

Class of 2017, this date is **August 1, 2024.**

Members of the Class of 2017 may request their temporary student record (any information not contained in their transcript) before the August 1st shred date by written request. If you want to obtain your record, please send a written request indicating the year of graduation and your name while in school to Blackstone Valley Regional Vocational Technical High School, Student

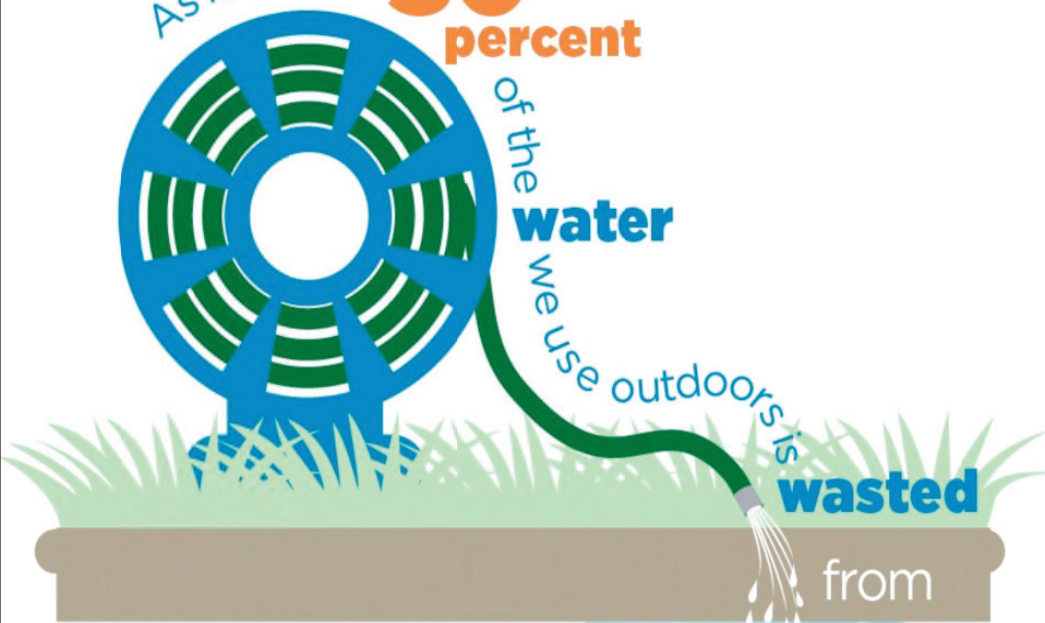
Services Record Dept., 65 Pleasant Street, Upton, MA 01568.

Student transcripts (a record of grades) shall be destroyed 60 years after the student leaves the school. For the Class of 2017, that date is August 1, 2077. An alum from that class may request a transcript from their graduation date: May 2017 through August 1, 2077.

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

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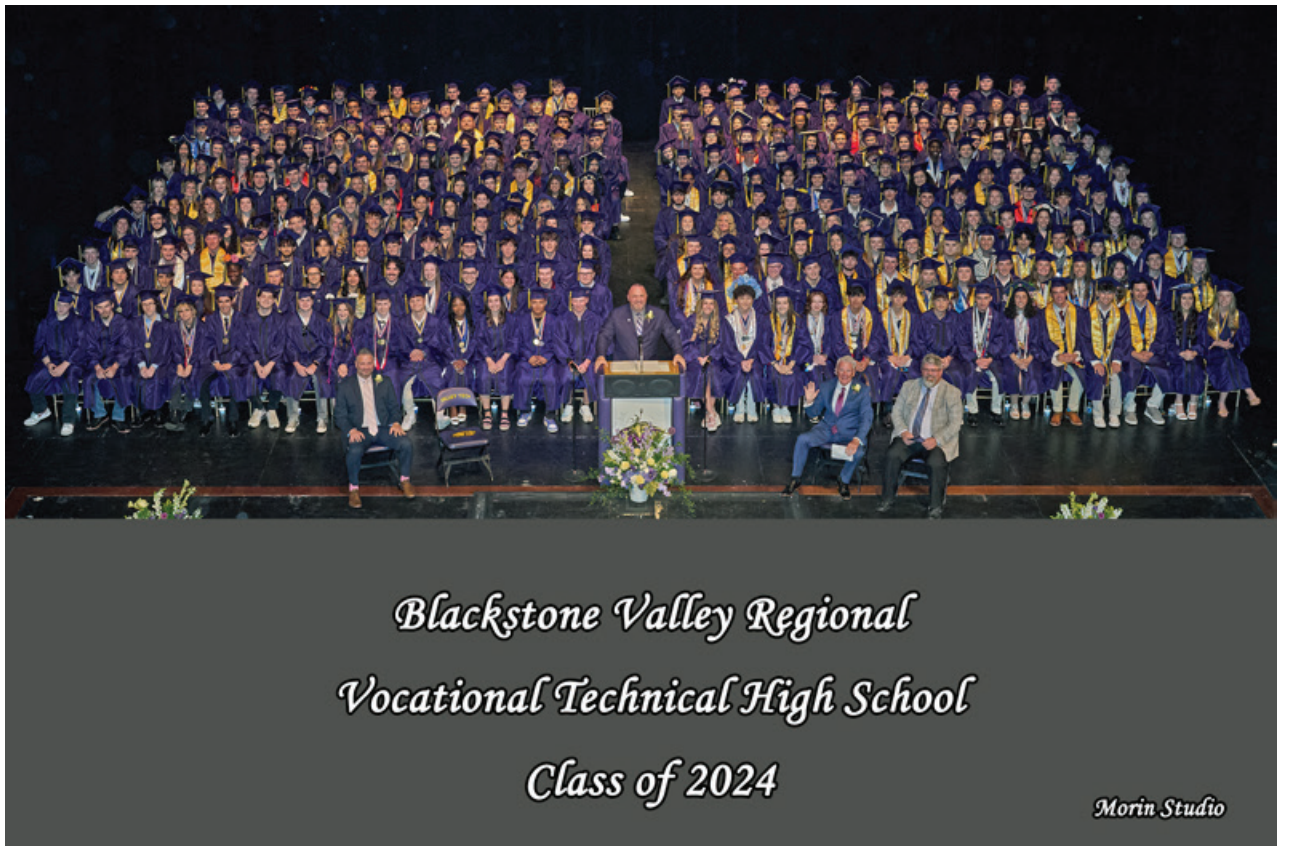
\$9 Million in Scholarships for BVT Students Awarded

UPTON – The Blackstone Valley Vocational Regional School District is proud to announce its Class of 2024 Scholarship and Award Recipients. The Blackstone Valley Tech Class of 2024 Commencement Ceremony was held at the Hanover Theatre & Conservatory for the Performing Arts in Worcester on May 30th, celebrating the accomplishments of its 306 graduates.

As BVT’s newest graduates advance their career training, they do so with the assistance of awards with a tally exceeding nine million in renewable value, which is a springboard for success, allowing its recipients the financial freedom to implement their career plans across various pathways.

“When it comes to putting their career plans in action, some students purchase new tools, clothing, and equipment while others use financial aid to cover tuition at colleges or universities,” said Superintendent-Director Dr. Michael F. Fitzpatrick. “The aid of scholarships and awards help our graduates move toward a bright future, whether directly out of high school or five years out, to contribute as well-trained, educated, and skilled members of the workforce.”

The following is a list of the scholarships and awards earned by members of the Class of 2024 who reside in Bellingham, including immediate plans for career training. Students are categorized by town and listed alphabetically by last name. Scholarship amounts reflect the first-year total. For more details, visit www.valleytech.k12.ma.us/scholarshiprecipients2024.



*Blackstone Valley Regional
Vocational Technical High School
Class of 2024*

Morin Studio

BELLINGHAM

Katie Bird – University of New Hampshire (Biomedical Engineering)

\$9,000 Presidential Scholarship

Pyper Bourre – Sacred Heart University (Exercise Science and PA Dual Degree Program)

\$21,000 President’s Excellence Award

\$2,000 Thomas More Honors Scholarship

\$1,000 Middlesex Savings Charitable Foundation Scholarship

Marissa Chamberlain – University of Massachusetts Lowell (Nursing)

\$8,090 Merit Scholarship

Ellen Franco – Air Force

\$500 Corporal John Dawson Memorial Award

Dimana Hristova – University of Massachusetts Lowell (Mechanical Engineering)

\$5,000 Project Lead the Way Scholarship

\$3,000 Merit Scholarship

\$2,500 SkillsUSA Scholarship

Sophie Jacobson – University of Massachusetts Dartmouth (Interior Architecture & Design)

\$5,500 Chancellor’s Scholarship

\$1,418 John & Abigail Adams Scholarship

Sara Lewis – Northeastern University (Mechanical Engineering)

\$10,000 Honors Scholarship

\$10,000 Merit Scholarship

\$3,300 Junior League of Worcester

\$1,000 Andrew Cocaine Memorial Scholarship

\$1,500 Gene Haas Foundation Machining Technology Scholarship

\$300 MAVA Outstanding Student Award

Vanessa Lizotte – Northeastern University (Computer Engineering and Computer Science)

\$10,000 National Honor Scholarship

\$1,000 Andrew Cocaine Memorial Scholarship

Corey Magill – Johnson & Wales University (Business Communications)

\$28,500 Merit Scholarship

Dorian Mancuso – HVAC Technician

\$300 James Franklin Memorial Award

Luke Perier – University of Massachusetts Dartmouth (Graphic Design)

\$4,000 Dean Scholarship

Nathan Poitras – Notturmo Home Services

\$500 Certificate of Plumbing Apprentice Scholarship

Jonathan Powell – Louisiana State University (Sports Administration-Leadership)

\$13,000 LSU Transformation Merit Nonresident Scholarship

Andrew Savage – Army ROTC (Nursing)

\$151,230 Three Year Advanced Designee Scholarship

Emerson Shea – Braza & Mancini (Electrical Apprentice)

\$500 James Brochu Memorial Scholarship

Lucien Stenehjem – Worcester Polytechnic Institute (Mechanical Engineering)

\$24,000 WPI Presidential Scholarship

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LoSA Scholarships Presented to St. Blaise Communicants

At Masses on June 2 and June 9, the Ladies of St. Anne and Fr. Al Faretra presented \$500 scholarship checks to three high school graduates.

Alexander Hughes plans to attend Worcester Polytech Institute majoring in Biomedical Engineering. Ryan Nolan will attend the University of North Carolina, Wilmington majoring in Business. Erik Ormberg plans to study at the University of Massachusetts, Amherst majoring in Public Health.

Each of the Honor Roll students have shown outstanding leadership qualities in their high school activities. As members of the National Honor Society, they have demonstrated their commitment to serve their communities by participating in numerous volunteer outreach programs for their peers, younger children, and the elderly. While maintaining academic excellence, they also held part-time jobs.

Most importantly they have



Deacon Rich Brennan, Fr. Al Faretra, Alexander Hughes, Ryan Nolan and members of the Ladies of St. Anne

nurtured their faith by weekly worship and service to the St. Blaise community. Some service included alter serving, Journey in Faith program, Adopt-a-Child Christmas Program and other community building activities.

The Ladies of St. Anne Sodality would like to thank Fr. Al for his continued support and

encouragement. We also thank the parents, families and friends of these fine young people. And last, but in no way least, we thank God for gracing us with this tremendous St. Blaise community, who has always generously supported the Ladies Sodality, in making these scholarships possible.



Erik Ormberg, Jay Castonguay, President of the Ladies of St. Anne, Fr. Al Faretra



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BHS Art Students Take on Memorial Day Project

BY LORI FAFARD, BELLINGHAM MEMORIAL DAY COMMITTEE

Students in Grades 10-12 replicated the 16 Memorial Squares found throughout town. Under the direction of Art teacher, Robin Duvarney, some of her art students (see list below) took on the task to recreate these "Squares" that some of the Bellingham Football Team carried in the Memorial Day Parade. Other BHS staff involved to make this happen were Mary Federlein, History Teacher, and Michael Connor, Athletic Director. Big thanks to Sheila Elliott, Library Aide at the Bellingham Memorial Middle School, for laminating the finished squares.

In addition to the signs, Luci Walden, 11th grade student, created a mixed media map of Bellingham. She drew the map of Bellingham from observation, sewed the border with twine, hot-glued the bodies of water and yarn for the main roads. On the map, Christopher Walsh Jr., Grade 12 student, designed the miniature memorials on the map and stenciled the words,



Luci Walden, 11th grade student, created this mixed media map of Bellingham

Bellingham. These "Squares" are on display in the main corridor for all to see by the students and staff. Once school is done for the school year, the recreated "Squares" will be displayed throughout other public buildings in town. The Memorial Day



BHS students in grades 10-12 recreated these memorial signs. Once school is done for the school year, the recreated "Squares" will be displayed throughout other public buildings in town.

Photos used courtesy of Bellingham Memorial Day Committee

Parade/Veterans Day Committee wants the theme of this year's parade to carry on throughout the year - "Remembering our Bellingham Veterans" who gave their all.

(List of students: Grade 9: Alyssa Gerbrands, Randy Skryzniarz, Hayden Davis, Lucas La-

housse; Grade 10: Sam Sullivan, Madison Roche, Addison Delisle, Giana Denise, Molly Leonard, Caroline Noyes; Grade 11: Lucille Walden, Victoria Bragga, Jocelyn Zahn; Grade 12: Christopher Walsh Jr., Chris Fama, Tyler Ladoucer)



On Friday, June 7th, the Bellingham High School Class of 2024 attended the Annual Operation Graduation All-Night Grad party at Urban Air Adventure Park. The goal of this event remains keeping our senior graduates safe while having an amazing time together for one last night after graduation. Ended on Saturday, June 8th at 5am, the Bellingham High School Class of 2024 attended the Annual Operation Graduation All-Night Grad party at Urban Air Adventure Park. The goal of this event remains keeping our senior graduates safe while having an amazing time together for one last night after graduation. The Operation Graduation Committee is made up of a group of senior parents who volunteered their time over the past year to plan for this night. The planning for a safe night began over a year ago when a group of junior parents met in the High School library and ended this past Saturday sending our kids home after a night of creating lasting memories. The committee would like to express our sincere appreciation to the parents, families, Bellingham School Administration and local businesses that donated their time and resources to make this night a huge success. Thanks to all the generous donations from the community and local businesses, the committee was able to grant scholarships totaling \$6,000 to 15 deserving seniors as they embark on the next phase of their professional/educational journey.

WE WOULD LIKE TO EXTEND A VERY SPECIAL *Thank you* TO THE FOLLOWING SUPPORTERS THAT HELPED MAKE THE NIGHT POSSIBLE

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Thimble Pleasures Quilt Guild Awards Scholarship

The Thimble Pleasures Quilt Guild Scholarship Committee is pleased to announce that Hannah Murphy has been selected as the 2024 scholarship recipient. Hannah is a recent graduate of Blackstone Valley Regional Vocational High School and is

the daughter of Frank and Elisa Murphy of Millville. Hannah will be attending Rochester Institute of Technology in Rochester, New York where she will be majoring in Photography and Imaging Arts.

While at BVT, Hannah participated in the Yearbook Club where she served as president. She also worked part-time as a marketing major in a co-op position at Koopman Lumber. Hannah has danced for 16 years at both Eleve Dance Center and H and H Dance Academy. She currently runs her own freelance photography business and is a volunteer photographer with Above the Clouds an organization which allows children to fly over areas of Massachusetts with licensed pilots.

Applications for the 2025 annual Thimble Pleasures Quilt Guide scholarship will be available in the fall to area high school seniors who plan to major in college in the visual arts or textiles.



Pictured is Hannah Murphy with Joyce Gilmore.


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Sports

Bellingham High's Softball Program in Revival Mode

By KEN HAMWEY,
BULLETIN SPORTS WRITER

When an athletic department decides to revive a team it discontinued for a season, it's risky business. At Bellingham High, the varsity softball team, dormant for a year, came out of hibernation in the spring and had moderate success.

The girls finished 5-15, had a power ranking of 31 in Division 4 and qualified for the playoffs where they split a pair of games. Dissolving the varsity program for a year now seems like it was worth the risk.

"It was necessary," said Courtney Parker, who coached the jay-vee team to a 10-6 record last year and now is at the varsity helm. "If we went forward with a team last year, there would have been only four varsity players — one senior and three sophomores. Any other players would have had no varsity experience. Because there was so much inexperience, a year off helped to sustain interest in the program, and it gave us time to gain maturity and improve the skill level."

Tourney play showed maturity and an elevated skill level. The girls rolled to a 13-1 victory over Upper Cape, then lost to second-seeded Tyngsboro, 14-1.

"We were focused against Upper Cape and played like a family," Parker said. "It was a great team effort, one through nine. Jacobi Houston pitched a one-hitter and the girls played like they've got a good future. Tyngsboro had a stacked lineup, they hit for power and Kiley Hogan had great command of her pitches. Their players all compete in leagues and club softball."

The 33-year-old Parker was a star pitcher for the Blackhawks, a captain and a Tri Valley League all-star who received a partial scholarship to play from Merrimack College. Three shoulder surgeries, however, ended her collegiate career after her freshman season.

A native of Bellingham, Parker set common sense goals for her initial season. "We wanted our players to focus on being good teammates and to build team chemistry," she said. "We also wanted the girls to improve their mechanics and skills so they could

be competitive against the formidable teams on our schedule."

The revived edition of the Blackhawks strived to fulfill those goals.

"We had some strengths that enabled us to win games," Parker noted. "Our defense was strong and will continue to improve. A solid defense helps players become students of the game. Our softball IQs were good, but still must get higher. We were athletic, and our pitching became more consistent and dependable as the season moved along. We'll continue to keep working on team chemistry."

Parker's squad, although still very young, displayed lots of grit. "A relentless work ethic was a major plus for us," she emphasized.

Three sophomores and three freshmen formed the nucleus. The sophs — Hayley Higgins (centerfielder), Jacobi Houston (pitcher) and Ashley Kamin (infielder/catcher) — became the captains and displayed effective leadership traits.

"They led by example and by being communicative," Parker said. "They helped the younger players, were supportive and led at their positions."

Each captain had at least one positive statistic. Higgins had an on-base percentage of .298 and had 17 hits; Houston had an earned-run average of 3.43 and 72 strikeouts in 71 innings; and Kamin had a fielding percentage of .872.

"Hayley is fast, covers lots of ground and is quick," Parker said. "A quality fielder, she can hit for power. Jacobi gets speed on her fastball, has an effective change-up, and her location is fine. A dynamic competitor, she has good command of her pitches and she's still improving. Ashley is versatile, has good range and a strong arm. She hits for power is aggressive on the bases and has excellent instincts."

Three freshmen — Lilly Proler (catcher), Megan Skarin (left field) and Trista Corshia (pitcher, third base) — have the potential to be cornerstones of the team.

"Lilly is a leader on the field," Parker noted. "She's got a great work ethic, hits for power and is capable blocking the plate. Pos-



The Bellingham High softball team was led by coach Courtney Parker and her sophomore captains, from left, Ashley Kamin, Hayley Higgins, and Jacobi Houston.

sessing a strong arm, she's learning how to be a quarterback on the field. Megan is very fast and covers lots of ground. Always giving an all-out effort, she's becoming a great competitor. Her hitting is improving (13 hits). Trista has a strong glove at third base and is a pitcher who throws hard. She's got good command of her fastball and also had 10 RBIs."

Parker has high praise for her assistant coaches — Devin Woodman and George Saliba. "Devin works with the outfielders and George deals with the infield-

ers," Parker said. "They've both been keys in what success we had. Devin connects with the players and pays close attention to details. George has lots of softball knowledge and his willingness to help is a plus."

On her philosophy, Parker said, "If the players strive to improve, reach their potential and enjoy their athletic journey, then willing will occur." She hopes her players recognize their value, adding, "Overcoming adversity and being resilient are important lessons. Being good teammates and being accountable and re-

sponsible are also key lessons."

Despite having only 10 varsity players, Parker was pleased with the season.

"Early on I felt we had players with talent," she offered. "The five regular season wins were huge, and the tourney experience was a plus. We can build on that. Our players have the potential for lots of success."

"The future for the program will be bright and exciting," she said, "but there's plenty of work ahead that will require commitment and dedication."

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Sports

Blackhawks' Nine Eliminated by Monument Mountain

BHS Tourney Roundup

By KEN HAMWEY,
BULLETIN SPORTS WRITER

Bellingham High baseball coach Andy Nolan put his team's first-round loss to Monument Mountain in the Division 4 State Tournament in perspective, saying, "None of us were ready for this to end."

The eighth-seeded Blackhawks bowed, 4-2, to the Spartans, who were seeded No. 25. BHS, which won the Tri Valley League Small Division championship with an 11-5 record, ended its season at 13-8 overall.

"We got 11 hits but committed three errors, one of which gave them two runs," Nolan said. "They did a few more of the little things. They stole two bases and successfully executed a suicide squeeze. Our squeeze play wasn't successful, and we never got the big hit to break the game wide



BHS baseball coach Andy Nolan:
"None of us were ready for this to end."

open."

The Blackhawks took a 1-0 lead in the second inning on a Sean Brown RBI single. The Spartans tied the contest in the third stanza, thanks to shortstop Dom Velasco's double that scored a runner from first base.

Monument Mountain, located in Great Barrington, took a 2-1 lead in the fourth on Chris Paul's suicide squeeze with the bases loaded, and it increased its advantage to 3-1 in the fifth when pinch-runner Cole Emichetto attempted to steal third. John Sullivan's throw to third hit the batter's helmet and the ball ended up in left field. Emichetto scored and no batter interference was called.

Another unusual play put the Spartans up 4-1 in the sixth inning. A leadoff walk and a two-out single produced a run when right-fielder Tyler Ladouceur's throw to third went under the fence, allowing the runner to score.

BHS scored its second and final run in the seventh inning when Josh Bouchard doubled, advanced to third base on a wild pitch and scored on Sullivan's single.

More controversy occurred when the Blackhawks loaded the bases in the seventh inning with two outs. Colin Sherman hit a slow grounder in the hole to shortstop. The throw to first was in time, but Bellingham argued that first baseman Dom Caullotti's foot was off the base. "To many, it looked like his foot was off the bag," Nolan said. "The crowd was in an uproar."

Nolan said he was proud that his forces kept battling and kept fighting.

Nolan concluded that the abrupt elimination was "tough" and "I'm going to miss these guys."

Division 5 Track

Bellingham High's Donovan Turner and the 4x100 relay team each set a school record at the MIAA Division 5 Championship at Bridgewater State University.

Turner threw the discus 153 feet, 10 inches for a third-place finish, which enabled him to advance to the All-State Meet. The distance was a school record and a personal best. A Tri Valley League all-star, Turner plans on playing football at Anna Maria

College in the fall.

Olivia Carney finished second in the 200-meter run in a time of 25.80 seconds and she was third in the 100 in a time of 12.80. A TVL all-star, she advanced in both events to the All-State Meet.

The 4x100 relay team of Jason Greenberg, John Doucette, Zach Berkeley, and Mason Jacques finished 10th in 44.92 seconds, which was the second school record set.

All-State Track

Donovan Turner threw the discus 138 feet, 2 inches, finishing 21st at the All-State Meet at Fitchburg State University and Olivia Carney placed 13th in the 200-meter run in a time of 25.84 seconds. A top-six finish was needed to advance to the New England Meet.

Although Carney qualified for the 100-meter run, she did not compete.

Turner was seeded at No. 16 in the discus and Carney was a No. 25 seed in the 200.

"Qualifying and competing in the All-State Meet is a great accomplishment," said Bellingham track coach Peter Lacasse. "That achievement shows they're in an elite class."

Volleyball

The Blackhawks blanked Innovation Academy, 3-0, in their opener but were eliminated by Keefe Tech, 3-0, in the second round. The victory over Innovation Academy was the first post-season win for the program.

"Great feeling for the boys," said coach Steve Mantegani. "We didn't know what to expect because there was no film and we had no common opponents. Thankfully, our serving and passing really helped us since we were stronger in both areas and were able to run our offense."

Senior captain Zach Mantegani had an all-around game — 7 kills, 7 assists, 2 aces, 3 digs and 3 blocks. Senior Sam Proler came off the bench and had 7 aces while junior Jack Davidson played solid defense and had 14

digs. The scores were 25-17, 25-12, and 25-15.

"The Keefe Tech game was a missed opportunity," Mantegani said. "We matched up well with them, but they were a senior-heavy team that made less mistakes. We didn't play well in Game 1 with 8 unforced hitting errors and 3 passing errors, yet we only lost, 25-23."

During the next two games, BHS continued to struggle, committing 6 blocking errors in game 2 and 7 in game 3. "Their experience took over," Mantegani noted. "We had five players who competed in the playoffs for the first time."

Zach Mantegani was solid again with 9 kills, 2 aces, and 3 digs while Wagner Lorenzo finished with 7 kills and 6 digs. Keefe Tech rolled, 25-23, 25-15, and 25-16.

Overall, four players earned Tri Valley League recognition — Zach Mantegani, third-time league all-star; Aidan Gibbs, first-time league all-star; and Jack Davidson and Thomas Crandall, TVL honorable mention all-stars.

Lacrosse

Seventh-seeded Weston eliminated Bellingham, 14-5, in a first-round game of the Division 4 State Tournament.

"Weston is a well-established team along the lines of Dover Sherborn," said BHS coach Steve Linehan. "We played a very hard-fought game. The score got away from us in the end but doesn't reflect the competitive nature of the game."

The Blackhawks goal-scorers were Brady Carroll (2 goals), Jack Baker (2 goals) and Josh Davis (1 goal).

Some of the season's highlights: most wins (7); most team goals (149); most goals by a player (56 by Ryan Austin); most points by a player (78 by Austin); faceoff wins for a season (234 by Baker); faceoff wins for a career (649 by Baker); and goalie saves for a career (409 by Patrick Flannery).

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Sports

Familiar BHS Names Added to Fall Coaching Lineup

By KEN HAMWEY,
BULLETIN SPORTS WRITER

The fall coaching lineup at Bellingham High will have a touch of winter when the golf and cross-country teams begin their seasons in September.

The golf team will be coached by Bob Pingeton, who also directs girls' basketball, and the cross-country squad will be led by TJ Chiappone, who's the Blackhawk boys' basketball coach.

Both soccer teams also will undergo coaching changes. Kate Howarth, who guided the boys' team last year, now will coach the girls' contingent. The boys' team will now be led by Eric Mounsey.

Pingeton coached Franklin High's golf team for the last three years and was able to guide the Panthers to a tie for the Hockomock League title in 2022 with King Philip. Last year, Pingeton's Panthers went 15-5 and won the league title outright. He will continue to coach Franklin's girls' tennis, which last spring won the first league championship in the school's history.

"Franklin has a winning golf program, and I was glad to continue that tradition," Pingeton said. "I loved working with the kids there, but now I'm ready to take on a new challenge. The Bellingham golf team won only three matches last year. That presents an opportunity for me to teach the game, grow the program and make it my own. I'll now be coaching two sports at BHS, so it's an easy transition that gives me closer ties with the community."

Pingeton has three goals for his BHS golfers. "We need to improve daily and try to better last year's win total," he said. "And, as a team, I want all our golfers to shoot in the low to mid-40s." Consistency is the prime ingredient that Pingeton wants. "We've got to play consistently by keeping the ball in the fairways and stay steady driving, chipping and putting," he emphasized, "The key to becoming a formidable team is having players with competitive fire, a coachable nature and passion for the sport. For our players to improve and succeed, it means working on their

game in the spring and summer. They've got to play as much golf as possible and even work with a pro."

Pingeton has played golf for 30 years and will teach his new golfers to focus on strategy, approach to the game, and technique.

After two seasons, Pingeton has the BHS girls' hoop program heading in the right direction. The team failed to qualify for tourney play in his first year, but last season, the girls snapped a four-year losing streak in the Tri Valley League.

Chiappone, who's been the boys' head basketball coach for 13 years, is ready to learn all the nuances of coaching cross-country runners. He also is an assistant coach in baseball.

"I'm hoping the experience I have in other sports will translate to cross-country," he said. "That includes communication skills, organizational skills and practice regimens. I want to do this the right way. I earned a certificate to coach cross-country by going online and taking a two-hour course offered by the National Federation for High School Sports. I've also read articles on coaching the sport."

Chiappone will seek advice from veteran cross-country sources, including Peter Lacasse, the current boys' and girls' outdoor track coach, who previously directed Bellingham's cross-country teams, and Ethan Fadden, who ran on scholarship for Mount St. Charles last fall, as well as Ethan's father, Jay, well versed in the sport.

Chiappone's has three initial goals. "I want to increase the numbers of both the boys' and girls' teams," he said. "I want to create individual growth that will lead to improvement of individual times, and I want to build a positive culture."

Last year, the boys had only four runners, one short of having a full complement. That forced all meets to be "unofficial." The girls' squad had eight runners.

"I'm constantly recruiting..." Chiappone said. "I'd like to have a minimum of 10 runners on both teams."



Bob Pingeton coached the Bellingham girls' basketball team into the state tourney last winter and now he'll be aiming to improve the fortunes of the Blackhawks' golf squad.

The 2024 cross-country team at BHS will be young, and that will dictate Chiappone's coaching style. "I'll be encouraging and supportive," he said. "It'll be a learning process for me, and I hope to grow with a young group that keeps improving. It's a great sport that demands mental toughness and resilience, teamwork and discipline."

On the soccer front, Howarth was willing to take the reins of the girls' program.

"I love coaching and being given the opportunity to influence and impact kids in a positive way," she said. "While switching teams was not a part of my plan, I was very willing to fill the need on the girls' team when asked by Athletic Director Michael Connor."

"I see a great opportunity in joint practices with the boys' team and see a lot of value in being able to influence Belling-

ham soccer as a whole. It has always been my goal to raise the standards and regardless of whom I'm coaching that will continue to be the goal of the program. The boys have made a lot of improvements in the last two years, and I expect they will continue to improve."

Connor is pleased with the way the fall coaching staff has evolved.

"This fall we are going to have some new 'known-faces' taking over cross-country (TJ Chiappone), golf (Bob Pingeton), and girls soccer (Kate Howarth)," he noted. "They join Tracey Elliott (cheerleading), Jules Kilduff (field hockey), Dan Haddad (football), Eric Mounsey (boys soccer), and Steve Mantegani (girls volleyball), resulting in one of the strongest fall coaching staffs we've had in many years."

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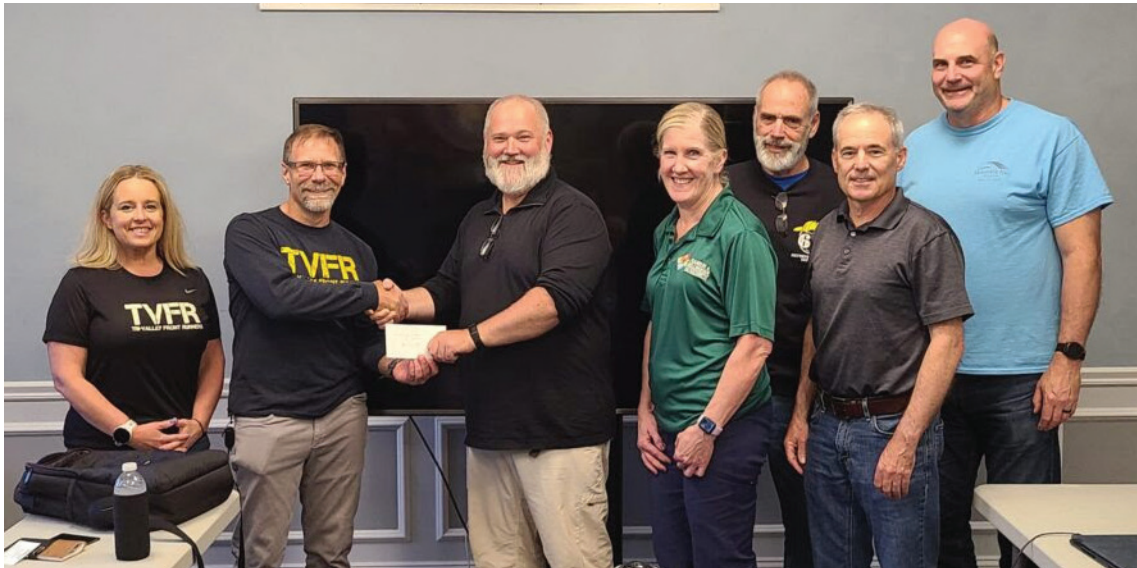
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Pictured: Jill Duhaime (TVFR), Mark Capparella (TVFR), Cliff Winters (FBRTC), Sue Fleurette (FBRTC), Dave Labonte (FBRTC), Barry Regan (TVFR), Stephen Sullivan (TVFR)

5K Raises Over \$5,300 for Franklin & Bellingham Rail Trail Committee

The Franklin & Bellingham Rail Trail Committee (FBRTC) is thrilled to announce the successful completion of the 5K race hosted by the Tri-Valley Front Runners (TVFR - www.trivalleyfrontrunners.com), which raised over \$8,500 to support the development and maintenance

of the Southern New England Trunkline Trail (SNETT). We extend our heartfelt gratitude to TVFR and especially to Mark Capparella, the dedicated race director, and his team for their unwavering support and exceptional organization of this event. At the most recent FBRTC meet-

ing, Mark and the TVFR team presented President Cliff Winters with a donation of \$5,373.56, which accounted for the net proceeds of the 2024 race.

For more information, visit <https://www.franklinbellinghamrailtrail.org>.

Bellingham Senior Center Highlighted Events for July

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

BESG JULY COOKOUT: Thursday, 7/11, at 5 p.m., this month sponsored by State Rep Mike Soter. We will have a choice between lobster or chicken salad. Thanks, Mike!

LEARN MORE ABOUT: Wills, trusts, health care proxies, and durable powers of attorney, the differences between wills and trusts, and how the probate process works in Massachusetts. Join Attorney Amy Azza on Thursday, July 18, at 1 p.m. for the latest on estate planning.

COFFEE & CONVERSATION: Join the clever, smart, sociable folks who turn out for C&C. On July 9, Stephanie Gray from Congressman Auchincloss's office will be present. C&C happens every Tuesday at 9:30 a.m.

TECH CONNECT: Back to the basics of iPhone and iPad in this special introductory Tech Connect on Tuesday, July 2, at 1 p.m. Hardware of the devices, calling, messaging, and more will be covered. And on Tuesday, July 16, the focus will be on Androids. Bring your questions, and devices!

JULY BIRTHDAY PARTY: Thursday, July 25, at noon, serving fish 'n' chips by Mickey G's. \$15 each, please.

LOST BOSTON: Travel back in time: Author Anthony Sammarco will help us take a look back when we meet on Friday, July 19, at 1 p.m. Please call ahead to reserve your seat at this presentation.

LUNCH & LEARN: Questions about assisted living? Meet Tracey Mosher from The Residence at Whitcomb House. Tuesday, July 23, at noon.

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Bellingham Public Library News & Events for July

For updates about library programs and services, please see the library website, www.bellinghamlibrary.org.

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

July Hours

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

Closed Saturdays and Sundays, Closed July 4th and 5th for the Independence Day

Summer Reading 2024

It's not too late to sign up for our Summer Reading Program! This year the Summer Reading program is sponsored by the Rockland Trust Charitable Foundation and the Friends of the Bellingham Public Library. Thank you to these organizations for their continued support of programs at the Bellingham Library!

Summer Reading 2024 theme, "Read, Renew, Repeat!" is all about conservation and sustainability! There will be two options on how to track your reading this summer. School

aged children will record every 30 minutes that they read on a tracking sheet and reach a prize after every 2 hours of reading. Our pre-readers will keep track of the number of books they read and reach a prize after every 10 books. Prizes you'll be able to earn this summer include sunglasses, bubble wands, mini beach balls, stickers, temporary tattoos, and more! We'll also have different activities and challenges here at the library that'll earn you tickets to enter our weekly raffle drawings. Let's all Read, Renew and Repeat!

We are also working with the Bellingham Public Schools to share their information about the school's summer reading/math programs for BHS students!

The Write Stuff - Tuesdays at 6 p.m.

A creative writing program for Grades 3-6 where the group will publish a book together at the end of the summer! Registration is required for this program

Krafty Kids returns! - Thursdays at 1 p.m.

A weekly craft for families with Miss Diane! Details of the

craft each week are on the calendar. Please register for each week that you would like to attend to help us plan for materials.

Mr. Vinny's Bubble Show - Thursday, July 11th at 6 p.m.

Mr. Vinny the Bubble Guy is bringing his giant bubbles back to Bellingham! Join us at the Bellingham Town Common for an all-ages Bubble Show featuring Mr. Vinny's homemade bubble wands and a whole lot of family fun. For families - No registration necessary. This event was sponsored by the Bellingham Friends of the Library and the Rockland Trust Charitable Foundation.

Camp Millionaire - Tuesday and Wednesday, July 16th and 17th from 2-4 p.m.

A two-day program that teaches kids in grades 4-6 about money, spending, taxes, and saving!

Registration is required for this program

Ordinary Olympics - Wednesday, July 24th at 1 p.m.

Get ready for Summer Olympics 2024 by joining in our Ordinary Olympic games! Test your skills by competing in different

challenges that use everyday household items. For grades K and up. Drop in - No registration needed!

Online Author Talks for Kids - Tuesdays at 2!

This month our online author talks are focused on children's authors!

- July 9th at 2 p.m., A Visit to Deckawoo Drive with Mercy Watson and Kate DiCamillo (pre-K to 2nd grades)

- July 16th at 2 p.m., Surviving the Summer with the Last Kids on Earth and Max Brallier (3rd-6th grade)

- July 23rd at 2 p.m., Learning the Power of Poetry with Bestselling Author Elizabeth Acevedo (grade 7 and up)

- July 30th at 2 p.m., Telling Your Own Story in a Graphic Novel with Dan Santat (for Tweens and Teens)

Coming in August sponsored by The Friends of the Library and the Rockland Trust Charitable Foundation

Magic Show, Saturday, August 3rd at 11 am

Steve Blunt & Friends Family Concert, Saturday, August 10th at 12 noon, on the ball field near the library as part of Bellingham Days

Bellingham Days Vendor Fair to benefit the Friends of the Library!

On Saturday, August 10th from 12 p.m. to 5 p.m. there will be a Vendor Fair on the field between the football field and BMS. Vendor tables are \$25 for a 10-foot space. Funds raised at this event will benefit the Friends of the Bellingham Library. For more information or an application contact Sue Garten at sgarten@bellinghamma.org.

Highlighted Programs

Summerween! - Not Christmas in July, but Halloween!

This summer the library will be celebrating Summerween with a series of 4 films on alternating Friday evenings in July (the 12th and 26) and August (the 9th and 23rd). Doors will open at 6:30

LIBRARY

continued on page 34



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Featured Collection of the Month: Library of Things

The Bellingham Public Library has more than just books that you can check out with your library card! The “Library of Things” is a collection of kits, equipment, and more, which offers patrons a chance to try new things. All items are on a first-come, first-served basis, except for a few items that can be reserved. The collection is always growing, and a number of new items have just been added! There are four categories of items in the Library of Things collection for adults: Audiovisual Equipment, House and Home, Recreation and Crafts, and Science and Technology. The following items can be reserved: Chromebooks with T-Mobile Data Plan,

Telescope, WiFi Hotspots, and a Meeting Owl Pro to host hybrid meetings. There is also a collection of board games and kits for children.

Audiovisual Equipment is a selection of equipment to play and create audio and video content including: a Blu-ray disc player, Bluetooth speakers, cameras, virtual reality glasses, portable DVD player, digital voice recorder, and so much more! Recently added to the collection is a Panasonic 4-head hi-fi VCR as well as a cassette to MP3 converter.

The **House and Home** category is a selection of items used around the home, including environmental monitoring equipment, small tools, office

equipment, etc. Some examples are: portable hand steamer, car vacuum cleaner, shredder, and a label maker. New to the category is a car code reader as well as a power converter and travel adapter.

Recreation and Crafts consists of outdoor lawn games, craft equipment and supplies, musical instruments, party equipment, and more. Popular items in this collection include a badminton set, binoculars, bird watching kit, bubble machine, ghost hunting kit, karaoke machine, ukulele, and much more. Brand new additions include walkie talkies, Giant Tic-Tac-Toe Outdoor Glow in the Dark, Yardzee, and several new sets of Magna-Tiles.

The **Science and Technology** category includes computer equipment, robots, science kits, educational game systems, engineering kits, etc. Included in this collection is a dash robot, R2-D2, microscope set, and a solar charger. Newly added to this collection is a Code-a-Pillar Twist and an additional dash robot.

The library also has a large collection of **Board Games** that can be checked out, from classics like Apples to Apples, Chess, Chutes and Ladders, Clue, Pictionary, and Scrabble to contemporary games like Pandemic, Pokemon Labyrinth, and Ticket to Ride. Just added to the collection this year: Blank Slate, Game of Phones, and Magnetism.

There are a number of **children’s kits** available for borrowing from the Children’s Room. Some examples are: alphabet learning locks, build and learn geometric shapes, emotions and empathy kit, floor puzzles, house building engineering center, mood and emotions mirrors, number-bots, simple words learning locks, tower of sight words, and understanding our universe kit.

The items in these collections circulate for 2 weeks with no renewals. To learn more, go to the Bellingham Library’s website and click on “Kits, Equipment & More!”

Franklin Children’s Museum Finds a Home

On May 22nd, the Children’s Museum of Franklin announced they signed a lease for 157 Cottage Street in Franklin.

In this space, they plan interactive exhibits for kids 0-10, programming for elementary and

middle school students, leadership and volunteer opportunities for high school students and internships for college students. Museum founders expect the space to draw visitors from up to an hour away, something they’ve

already seen in their Mobile Museum events.

While working on construction and exhibit design are planned, Franklin Children’s Museum founders will also apply for grants and fundraise, and

they hope individuals and sponsors will help them with a lofty goal of \$450,000 this fall.

For more information, or to donate, visit www.childrensmuseumfranklin.org

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Bellingham, Franklin among 214 Fire Departments Awarded Fire Safety Grants

The Healey-Driscoll Administration announced last month that 214 municipal fire departments across Massachusetts will share \$1.6 million in competitive grants to support fire and life safety education for school-age children and older adults. Locally, the Town of Bellingham was awarded \$18,560 and the Town of Franklin awarded \$24,936 in Firefighter Safety Equipment Grants.

Since 1995, the Department of Fire Services' Student Awareness of Fire Education (SAFE) grant program has supported firefighter-educators who deliver age-appropriate fire safety education to kids and teens across Massachusetts. In that time, the number of children who die in fires has dropped to historically low levels, from two dozen or more per year to zero for nearly three consecutive years.

"The SAFE grants have been helping local fire depart-

ments deliver life-saving lessons to Massachusetts' young people for nearly 30 years," said Governor Maura Healey. "This year's awards continue that legacy of fire safety education for our most vulnerable residents and their families. Our Administration is committed to helping every community protect its residents through public safety programs like this one."

In 2014, DFS launched the Senior SAFE program, which is geared toward another vulnerable population – older adults, who face a disproportionate risk of death or serious injury in a fire.

"Senior SAFE connects firefighter-educators with senior centers, councils on aging, and other community-based resources in a unique state-local partnership," said Lt. Governor Kim Driscoll. "Effective safety education, smoke and carbon monoxide alarm installation,

and other grant-funded services are helping to keep our seniors safe at home."

In FY24, 214 municipal fire departments will split \$1,138,565.58 in SAFE funding and/or \$492,179.29 in Senior SAFE funding. Another 12 departments will share funding for regional SAFE and/or Senior SAFE programs.

"Fire safety education is a smart investment in the safety of our residents and the livability of our communities," said Secretary of Public Safety and Security Terrence Reidy. "Children and older adults are historically the most at risk in a fire, but the SAFE and Senior SAFE grants are helping to provide them with the tools to protect themselves and their families."

"I'm deeply grateful to the trained firefighter-educators who are the backbone of the SAFE and Senior SAFE programs," said State Fire Marshal Jon M.

Davine. "They've reached hundreds of thousands of youngsters and seniors with lessons that have prevented untold tragedies. I truly believe these grants are a key factor in making Massachusetts one of the most fire-safe states in the nation."

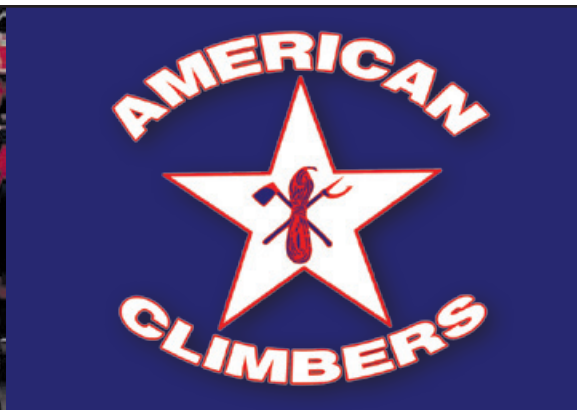
The fire departments in towns of Bellingham, Blackstone, Medway, and Uxbridge have been selected to receive additional state funding from the Massachusetts Executive Office of Public Safety and Security (EOPSS) as part of the Department of Fire Service's (DFS) Student Awareness of Fire Education (SAFE) and Senior SAFE grant program to support fire and life safety education for school-aged children and older adults.

The Bellingham Fire Department is receiving \$5,679 for its program designed to teach children the importance of recognizing the dangers of fires and

safety behaviors, and \$1,865 for the Senior SAFE program, to be used to teach and improve fire safety in senior housing.

Rep. Soter commented, "I am extremely grateful to learn that our district has been selected to receive this funding." He added, "The opportunity for the students in our district to learn the importance of fire safety is crucial to their safety and educating our district on the many preventative measures that can be taken will be beneficial to the safety of our community as a whole."

The S.A.F.E. and Senior SAFE programs are funded through legislative earmarks to the Executive Office of the Public Safety & Security, and they are administered by the Department of Fire Services. For more fire service grant opportunities, visit <https://www.mass.gov/info-details/grants-for-fire-departments>.



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Local Business Collects for Troops through Thanks to Yanks

Cannabis dispensary Joint Operations District Manager Daniel Lencioni (middle) stands alongside Jillian Roberts, District Project Coordinator (right), and Mike Shain, founder of the non-profit

“Thanks to Yanks” (left). They are pictured just before boxing up a significant collection of donation items gathered during a recent drive across their locations in Mendon, Rowley, and Gardner.



Bishop Feehan Awarded First-Ever NASA Endeavor STEM Leadership Certificate

Bishop Feehan High School proudly announces its recognition as the first-ever award winner for leadership in STEM education from the NASA Endeavor STEM Teaching Certificate Project and the U.S. Satellite Laboratory.

“Bishop Feehan is the first district in the country to earn the building-level stem leadership certificate designation,” said En-

deavor STEM Program Director Dr. Karen Woodruff. “This is an initiative that we recently started, and we are thrilled that Bishop Feehan will be our inaugural awardee.”

Additionally, three Bishop Feehan science teachers, Eileen Correia, Audrey Lavertu and Kelly Gomez were awarded Leadership Certificates in STEM Education.

July 2024 at Bellforge Arts Center

- July 10 Summer Sounds with Impossible Dog & Chrysalis
- July 17 Summer Sounds with Lost Film & Hey I'm Outside
- July 24 Summer Sounds with Winkler & Trash Rabbit
- July 31 Summer Sounds with Axel & Lolo & Avi Jacobs

To Get to Bellforge Arts Center:

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

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

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

You will turn in to the hospital grounds when you see the school buses. Drive up the hill, where you will find several available parking lots on your left. Bellforge is on the right (walk between the brick buildings) with events located outside on the grounds of the former Chapel. For more information, visit bellforge.org/events.

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New Hope Presents 2024 Highlights of Hope Awards

Forty-five years ago, Edith Palmer founded New Hope, Inc. in Attleboro and set up a hotline staffed by volunteers. Today, thanks to supporters and partners like you, our sexual and domestic violence programs offer an array of options, support services, and education and prevention initiatives, and our reach spans 41 cities and towns throughout south central and southeastern Massachusetts!

New Hope, Inc. marked its 45th anniversary by presenting the **2024 Highlights of Hope Awards** at its annual community celebration event on **June 13, 2024**, at Dean College in Franklin, Massachusetts.

The children of Edith Palmer and their families joined in special occasion.

The four awardees reflect the diverse community, business, and non-profit sectors connected to New Hope. Edith's children will present the award named in her honor.

Diana Mancera, President and CEO of New Hope, Inc., said, "We rely heavily on the support of organizations, community partners, volunteers, and donors to help us fulfill our mission and continue making a positive impact in our community. Each year we honor those who help us fulfill our mission to create innovative ways to support those who have experienced sexual and domestic violence, build new partnerships with schools, companies, faith institutions, and community groups to educate people about these issues, and foster ways to prevent abuse."

The 2024 Highlights of Hope Awardees are:

• **Edith Palmer Award: Amber Nicole Cowen Memorial Foundation**

Family and friends created the **Amber Nicole Cowen Memorial Foundation** to honor Amber who was tragically killed by her husband in 2020. The Foundation raises

awareness of mental and emotional abuse through an array of training, educational, and community activities, reaching students and young adults with critical information and resources that promote healthy relationships.

• **Business of the Year Award: ICONICS CARESWorX**

A group company of Mitsubishi Electric headquartered in Foxborough, MA, ICONICS is a global software developer with a heart of gold. Employees created CARESWorX to facilitate volunteerism and philanthropy and time and again has shown up for their community, including survivors of sexual and domestic violence. Over the past few years, ICONICS CARESWorX has helped New Hope develop its new storefront project and is always ready to lend a helping hand.

• **Volunteer of the Year Award: The Basket Ladies of Betha-**

ny Congregational Church

Over 25 years ago a group of women from Bethany Congregational Church in Foxboro established a monthly donation program to support survivors and their families connected to New Hope, Inc. Affectionately known as the Basket Ladies, a group of four women collect and donate new items that match the month's theme to let survivors know that they are valuable and loved. Baskets of treats (cookies and candies), age-appropriate toys and activities with non-religious and non-violent messages, household items, and more are packed with uplifting messages of empowerment and hope.

• **Community Partner of the Year Award: Pave Your Path**
Pave Your Path empowers women living with low to no incomes towards self-sufficiency and emotional

self-reliance. PYP combines workshops on financial wellness, digital skill-building and goal-oriented accountability partnering with trauma-sensitive yoga, mindfulness classes and group sessions about nervous-system regulation. Pave Your Path has partnered with New Hope, Inc. to create opportunities for survivors to pursue financial wellness and digital skills in a trauma-sensitive environment.

"It's people and companies like this year's awardees who remind us that hope is possible when we stay in community with one another," said April Funches, New Hope, Inc. Board President.

ABOUT NEW HOPE

New Hope, Inc. is a non-profit organization serving those affected by sexual and domestic violence. For more information, visit: <https://www.new-hope.org/>

Hopkinton Center for the Arts Announces Summer Concerts 2024

Friday and Saturday nights through July, from 6:30-8 p.m., HCA brings incredible bands to get you on your feet and dancing, and our outdoor amphitheater at 98 Hayden Rowe St., Hopkinton, provides the perfect backdrop!

- July 5th: Scott Brown & the Diplomats
- July 6th: One Dime Band
- July 12th: The Chris Fitz Band
- July 13th: Walk That Blues

- July 19th: Willie J. Laws
- July 20th: Marc Berger
- July 26: Fat City Band (Ashland Town Day)
- July 27: Racky Thomas Band (Dell Employee Day)

To make the arts more accessible to all, these concerts are on a pay-what-you-can basis. Please reserve your tickets at www.hopartscenter.org.

Noel DiBona Announces Candidacy for Norfolk County Register of Deeds

Current Quincy Councilor At-Large Noel DiBona officially announces his candidacy to run for Norfolk County Register of Deeds. DiBona has been a

Quincy Councilor At-Large since 2016 and served as Council President in 2022 and 2023. DiBona was first elected to the Quincy School Committee in 2013.

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LIBRARY

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p.m. and the movie will start at 7 p.m. Bring your own blanket or pillows for comfy floor seating or chair seating provided by the library. There will be crafts and scavenger hunts within the movies. We will serve popcorn, candy, water and punch! See the library website for details on the titles and ratings of the films.

Red Cross Blood Drive – Friday, July 19th from 9 am to 2 pm. Register at redcrossblood.org

Community Clothing Swap – Wednesday, July 31st from 9:30 am to 7:30 pm

See website for details on drop off instructions, dates and times as well as information on the swap day!

Ongoing Children's Programs

The Baby Bunch – Mondays at 9:30 a.m., for infants 0-18 months and their caregivers to come play and socialize. No registration required!

Read to Freedom the Reading Dog – Mondays from 5:30-7. Check calendar for details and to sign up for a 15-minute time slot!

Safari Story Time – Tuesdays at 10:15 a.m.

The theme for Summer Reading 2024 is all about conservation and wildlife! Each week's stories and crafts will focus on one of the many different types of habitats that can be found around the world.

For children ages 2-5 (younger siblings always welcome). Please register for each session that you would like to attend.

Picnic Stories on the Bellingham Common – Wednesdays at 12 noon, weather permitting.

Green Thumb Club – every other Monday through August 5th. A bi-weekly program where families can come plant different types of seeds during each session and watch them grow throughout the summer! Our Green Thumb Club will meet every other Monday at 1 p.m. (on 6/24, 7/8, 7/22, and 8/5). Please register to help us plan for materials!

Ring a Ding – Thursdays at 10:15 a.m., drop in!

Adult/Child Book Club – For kids in grades 4-6 or 6-9 and an adult in their life who loves to read. Meets monthly. If you are interested in joining, those in Grades 4-6 should contact Amanda Maclure, amaclure@cwmars.org; grades 6-9 should contact Diane Nelson, dnelson@cwmars.org

cwmars.org. Check the library calendar for details on the June meeting dates and times.

Sensory Story and Play – Friday, July 12th and 26th at 10:15 a.m., For children ages 2-5 of all abilities (younger siblings always welcome). Please register for each session you'd like to attend.

Adult Programs

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

Our upcoming titles are:
July: *The Blue Between Sky and Water* by Susan Abulhawa

August: *Our Missing Hearts* by Celeste Ng

September: *Fahrenheit 451* by Ray Bradbury

Yoga for the Seasons – Summer Series

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

Bellingham Skein Artists – Adult Knitting Group -Wednesdays at 6 p.m., All skill levels welcome, bring your own materials

Writing Group for Adults – Tuesday, July 9th at 6:30 p.m.

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

Friends of the Library Monthly Meeting – Tuesday, July 9th at 7 p.m.

Email library@bellinghamlibrary.org for the Zoom link

Library Board of Trustees Meeting – Thursday, July 11th at 7 p.m. in the Conference Room at the library.

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

Monday, July 15th starting at 5 p.m., Salisbury, of the law firm Doherty, Dugan, Cannon, Raymond & Weil, PC will meet with you individually through Zoom to discuss any legal questions you may have. Free appointments are 20 minutes long, between 5 and 7:30 p.m. Register for an appointment and you will receive the Zoom link close to the appointment date. Note: Your registration with your email address will go to Attorney Salisbury so he can send you the Zoom link. Please note: The Bellingham Library Ask-A-Lawyer Program is a limited pro bono legal service provided by Attorney Brian T. Salisbury and is strictly limited to 20-minute consultations regarding legal questions that you may have. Unless otherwise agreed in writing, Attorney Salisbury will not provide legal representation in any legal matter discussed.

Temple Etz Chaim Celebrates Retirement of Rabbi Alpert

Rabbi Tom Alpert of Temple Etz Chaim, Franklin, Massachusetts was honored by his congregation on the occasion of his upcoming retirement. Rabbi Alpert is retiring on June 30, 2024, following 12 years as the temple's spiritual leader and will become the temple's Rabbi Emeritus at that time.

The temple organized a musical evening for Rabbi Alpert and his wife Eileen, which was headlined by several people who had previously worked with Rabbi Alpert as well as temple members. The event was held at Dean College on June 1, 2024.

The entertainment included Rabbi Deborah Zecher, a two-time MAC and Broadway World nominee, who found a second career as a cabaret singer, and Sue Horowitz, whose music straddles Jewish spiritual music and folk music. Cantor Irving Spindel who sings at Temple Etz Chaim for High Holy Day services, Cantor Rachel Reef-Simpson who worked at Temple Etz Chaim earlier in her career, and Debbie Gelber who is the temple's cantorial soloist for B'nei Mitzvah services each presented several musical selections connected with their relationship to Rabbi Alpert.



Outgoing Temple President Andrew Rubenstein presented Rabbi Alpert with a "Memory Book" that included the evening's program and messages from members of the congregation. Incoming President Michael Rubin announced that the Board had conferred the honor of Rabbi Emeritus upon Rabbi Alpert.

The temple's Choir concluded the evening's event. Choir members include Margaret Black, Melissa Chartoff, Ellen Keith, Harley Keith, Anina Lawrence, Lisa Lawrence, Kaitlyn McGarvey, Hannah Rich, Lee Rich, Cindi Rudman, and Steve Schultheis.



Shown is Bellingham senior Montana Berglund being recognized for her time spent on the field. Photos by Kim Bartnik

Bellingham Girls LAX Ends Year on a High Note

Senior night was a big win for the Bellingham High School Girls' JV and Varsity lacrosse teams. Both had big wins that night against BVT! JV won 13-3 and Varsity 16-5. Coach Sarah Saillant explains, "Every varsity team from Bellingham, as well as all teams in the league, have what we call Senior Night. It's a night to celebrate the seniors who have

played their hearts out for the sport they love. Typically, senior games are held towards the end of the season on the team's home field. The varsity girls' lacrosse team has not won one of these senior night games in over 6 years until now! It was a great game played on everyone's part, and a wonderful way to celebrate the class of 2024."



JV player Siarra Darrigo celebrates her first goal.

Calendar

July 1

Book Discussion Group, 6:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham or on Zoom. Contact Cecily Christensen, cchriste@cwmars.org for more info. *The Blue Between Sky and Water* by Susan Abulhawa

July 3

Franklin 4th of July Celebration, 6-10 p.m., Franklin Town Common, 6 p.m. Smoke N Whiskey, 7:30 p.m., Backyard Swagger

July 4

Franklin 4th of July Celebration, 12-10 p.m., Franklin Town Common, 12 p.m. Matt Zajac, 1:15 Jamie Barrett, 3 p.m. Ken Freeman & The Sunset, 4:30 Jessie Liam Band, 7 p.m. Neon Lighthouse

July 5

Franklin 4th of July Celebration, 2-10 p.m., Franklin Town Common, 2 p.m. Padula Trio Plus One, 3:30 Two Guys Who Like Sharks, 4:30 Attleboro School of Rock, 7 p.m. Neon Wave

July 6

Franklin 4th of July Celebration, Franklin Blues Festival, 12-10 p.m., Franklin Town Common, Fireworks 10 p.m., Franklin High School, 12 p.m. Jr. Krauss & The Shakes, 1:45 Neal & The Vipers, 3:30 Professor Harp, 5:15 Mike Crandall Tribute Band, 7 p.m. Bruce Katz, 8:45 Delta Generators, 10 p.m. Fireworks at Franklin High School

July 7

Franklin 4th of July Celebration, 12-6 p.m., Franklin Town Common, 12 p.m. Zajac Bros., 2 p.m. Brandt Taylor Band, 4 p.m. Gary Hoey

July 9

Writing Group for Adults -6:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, Works of fiction or non-fiction are welcome. Reading limit 9 minutes per reader, with a brief opportunity for positive, personal feedback. Contact Marjorie Turner Hollman at marjorie@marjorieturner.com.

July 10

Bellingham Concerts on the Common, 6-7 p.m., Bellingham Town Common, Free pony rides. 6:30-8:30 p.m., *Westwood Swing* (big band) Sponsored by Middlesex Savings Bank.

July 11

Mr. Vinny's Bubble Show, 6 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham

July 14

Second Sunday Speaker Series presents Ren (Karen) Antonowicz from Spirits of Fashion, discussing Museum's bridal gown exhibit, 1:15 p.m., (doors open 1 p.m.), Franklin Historical Museum, 80 West Central St., Franklin

July 17

Bellingham Concerts on the Common, 6-7 p.m., Bellingham Town Common, Free pony rides. 6:30-8:30 p.m., *Back Pages* (rock and pop). Sponsored by Middlesex Savings Bank.

July 18

Cruise Night, Craftroots Brewing, 4 Industrial Road, Milford, MA 01757

July 19

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

July 24

Bellingham Concerts on the Common, 6-7 p.m., Bellingham Town Common, Free pony rides. 6:30-8:30 p.m., *Code* (classic rock). Sponsored by Middlesex Savings Bank.

July 31

Community Clothing Swap, 9:30 a.m. to 7:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, see website for details on drop off instructions, dates and times as well as information on the swap day!

Mendon Concerts on the Common, 6-7 p.m., Free Pony Rides. 6:30-7:30 p.m., 6:30-8:30 p.m. *The Jesse Liam Band* (contemporary rock).

Bellingham Residents among Anna Maria College Graduates

On May 13th, Anna Maria College celebrated its 2024 Commencement Ceremony at the DCU Center in Worcester, MA, it's 75th Commencement. 319 degrees were conferred for the 2023-2024 Academic Year. Dr. Eric W. Dickson, President & CEO of UMass Memorial Health, delivered the commencement address. Two Bellingham residents, Jacob Tyler Gagnon (BS), and Angela Vongsavath (BS) were among the graduates.



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