



# Bellingham BULLETIN

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

Postal Customer  
Local

Vol. 30 No. 10

Bellingham's Favorite Hometown Newspaper

September 2024

## Bellingham Bulldogs Roll to Senior Babe Ruth Title

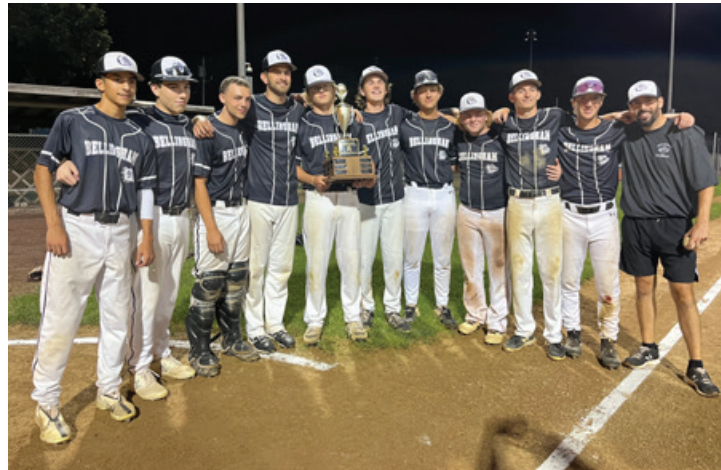
By KEN HAMWEY,  
BULLETIN SPORTS WRITER

Bellingham's Bulldogs were dominant in the playoffs, cruising to the Central Mass. Senior Babe Ruth World Series championship.

Coach Mark Rebello's squad, which finished the regular season with a 7-5 record, shifted into high gear during the post-season, eliminating all three of its opponents in two games in a best-of-three format. The Bulldogs swept Northboro and Framingham, then rolled past a formidable Marlboro contingent. Bellingham finished with a 13-5 overall record and an eight-game winning streak.

CJ Fama took care of business in the opener, limiting Marlboro to a pair of hits in a complete-game 4-1 victory at Marlboro, and Troy Simpson fired a two-hit, 2-0 shutout in the clinching game at Richardson Field.

The Bulldogs' pitching and timely hitting were the



The Bellingham Bulldogs recently claimed Central Mass. Senior Babe Ruth World Series championship. Left to right: Ryan Visconti, Sam Elliot, John Sullivan, Dylan Haggerty, Troy Simpson, CJ Fama, Jake Maturo, Colin Sherman, Sean Brown, Anthony Maturo, Coach Mark Rebello. (Missing: Robby Seyffert and Eric Johnston)  
Photo used courtesy of Mark Rebello

difference in all three series. Fama yielded one earned run in the opener against Marlboro, striking out six and walking one. Simpson struck out eight and walked three in his two-hit effort.

"CJ and Troy were outstanding," Rebello said. "CJ

had excellent control, relying on his fastball and slider. He induced a lot of defensive outs and didn't waste any pitches. Troy wanted the ball for the finale. An ultra competitor, he

**BULLDOGS**  
continued on page 2



Last year's walkers assemble at Saint Blaise Church in Bellingham. This year's Walk will begin at the Church at 9 a.m. (registration begins at 8am) on Saturday, September 28. If you would like to participate in the Walk, all you have to do is show up.

## 14th Bellingham Friends of the Poor Walk September 28th

By DAVID DUNBAR

Would you like to help those in need in Bellingham? Well, here's an easy, generous, safe way to do so, and you'll get some exercise in the process.

The 14th annual Bellingham Friends of the Poor Walk will happen on Saturday, September 28. It will begin at 8 a.m.

at Saint Blaise Catholic Church at 1158 South Main Street with registration followed by a 1.5-mile walk starting at 9 a.m.

"We'll start with one lap around the parking lot," explains Maureen Dedominici, who's publicizing the event,

**WALK**  
continued on page 4

# ADC SEPTIC

**Chris Lanoue**  
Founder and Owner

**508-883-9000**  
ADCSeptic@gmail.com

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

[www.ADCSeptic.com](http://www.ADCSeptic.com)



Is it time to *Fall*  
in love with your  
next home?



Call us today!

**kw**  
KELLERWILLIAMS.

**Kelley Byrnes-Benkart**  
Broker Associate, CBR, GRI  
(508) 245-2336  
kelleybyrnesbenkart@kw.com

**Poli**  
MORTGAGE GROUP  
A Division of Radia Financial Group Inc.



**Sarah Joy**  
NMLS 1914862 - Branch Manager  
100 River Ridge Drive Ste 304  
Norwood, MA 02062  
(774) 291-6481

Poli Mortgage Group NMLS# 1979 is a Division of Radia financial group inc. Corp. NMLS #1846. Equal Housing Lender. [www.radiusgrp.com/licenses](http://www.radiusgrp.com/licenses) [www.nmlsconsumeraccess.org](http://www.nmlsconsumeraccess.org)

## Piette JEWELERS

WHERE QUALITY & SERVICE ALWAYS COME FIRST!

429 Pulaski Blvd  
Bellingham, MA 02019  
(508) 876-0010  
[www.piettejewelers.com](http://www.piettejewelers.com)

Hours: Tuesday - Friday 10:00am - 5:00pm  
Saturday 10:00am - 2:00pm  
Closed Sunday and Monday



Wedding Bands and  
Engagement Rings of all styles.  
Stop by and see our collection!

COME IN AND VIEW OUR COLLECTION

- Gemologist
- Watchmaker
- Engraver
- Jewelry Repairs
- Custom Remounting
- Gifts & Collectibles
- Overseas Diamond Buyers
- We Buy Gold



**RJO**

The Piette Family  
Back Row: Ross, Ryan, Roland  
Front Row: Jennifer, Rita



Serving the community for over 65 years

**BULLDOGS**

*continued from page 1*

showed he was the final Bulldog. He kept hitters off balance, getting good velocity on his fastball, and his off-speed curve was effective.”

Fama finished the season with a 5-1 record and an earned-run average of 2.72. He struck out 34 batters in 43 innings. Simpson had a 3-0 record, a 1.27 E.R.A., and 28 strikeouts in 22 innings.

Bellingham scored its two runs in the sixth inning of the finale when Dylan Haggerty doubled, putting runners on second and third. Anthony Maturo’s single to right centerfield drove in both runners.

Sean Brown, the Bulldog’s shortstop, turned in a clutch double play against Marlboro to end the game and clinch the title. With runners on first and second and one out, Brown caught a line drive up the middle, then flipped the ball to Fama for a double play.

Simpson employed a strategic approach in the finale and it paid dividends.

“Early on I relied on my curve ball,” said Simpson who finished his freshman year at Bryant

University with a 3.7 GPA. “As the game moved along, I thought about what might confuse their hitters, who were very good. I threw high inside fastballs and mixed in low change-ups. Our teamwork was great in the playoffs. Everyone did their part, whether it was timely hitting or a key defensive play. Our pitching was so effective that coach Rebello didn’t have to use a reliever in the six playoff games.”

Fama did his part in the opener, enabling the Bulldogs to take the series lead and get control of home-field advantage.

“The keys for us were team chemistry, tremendous pitching, clutch hitting and solid defense,” said Fama who will attend Bridgewater State University. “We also were relaxed and calm. I was pleased to pitch the opener and take away their home-field advantage. My approach was to go heavy with off-speed pitches — sliders and curves — which very often lead to pop-ups and ground outs.”

Rebello not only liked the way Brown played shortstop, but also admired his efforts on the mound. “Sean played well at shortstop, but he also was our third starter,” Rebello said. “He finished the season with a 4-0 record, one save, and an E.R.A. of 1.72. He also struck out 42 hitters in 31 innings.”

The Bulldogs’ championship was a bit of payback. Last year, Marlboro defeated Bellingham in the final series to win the crown. The Bulldogs previously won Senior Babe Ruth titles in 2005, 2006 and 2014.



The Bulldogs impressively swept the competition in its post season play.

“It was a thrill to capture the crown,” said Rebello, who played golf and baseball at BHS before graduating in 2010. “The kids did all the work. They were focused and they played with grit. We kept our pitch counts low and we controlled what we could control. For the playoffs, we scored 39 runs and gave up only five. We never called on a relief pitcher during the playoffs and all the players contributed throughout the season.”

Other attributes the Bulldogs relied on were speed, quickness, and a good baseball IQ.

Rebello labeled catcher John Sullivan as the team’s “most consistent hitter.” Sullivan hit .512, knocked in 10 runs, scored 13 and had one home run. “John also was effective calling plays and did a good job settling down the pitchers,” Rebello said.

The title came in Rebello’s second year directing the team. The 32-year-old coach is a graduate of Curry College. An assistant coach with Bellingham’s varsity baseball team for 10 seasons, he works full-time as a correction officer at MCI-Norfolk.

During his playing days at BHS, he captained both the golf and baseball teams. A pitcher/first baseman, he was a Tri Valley League all-star in baseball as a senior.

Rebello did an amazing job in his second year at the helm, getting his squad to peak at the right time. Rounding out the 12-man roster were Jake Maturo, Ryan Visconti, Sam Elliott, Colin Sherman, Robbie Seyffert and Eric Johnston.

The seven-team Central Mass. League includes Bellingham, Northboro, Marlboro, Framingham, Westboro, Medway, and Milford.

**localtownpages**

*Founded by  
Pamela Johnson*

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

**Publisher**  
Chuck Tashjian

**Editor**  
J.D. O’Gara

**Send Editorial to:**  
bellinghambulletineditor@gmail.com

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

**Creative Design & Layout**  
Michelle McSherry  
Kim Vasseur  
Wendy Watkins

Ad Deadline is the  
15th of each month.

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

© Copyright 2024 LocalTownPages

**Cartier’s Funeral Home**  
Complete Pre-Need Funeral Planning  
*Family Owned & Operated Since 1957*  
Serving Bellingham and the Surrounding Communities  
151 South Main Street, Bellingham, MA 02019  
**508-883-8383**  
www.cartiersfuneralhome.com  
Francis E. Cartier Leslie A. Cartier

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

**Bayberry Accounting & Tax Service**  
Laura J. Smith, E.A.  
Tax Preparation & Planning  
Bookkeeping Services • Payroll Services  
QuickBooks Software Installation/Training  
*Specializing in Small Business Needs*  
**508-966-1685 | LSmith33@aol.com**

**HEAT**  
is just a phone call away!  
  
www.EastcoOil.com  
**EASTCO OIL: 508-883-9371**

# Bellingham Senior Center Yard Sale September 14th

By ANGIE FITTON

Come one, come all, bring your friends and family as well!

Every year the Bellingham Senior Center puts on a number of events. One of those events is the annual Senior Center Yard Sale. This year the yard sale will take place on Saturday, September 14th from 8 a.m. until 1 p.m. The Bellingham Senior Center is located at 40 Blackstone Street.

Eva Gamache, a member of the Bellingham Elder Service Group, is in charge of this year's yard sale, along with a number of other events taking place in the community throughout the upcoming months, such as a craft fair in November. She helps to raise money for the community through such events and has a lot of fun doing so.

The yard sale is a collection of donated items collected throughout the year. "It's amazing the donations we get. People are so good,"

Gamache states joyfully. "We have multiple sheds assigned for different purposes, and we've gotten so many donations that the yard sale shed is full and we are utilizing others until the event takes place."

The yard sale will take place at the Bellingham Senior Center in the dining room and outdoors. It is completely run by volunteers.

"We have the best volunteers you could ask for," Gamache notes. She is very proud of her crew. "We couldn't do it without the volunteers that come in and help!"

Amongst the items available for sale this year are a number of board games, children's toys and stuffed animals. There is a lot of glassware and kitchen items, picture frames and pictures, and many seasonal items, split up by season; for instance, there will be a display of just Halloween items and decor available, and spooky season is

right around the corner!

There are some items that would have to be refused if brought by, so if you are thinking of

donating, please do not bring clothing, shoes, electronics or furniture. Also, this is a year-round project, and Gamache asks that if you do want to donate items for the yard sale, please refrain until after this event has ended so they may make room for more incoming donations. They will begin taking donations as early as September 15th for next year's event.

Eva wants everyone to know they are welcome to come down and check out all that the

Bellingham Senior Center has to offer. "It's a fun day, come check us out!" she states.

Should you have any questions or concerns, regarding the yard sale, you can reach the senior center at (508) 966-0398.

# From the Town Clerk...

## Election Information

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.

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. This Primary pertains to State and County offices only. The last day to have registered to vote prior to this Primary was August 24th.

The Early voting period prior to the November 5th Presidential Election will run from October 19th through November 1st. The actual scheduled will be posted in the October issue of the

Bellingham Bulletin as well as on the Town website and Facebook page.

If you wish to vote by mail, please fill out the request card that will be mailed to you by the Secretary of State or contact the Town Clerk's office at [townclerk@bellinghamma.org](mailto:townclerk@bellinghamma.org) for an application.

## 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.

**Please Recycle this Paper**

# Robert Roofing & Gutters

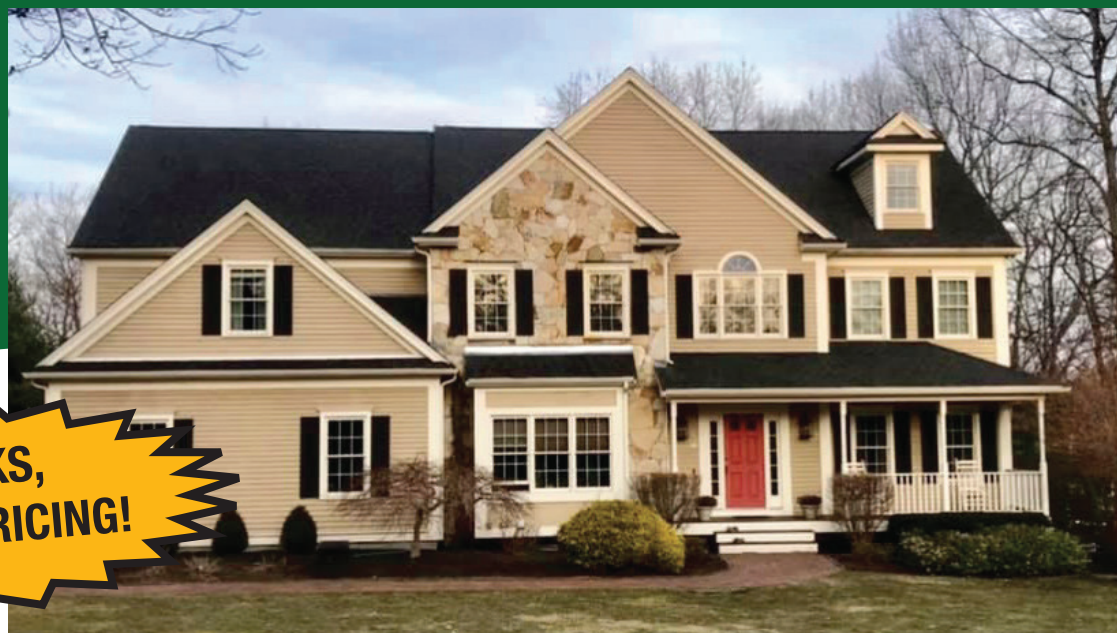
49 YEARS IN BUSINESS!

**ONE CALL SENDS  
A ROOFER...  
NOT A SALESMAN**

**857-247-8709**

- Roofing
- Siding
- Windows
- Gutters
- Residential Rubber
- Flat Roofs

**NO GIMMICKS,  
JUST HONEST PRICING!**



CertainTeed



**FREE ESTIMATES  
LICENSED & INSURED**

[www.robertroofingandgutters.com](http://www.robertroofingandgutters.com) • [Rgreene465@gmail.com](mailto:Rgreene465@gmail.com)

**WALK**

*continued from page 1*

“and then walk to the Town Common for a few rounds around the park, and back to the church.”

“We had about 30 walkers last year,” she says, “and raised about \$8,300 for Bellingham residents who needed help with electric, oil, gas, insurance, rent, food and other bills that they could not afford.”

Dedominici is a former president of the Saint Blaise Conference which is part of the national St. Vincent de Paul organization that raises money nationally, and internationally, to help folks in need.

Last year, they assisted 70 local families – 350 people in total – and raised \$48,000 to help. It came mostly from three fund raisers conducted by Saint Blaise: a clothing drive, a calendar raffle, the Walk and other donations.

“It’s hard for people to ask for help,” says Dedominici. The process to request help is confidential.

Reasons for folks to call include “those who have fallen on hard times, might have a financial crisis, an injury, job loss, serious illness or something else,” explains Dedominici. Many times, the help includes access to fuel assistance or food stamps.

She adds that they do not give out cash, but pay bills partially or fully depending on the circumstances.

As a walker, you can pledge any amount from a handful of coins to a wad of paper cash. That can be decided at registration just before the walk begins.

You can also donate by going to [www.saintblaise.org](http://www.saintblaise.org) and scrolling down to “Online Giving.” Then, select “St. Vincent de Paul Society” and make your donation.

“As walkers,” explains Dedominici, “we always carry a banner, and we get beeps, waves,

honks as we go along. Everybody is ramped up for the walk, which ends with coffee, donuts and fruit at the church.”

“It’s a bit of a social occasion... kids can walk with us... strollers are welcome... it’s walking for a cause,” she adds.

All the money collected goes directly to the needy in Bellingham. “There are no administrative fees. It doesn’t matter what the recipient’s religion is, we are here to fully help everybody who needs it,” she notes.

Over her seven years as president of the local conference and beyond, she observes that calls for help have increased. “They are more dire, more complicated. We have yet to say ‘No’ to a neighbor in need.”

If you need help, or know someone who does, you can call Saint Blaise Church at (508) 966-1258 extension 6. You may need to leave a message, but you can expect a call back within 24 hours.

# Society of St. Vincent de Paul to Sponsor

## Fourteenth Annual “Friends of the Poor Walk”

The Society of Saint Vincent de Paul, St. Blaise Bellingham Conference is participating for the fourteenth year in the nationally sponsored “Friends of the Poor Walk”. The Walk will take place on Saturday, September 28th, 2024 rain or shine. The walk registration begins at St. Blaise Church, 1158 South Main Street, Bellingham at 8 a.m. Each walker will register and pick up

their T shirt, snack and beverage. The walk begins at 9 a.m. going down to the common around the common several times and back to the church. You may choose to do the walk virtually completing a 1.5 mile walk on your own anytime during the month of September. Donations are also accepted online at [www.saintblaise.org](http://www.saintblaise.org).

## Article Correction!

Our paper was recently informed of an error in a headline for a press release that ran in our July issue. The original headline, “5K Race Raises Over \$5,300 for the Franklin & Bellingham Rail Trail Committee,” should be “5K Race Raises Over \$8,500 for the Franklin & Bellingham Rail Trail Committee.”

According to the member of the Franklin Bellingham Rail Trail Association, “Originally,

we only included the \$5,300 donated by TVFR. We later included the donations from TVFR (\$5,300), other corporate sponsors (\$3,000), and the race day raffle (\$200) which brings the total to \$8,500.”

For more information on the Franklin Bellingham Rail Trail Committee, visit [www.franklinbellinghamrailtrail.org](http://www.franklinbellinghamrailtrail.org), find them on Facebook or follow them on X.

# OSTRANDER INSURANCE

Established in 1979

## Welcoming RP Smith Clients to the Ostrander Insurance Agency



L to R – Paul Ostrander, Dick Ostrander, Dave Tuttle

**Congratulations to Dave Tuttle of RP Smith & Son on his retirement!**

**As of September 2024 all RP Smith clients with Commerce-Mapfre coverage will be serviced by the Ostrander Insurance Agency**

*Contact us with any questions or concerns*

**508.966.1116**

**OstranderInsurance.com  
Paul@OstranderInsurance.com**

# A+ Plus

## TIRE AND AUTO CARE

[aplustireandautocare.com](http://aplustireandautocare.com)

**Get your MA Inspection HERE!**

**COMPLETE AUTO REPAIRS**

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

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

# Behind the Scenes at the Space Station:

## Dr. Jennifer Levasseur Leads an Exciting Virtual Tour

By JENNIFER RUSSO

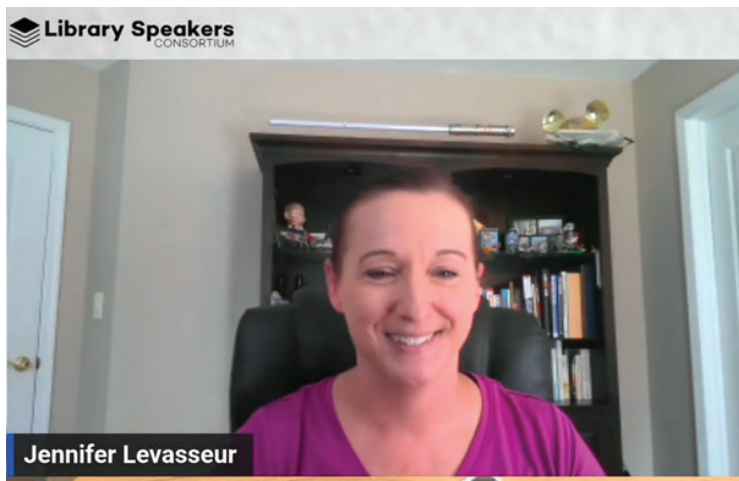
Can you imagine being an astronaut that is living 250 miles straight up in the air, in a completely weightless environment, for days, months or even years? What might it be like to conduct important scientific research on board the International Space Station (ISS)? How would you sleep, eat and exercise? What would it be like to see not just one sunrise or sunset a day, but sixteen?

Questions like these were recently answered in one of the latest sessions in the Bellingham Public Library's Author Talks series, where Smithsonian curator and author Dr. Jennifer Levasseur shared what life is like aboard the ISS. She took the audience on a virtual tour of the space facility, explaining how they get up there and sharing details of different compartments and what daily life is like for the astronauts who visit and stay there. It was exciting

to learn that there are currently nine astronauts living onboard, including Butch Wilmore and Suni Williams who went up on the Atlas V Starliner in June and are awaiting information on their return to the Earth.

Dr. Levasseur discussed how the design of space stations has changed throughout history. Considerations put into the designs were what kinds of things could be studied in space (including the astronauts themselves), what would be needed for someone to stay long term, how to maintain bone density and muscle tone by including exercise equipment modified for space use, and how to keep such a contained environment clean and sanitized to minimize any illness.

The ISS is the third brightest object in the night sky. Jennifer shares that you can look up when the ISS is flying over your home and easily see it through a telescope.



**Author Talk - Levasseur ~ Dr. Jennifer Levasseur, Smithsonian curator and author, discusses what life is like on the International Space Station**

“There has always been someone onboard the ISS since the year 2000,” says Jennifer.

“It’s a really busy place... there are visits from vehicles all the time...there are astronauts from Russia, the United States, Canada, and other European and Asian countries there in rotations.”

We learned that there are a considerable number of solar arrays attached to the ISS to provide the electricity for the facility,

as well as radiators, which help to release heat from computers on the station to keep a comfortable temperature within. We also learned that there is a large amount of Velcro on the interior surfaces that enables astronauts to keep things secure. They even have Velcro strips attached to their clothing to keep items they are using from floating.

“There are nodes, which are connecting spaces and the living spaces for the astronauts, sup-

ply and storage areas, and a really important module called the Destiny Module, where a great deal of science happens, such as conducting research inside a glove box,” Dr. Levasseur tells us.

“One really cool feature of the living space is something called the Cupola, which are really big windows that point straight down toward the earth and where astronauts can view incoming aircraft, take photos, and more.”

For more information on the ISS and how astronauts live and work in space, you can purchase Dr. Levasseur’s children’s book, Behind the Scenes at the Space Station, on Amazon or in bookstores near you.

You can access a virtual tour of the International Space Station by visiting <https://www.nasa.gov/feature/iss-virtual-tour/>

The Author Talks series is sponsored by the Bellingham Library in partnership with the Library Speakers Consortium. For more information on upcoming sessions, go to <https://library.org/bellingham/upcoming>

# BRAND NEW 2024 NISSAN ARIYA ENGAGE PLUS SUV

- FULL ELECTRIC ALL WHEEL DRIVE
- 0-60 IN 4.8 SECONDS
- ZERO EMISSIONS
- 272 MILE RANGE
- SPEND UP TO 60% LESS IN FUEL COSTS
- PREMIUM STYLING, FEATURES & CRAFTSMANSHIP
- LEATHERETTE INTERIOR, HEATED FRONT SEATS AND STEERING WHEEL AND MUCH MORE

**SIGN AND DRIVE  
ZERO DOWN PAYMENT  
NO MONEY OUT-OF-POCKET  
\$299/MO - 36 MONTHS**

10,000 mile per year lease • Use tax not included in payment • Tier 1 credit • In-stock vehicles only



- Multi-Year NISSAN Award of Excellence Winner
- 3 time “QUEST FOR THE BEST” Winner

*Our friendly, knowledgeable staff are customer-focused and ready to help!*

**508-422-8000 • [www.milfordnissan.com](http://www.milfordnissan.com)**



# The Story of Style

## Apricot Lane Boutique in Franklin showcases possibilities

By JANE LEBAK

Nestled behind the Starbucks on East Central Street is Franklin's fashion treasure, Apricot Lane Boutique.

"Style is about expressing yourself in your own way," says Marta McNulty, owner of Apricot Lane. "Women can be very individual in the ways they mix and match their clothing, and that's a part of the Apricot Lane experience"

Marta's store opens into world of colors and possibilities, with every display a clever match of hues and textures that creates the unified whole of a great outfit. "People step into my boutique, and it's as if they're visiting a friend," says Marta. "I want my customers to feel relaxed and to be delighted by all the possible ways to combine the pieces they see."

Marta traces her style back to her childhood. "I grew up in Poland during the time of civil unrest, when there wasn't a lot of clothing for children. My mother could sew, though, and my grandmother could sew. They'd make my clothes by cutting apart adult clothing, or from any fabric they could find."

It was in those times of mixing and matching, of blending colors and textures in unexpected ways, that Marta uncovered her passion. After

graduating college in Poland, she traveled to Massachusetts and became a visual merchandiser, beginning with H&M at their flagship store in Boston, and then for Bloomingdale's for seven years. "I would create the sales floor layouts and experiment with the way pieces were put together--on tables, fixtures, and mannequins inside the store, and in the store windows displays. I learned the importance of color combinations or having variations representing a style all together in one section, to offer inspirations for outfit combinations."

The pandemic changed everything. "I took time to consider what I always dreamed about," Marta said, "and it was to open my own fashion spot, where I could thoughtfully pick items that my customers would be excited about!"

Apricot Lane blends modern styles with boho feminine vibes, using a delightful mix of contemporary pieces cleverly combined to give the wearer her own distinct look.

"I love piecing what top goes together with what bottom, or what jacket to layer over a dress," says Marta. "I assemble these looks as buying suggestions for inspiration, but the magic happens when my customer gets inspired to create her own."

# Apricot Lane BOUTIQUE

## Business spotlight



Apricot Lane's spacious rooms allow for plenty of try-ons, and there's even space to park a stroller. "For toddlers, we'll make up a scavenger hunt," says Marta. "I'll say, let's find a necklace with a bird, and that way, I'll entertain in the kids while their mom is trying things on."

It's the relationship with her customers that makes Marta's boutique stand out. "So many customers will stop in and talk about their daughters or catch me up on their lives," says Marta, "and that gives me a

window to understand how they want to look and how they want to feel."

Because Marta chooses all her stock individually, this store is a snapshot of what local woman are wearing. "The national trends are about mainstream," she says, "but I notice the local trends, and I gear Apricot Lane Boutique in Franklin towards those. I want a cute shop that carries not just what other boutiques are carrying, but the items that are relevant to shoppers in our town and neighboring areas."

The selection varies, some casual, some dressy, but always cutting edge. "Customers can see our fashion selection on our

Facebook or Instagram pages, but it's not enough just to look. They want to come in and touch it, feel the quality, and try it on."

Marta says, "I help my customers pay attention to the details. The right belt or a tiny pendant can pull together the whole look. A woman comes out of the dressing room wearing a new outfit and smile, and she says, 'This is who I wanted to be all along.'"

Apricot Lane posts their fashions on Instagram and Facebook, under @ApricotLaneFranklin. The store is located at 342 East Central Street in Franklin.

PAID ADVERTISEMENT

**Apricot Lane BOUTIQUE**

Shop Local for current trends & styles

Personally selected women's fashion clothing & accessories from trade shows across the country.

Follow us for updates on current inventory, photos & videos

**STORE HOURS:**  
Monday - Saturday 11am - 5pm  
Sunday 12pm - 4pm

342 East Central St. Suite B (next to Big V)  
Franklin, MA 02038  
Phone: (508) 440 - 5004  
Email: franklin@apricotlaneusa.com



# Massachusetts Public Health Officials Award \$8.3 Million for 988 Suicide and Crisis Lifeline Network

In June, The Department of Public Health (DPH) today announced that \$8.3 million in state and federal grant funding will be awarded to five community organizations to support the continuation of services for the 988 Suicide and Crisis Lifeline Network. The funds will provide infrastructure, operational capacity, and staffing to these organiza-

tions so they can offer emotional support, and de-escalation to those who call the 988 Lifeline, seeking someone who will listen, understand, and be present.

“The 988 Lifeline is critical to ensuring that Massachusetts residents can access the care that they need how and when they need it, whether that’s via call or text,” said Governor Maura

Healey. “We know how important it is to have these resources in place, and I am thrilled that continued funding means that these organizations will still be able to make 988 available to anyone who needs it.”

“Everyone in Massachusetts, no matter how they identify or what language they speak, should be able to access the resources that 988 provides,” said Lt. Gov Kim Driscoll. “We can prevent an unnecessary loss of life by continuing to provide this life-saving resource, which can mean everything for an individual who just needs help or some form of connection in a time of crisis or need.”

The five crisis call centers are being funded by DPH’s Suicide Prevention Program as part of the Massachusetts 988 Suicide and Crisis Lifeline Network. The 988 Lifeline Network is available 24/7, 365 days a year, via phone, chat, and text to provide free and confidential support to those experiencing emotional distress or

thoughts of suicide. It features dedicated support for veterans, Spanish speakers, LGBTQIA+ youth and young adults, video-phone and TTY services for the Deaf and hard of hearing, and translation services spanning more than 200 languages.

Suicidality, suicide attempts, and suicide deaths among Massachusetts residents are a significant and preventable public health issue. Data from the 2021 Massachusetts Violent Death Reporting System reported that there were 596 suicides in Massachusetts, a rate of 8.5 per 100,000, with 22 percent of suicides resulting from firearms. The Commonwealth seeks to reduce the incidence of suicidal ideation, behavior, and deaths in Massachusetts through compassionate crisis services. The 988 Lifeline is a core component of this strategy.

Funding for the five community organizations will begin July 1, 2024, and will continue for two years.

### The Suicide Prevention Services crisis call center funding recipients are:

- Family Services of the Merrimack Valley
- Samaritans of Cape Cod and the Islands
- Samaritans, Inc, Boston
- Samaritans of Fall River and New Bedford, Inc. dba Samaritans Southcoast
- United Way of Tri-County, Framingham

People throughout Massachusetts that they can access the 988 Suicide and Crisis Lifeline by calling or texting 988. The campaign will run in English, Spanish, Portuguese, and Haitian Creole and will include TV, radio, social and digital media, and out-of-home.

More information about the Massachusetts 988 Lifeline network can be found here.



**Coverage for wherever you call home**

**Benjamin Insurance Agency**  
 401-767-2061  
 Bellingham, MA  
 401-765-5000  
 North Smithfield, RI

Serving MA & RI  
 Se Habla Espanol

**Allstate**  
 You're in good hands.

Subject to terms, conditions, and availability. Allstate Vehicle and Property Ins. Co., Allstate Property and Casualty Ins. Co. & affiliates: 2775 Sanders Rd Northbrook IL 60062. © 2019 Allstate Insurance Co. 18679493



**BUTLER & SONS TREE SERVICE INC.**  
 617-924-8322

**FAMILY OWNED & OPERATED SINCE 1980**

**Fully Insured including Workers Compensation Residential & Commercial**

**SERVICES INCLUDE:**  
 Tree Removals & Pruning  
 Ornamental Tree Pruning Is Our Specialty  
 Natural Hand Pruning of Shrubs  
 Cabling & Bracing  
 ✪ FREE ESTIMATES ✪

**~ FULL-TIME EMPLOYMENT OPPORTUNITIES ~**

- Climber/Driver Wanted
- Ground Person/Driver Wanted

**PROUD MEMBERS OF**  
 Massachusetts Arborists Association  
 TCIA VOICE OF TREE CARE  
 NEW ENGLAND ISA

**Email: [butlertree80@yahoo.com](mailto:butlertree80@yahoo.com) • Find us on Facebook**  
**Visit us online at [www.butlerandsonstreeservice.com](http://www.butlerandsonstreeservice.com)**

DALPE'S P&M SVCS., LTD.  
 DBA **JOE THE PLUMBER**  
 508-962-5225  
[JothePlumber314@aol.com](mailto:JothePlumber314@aol.com)

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

MA Lic.# 11226  
 RI Lic.# 1719

**Joe Corriveau  
 Master Plumber**



**3**

**PRIVATE DINING AT 3**

Up to 150 guests  
 Corporate Dinners  
 Rehearsal Dinners  
 Bridal & Baby Showers  
 Graduations & more

Our contemporary, beautifully appointed private dining rooms provide the perfect backdrop for your event. 3 has the menu, and atmosphere, to suit the most discerning tastes.

For more information, contact Jasmine at [jm@3-restaurant.com](mailto:jm@3-restaurant.com) or 508.528.6333

461 W Central Street (Rt. 140), Franklin, MA  
 3-restaurant.com



Your Money, Your Independence

# Mastering the College Admissions Process



Glenn Brown, CFP

Navigating the college admissions process can be a complex and stressful experience for both students and parents.

Understanding nuances of early action and early decision, exploring merit-based aid, and utilizing 529 plans and loans effectively can impact this journey. Here's a guide to help clarify these crucial financial aspects.

## Early Action vs. Early Decision

When it comes to college applications, Early Action (EA) and Early Decision (ED) are two options usually due November 1st, but they have distinct differences.

**Early Action (EA)** allows students to apply earlier than the regular deadline and receive a decision sooner, but they do not have to commit immediately. This means students can apply

to multiple schools under EA and weigh their options.

**Early Decision (ED)** is a binding commitment as students agree to attend that college if admitted. Applying ED can enhance acceptance chances because admissions committees view ED applicants as highly motivated. However, it is crucial to request any needed merit aid in the application process, as later requests of needing aid to attend can jeopardize the acceptance.

## Focus on Merit-Based Aid

Merit-based aid is financial assistance awarded based on a student's academic, athletic, or artistic achievements rather than financial need. To maximize merit-based aid:

**Take The Road Less Traveled:** The "trophy schools" aren't giving a lot of merit, because they receive many applications and don't need to incentivize top students. Therefore, look for niche colleges and/or programs in big schools that excite your student and align to their strengths.

**Build Student/Recruiter Relationships:** Merit is a relationship business, where personal interactions influence rewards. Encourage students to proactively connect with local recruiters and express their interest in specific programs. Ongoing communication leads to sharing campus visit plans, allowing the recruiter to set up meetings with professor(s) and admissions.

Upon applying EA or ED, your student shares with the recruiter and admissions personnel their enthusiasm, application, and calculation of merit needed to attend. Now admissions has a personality with a name and need, plus the local recruiter is making your student's case.

Students must lead these communications, as recruiters are turned off when parents are writing, editing, and/or speaking for the student.

## Using 529 Funds

Contributions to a 529 plan grow tax-free, and withdrawals for qualified education expenses are tax-free. To use funds from a 529 plan effectively:

**Adjust Investment Strategies:** If your child is only a couple of years from starting college, then shift a portion of future expenditures into more stable investments, such as bond funds or money markets, to help minimize future volatility and potential losses.

**Qualified Expenses:** Ensure that withdrawals are used for qualified expenses like tuition, fees, books, and room and board. Using funds for non-qualified expenses can result in penalties and taxation at the parent's AGI rate.

## Exploring Loan Options

Understanding the different types of loans can help in managing student debt:

**Federal Student Loans:** Typically offer lower interest rates and more flexible repayment terms compared to private loans. They include Direct Subsidized Loans, where the government covers interest while the student is in school, and Direct Unsubsidized Loans, where interest accrues immediately.

**Parent PLUS Loans:** These are federal loans parents can take out. They have a fixed interest rate and offer flexible repayment terms but place the financial burden on parents.

**Private Loans:** Offered by banks or private lenders, have higher interest rates and fewer repayment protections than federal loans, so they should be the last resort.

In conclusion, informed parents and proactive students can achieve better financial outcomes and a smoother transition to college life. To learn more, talk with your Certified Financial Planner.

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

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

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



**FOR ALL YOUR PLUMBING NEEDS**

**CALL TODAY!**  
**508-918-4648**

Gerald Moran, Owner  
License # PL36504-J  
Insured

*Don't just watch TV — Make it!*



Come on down to the ABMI-TV studio and learn the "ins-and-outs" of video production...

**We're always looking for interested volunteers!**

**Access Bellingham-Mendon, Inc.**  
10 WILLIAM WAY (OFF RTE. 140) • BELLINGHAM, MA 02019  
Tel: 508-966-3234 • Email: [abmi8@comcast.net](mailto:abmi8@comcast.net)  
Visit us on the web at [abmi8.org](http://abmi8.org)



*Celebrating 30 years in business!*

**Back to school, back to work...  
back on the road again!**

**Get your car into perfect shape  
this fall season!**

**from the Collision & Towing Experts at**



**Marty's**  
AUTO SERVICE  
RS# 3256  
Bellingham, MA

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

**508-966-1008**

# The b.LUXE *beauty beat*

## Unlock Your Best Look: Must-Know Haircut Trends for Fall 2024

BY GINA WOELFEL

We're unpacking the hottest trends for the autumn/winter 2024 season with the most sought-after hairstyles. After a mostly minimalist summer with styles that seemed to style themselves, we're seeing a return to bold, highly personalized looks that emphasize definition and texture and are poised to turn heads this season! Bangs are back, shorter and more voluminous bobs are adopting new angles, and there's a noticeable nod to the past with a resurgence of retro-inspired cuts like the mullet, the shag, and even "The Rachel."

One noticeable trend emerging in the salon industry is the increased customization of haircuts for both women and men. Clients want to express their individuality in a unique way instead of simply following what they see on social media. There's more freedom to mix and match looks and showcase inventive ideas; this departure from the norm reflects a deeper ownership of individual style.

### Get Ahead of the Curve with This Season's Hottest Style Trends!

#### THE MODERN SHAG AND WOLF CUT:

These styles appear similar but are actually different haircuts with similar elements. The **modern shag cut** combines long layers with shorter layers

to frame the face, creating volume and lift. One key element to a great shag cut is bangs! For longer shag cuts, curtain bangs (see below) flow effortlessly into the shag's side layers. The popular butterfly cut is also another name for a longer shag. Its shorter, softer, chin-length side layers and long layers at the back create the illusion of butterfly wings, from which it derives its name.

The **wolf cut** is a popular haircut that combines the fringe of a shag and a mullet's statement style. It's known for its slightly edgy look with choppy bangs, shorter layers on the crown, and longer layers on the back. The style is said to resemble a wolf's wild and unkempt coat. The wolf cut has no exact, definitive shape. It can be long or short, with hair gradually layered thicker around the back and longer base layers that intentionally give a mullet effect.

#### BANGS:

Bangs are back, adding a fresh and stylish update to our hairstyles this fall season. The most significant trend we're seeing is all about the fringe that frames our faces. From the effortlessly chic **curtain bangs** that soften your facial features and blend beautifully into longer layers to the iconic **Birkin bangs** (inspired by Jane Birkin) that exude vintage charm, there's a perfect style for everyone! **Wispy bangs** add a touch of romantic softness, while **bold baby bangs** can be chunky



and well-defined, with separated strands for a daring statement. For an edgier look, **choppy short bangs** work great with cuts like the wolf cut and French bob haircut, while **layered bangs** are less committal with various lengths that blend into your hair. Whether you prefer a polished center part or the glamorous vibe of vintage **bombshell bangs**, this season's trend invites you to experiment and express your inner glam.

#### THE RACHEL 2.0:

The **Rachel 2.0** is a modern take on the iconic hairstyle made famous by Jennifer Aniston's character, Rachel Green, on the popular TV show Friends. We all sported this haircut in the mid-90s, even if it didn't quite suit our style. However, the modern version showcases a shaggy, layered, shoulder-length look with plenty of texture and movement and can be tailored to accentuate your best features. It's a versatile and stylish haircut that has



gained popularity for its fresh, effortless vibe. The Rachel 2.0 is a great option for those looking for a trendy yet timeless haircut.

#### ASYMMETRICAL BOB:

The **asymmetrical bob** is set to be a standout style for fall 2024. This modern twist on the classic bob haircut features a distinctive angled cut, adding edgy elegance and timeless sophistication. With a shorter back and longer front, this versatile haircut complements various hair textures and face shapes, making it a trendy choice for those looking to embrace individuality and defy symmetry. This variation of the bob haircut can be short, medium, or long and can vary in the sharpness of its angle.

These are just a few of this season's most popular hairstyles.

We're also seeing significant demand for high-end men's haircuts, hair extensions, toppers, and faux bangs, as well as no-heat natural styling solutions and layers for all hair lengths. We'll be discussing these in our upcoming Beauty Beats. Scan the QR code to follow along and read our full blog each month, where we share photo inspiration, promotions, and a more in-depth dive into the Beauty Beat.

With so many ways to personalize your style, embrace this season and make it your own.

We'll be here to help you do that!

See you at the studio!

PAID ADVERTISEMENT

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

**HOPEDALE PIZZA MARKET**

**\$5 OFF**  
Dine-in/Take-out orders on purchase \$20 or more  
VALID ON FOOD ONLY

**15% OFF**  
Sun. thru Thurs. 4-9pm  
Dine-in Only  
VALID ON FOOD ONLY

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

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

# Municipal Spotlight

## Asst. Superintendent's Focus — Curriculum, Instruction

By KEN HAMWEY,  
BULLETIN STAFF WRITER

The role for Cari Perchase, the new Assistant Superintendent for Bellingham's school district, will focus on curriculum and instruction, and she'll continually be reviewing what's being taught, how it's being taught and what impact that instruction is having on student learning.

"The ultimate goal is that all students have the opportunity to achieve and get the support that each individual student needs," Dr. Perchase said. "My immediate goals are to build and maintain relationships with all stakeholders, to listen and learn about the ongoing work, and to celebrate success and identify opportunities for growth."

A native of New York City, Perchase graduated from Stoughton High, where she played varsity basketball for two years. She enrolled at the State University of New York at Stony Brook for a semester but later left and spent a semester at Massasoit Community College and a semester at UMass-Boston.

"I was a non-traditional college student," she said, "not totally sure of my future as an educator. But, I returned to UMass-Boston, received a bachelor's degree in psychology and sociology, and worked as a substitute teacher in my last semester before joining the faculty at the O'Donnell Middle School in Stoughton."

From that point on, Dr. Perchase's advancement in education became very traditional. She earned a master's degree in elementary education at UMass-Boston before getting a certificate of advanced graduate studies in educational leadership at Bridgewater State University. Northeastern University was her next venue, where she earned her doctorate in education.

Dr. Perchase's stops in the field of education later took her to Duxbury, Medway and Burlington.

"I taught grades 5 and 6 during my five years in Duxbury," she noted. "Then, I was named assistant principal at the Medway Middle School (three years) and later became principal there for five years. In 2018, I was selected as principal at the Marshall Si-



**Cari Perchase, Bellingham's new Assistant Superintendent, earned her doctorate in education from Northeastern University.**

monds Middle School in Burlington where I stayed for six years before coming to Bellingham."

After 14 years in three administrative positions, Dr. Perchase felt the time was right to go to the next level. "I wanted to support learning at all levels," she said. "I was ready for the challenge of a district level."

Meeting regularly with Superintendent Peter Marano and Director of Student Services Suzanne Michel, Dr. Perchase is updated on the fulfillment of the district's goals and offers her input at those meetings. "It's a team that supports student learning throughout the district," she emphasized.

Marano is pleased to be adding Dr. Perchase to the administrative staff.

"We are excited to welcome Dr. Perchase to the Bellingham School District as the Assistant Superintendent for Curriculum, Instruction, and Assessment," Marano said. "She is an innovative educational leader and has a deep commitment to student success. She will be instrumental in enhancing our curriculum and ensuring that every student has access to high-quality learning opportunities. We are confident that her vision and expertise will be a tremendous asset to our schools and community."

Hired in July, Dr. Perchase will be working and collaborating with the district's five school principals frequently. "I'll support their work within their buildings and provide pre-K to grade 12 vertical alignments. That involves helping them achieve our shared vision pertinent to skill development."

Dr. Perchase, 51, will visit the district's five schools twice monthly. "The first meeting will be with the principals to discuss any issues and how I can support them and their initiatives, and the second would involve visiting classrooms and students," she said. "I want those meetings to foster collaborative relationships."

Dr. Perchase describes the principals as "awesome," she said. "They're strong leaders with a clear vision and they're committed to fulfilling it."

School administrators face government regulations just like business and industrial leaders, so another role for Dr. Perchase is to keep Bellingham in compliance. "I'll work to support the district in meeting state and federal regulations," she said.

A good example is MCAS testing, which is still a state mandate for graduating. "That's a data point to assess student learning, but we use a variety of other assessments to support student

learning," Dr. Perchase said.

Although the time in her new position hasn't been lengthy, Dr. Perchase, nevertheless, has a positive outlook on Bellingham's school system.

"The faculty and staff are committed to helping and assisting all students in all areas," she said. "As I get to know the community better, we will celebrate success and identify opportunities for future growth. There's no doubt that we're taking the right steps to ensure educational opportunities and advancement."

Dr. Perchase enjoys working with Superintendent Marano, who's been with Bellingham Schools 10 years.

"He cares about all children and works to support them," she said. "He's thoughtful and has extremely high expectations. He and his ideas are very motivating, and he provides autonomy for his leadership team."

Dr. Perchase, who, in her leisure time enjoys walking her two dogs, working out, visiting her family in South Carolina and enjoying the beach, knows that new trends will develop on curriculum and instruction, but says current trends "should make us focus on literacy, including the science of reading." She added that "we need to look at social and emotional learning while focusing on educating the whole child."



**ANYTIME PAINTING SERVICES INC.**  
Dedicated to Quality

**All Trades of Home Services**

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

**508-308-6285**  
[www.anytimepaintingservices.com](http://www.anytimepaintingservices.com)



Introducing



# TRIM™

The Rate Improver Mortgage

Get a great  
30-year fixed-rate  
**MORTGAGE**  
**NOW**, and if rates  
drop, **JUST TRIM™**  
**IT LATER...**



with  
**NO FEE!**

[msic.website/TRIM-it](http://msic.website/TRIM-it)  
[TRIM@msic.org](mailto:TRIM@msic.org)

Participating credit unions  
are NMLS Approved Lenders  
and Equal Housing Lenders




# Debunking Common Myths in Eye Care

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

When it comes to eye health, myths and misconceptions abound, often leading people to adopt unnecessary or even harmful habits. From the belief that carrots significantly improve vision to the notion that sitting too close to the TV damages eyes, it's time to set the record straight. Here, we debunk some of the most common myths in eye care and provide evidence-based advice to help you maintain optimal eye health.

### Myth 1: Carrots Improve Your Vision

One of the most persistent myths is that eating carrots can vastly improve your vision. While carrots are indeed rich in vitamin A, which is essential for eye health, they do not possess magical vision-enhancing properties. Vitamin A helps maintain healthy vision, especially in low light conditions, but it won't correct vision problems such as myopia or hyperopia. A balanced diet with a variety of fruits and vegetables is more beneficial for overall eye health.

### Myth 2: Reading in Dim Light Damages Your Eyes

Many of us were warned as children that reading in dim light would harm our eyes. However, this is not true. While reading in low light can cause eye strain and temporary discomfort, it does not cause any long-term damage to your eyes. To reduce eye strain, ensure that your reading area is well-lit and take regular breaks.

### Myth 3: Sitting Too Close to the TV Will Ruin Your Eyes

Another common myth is that sitting too close to the television can damage your eyes. While it might cause temporary eye strain or fatigue, there is no evidence to suggest that it leads to permanent eye damage. Modern televisions emit less radiation than older models, making this concern even less relevant today. However, it's always a good idea to maintain a comfortable viewing distance to avoid eye strain.

### Myth 4: Wearing Glasses or Contacts Will Weaken Your Eyes

Some people believe that wearing glasses or contact lenses will cause their eyes to become

dependent on them and weaken over time. This is not true. Corrective lenses improve vision by compensating for refractive errors, and they do not affect the physical health of your eyes. In fact, wearing the correct prescription can help prevent headaches and eye strain.

### Myth 5: Blue Light from Screens Is Dangerous for Your Eyes

With the rise of digital device usage, many products have emerged claiming to protect your eyes from the harmful effects of blue light emitted by screens. However, the evidence supporting the effectiveness of blue light-blocking glasses is lacking. Several studies suggest that blue light-blocking glasses do not significantly improve symptoms of digital eye strain. The American Academy of Ophthalmology does not recommend any special blue light-blocking eyewear for computer use. Instead, focus on taking regular breaks, practicing the 20-20-20 rule (every 20 minutes, look at something 20 feet away for 20 seconds), and adjusting your screen's brightness to reduce eye strain.



### Myth 6: Eye Exercises Can Cure Vision Problems

Various eye exercises are often touted as remedies for conditions like nearsightedness or astigmatism. However, there is no scientific evidence to support the claim that eye exercises can correct these refractive errors. These conditions are caused by the shape of the eyeball or the cornea and cannot be altered through exercises. If you have vision problems, consult an eye care professional for appropriate corrective measures such as glasses, contact lenses, or surgery.

### Myth 7: You Don't Need an Eye Exam If You Have Perfect Vision

Even if you have perfect vision, regular eye exams are crucial. Eye exams can detect early signs of diseases like glaucoma, macular degeneration, and diabetic retinopathy, which may not present symptoms until significant damage has occurred. Regular check-ups can help prevent vision loss and ensure early treatment if necessary.

### Myth 8: Only Older Adults Need to Worry About Eye Health

While it is true that the risk of many eye diseases increases with age, eye health is important at every stage of life. Conditions such as digital eye strain, dry eye, and even cataracts can affect younger individuals. Protecting your eyes from UV rays, maintaining a healthy diet, and having regular eye exams are important habits for people of all ages.

### Myth 9: Sunglasses Are Only for Sunny Days

Sunglasses are often viewed as a summer accessory, but they are important year-round. UV rays from the sun can damage your eyes even on cloudy days. Wearing sunglasses that block 100% of UV rays can help protect your eyes from harmful effects such as

cataracts and macular degeneration. Choose sunglasses that offer full protection and wear them whenever you are outdoors.

### Myth 10: A Cataract Must Be 'Ripe' Before It Is Removed

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

### Myth 11: Eyes Can Be Transplanted

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

### Myth 12: Laser-Assisted Cataract Surgery Is the Same as Traditional Cataract Surgery

False. The five best-ranked eye hospitals in America offer bladeless laser-assisted cataract surgery. We do too. Bladeless cataract surgery aims for better precision, more safety, and excellent outcomes. The laser's advanced precision and ability to correct astigmatism translate into a better likelihood of seeing well without glasses following cataract surgery. The same laser breaks up and softens the cloudy cataract, so less ultrasound is needed to remove it. Less ultrasound translates into less energy used inside the eye and clearer corneas, which helps produce better vision on the first day after surgery. This becomes even more

Optical Shop On-Site

MILFORD - FRANKLIN

## EYE CENTER

Saturday & After Hours Available

**WORLD-CLASS SURGICAL FACILITY - NO OR FEE CHARGE**

**ANESTHESIOLOGISTS ARE PRESENT FOR ALL SURGERIES**

**BOOK YOUR BACK-TO-SCHOOL EYE EXAMS**

**NEW PATIENTS RECEIVE A FREE PAIR OF SELECT GLASSES**

Roger M. Kaldawy, M.D.

Jorge G. Arroyo, M.D.

Dan Liu, M.D.

Michael R. Adams, O.D.

Shalin Zia, O.D.

Donald L. Conn, O.D.

Dr. Purvi Patel, O.D.

## SMILEFORVISION.COM

**FRANKLIN OFFICE**  
750 Union St.  
508-528-3344

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

**MILLIS OFFICE**  
730 Main St.  
508-528-3344

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

**EYES**

*continued from page 12*

critical if you have a weak cornea or a small eye with a dense cataract.

Dispelling eye care myths is crucial for maintaining good eye health. Instead of relying on hearsay, base your eye care practices on scientific evidence and professional advice. Regular eye exams, a balanced diet, proper eyewear, and good screen habits are the cornerstones of healthy vision. By understanding and debunking these common myths, you can take better care of your eyes and enjoy clear vision for years to come.

Our eye center and ophthalmologists have state-of-the-art equipment to diagnose and treat almost any eye problem. At Milford-Franklin Eye Center, we continue to serve our communities with state-of-the-art eye care, surgery locally in Milford, and glasses and contacts. With three offices in Franklin, Milford, and Millis, a dedicated surgery center in Milford, and a 50-staff practice ready to help, there is no need to travel hours for your eye care or surgery. We are the area's leading eye care practice. Give us a call or book your appointment online.

For more details, see our ad on page 12.

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

# Suicide Prevention Starts with Support

BY ANGIE FITTON

Each year over 700,000 people lose their lives to suicide and one in five people have admitted to having suicidal thoughts. National Suicide Prevention Week is September 8th through 14th and there are a lot of great causes dedicated to helping to prevent suicide.

If you ever feel like you are in crisis and need someone to talk to immediately, please utilize the Suicide Prevention Hotline 988; you can call or text and they are available all day every day. 988 is a nationwide hotline. You can also text "TALK" to 741741 to reach a counselor.

SAFE Coalition is based out of Franklin, MA. It is a nonprofit that helps to educate and support those who suffer from mental health and addiction concerns, and they want people to know that they are not alone, even if they feel like they are. They hold a Coffee House every Friday, and any-

one is welcome to go for "coffee and conversation." These coffee houses are from 8 a.m. in the morning until noon and are located at 31 Hayward Street, Suite 2C in Franklin. Saturday mornings from 8:30 am to 10:00 am Michelle Palladini hosts "Trauma-Informed Yoga," and these sessions will take place September through November, at the same location.

Ben Speaks is another great advocate for mental health. Their vision statement is "Ben Speaks...creating a culture where youth and families have access to the resources and support they need to empower themselves." They even have their own pledge; "I pledge allegiance to be myself and to be a stand for change! To take full responsibility for my thoughts, words, feelings and actions. To treat myself and all those around me with kindness and respect. To trust my gifts. To put my energy into growing myself fully. To be a voice for a world where all human be-

ings are loved and accepted for who they are. One world under grace, indivisible with dignity and true justice for ALL." Find the organization at [www.benspeaks.org](http://www.benspeaks.org).

For 50 years, Samaritans of Massachusetts have been saying "We're here for you" as they work towards preventing suicide and providing hope. Each year their volunteers and staff answer more than 90,000 calls, texts and chats on their helpline which is part of and can be reached by utilizing 988. On Saturday, September 28th, they are hosting their 26th annual 5k run/walk for suicide prevention. This will be taking place at Artesani Park in Brighton, MA. You can register or volunteer at [www.samaritanshope.org](http://www.samaritanshope.org). There you can also access all their resources including the 24/7 helpline, suicide prevention workshops and peer support for suicide loss survivors.


The American Foundation for Suicide Prevention is active in all 50 states, and they

are at the forefront of suicide prevention. You can find more information on them at [www.afsp.org](http://www.afsp.org), and if you need to reach them via email, the address is [massachusetts@afsp.org](mailto:massachusetts@afsp.org).

The Massachusetts Chapter of AFSP brings together people who want to prevent suicide in their communities. The chapter is comprised of families and friends who have lost someone to suicide, individuals who feel vulnerable, mental health professionals, clergy, educators, students and community or business leaders. Their ultimate goal is to eliminate the loss of life by suicide. One of the ways they do this is by hosting walks through "Out of the Darkness." You can find out more about these walks at [www.supporting.afsp.org](http://www.supporting.afsp.org), but in Massachusetts in the month of September there are walks on 09/07 (Pittsfield), 09/21 (Hingham), 09/22 (Natick), 09/28 (Worcester) and 09/29 (Newburyport)

**Please Recycle this Paper**


**Bellingham Kenpo Karate**  
**ONE MONTH FREE TRIAL!**



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

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

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



**Bellingham Kenpo Karate**  
116 Mechanic St., Bellingham MA  
*(directly across from post office)*  
**781-856-5914**  
[KarateBellingham.com](http://KarateBellingham.com)

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



**CBD**  
**ReLeaf Center**

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

*ReleafCenter1@gmail.com* [www.myCBDreleafcenter.com](http://www.myCBDreleafcenter.com)

**CURBSIDE PICKUP OR YOU CAN COME IN!**

*Celebrating our 5 year anniversary!*

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



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

**Try our new CBD tinctures**

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

**MONEY-SAVING COUPON!**



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

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

# Charles River Chorale Still Singing Strong after 40 Years

By DAVID DUNBAR

Over the past four decades, the Charles River Chorale has been providing widely acclaimed performances for members and attendees in area towns including Bellingham, Franklin, Holliston, Millis, Medway, Norfolk, and Wrentham.

The Charles River Chorale is celebrating its 40 years and currently has more than 90 members. It's a non-profit organization, led by Board Chair Robert Archibald, Director Ashley Nelson-Oneschuk, Assistant Director Susan Fortin, and a board of directors.

"It has been an amazing 40 years," notes Archibald. "We

are bound together by a love of singing."

And that they are. There are two major performances each year, one in December with a holiday theme. And this past May, the concert entitled "Road Trip Across America" offered songs and styles from many regions of the country.

In addition, there will be 13 rehearsals between September 17 and December 6. On Tuesdays at 7:30 p.m., the first three are "open" and folks who want to know more about the Charles River Chorale, or perhaps want to join it, can get better acquainted. (See sidebar to this article for details.)

"It is an honor to be the director of this amazing organization, especially on a milestone anniversary," explains Nelson-Oneschuk. "Congratulations to every member and supporter, past and present."

She continues, "Whether I'm working with 10 singers or 100, I always strive to keep everyone engaged, challenged, successful, and laughing. Happy people have a much better chance at creating beautiful music and wonderful experiences." Current members range in age from 15 to 83 (Jeanne Johnson cheerfully admits to being the oldest).

Jean Lynch, a 20-year member and singer, says, "Ashley is extremely talented, super organized, beautiful, young mother and has a super-human ability with music."

"We have members from nearly 20 communities in the Charles River valley and beyond," according to Board Chair Archibald. "We have been rehearsing and singing

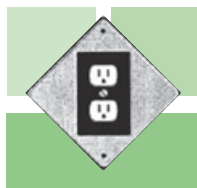


Charles River Chorale members gather to discuss their organization's 40th Anniversary. Seated, from left, are Jean Lynch (20+ year member); Jeanne Johnson (30+ year member); and top row, from left, Anne Czarnowski; Meaghan Quilop, board member, and Board Chair Robert Archibald.

**CHORALE**  
continued on page 16

## Richard (Rick) Lamothe Electrical Contractor

Electrician — Master License in MA & RI



**CELL: (508) 397-1916**

Small jobs, service upgrades, fire alarms  
All phases of old and new construction

## FREE HOME BUYER WORKSHOP

**When: Wednesday, September 25, 2024 - 6:30 - 8:30pm**

**Where: Restaurant 45, (45 Milford St, Medway, MA 02053)**

Charles River Bank is offering a FREE Home Buyer Workshop. Join Mickee Whitney, AVP & Mortgage Loan Officer (NMLS# 782138) and a panel of local real estate experts – including 2 Realtors®, and a Real Estate Attorney presenting valuable information and tools to acquire the home you desire in this competitive market. There will be an interactive Q&A session following the presentation.

Space is limited.

Reserve your space today by emailing  
info@charlesriverbank.com or call 508-321-3115



**Charles River Bank**  
Personal Connections. Powerful Solutions.

www.charlesriverbank.com

508-533-8661

Member FDIC

Member DIF



Dinner  
will be served

# MA National Guard & State House Art Commission Unveil "Every Flag a Story" Exhibit

The Massachusetts National Guard, in partnership with the State House Art Commission, proudly unveiled the "Every Flag a Story" exhibit during a ceremony in Memorial Hall at the State House in Boston.

This two-year exhibit will display historic Massachusetts battle flags that have been in storage since the late 1980s. The exhibit opens with "First Blood of the Civil War," showcasing the flag of the Sixth Massachusetts Infantry Regiment, which holds the solemn distinction of having the first four soldiers killed in defense of the nation during the Civil War.

"This remarkable exhibit provides a unique opportunity to commemorate and preserve the rich history of the Massachusetts National Guard and the brave men and women who have served our state and the

nation," said Governor Maura Healey. "We are proud to display these historic flags in the People's House not only as a tribute to the Guard's heroic legacy but also as an inspiration to the next generation aspiring to serve with the same dedication and courage."

"Massachusetts has called upon its sons and daughters to protect the Commonwealth and the Nation for more nearly four centuries," said Maj. Gen. Gary W. Keefe, The Adjutant General, Massachusetts National Guard. "This exhibit will help showcase this rich military history and serve as a reminder of the sacrifice and valor of those who helped forge and secure a nation."

This exhibit would not have been possible without the generous support of Wellpoint, a health benefits company in Mas-

sachusetts. Their commitment to honoring the service and sacrifice of the Massachusetts National Guard has ensured that these historic flags and the stories they represent can be shared with the public.

The "Every Flag a Story" exhibit will feature four treasured flags, each displayed for six months. The exhibit begins with the regimental color of the 6th Massachusetts Infantry Regiment from the Civil War. This flag was carried by the regiment during their march through Baltimore when they were attacked by hundreds of Southern sympathizers, resulting in the first bloodshed of the Civil War. The bravery of the Sixth Massachusetts soldiers is also commemorated in a large mural in the State House's Hall of Valor.

The second flag in rotation will also be from the 6th Massa-

chusetts Infantry Regiment, but from their deployment to Puerto Rico during the Spanish-American War. The Sixth Massachusetts were the first troops ashore in Puerto Rico, and the flag they carried during that engagement will be displayed. This historic battle is also depicted in the Hall of Valor on the third floor of the State House.

The third flag will be the color of the 272nd Field Artillery Battalion, the last segregated unit in the Massachusetts National Guard. Mobilized during the Korean War, the 272nd was deployed to West Germany to defend against USSR aggression. The unit was desegregated during their deployment in Germany. This flag honors the soldiers who served during the Korean and Vietnam Wars.

The final flag in rotation will be the color of the 1st Battalion,

211th Artillery, a Massachusetts National Guard unit mobilized from 1968-1969 and stationed at Fort Benning. During their deployment, many soldiers were sent to Vietnam as individual placements.

"There are over 300 flags in the Massachusetts State House Battle Flag Collection, and each one has a story to tell," said Lt. Col. Geoffrey Love, Director, Historical Services, Massachusetts National Guard. "By sharing the individual stories behind these flags, we hope that visitors will recognize the common thread of loyalty, service, and sacrifice."

The public is encouraged to visit Memorial Hall to view these historic flags and learn more about their significant roles in American history.

## A Magic of Three

September 10 - October 3, 2024

### Meet the Artists Reception

Friday September 13 @ 6 p.m.

Open to anyone who wishes to attend.

The Hopkinton Center for the Arts (HCA) is pleased to announce that it will be hosting "A Magic of Three" in the Lotvin

Family Gallery. The exhibition opens on September 10 and runs to October 3, 2024. There will be a free public reception and artist talk Friday September 13 @ 6 p.m.

This exhibition, curated by Alexandra Rozenman, will offer an intimate survey of paintings and works on paper by three art-



ists. Joining Rozenman to round out the "Three" are artists Pauline Lim and Mari Saxon.

The exhibition allows for the nuanced comparison of three artists and their evolving ap-

proaches to storytelling in their multilayered work. Rozenman notes, "As a painter I am known as a storyteller. My works are mysterious, intriguing and make people wonder. Magic spaces of deep waters, old cities and open skies often are approached as stages where things take place."

Entry to view the exhibition is always free. The HCA is pleased to offer private and group docent tours upon request. For more details, call 508-435-9222 or visit our website at [www.hopartscenter.org](http://www.hopartscenter.org).

## Franklin Federated Church Annual Yard Sale September 28th

The Franklin Federated Church, 171 Main St., will hold its annual yard sale on Saturday, September 28th from 9 a.m. - 1 p.m., rain or shine. The church has been holding this annual fundraiser for over 25 years to help support the community and maintain their beautiful building.

Shoppers will find great deals on books, toys, household items, electronics, sporting goods, and much more. The Thrifty Threads thrift store will be open during the sale as well. The store has clothing and shoes for adults and children, along with accessories and a large jewelry display. There will be special savings the day of the sale and there will be a special Boutique Room set up.

Please come on by! This sale is fun for the whole family. All items not sold will be donated to various locations. No early birds please.



250 PULASKI BLVD.



Since 1953

APPLIANCES

 <b>BOSCH</b>	 <b>Electrolux</b>
	 <b>LG</b> <small>Life's Good</small>
<b>SAMSUNG</b>	<b>KitchenAid</b>

**APPLIANCE SALES & REPAIRS**

**(508) 883-7235**

**WWW.BELLINGHAMELECTRIC.COM**

**CHORALE**

*continued from page 14*

at the Church of Christ, Congregational, in Millis for all of our 40 years.” The winter and spring concerts are held at Medway High School. Tickets for adults are \$20 each; seniors and students are \$15; five years and under are free.

“The Millis Chorale began in 1975 as the Bicentennial Chorus with concerts in Millis, Washington D.C., and at the Eastern States Expo in Springfield,” according to Jeanne Seyfarth, an original member.

Archibald adds, “the group disbanded after the Bicentennial and continued to sing as a church choir at Church of Christ in Mil-

lis. In 1985, the group was revived under Roy Kelley to draw in members from Millis who were not members of the church. That group became the Millis Community Chorale in 1985. As we chose to expand beyond Millis to the Charles River Basin in 2000, we changed our name to the Charles River Chorale.”

Roy has been described as

a “showman,” and has since passed away. Ashley, who took over as director 10 years ago, has been described as a “storyteller.”

Seyfarth continues, “All of the music that has been chosen for us has been challenging. I plan to continue singing until I am unable to sing anymore!”

There were moments during the COVID pandemic when many thought they would be “unable to sing anymore.” Concerts and rehearsals were cancelled or moved to a virtual presentation “so we could continue to perform,” says Archibald.

“We finished the pandemic with zero dollars in the bank and 22 members,” recalls Meg Quilop, a 13-year member. Membership and attendance have continued to grow post-pandemic with 350 people attending the last concert, 90+ members now, and the bank account is no longer at zero.

Quilop also mentioned some relatively new programs including a Children’s Choir, scholarships for music students, and something called the “Sunshine Committee” that promotes a feeling of closeness among members and organizes birthday celebrations.

Jean Lynch observes that “many people are looking to do something for themselves. Singing can help people become friends.”

One dictionary defines music as “an art of sound in time that expresses ideas and emotions in significant forms through the elements of rhythm, melody, harmony, and color.” It should have included a picture of the Charles River Chorale next to it.

Discover more at [www.charlesriverchorale.com](http://www.charlesriverchorale.com)

**Residential & Commercial Roofing Contractor**



Cooks Roofing

40 years in Business  
Family Owned  
and Operated

Bellingham’s #1 Choice in Roofers



MA Lic. #116815

**508-966-0306**

Visit our website at:  
[www.cooksroofing.com](http://www.cooksroofing.com)



## Charles River Chorale to Hold Open Rehearsals in September

The Charles River Chorale will begin its 40th season with 3 open rehearsals in September.

The non-audition chorale meets on Tuesday evenings from 7:30 to 9:30 p.m. at the Church of Christ, 142 Exchange Street, in Millis. The open rehearsals (September 17th, 24th, and October 1st) allow those interested to explore the possibility of joining the Chorale. New members are always welcome!

Under the leadership of Ashley Nelson-Oneschuk, the Charles River Chorale is entering its 40th year as a non-profit 501 (c) 3 chorale. Nelson-Oneschuk, a music professional in her 10th year with the Chorale, is also the choral director for Medway High School. Her goal for the chorale is “focused on cultivating a joyful community first, with excellent musical experiences as the vessel to achieve this.”

Chorale members hail from many surrounding towns and range in age from teenagers to octogenarians. The group presents 2 concerts each year, in December and May. “Let It Snow!” is the theme of this year’s winter concert, which will be held the first weekend in December. The program will feature traditional

and modern songs all related to – snow!

Membership dues for the Chorale support operating costs. There are no dues for high school students and scholarships based on need are available. The Charles River Chorale also supports the Charles River Children’s Choir as part of its outreach mission.

For more information about the organization and the upcoming open rehearsals, visit [www.charlesriverchorale.com](http://www.charlesriverchorale.com). Those who are interested in joining the chorale for the start of the season on September 17th are asked to complete a short sign up document via the attached QR code or via this link: <https://forms.gle/VLG3EoxvoeeeHBcV9>. Sponsorships and advertising opportunities are also available.



# 30% OFF Select Wood Stove and Wood Inserts



Need service for your existing fireplace or stove?

Call Us Today!

781-562-0771

1049 Turnpike St., Rte. 138  
Canton, MA

Check us out on the Web!  
[www.NEHearthandHome.com](http://www.NEHearthandHome.com)



15% off All gas service

Expires 9/14/24

FREE

Measure Installation on Fireplace Glass Doors

0%

for 6 month financing

Jotul • Vermont Castings • Regency  
Marquis Collection • Stoll Fireplace Glass Doors






Come see our live burning displays in our Showroom.  
Many different wood stoves on display.



# VFW Post 7272 Honors Volunteer Chef Crawford with Award

By DAVID DUNBAR

“I am surprised, and I’m not often surprised,” says Kirk Crawford at a ceremony honoring him for becoming the latest recipient of the VFW Post in Bellingham’s Annual Appreciation Award.

Crawford currently donates his time and expertise to the Post by preparing appetizers and sandwiches for attendees at the every-other-Friday night Karaoke games. He’s a self-employed carpenter who lives in Bellingham and volunteers to help with a variety of projects at the Post (including plowing winter snow in the parking lot and some small construction projects).

“I appreciate the freedom we have in America,” explains Crawford, “and I respect our veterans, and I want to contribute to their well-being.”

The Award reads: In recognition of your unwavering support of our post and various veterans’ organizations throughout the years, thank you from everyone at VFW Post 7272 in Bellingham, MA.



Crawford’s family and friends turned out for the award ceremony. They included his 90-year-old mother (seated in front), two sisters, nieces and grand kids, a daughter, and son-in-law. Post Commander Calnan and Vice Commander Shea are at left. Altogether, about three dozen folks assembled at the VFW Post in Bellingham on a Friday night last month to honor Crawford’s service.

“It’s a well-deserved award,” says Senior Vice Commander Steve Shea. “Kirk is the most thoughtful, best guy ever!” Commander Kevin Calnan

agrees and adds, “He embodies our key values of patriotism,

**CHEF**

*continued on page 19*



Kirk Crawford receives his “Appreciation Award” from Steve Shea (left), the Senior Vice Commander of VFW Post 7272, and Post Commander Kevin Calnan (right).



**B.A.C. ROOFING & CONSTRUCTION**

**RESIDENTIAL & COMMERCIAL**

*Specializes Asphalt Shingle Roofing & Siding*



**\$1000 OFF**  
**VINYL SIDING PROJECT**  
with this ad  
\* Up to 2,000 square feet or over.



**Call 401-413-4820**

**| Email: Bacroofing22@gmail.com**



# Celebrate the Season and Great Food at Franklin's Harvest Festival on Sept. 28

The 21st Annual Harvest Festival is set for Sat., Sept. 28, with a rain date of Sun. Sept. 29, from 12 noon to 5 p.m. It will take place on Main Street and the surrounding area in downtown Franklin.

More than 150 vendors will display their specialties. Come and enjoy live music, food, kids' activities, artwork and crafts. It's a great time to meet local shop owners and check out all that Franklin offers.

Enjoy delicious choices from local restaurants at the food court: Italian sausage, pizza, hot dogs, barbecue chicken sandwiches, cheeseburgers, chicken fingers, pastries, fried dough, ice cream, gelato and more. Teddy Gallagher's Pub will be working their grill. Dean Bank staff members will be selling cider and fun treats in front of the bank. Proceeds of their sales will go to the Harvest Festival.

Live music will fill the air at The Performance Tent. In separate performances, visitors will



This year's Franklin Harvest Festival, courtesy of the Franklin Downtown Partnership and some very generous sponsors, will take place on September 28th, from 12-5 p.m., with a rain date of September 29th.

hear Dom DeBaggis, Rep. Jeff Roy, and Heath Nisbett. The Performance Tent is located between the Post Office and Dean Bank. This music space presents acoustic guitar and vocal arrangements for all ages.

The Franklin Fire Department will have its popular touch-a-truck attraction. Fire trucks will be out front at its Route 140 station and Sparky will give out plastic fire helmets to children. The Franklin Historical Mu-

seum will celebrate the long-running St. Rocco's Festival. The museum will share images, news clips, and memories of the St. Rocco's Festival and celebrate Franklin's Italian roots as well. The Rome restaurant will sell pizza slices in front of the museum.

"Downtown Franklin is a busy social center for shopping, dining and entertainment. The Harvest Festival is the perfect time to get acquainted with local business owners and community groups," said Scott Martin, President of

the Franklin Downtown Partnership and Harvest Festival Chair. "We welcome friends from our town and beyond."

The Partnership invites business owners to sponsor the Harvest Festival. Email the FDP office at [downtown.franklin@yahoo.com](mailto:downtown.franklin@yahoo.com) to learn more about sponsorship opportunities.

Thank you to this year's generous festival sponsors: **Platinum sponsor** - Coastal Glow Skin

**FESTIVAL**  
*continued on page 19*



With good food, vendors, entertainment and kid-friendly activities, Franklin Harvest Festival draws neighbors of all ages.

# CHARRON



## Tree Service

Quality Timely Service!  
508-883-8823

FREE ESTIMATES • FULLY INSURED

### RESIDENTIAL & COMMERCIAL

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

CharronTreeService.com

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

1060 Pulaski Blvd  
Bellingham, MA 02019

## THE CRACKER-BARREL FAIR IS ALMOST HERE!

September 13th-15th, 2024  
Celebrating our 42nd year!  
Fairgrounds on Emerald St. Wrentham, MA

RIDES!  
FOOD!

FIREWORKS!  
SATURDAY NIGHT!

FRIDAY 5-10!  
SATURDAY 12-10!  
SUNDAY 12-6!

FEATURING:

- \*DAVE WARNER
- \*DAVE PENZA
- \*AK GODY AND THE WICKED NORTHMEN
- \*THE REMINISANTS
- \*THE MISSY MAXFIELD PROJECT
- \*MATT TREMBLE

ANIMALS!  
MAGIC!  
CRAFTS!

LIVE MUSIC!  
VENDORS!  
GAMES!



**FESTIVAL**

*continued from page 18*

Clinic, Dean Bank. **Gold sponsors** – Dean College; Floor & Décor; Middlesex Savings Bank. **Silver sponsors** – Camford Property Group, Inc.; The Enclave of Franklin; Glen Meadow Apartments; Hockomock YMCA; Notturmo Home Services; Rockland Trust. **Bronze sponsors** – Beaux Regards Photographic Art; Chestnut Dental; DCU; D.G. Ranieri Real Estate; Eagle Stainless Tube & Fabrication, Inc.; Fenton Financial Group; Keefe Insurance; LeafFilter Gutter Protection; Nerds To Go; Simons Furniture; and Turtle 2 Properties, LLC.

The last day to register for booth space is Sept. 15, but spaces usually sell out sooner. Downtown store-front businesses must register to ensure store-front space. Booths are assigned on a first-come first-serve basis. For festival, booth registration or sponsorship info, visit the FDP website at [www.franklindowntownpartnership.org](http://www.franklindowntownpartnership.org).

Follow the Downtown Partnership at:  
<https://www.instagram.com/franklindowntownpartnership/> and  
<https://www.facebook.com/franklindowntownpartnership.org/>



**Franklin Fire Department will hold a touch-a-truck and feature Sparky the Fire Dog during the festival, and next door at the Franklin Historical Museum, see a display of St. Rocco's Feast.**

The Franklin Downtown Partnership is a non-profit 501 (c) 3 organization made up of more than 300 business owners, residents, and community leaders working to revitalize downtown Franklin. Residents can join the Downtown Partnership for only \$25. The Partnership manages events like the Strawberry Stroll and the Harvest Festival, and initiatives such as beautification, streetscape design, green space, alley murals, and sculpture projects. For more information go to [www.franklindowntownpartnership.org](http://www.franklindowntownpartnership.org).

# Franklin Rotary 8th Annual Car Show September 14th

Franklin Rotary Club & New England Chapel is “Gearing Up” for their 8th Annual Car Show, slated for September 14th, 2024, from 9:30 a.m. – 1 p.m., located at New England Chapel, 300 Central Street, Franklin, MA 02038. Registration is \$15 per car and entry is FREE to spectators. This show features: Food, Raffles and welcomes vehicles of all types; Antique, Muscle, Classic, Custom, Motorcycles and out of the norm new cars! Trophies will be awarded at 12:30 p.m.



**Sponsorship Levels Available Below...** Includes all Media Promos (Print & Social Media)  
**\$1,000 (Exotic Car Level)** - Your company branded area space for 2 cars; live promotion by DJ during Show; large company logo display; Trophy Sponsorship – “Best In Show”; Coupons for handout.  
**\$500 (Luxury Care Level)** - Trophy Sponsorship; company logo display; coupons for handout.

**\$250 (Classic Care Level)** - Trophy Sponsorship; company logo display; coupons for handout.  
**\$100 (Friends of Rotary Level)** - Business Card on Flyer

**DEADLINE FOR SPONSORSHIP - FRIDAY, SEPTEMBER 8, 2023**

To register or become a sponsor contact: Gary Convertino at [gconvertino@cox.net](mailto:gconvertino@cox.net) or John Power at [john@powerpaintingplus.com](mailto:john@powerpaintingplus.com)

All proceeds to benefit Rotary Club of Franklin, MA community service projects. The Rotary Club International is a non-profit organization made up

of a diverse group of men and women “who come together to create positive, lasting change in our communities and around the world.” <https://www.rotary.org/en/about-rotary>

If you would like more information about our organization or to become a member, please contact Diane Padula, [padularotary@gmail.com](mailto:padularotary@gmail.com) and she will make arrangements for you to be a guest at one of the upcoming meetings. Rotary meets the first and third Tuesday, 5:30 p.m. – 7:30 p.m. at the Rome Restaurant, 4 East Central Street (Rte. 140), Franklin, MA.

**CHEF**

*continued from page 17*

community, and veterans.” Crawford, who was working in the Post’s kitchen that evening, knew nothing about the coming award presentation. “Then I noticed my mother, two sisters, and more family members coming in and I knew something was up,” he recalls. “What I do as a volunteer, I could not do without the help of family and friends.” He spends four to five hours in the Post’s kitchen every other Friday evening. He also cooks for the monthly Quarter Auction. His menus include hamburgers, hot dogs, an occasional American Chop Suey, and more. “I’ve been involved with cooking and catering with family and friends for more than 20 years,” says Crawford. A big moment came for Crawford when he had the opportunity to cook for a battalion

of U.S. Marines (about 600) at Fort Devins in Massachusetts. He and a friend prepared “200 pounds of pork butt... we came to say thanks to the Marines for their service.” Crawford started the popular annual “Smoke Off,” which has turned into the largest money-maker of the year for the Bellingham Post. The event features team cooking and a competition for cash prizes. He runs a second Smoke Off at the Bellingham Sportsman Club. He’s at the Post for other big events during the year including Memorial Day, Mothers’ Day, Veterans’ Day, and at Christmas where besides cooking he dresses up as Santa. In addition, he cooks at events hosted by the Post’s Auxiliary, which included a cookout in Bellingham for veterans from the Brockton VA. Crawford is a member of the Auxiliary. What’s his favorite dish? “Roast beef dinner!”



## SALMON

HEALTH & RETIREMENT  
THE WILLOWS | WHITNEY PLACE





# LUXURY *living*

Call **508-533-3300** today to learn how you can experience the unparalleled lifestyle of SALMON at Medway.

44 WILLOW POND CIRCLE | MEDWAY, MA 02053

# St. Blaise Vendor Fair & Grandma's Attic September 21

The grounds of St. Blaise Parish, 1158 South Main Street, Bellingham, MA, will be busy with activity for the Annual Vendor Fair on September 21, 8 a.m. to 2 p.m. Admission is free and

open to the public.

About 25 Vendors such as a shaved ice truck, Tastefully Simple, Tupperware, handmade crafts, and home decor, have signed up for spaces. Also for

sale will be the newly published Ladies of St. Anne Cookbook. Vendor spaces are 20x20' and still available for \$30 per space and tables are \$5 each. Located right on Route 126, the site offers major roadside visibility. To rent a space or get additional information, you can contact Jay Castonguay at jaystjohn2006@yahoo.com.

Our ever-popular Grandma's Attic will be open to shop for treasures. Anyone wishing to donate items for Grandma's Attic may drop them off near the rectory garage on Saturdays and Sundays until September 15.

The Brotherhood of St. Joseph the Worker will be offering hamburgers, hotdogs and other delicious food items for sale. Tables to sit and enjoy your lunch will be set up in the food area.

The Ladies of St. Anne will have some amazing desserts for sale to either eat on the grounds or to take home and share with family and friends.

We hope you stop in and take advantage of shopping for many unique items produced by small business entrepreneurs. You may find the perfect gifts for special occasions or Christmas (it's coming fast!).

# Annual "Night of Remembrance" Sat. September 28th

*Join Neighbors in Lighting Luminaries to Remember Loved Ones Who've Passed*

The Annual "Night of Remembrance" will be held at the Bellingham Town Common on Saturday, September 28, 2024, from 6-8 p.m.

We invite all to join us for a "Night of Remembrance" as we "light up" the Bellingham Town Common's pathways to remember all those we keep in our hearts that have passed.

Each Luminary bag (complete with battery-operated candle) may be dedicated to whomever you would like to remember that evening. Luminaries may be reserved in advance, forms are available at the Town Clerk's Office, the Library, and the Senior Center, or available at the Common on the night of the event. The cost for each bag is \$5 and may be taken home at the conclusion of the event.

*For a Unique Style that Everyone will FALL for, Runaway to*



**EXPERIENCE THE DIFFERENCE!**

*Runways Salon*

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

**GIFT CARDS ALWAYS AVAILABLE**

# Hey Ladies ... looking for **wide** shoes?

Sizes 6.5ww - 11ww, also 12m

## End of Summer Special

**Great comfort. Walking Cradle sandal for \$59**  
Regular \$139

EXPIRES 10/01/2024



# The Forgotten Foot

*"It's Worth the Trip!"*

1255 Worcester Road, Framingham  
Hours: Mon. - Sat. 11 a.m. - 6 p.m. • Sun. 12 - 4 p.m.

**508-879-3290**

# Fall at Bellforge Arts Center

- September 7, Illuminate: Lantern Parade & Festival, 5 p.m.-7:30 p.m.
- September 14, Locally Grown Food, Drink, & Music Festival, 3-7 p.m.
- September 21, The Rat Reunion: 50th Anniversary, 3-7 p.m.
- October 5, Women In Music Celebration with Liz Longley, 3-7 p.m.
- October 13, Culturefest 2024, 10 a.m.-3 p.m.
- October 19, Fun At The Forge: Fall Edition, 10 a.m.-2 p.m.
- October 26, Rocktoberfest: End of Season Celebration, 12-5 p.m.

For more information about Bellforge Arts Center, visit [www.bellforge.org](http://www.bellforge.org).



**LiftMaster**  
POWERED BY myQ




Download the FREE myQ app



**See clearly. Close securely.**

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

**Model 84505R**

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

**LiftMaster**

**Jolicoeur**  
OVERHEAD DOORS

Professionally Installed by

**GARAGE DOOR EXPERTS**  
Call or visit our website today  
JOLICOEUR OVERHEAD DOORS  
745 South Main St., Bellingham, MA 02019  
508-883-4522 • [www.mygaragedoor.com](http://www.mygaragedoor.com)

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

# Milford Family and Community Network CFCE Playgroups in Bellingham

Openings are available for the Milford Family and Community Network CFCE Playgroups in Bellingham. The play groups are held two afternoons per week from October through January. Parents may choose either Tuesday or Thursday sessions from 12:30 to 2 p.m. All sessions are held at the North Community Building, 2 Maple Street, located on the corner of Hartford Ave and Maple Street, Bellingham. Playgroups are free of charge.

The program is designed for children ages birth to 60 months. Each playgroup session includes

open play time, creative arts, story times and sing-a-longs. There is also a designated snack time, and parents are encouraged to sign up on a rotating basis to provide a nutritious snack.

A drop in registration for Session 1 beginning in October will be held on Tuesday, September 24, 2024 from 12:30-2 p.m. at the North Community Building in Bellingham, and spaces will be assigned through a lottery system. If you need further information, please feel free to call Donna Umlauf, playgroup facilitator, at (508) 966-1023.

# First Universalist Society in Franklin – September 2024 Services

First Universalist Society in Franklin (FUSF) is pleased to announce our Sunday Worship Series for September of 2024. Interim Minister Rev. Bev will be leading FUSF September services. Please join us each Sunday at 10 a.m. in community as we continue exploration of our Unitarian Universalist (UU) values of Equity, Transformation, Generosity, Interdependence, Justice, Pluralism and Love. After the service, we invite you to stay for coffee and conversation.

*The First Universalist Society in Franklin is a Unitarian Universalist Welcoming Congregation located at 262 Chestnut Street, Franklin MA. For further information about FUSF please explore our website at fusif.org or contact our Interim Minister, the Reverend Beverly Waring at (508) 528- 5348 or minister@fusf.org*

## September 8, 2024 Ingathering Sunday; Connecting and Reconnecting

Come and see old friends, meet new friends, and re-connect to what makes FUSF a beloved community. Everyone is invited to bring some water to

share with the congregation as we continue our annual ritual of mingling this precious resource and blessing it for use throughout the year at child dedications, weddings and other sacred times.

### September 15, 2024 Racing in the Rain

Navigating through life's ups and downs can be as perilous as racing in the rain. This Sunday, in a sermon inspired by the book, *The Art of Racing in the Rain*, by Garth Stein, we will look at the lessons that can be learned from race car drivers.

### September 22, 2024 Peace-ing Together

Join us as we celebrate the International Day of Peace. What is peace?

How can we achieve it and maintain it – in our lives, our community, the world? As part of this worship service we will go outside and re-dedicate the FUSF peace pole.

### September 29, 2024 The Power of the Rev.

Join Rev. Bev as she explores the power of the title, the changes in relationship when a person puts on the collar, robe and/or stole.

## VALUED SERVICE AWARD

FOR OUTSTANDING SERVICE

			
<b>Joan Fantini</b> 508-446-3073	<b>Leo Fantini</b> 508-446-3538	<b>Kayla Normand</b> 508-488-7371	<b>Erin Herrick</b> 508-523-6782
			
<b>Michelle O'Mara</b> 508-254-2819		<b>Rene A. Rua*</b> 508-488-6617 <small>*English/Spanish</small>	
	<h3>Contact us 24/7 for help with</h3> <ul style="list-style-type: none"> <li>• Real Estate Marketing &amp; Sales</li> <li>• Buyer/Seller Representation</li> <li>• Rentals</li> <li>• Short Sales</li> <li>• Foreclosures</li> <li>• Staging Property for Sale</li> </ul>  <div style="border: 1px solid white; padding: 5px; margin: 5px 0;">                 Request your <b>FREE CMA</b> </div> <p><b>CORPORATE OFFICE:</b> 24 North Main Street, Bellingham, MA 02019 <b>508-966-2424</b> <a href="http://www.MARealEstateGroup.com">www.MARealEstateGroup.com</a> <b>HOURS:</b> by Appointment At Your Convenience <b>24/7 EMAIL:</b> <a href="mailto:MainOffice@MARealEstateGroup.com">MainOffice@MARealEstateGroup.com</a></p>		
<b>Abbi Normand</b> 508-488-0373		<b>Brian Sequin</b> 774-266-6291	
			
<b>Bob Wilson</b> 508-361-9539		<b>Lynne Roberts</b> 508-982-3086	
			
<b>Val Flores</b> 774-804-2263		<b>Francesca Casasanta</b> 508-654-4592	



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



**MASSACHUSETTS**  
REAL ESTATE GROUP  
*Select Homes*  
DIAMOND DIVISION

# India Independence Day Celebration at Franklin Historical Museum Organized by BHS Student

Bellingham High School Senior Krishna Parida Swain in collaboration with Franklin Historical Museum organized and celebrated India Independence day on Saturday August 17 from 1 p.m. to 5 p.m. Mr. Alan Earls, Chair of Franklin Historical Museum, welcomed attendees to the unique initiative to bring the

diverse communities together in and around Franklin and build relationships. The goal was to understand and appreciate cross cultural connections between India, United States and rest of the world.

The cultural event began with the national anthems of the USA and India.

The first speaker of the day, Krishna, delivered a captivating presentation on the historical journey of ancient India, tracing its evolution from ancient times to the present day and highlighting Indo-Western connections going back to the Bronze Age. The audience was surprised to learn of the Helgo Treasure, an ancient statue of the Buddha excavated not in India but in Sweden. Krishna also highlighted the immense ethnic, religious, and cultural diversity India has to offer, drawing parallels to the United States. This presentation was followed by a live folk instrumental using an Indian stringed instrument called the "Shahi Baaja." The audience enthusiastically cheered and enjoyed the live instrumental music.

Following the live music, the audience was treated to a performance of "Odissi," one of the oldest dance traditions in the world and one of the eight classical dance forms of India. Originating from the eastern state of



Krishna Swain Presenting History and Culture in the Frankin Historical Museum

Odisha, Odissi has a rich history dating back to the 13th century. Guru (Teacher) Mrs. Shipra Avantica Mehrotra, the founder and artistic director of the Avantica Academy of Odissi Dance, presented the origins, grammar, costume, and musical style of

this ancient dance form. Her student, Maya Parida Swain, an 8th grader at Bellingham High School, gave a live demonstration, captivating the audience

INDIA

continued on page 24



Mrs. Mehrotra, Odissi Dance Guru introduces Odissi dance to the audience.

## ENTER TO WIN TWO GENERAL ADMISSION TICKETS!



# Southwick's Zoo

# Winter Wonderland

## New England's Premier Holiday Lights Display

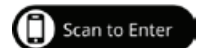
### TWO WAYS TO ENTER!

Winners will be chosen at random and notified by phone or email. Tickets are for entrance to Winter Wonderland display only.

Answer these two questions and send your response to: Our Town Publishing: CONTEST, 74 Main St., Suite 16, Medway MA 02053

1. What is your favorite animal or attraction at Southwick's Zoo? \_\_\_\_\_
2. What would you like to see more of in your local newspaper? \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_



OR



By entering this contest, you are providing consent for Southwick's Zoo and Our Town Publishing (the publishers of The Yankee Xpress/Blackstone Valley Xpress, Free Press and the newspapers of Local Town Pages) to contact you via phone or email for this promotion or upcoming promotions. Only one winner per household. Cannot be an employee or family member of Southwick's Zoo or Our Town Publishing to win.

# Bellingham Public Library News & Events for September

For updates about library programs and services, please see the library website, [www.bellingham-library.org](http://www.bellingham-library.org).

## Highlighted Programs

**Smartphone Photography Series** – Starts on September 3rd at 5:30 p.m.

**This is the first class in a 5-part series.** Each class goes over a different subject pertaining to smartphone photography. Three classes will meet on various Tuesdays at the library and two classes will be on location on Saturdays, location to be determined. You don't have to attend all classes.

Registration is necessary as space is limited. Please register for each class you want to attend separately. These classes are made possible by support from Friends of the Bellingham Library.

## Bellingham Scholastic Chess Clubs

The Bellingham Scholastic Chess Clubs' purpose is to share the love for the game, as well as encourage the life skills of problem solving, creative thinking, and resilience. The BSCC is excited to welcome elementary school students from DiPietro and Stallbrook, as well as ALL students, regardless of age or residency, from the surrounding communities to learn and play chess. Lessons will be short and engaging, with the majority of time dedicated to children playing chess with their peers. No experience necessary. Club meetings will be held at the Bellingham Public Library in the Program and Conference Rooms on Thursdays from 3:30-4:30 p.m., starting September 5, 2024. Registration is required. This program is a collaboration between the Bellingham Scholastic Chess Clubs and the Bellingham Library.

**Concert on the Common with Too Human** – Friday, September 6th at 6 p.m.

Enjoy a fun hour of jazz standards from the Great American Songbook and jazzy bluesy originals by Too Human, played and sung with heart and humor! Location: Bellingham Town Common. In case of rain, the concert will be held at the Bellingham Public Library. This program is supported in part by a grant from the Bellingham Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

It is also supported in part by the Friends of the Bellingham Library.

**Red Cross Blood Drive** – Saturday, September 7th from 9 am to 2 pm. Register at [redcrossblood.org](http://redcrossblood.org)

**Upcycled Wind Chime Craft Class for Adults** – Monday, September 16th at 6 p.m.

Join Celeste to create a one-of-a-kind wind chime using glass beads and silverware. All materials provided, but if you have silverware that you could bring to class to donate that would be appreciated. Registration necessary, as space is limited. This class is made possible by a grant from the Bellingham Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

**Halloween Costume Swap** – check the library calendar for the details about our Halloween Costume Swap! Drop off dates in late September!

**Homeschool Open House** – check the library calendar for the date/time of this open house for homeschooling families from the Bellingham area.

**Working Mom Social Club Yard Sale Fundraiser** – see library calendar for details. 10% of the proceeds from this event will go to the Friends of the Library!

## Ongoing Children's Programs

**The Baby Bunch** – Mondays at 9:30 a.m.

**Ring a Ding** – Mondays & Thursdays at 10:15 a.m., for infants 0-18 months and their caregivers

**First Saturday Family Fun** – Saturday, September 7th at 11 a.m., family craft

**Read to Freedom the Reading Dog** – Mondays from 5:30-7. Sign up for a 15-minute time slot!

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

**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@cwmmars.org](mailto:amaclure@cwmmars.org); grades 6-9 should contact Diane Nelson, [dnelson@cwmmars.org](mailto:dnelson@cwmmars.org). Check the library calendar for details.

**Sensory Story Time** – Tuesdays and Fridays at 10:15 a.m.,

For children ages 2-5 ((younger siblings always welcome). Please register for each session.

After School Programs will resume on August 27th

Registration is mandatory for children in grades 4-6. Registration for new participants takes place each day after school between 2:30 and 4:45 p.m.. Hours vary for both programs on early release days.

- ASK Program hours 2:30-4:45 p.m.
- The Teen Room is open for grades 7-12 from 2-4:45 p.m.
- Check the library website for details on the programs.

For ASK: <https://www.bellinghamma.org/288/Elementary-Middle-School>

For Teen Room: <https://www.bellinghamma.org/354/Programs>

## Adult Programs

**Book Discussion Group** – Generally meets the 1st Monday of the month at 6:30 p.m. This month due to the holiday, it will meet on 9/9. Attend in person or

on Zoom. Contact Cecily Christensen, [cchriste@cwmmars.org](mailto:cchriste@cwmmars.org) for more information.

Our upcoming titles are:

September: *Fahrenheit 451* by Ray Bradbury

October: *Chances Are* by Richard Russo

November: *The Measure* by Nikki Erlick

**Yoga for the Seasons** – Summer Series Ends, Fall Series Begins!

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 levels.

Writing Group for Adults – Tuesday, September 10th 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](mailto:marjorie@marjorie-turner.com).

**Library Board of Trustees Meeting** – Thursday, September 12th at 7 pm in the Conference Room at the library.

**Friends of the Library Monthly Meeting** – Tuesday, September 17 at 7 p.m.

Email [library@bellinghamlibrary.org](mailto:library@bellinghamlibrary.org) for the Zoom link

**Virtual Ask-A-Lawyer Program with Attorney Brian T. Salisbury** – Monday, September 16th starting at 5 p.m. to 7:30 p.m. 20-minute appointments, must register

**Virtual Author Talks** – to register for these talks, go to: <https://libraryc.org/bellinghamma>

Tuesday, September 10th at 2 p.m. – Capturing the Human Drama Through History with Garrett Graff

Wednesday, September 18th at 2 p.m. – Living with an Expansive Mind in a Distracted World with Nate Klemp, PhD

Saturday, September 21st at 7 p.m. – A Deep Dive in Character Development with Global Sensation Liane Moriarty

**GLADU**  
DISPOSAL and  
**SELF STORAGE**

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

**401-769-9125**    [www.GladuSelfStorage.com](http://www.GladuSelfStorage.com)

**Best Prices & Great Service**  
Servicing Southern  
MA & RI  
10 - 15 - 20 - 25 yd.  
Dumpster Rentals

165 Poplar St., Woonsocket, RI  
[www.GladuWrecking.com](http://www.GladuWrecking.com)

# 6TH Annual Odd Fellows Charity Cornhole Tournament to Benefit MA Arthritis Foundation

On September 8, 2024, the public is invited to join the Franklin Odd Fellows for an afternoon of fun and good cheer starting at 1 p.m. at the Bellingham Sportsman Club at 360 Lake St., Bellingham, MA 02019. This will be a fundraiser event with profits going to the Massachusetts Chapter of the Arthritis Foundation. Teams will consist of two players each with a registration

cost of \$25 per player. Team pre-registration is encouraged, but not necessary to be able to participate as cash payment will be collected at the door. Tournament formatting will be round robin play to establish seeding for a double elimination tournament. Last year's event went well, but we're looking for more teams this year. Get your teams together and register today!

The Sportsman Club is an outdoor venue with an indoor lounge, cash bar and TV. The Odd Fellows will provide a buffet lunch and a cash payout to the winning team/teams. Many thanks to the Sportsman Club for use of their facility for this event. Register and prepay at: <https://franklinmassoddfellows.org/cornhole2024/>

## Bellingham Cub Scouts Fishing Derby & Recruitment Event Sept. 7

Silver Lake Park, 95 Cross St., Bellingham

Meet & Greet from 9-9:30 a.m.  
Event begins promptly at 9:30.  
Compete for prizes and learn about our pack!  
Open to the public! Extra fishing poles will be available.

For more information, email [Bellinghampack118@gmail.com](mailto:Bellinghampack118@gmail.com)

**MASS RENEWABLES**  
Clean Solar Energy

**\$0 DOWN!**  
*You Own the System*

GROUND MOUNT • ROOF MOUNT • PRODUCTION GUARANTEE  
Based in Bellingham • Installing Solar in Bellingham since 2009  
References Available

**MIKE KELLEY**  
508-657-1116 or [mkelley@massrenewables.net](mailto:mkelley@massrenewables.net)  
[www.MassRenewables.net](http://www.MassRenewables.net)

**TESLA ENERGY**  
CERTIFIED INSTALLER

**CALL NOW FOR MORE INFO!**

### INDIA

continued from page 22

with her performance.

During a brief intermission following the dance, the audience enjoyed taking pictures at a photo booth set against a backdrop of the 13th-century Sun Temple of Konark in India. The break provided an opportunity for attendees to socialize with one another and engage with the participants, learning more about India's rich history and diverse culture.

The afternoon session featured a presentation on Yoga, meditation, and Ayurveda by Aparajitta Parida Swain. She led a live meditation session, guiding the audience through mental and physical techniques to clear the mind, promote relaxation, and reduce stress and anxiety. The hall was filled with a serene silence as everyone participated in the guided meditation. Julie also presented Ayurveda, a traditional Indian medical system that originated over 3,000 years ago, focusing on maintaining balance in the body, mind, and consciousness. Her presentation highlighted the holistic approach of Ayurveda to physical and mental health, combining diet, lifestyle, and natural herbs. She mentioned the benefits of herbs like turmeric, known for its anti-inflammatory properties, and moringa, rich in vitamins and minerals. Samples from local grocery stores were provided, allowing the audience to experience these benefits firsthand.



**Maya Swain Odissi Dance Performance**

The final session featured a panel led by Mr. Earls, Chair of the Franklin Historical Museum, along with other experts, who answered questions and clarified any doubts about Indian culture, ethnicity, and history. Many audience members shared positive feedback with the organizers and artists, expressing their appreciation for the event and requesting more such gatherings that bring communities together while celebrating culture. Mr. Earls, Jan and the staff concluded the session with a vote of thanks. "I have had nothing but very positive feedback on the event and I am hopeful we can do similar programs in the future," said Alan Earls, Chair of the Franklin Historical Commission.

The entire session was covered by Franklin TV that is targeted to be telecasted within the next 2 weeks.

Cleanups • Mowing  
Mulching • Planting  
Tree Work



Brush Chipping • Firewood  
Rototilling • Snowplowing  
Stump Grinding

### OUTDOOR MAINTENANCE CO.

508-883-3564 (Office)  
508-498-7297 (Cell)

**RUSS ANZIVINO**  
OWNER

**RYAN ANZIVINO**  
CERTIFIED ARBORIST

*Fall in Love ...*  
*... with your new home!*

**Michelle Sebjo Savje**  
Sebjo Savje Premier Group  
508-561-4257

**COLDWELL BANKER REALTY**

**Remember, if you want to BUY or SELL, call Michelle!**



# Bellingham Senior Center Highlighted Events for September

The Bellingham Senior Center is located at 40 Blackstone St., Bellingham.

Reach them at (508) 966-0398 or online at [www.bellinghamma.org](http://www.bellinghamma.org).

**DRIVING SAFELY:** Three smart, helpful presentations are planned for the next three months to help you drive more safely, comfortably, and feeling in control. First up is CarFit, on Thursday, September 19, from 1 to 4 p.m. CarFit is an educational program developed by AAA, AARP, and the American Occupational Therapy Association. Having the proper fit inside your vehicle can make a big difference and help protect you and those around you. At this three-hour CarFit event, trained experts will show you how you can enhance your comfort and fit within your vehicle. Limited spots available, so sign up today if you want in.

**COA BREAKFAST:** Free for all Bellingham residents on Saturday, September 28, at the Senior Center, catered by Town Pizza and Cafe 9 a.m. until 11 a.m.. Please call to let us know you'll be coming.

**COFFEE & CONVERSATION:** Join the clever, smart, sociable

folks who turn out for C&C. Every Tuesday at 9:30 a.m.

**TECH CONNECT:** iPhone for health and emergencies. Learn how the iPhone can help in case of different emergency situations. Explore emergency contacts, using the SOS feature, voice activation, and more. Tech Connect on Tuesday, September 3, at 1 p.m., with KevTech, supported by a grant from the Bellingham Cultural Council. Bring your questions and devices!

**SINGER/GUITARIST:** Entertainer Robert Ledoux: Show features songs from the 1920s to the 1970s. Join us on Friday, September 20, at 1 p.m. and please call ahead.

**PIANIST/VOCALIST:** Patrick Durkin: Durkin is an alumnus of Berklee College of Music and a published singer and songwriter who has performed as a solo pianist and vocalist throughout the New England area, the Caribbean, and in Europe. Durkin will be at the Center on Friday, September 27, at 11:30 a.m.

**WALK & PICNIC:** The story of River Bend Farm in Uxbridge serves as an example of the story of many farms in the Blackstone Valley. Located about half-way between Providence and Worcester, River Bend Farm sits at the crossroads of agricultural life, mill villages, transportation routes, and developing town centers. River Bend Farm represents the changing landscape over the last four centuries. Join us for a walk and picnic at the Farm on Thursday, September 5, from 11 a.m. until 1 p.m. Please bring your own lunch. Limited van transportation will be available. Please call (508) 966-0398 to sign up.

**BIRDS OF PREY:** One hour presentation about the different birds of prey that call Massachusetts home. Friday, September 6, at 1 p.m. and please call ahead.

**GARDENING:** Kate Donovan is (unofficially) the Senior Cen-

**SENIOR CENTER**  
*continued on page 29*



**APPLY TODAY!**

### KITCHEN STAFF NEEDED

Are you looking for a rewarding job that makes a difference? Join our Nutrition Services team and help us provide delicious, healthy meals to students every day!

**WHAT WE'RE LOOKING FOR:**

- Part-time or full-time availability
- A positive attitude and a strong work ethic
- Team players who enjoy working with others
- No food service experience required—we'll train you!

**WHAT YOU GET**

- Full healthcare benefits
- Uniform and shoe allowance
- Monday through Friday schedule when school is in session
- No nights, no weekends, and school holidays off

To apply or learn more, contact Director of Nutrition Services Regina Wilkinson at (508) 881-0165 or [rwilkinson@ashland.k12.ma.us](mailto:rwilkinson@ashland.k12.ma.us). Visit [ashland.k12.ma.us/jobs](http://ashland.k12.ma.us/jobs) for more information.



AN AWARD-WINNING CATHOLIC, COLLEGE-PREPARATORY, CO-ED ACADEMY FOR GRADES 6-12



# BE A MOUNTIE

AND YOU CAN BE ANYTHING



For 100 years, we have been preparing young people to be compassionate, inspired, and informed global citizens while serving the communities of Rhode Island, southern Massachusetts, and beyond.

Every student at Mount is known, valued and treasured. Challenging academics, personalized support, and unique opportunities

# OPEN HOUSE OCTOBER 6 ♦ 11 AM - 1 PM

## Discover how Mount Saint Charles will work for you and your family

[www.mountsaintcharles.org](http://www.mountsaintcharles.org)

REGISTER HERE >>>



# Sports

## BHS Gridders Aiming to Reach Challenging Goals

By KEN HAMWEY,  
BULLETIN SPORTS WRITER

Bellingham High's football team, which won the Tri Valley League Small Division championship last year, enters the 2024 campaign with two major concerns — 14 seniors from the title team have graduated and there are only eight returnees with experience.

Those drawbacks, however, haven't dampened coach Dan Haddad's outlook. His goals for the new season include words like "success" and "championships."

Haddad, who's directed the Blackhawks to six playoff appearances in eight years, has some specific objectives.

"I want our players to improve daily in practice and games," he said. "I also want us to compete for championships that could include repeating as TVL Small Division champs or battling for the Division 6 Super Bowl crown. Another goal is for our seniors to enjoy their final season and for our underclassmen to learn, execute and compile some form of success."

Are Haddad's goals too lofty or unrealistic? Not really, if last year is a measuring stick.

"We lost our first three games by a total of five points last year," he noted. "We lost to Blackstone-Millville, Westwood and Medfield. But, we bounced back to win six straight and we defeated



**Coach Dan Haddad has directed the Blackhawks to six playoff appearances in eight years.**

all five of our division opponents to claim the Small Division title. Last year's seniors were great leaders and solid players but we'll continue to compete by giving 100 percent. That 0-3 start was tough but we still managed to capture a championship."

The 2024 contingent, which may lack size and is still working to sharpen its skills, has some key strengths that could lead to some surprising results.

"Our kids' football IQ's are improving and developing," Haddad said. "We've got athleticism (speed and quickness), our team chemistry is very good, senior leadership is a plus, our work ethic is strong and I like our dedication. The players know they've got to pay a price for success."



**Bellingham High's captains are, from left, Max Gamble, Ryan Cochrane, Mason Jacques, and Wyatt Callery.**

The Blackhawks' four captains — seniors Mason Jacques, Max Gamble and Ryan Cochrane and junior Wyatt Callery — have some key strengths. Jacques and Gamble are receivers who play cornerback; Cochrane can handle running back, receiver and cornerback; and Callery is a tight end/linebacker.

"They focus on leadership," Haddad said. "Excellent role models, they organize a variety of tasks that take the burden off coaches. Jacques and Gamble have great hands and they're relentless, Cochrane is versatile; and Callery is talented and physical."

Senior Zach Berkeley will start at quarterback with junior Sam Sullivan and sophomore Cam MacGregor in reserve. "Zach had a couple of starts last year," Haddad said. "He's got a strong arm, his footwork is good and he's shifty. Very instinctive, he sees the field well. Sam and Cam are viable reserves who work hard and take reps in practice."

Senior Gabe Egan and Cochrane are the running backs. "Gabe has speed and quickness, he's smart and runs effectively between tackles," Haddad said. "A power back, Cochrane is shifty running inside for the tough yards. Ryan can also break to the outside and can catch the ball out of the backfield."

Callery is an all-around tight end. "He's big and strong, is an excellent blocker and clutch receiver," Haddad offered.

Jacques, Gamble and senior John Doucette are the Blackhawks' prime receiving threats. "They all run great routes and are precise in getting to their spots," Haddad said. "They've got great hands and can break a game open."

The offensive line includes senior Hunter Knox at center, senior Thiago Oliveira and sophomore Jacoby McCarthy at guard, and junior Markus Whittaker-Sprah, senior Landon Coutinho, and sophomore William Lahousse at tackle. "They're technically sound, care about execution, and are quick off the ball," Haddad said. "They're also strong and physical."

On defense, the line will feature McCarthy, Oliveira, and sophomore Victor Cardoso at tackle, and Knox and Coutinho are the ends. "They're strong, skilled, good edge rushers, and able to clog the middle," Haddad said.

The linebackers will include Callery, Whittaker-Sprah, and Lahousse on the inside with junior Michael Demers and senior Jack Smelstor on the outside. "They're strong and quick, physical tacklers who are instinctive, and have good lateral quickness,"

Haddad emphasized.

Doucette, Jacques and Gamble headline the cornerbacks. "They're great cover guys, their footwork is very good and they're physical," Haddad said.

Sullivan and Cochrane will be counted on at safety and sophomores Jason Piselli, Colin Piccirilli and Bryson Nicholson are capable reserves. "It's a young group, but they're tough and incredibly athletic," Haddad said. "They're also smart and tenacious in coverage."

During pre-season practice, Haddad devoted time to developing special-team players. "We're still a work in progress, but we hope to build depth," he said. "Sophomore Mason Alger will be our punter and handle kickoffs. He's got a strong leg and works hard. He's young, but he's still learning."

There'll be one change in the TVL's division alignment. Medfield has left the large division and will compete in the small-school group. Dedham has left the small division and will take Medfield's place in the large-school lineup.

Bellingham will open its season by hosting non-league foe Blackstone-Millville on Sept. 6. The Blackhawks other non-league games will be against Ashland, Westwood, and Dedham.

◆ Serving Bellingham since 1991 ◆

**VALLEE'S**  
**EXTERIOR**  
**HOME IMPROVEMENT, INC.**

◆ Siding ◆ Windows ◆ Roofing ◆

**Call for your Free Estimate!**

**508-883-7912**

Insured MA MA License

# Sports

## Petete Eager to Get Started as BHS Hockey Coach

By KEN HAMWEY,  
BULLETIN SPORTS WRITER

The last time a Bellingham High ice hockey team competed in the playoffs was in 2014 when coach Ken Bertoni's squad was eliminated by Dartmouth. And, since that time, the Blackhawks have not had a winning season.

Tony Petete (pronounced Patet-ti), who was hired in July as the team's new coach, intends to change the program's direction.

"The key for any team to be successful is to get the individual personalities all working towards the same goal and all rowing with their oars going in the same direction," Petete emphasized. "For a turn-around to occur, there has to be a change in the culture; the players have to be positive and motivated, and they've got to believe they've got a chance to win. There also must be total preparation for every game."

The 51-year-old Petete, who lives in East Bridgewater, is a native of Franklin and a graduate of Franklin High, where he played two years for the Panthers' baseball team. Acutely aware of how strong the Tri Valley League is in hockey, he firmly believes his goals for the coming campaign are realistic.

"It goes without saying that I want to build a positive culture that makes our players excited to compete in practice and in games," he noted. "My first goal is for our team to win more games in our first season together than their teams did in the last two seasons, which was three. I also want our players to outwork every team we play, regardless of the outcome. And finally, another goal is to qualify for the playoffs, compete hard and aim for a victory in the tourney."

Petete's background in hockey involves coaching at the grassroots level.

He coached the West/East Bridgewater co-op varsity in competitive spring and summer leagues in Canton, Rockland and Foxboro for three years. Those players were from East Bridgewater High and West Bridgewater High.

"I provided information on both our players and our competitors, some of which we would



Tony Petete has set some lofty goals for the BHS boys hockey team.

see during the varsity season in the winter," Petete said. "I've also coached youth hockey for two years with the South Shore Eagles, whose players were from Abington, Rockland, and East Bridgewater. And, I was a tournament director for youth hockey programs for three years."

Petete has an interesting outlook on why Bellingham hockey fans should be upbeat about a potential tourney berth.

"The rules have changed for a team to qualify," he offered. "The power rankings should help Bellingham because of the weight given to strength of schedule. The TVL is so deep. Bellingham is a Division 4 school playing mostly Division 2 and Division 3 teams. Playing those teams close and aiming for an upset or two could help with our rating. Another key is building a strong environment against non-league teams. We'll face Stoughton-Brockton, Bridgewater-Raynham, Leominster, Tri County (Christmas Tourney) and one more team to be added. We can match up with these teams."

Petete, who's married, enjoyed watching his son Anthony star for

West/East Bridgewater. When he refers to his son, Petete often emphasizes the importance of keeping players local.

"My son stayed local instead of pursuing the Catholic School route," Petete said. "My son was a three-sport athlete, broke hockey scoring records and was a Boston Globe all-scholastic. To keep kids local, the key is for them to value their high school hockey experience with their friends and with community support. What has to be weighed is where does a family want its child to get an education and play. It's about what path will be suitable."

One of the strong attributes that Petete brings to the table is his ability to motivate.

"I want to empower kids," he noted. "If they see something on the ice, I want them to offer that advice. They have to know they can come to me for anything. I want them to buy in and know they can bank on my open-door policy."

Petete, who also coached youth soccer, says he's detailed-oriented, is a pro-active decision-maker and is devoted to preparation.

"We can compete in the TVL Small Division, and we can go head-to-head in all our non-league games," he said. "I'm still in the process of building our staff, and I hope to add volunteer coaches."

Petete's philosophy of coaching stresses "ensuring that our kids have a winning mentality, but not focus on the number of wins." He added that: "I want our players to value competing and know it's a powerful learning tool. I also want our seniors and juniors to leave high school knowing that their hockey experience was valued and cherished."

Bellingham High Athletic Director Michael Connor is pleased with Petete's enthusiasm and potential. "Tony brings an understanding of the strength of the TVL, a solid x's and o's background, and a defined plan to hit the ground running," Connor said.

Petete is a firm believer that working in the off-season, especially competing in a spring or summer league, "is vitally important and I will press our players to participate."

A graduate of Bridgewater State who majored in business and specialized in finance and marketing, Petete firmly believes in building a strong defensive team. He will likely employ three or four lines instead of two. "Different lines have different roles," he said. "Also, I've met the captains and the players, and I've spoken to two members of the booster club. Parents can help a program, and I want them to know they have an open door with me," says Petete, eager to get the BHS hockey program back on track.

The Blackhawks' opening game will be a challenge — a home game against Division 4 state champion Dover-Sherborn.

**Fall into Savings**

Call us for all your  
**Tire and Mechanical Needs!**

**BF Goodrich** **UNIROYAL** **MICHELIN**

**CHARLIE'S TIRE & SERVICE CENTER**

*Now in our 46th Year!*

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

508-883-1211 • [www.CharliesTires.com](http://www.CharliesTires.com)

# SAFE to Host Free Narcan Trainings, Yoga, and Concert in September

SAFE Coalition, based out of Franklin, will offer free Narcan training, trauma-informed yoga classes, and a concert with local band The Elastic 5 this September.

On Tuesday, Sept. 3, SAFE will host free Narcan training at the public libraries in Norfolk (9 a.m. to 10 a.m.), Medway (10:30 a.m. to 11 a.m.), and Wrentham (11:30 a.m. to noon). Attendees will learn how to recognize overdose, practice administering Narcan, and develop confidence in responding to an overdose.

“Hosting community Nar-

can trainings increases access to Narcan and decreases stigma related to the disease of addiction,” says Jennifer Levine, CEO and co-founder of SAFE. “Here in Norfolk County, we still see the impact of opioids within our communities and to know we have over 5000 doses of Narcan in the hands of our citizens is incredibly powerful.”

Trainings are supported by Norfolk, Medway, and Wrentham Opioid Abatement Funds. People can also contact SAFE to request one-on-one or group Narcan training.

Starting Sept. 7, SAFE will offer trauma-informed yoga sessions led by Michelle Palladini. Palladini, Norfolk deputy chief of police and founder of the L.E.A.P. program, is active in providing knowledge and training to the community, focusing especially on trauma, empowerment, and wellness.

“Physical and emotional wellness is the cornerstone of healing,” says Palladini. “I’ve found mindfulness to be incredibly helpful and enjoy sharing the practice with others. We all have something to heal from, and this



is one path along the journey.”

Trauma-informed yoga focuses on mindfulness and body

awareness. This practice is more sensitive to trauma triggers and teaches participants how to recognize trauma-associated spikes in one’s nervous system.

These free sessions will be available from 8:30 a.m. to 10 a.m. on Saturdays through November and take place at the SAFE office.

On Sept. 21, local band The Elastic 5 will perform at the SAFE office as part of the SAFE After Dark series. Based out of Boston, the Elastic 5 plays tributes to 20th century music, from the British Invasion to 80s/90s alternative, Rock & Roll to Power Pop. The evening will begin with Open Mic from 6:30 p.m. to 8 p.m. followed by The Elastic 5’s performance from 8:15 p.m. to 9:30 p.m.

SAFE After Dark is a “Sober Coffeehouse” where artists, comedians, and musicians of all levels of age and experience are welcome to share the open mic.

“There are very few places that artists in recovery can perform that offer a safe, sober, and supportive environment,” says James Derick, director of Family Recovery and co-founder of SAFE. “We recognized this and wanted to provide an alternative.”

“Anyone is encouraged to perform,” says Derick. “Musicians, poets, comedians, spoken word—all are welcome.”

Anyone interested in performing can reserve their spot by sending an email to Derick at [jderick@safecoalitionma.org](mailto:jderick@safecoalitionma.org)

SAFE is in the Moseley Mill building at 31 Hayward Street, Suite 2C, in Franklin. Contact SAFE at [info@safecoalitionma.org](mailto:info@safecoalitionma.org) or (508) 488-8105 for more information on these events or to request Narcan training at a different date.

With support groups, educational courses, events, training, support services and more, SAFE provides a whole-person, whole-family, whole-community approach to addiction, prevention, and recovery. To learn more about SAFE’s offerings or volunteer, visit the SAFE website.

## Affordable & Workforce Housing Lottery

Harmony  
1 Lilac Ave, Bellingham, MA

Harmony is a new community of 103 single family homes located in Bellingham. Through this lottery, 1 unit will be made available to households earning less than 50% of Area Median Income (AMI), 2 units will be made available to households earning between 50% and 80% of AMI (above 3 units are “Affordable” units), and 1 unit will be made available to households earning between 80% and 120% of AMI (above unit the “Workforce” unit). Homes will feature approximately 2,500 square feet, four bedrooms, two and a half bathrooms, quality kitchen appliances, washer/dryer hookups, all electric utilities, high speed internet, central air conditioning, and a garage. Sales Prices for these homes are as follows:

- One (1) 4BR Home @ \$203,900 will be Sold to Households Earning 50% or Less of the Area Median Income
- Two (2) 4BR Homes @ \$358,200 will be Sold to Households Earning 50% to 80% of the Area Median Income
- One (1) 4BR Home @ \$515,900 will be Sold to Households Earning 80% to 120% of the Area Median Income

The Household Income Limits and Ranges are as follows:

Number of Household Members	50% AMI Maximum Income Limit	50%-80% AMI Income Range	80%-120% AMI Income Range
1	\$57,100	\$57,101-\$91,200	\$91,201-\$125,076
2	\$65,300	\$65,301-\$104,200	\$104,201-\$142,944
3	\$73,450	\$73,451-\$117,250	\$117,251-\$160,812
4	\$81,600	\$81,601-\$130,250	\$130,251-\$178,680
5	\$88,150	\$88,151-\$140,700	\$140,701-\$192,974
6	\$94,700	\$94,701-\$151,100	\$151,101-\$207,269
7	\$101,200	\$101,201-\$161,550	\$161,551-\$221,563
8	\$107,700	\$107,701-\$171,950	\$171,951-\$235,858

**Application Deadline:** October 15, 2024 at 2:00 pm

Completed Applications must be delivered or postmarked by this date. Applications postmarked by the deadline must be received no later than 5 business days from the deadline.

**Public Info Session:** September 16, 2024 at 6:00 pm via Zoom

Go to [zoom.com/join](https://zoom.com/join) or call (646) 558-8656 and enter Meeting ID: 818 9317 7595

**Lottery:** October 29, 2024 at 6:00 pm via Zoom

Go to [zoom.com/join](https://zoom.com/join) or call (646) 558-8656 and enter Meeting ID: 857 2736 5609, Passcode: 276410

Attendance is not required at Info or Lottery sessions. To view the recorded sessions at a later date, please search for Harmony on the SEB Housing YouTube channel.

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to [www.sebhousing.com](http://www.sebhousing.com) or call (617) 782-6900 x2 and leave a message or postal mail

SEB Housing, 257 Hillside Ave, Needham MA 02494. For TTY Services dial 711.

Free Translation Available. Traducción gratuita disponible. Tradução gratuita disponível.



## Bi-County Collaborative Launches New Website

Executive Director Jeanne Sullivan is pleased to announce that the Bi-County Collaborative (BICO) has launched a new website.

This new website, <https://bi-county.org>, includes a modern, user-friendly design for families that gives visitors easier access to key information about the collaborative's various programs and services.

The new design provides many new features for users to explore, including an interactive academic calendar that offers a subscription service as well as a listing of professional development opportunities with an online registration and payment service. Additionally, BICO's new website offers a plethora of online resources such as part of their parent training series.

"Our new website is an excellent resource for families to access information about BICO

with ease," said Executive Director Sullivan. "John Guilfoil Public Relations did an excellent job displaying all of our information and resources in an interactive and accessible design."

Bi-County's mission is to provide high-quality educational programming, making it possible for all students to become responsible and contributing members of society. Bi-County provides specialized educational programs for students ages 3-22, addressing the needs of students with Autism, Communication, Emotional, Health, Intellectual, Neurological, Physical Impairments, and Specific Learning Disabilities.

Bi-County Collaborative consists of twenty (20) member school districts in Bristol, Norfolk, and Worcester counties, including Bellingham and Franklin.

## Yankee Quilters Welcomes Members New & Old to Fall Events

Yankee Quilters, a local guild of dedicated quilters, will begin its program year on Tuesday, September 10th at 7 p.m. at Emma's Quilt Cupboard in the Horace Mann Plaza in Franklin. Quilters from new to experienced are welcome to join throughout the year.

Yankee's Comfort Quilts team of dedicated members work together to create beautiful quilts for Dana Farber cancer patients, homeless/displaced children and for international aid groups through the "Wrap the World in Quilts" organization. Yankee members also contribute quilt blocks for Quilts of Valor for veterans. Each of these charity projects is a great opportunity for learning and practicing quilt skills with friendly volunteers using fabric provided by the guild. Comfort Quilts meets Mondays 10-2 at Emma's Quilt Cupboard in Franklin.

Newcomers are encouraged to come and help get beautiful quilts into the hands of people who truly appreciate the gift. The nurses at Dana Farber - Milford recently sent a thank you note to the Yankee volunteers with confirmation that the quilts bring much joy. One nurse wrote "Our patients treasure them and

feel the love. You all are making a difference."

In addition to monthly meetings on the second Tuesday, the group offers speaker programs, member "show and tell" demonstrations and opportunities to sew together throughout the year including a four-day sewing vacation in the spring. Updates are posted on the group's Facebook page.

In October, Yankee will collect used clothing, "soft goods" such as sheets and blankets, and books to raise funds for guild activities. Members use mostly donated materials to make these quilts; however, funds are needed for batting which adds warmth and texture to the quilt. This fundraiser also helps pay for lectures to improve members' skills. The collection day will be Saturday, October 5th from 9 am to 12 Noon at Prime Storage, Route 126, in Bellingham. Details are available by writing to [Yankeequilters11@gmail.com](mailto:Yankeequilters11@gmail.com) for drop-off or pick-up.

The regular Guild meeting on Tuesday, October 8th, will include a potluck supper, and a presentation on quilts that Yankee volunteers have donated for children. The first meeting for newcomers is free; annual dues

for new members are \$40.00; returning members \$30.

This year's Fall Staycation will be Friday October 18th to Sunday October 20th at Christ the King Lutheran Church, 600 Central Street, Holliston. Three different craft techniques will be offered include a Scrappy Log Cabin pattern, Barn Quilt Painting on wood, and Glass Etching. Prices, food and signup information are posted on Yankee's page.

In November, a clinic on how to fix problem quilts will be given. Speakers Lynn Thibault of Leominster and Nancy Sullivan of Phillipston encourage members to bring quilts that need help, rulers that are difficult to use and questions about patterns.

For more information about any of these events, please contact [YankeeQuilters11@gmail.com](mailto:YankeeQuilters11@gmail.com).

*Yankee Quilters Guild is a 501-c-3 charitable organization based in Franklin with members throughout the region. The Guild meets on the second Tuesday each month at Emma's Quilt Cupboard in Franklin, Horace Mann Plaza, East Central Street, Franklin in space generously donated by the store. Donations to the Guild are tax-deductible to the extent allowed by current law.*

**To ADVERTISE in THIS PAPER**  
Call Jen Schofield at 508-570-6544

### SENIOR CENTER

*continued from page 25*

ter's Garden Guru and spends her time running Blackstone Valley Veggie Gardens and giving garden-related presentations.

Join us on Monday, September 9, at 9 a.m. for a 90-minute trip to our garden.

**READING YOUR ANCESTRY DNA RESULTS:** Receiving your first DNA test results can be exciting. And confusing. Presenter Seema-Jayne Kenney owns Ancestral Books, Legacy & Education and offers her services to genealogists of all skill levels. Program made possible by a grant from the Bellingham Cultural Council. Please join us on Friday, September 13, at 1 p.m. and call ahead to reserve your spot.

## Checking that gives and gives.

**GET REWARDED**

Every one of our Dean Bank checking accounts earns points<sup>1</sup> redeemable for merchandise, travel, and more. Now, with more reward options, your points can add up even faster!

[Learn more and open an account online today!](#)

**DEAN BANK**  
It's my bank.<sup>SM</sup>

[deanbank.com](http://deanbank.com) • (508) 528-0088

<sup>1</sup> You are responsible for any personal tax liability related to participation in the Program or as a result of points earned or redeemed. Dean Bank is not responsible for managing or administering the Program or providing services under the Program. Program Administrator reserves the right to change these rules at any time, for any reason, and without notice. Customers with questions or concerns regarding the Dean Bank Debit Card Rewards program are invited to call (508) 528-0088 or visit any branch and speak with Customer Service during normal business hours.

Member FDIC Member DIF

## Azya Law

Amy Azya, Esq

*Amy N. Azya, experienced attorney of 24 years, is accepting new clients for their estate planning needs for wills, trusts, powers of attorney and health care proxies.*

**WHY YOU NEED A TRUST**

A trust will help you avoid probate and appoint a trustee to manage assets for family members or beneficiaries who are unable to manage their assets.

**WHY YOU NEED A WILL**

Wills can distribute your property, name an executor, name guardians for children, forgive debts and more. Having a will also means that you, rather than your state's laws, decide who gets your property when you die.

**WHY YOU NEED A HEALTH CARE PROXY**

A health care proxy is a document that names someone you trust as your proxy, or agent, to express your wishes and make health care decisions for you if you are unable to speak for yourself.

**WHY YOU NEED A DURABLE POWER OF ATTORNEY**

A Durable Power of Attorney provides extensive power to the individual who is assigned that role. Absent an appointed Agent in a Durable Power of Attorney, it would be necessary for a family member or loved one to petition the court to become the guardian over the incapacitated person.

*Discover the Azya Difference and call Amy Azya at 508 517 4310 or email [azzalaw@outlook.com](mailto:azzalaw@outlook.com)*

*51 Whitehall Way, Bellingham, MA 02019*

# Bellingham Library Resources of the Month – Online Courses/Tutoring

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

Before paying for a tutor, try out the library's subscription to **Brainfuse/HelpNow**, an online tutoring database. It provides live tutoring services for students of all ages and levels, including adults, with a wide range of academic needs - whether it's tackling a

tough homework problem, mastering a particular topic, or writing a paper. Online tutors are available every day from 2 pm to 11 pm EST. Homework help is available in subjects such as math, science, reading/writing, social studies, as well as the PSAT/SAT, ACT, AP and state standardized tests.

learners of certain languages, which includes fun and engaging activities for children.

A broad range of subjects are covered, including science, mathematics, philosophy, history, literature, fine arts and music, travel, business, and personal development.

**Mango Languages** contains over 70 world language courses to choose from. Each lesson combines real-life situations and audio from native speakers with simple, clear instructions. The courses are presented with an appreciation for cultural nuance and real-world application.

**Craftsy** is an online resource for all creative makers, where you can find everything you need – from basic instructions to advanced techniques. From quilters to sewers, to cake decorators to painters, if you want to create beautiful things and express your creativity, this is a great resource for you!

**Lingo LITE** is an image and video-based foreign language learning tool for 260 of the most basic words and terms in 30 languages. It uses Associative Multimedia Learning to help the user associate an image with the correct foreign word without first translating it into their native language.

**Driving Test Tutorial** contains the Registry of Motor Vehicles driver's license manual you need to study as well as practice tests to help you prepare for your learner's permit. The database also has the official CDL Handbook and the MA Motorcycle Handbook, as well as practice tests for CDL exams and motorcycle learner's permit.

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

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

**The Great Courses** includes over 250 unique courses to capture your curiosity or improve in areas you are passionate about. Courses are taught by award-winning, trusted experts in their

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

## Looking for a Veterinarian?

**Services we offer:**

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

Privately owned full-service veterinary clinic.

**508-966-7605**  
uppercharlesah.com

116 Mechanic Street, Bellingham MA 02019

Fall has arrived at

# The Tole Booth

Treasures for the Home, From the Heart!

**COUNTRY • PRIMITIVE • DECORATIVE**

Gifts & Accessories for your Home featuring: Pumpkins, Scarecrows, Witches, Candles and Potpourri, Wreaths & Flowers, Handmade Creations, All things Fall, and so much more!

**ANNUAL SIDEWALK SALE**  
**SEPT. 14th 10-4**  
**50% OFF and MORE!**

129 Main St. (Rte. 122) • Blackstone, MA 01504

Like Us On **facebook** FOR UPDATES

**HOURS: Wed-Sat 10-5 | Sun 12-5**  
**508-876-8900**

**MassLINKS Online Academy** is a free Massachusetts statewide adult education program. Students can choose from High School Equivalency (GED or HiSet) preparation classes or English for Speakers of Other Languages (ESOL/ESL) classes. Classes are offered fully online with evening and morning options to help you work around your schedule.

There are three online databases to help you learn a new language: Transparent Language, Mango Languages, and Lingo LITE. The library also has a number of language learning books in print, as well as CDs, Playaways, and computer software that can be checked out with your library card.

**Transparent Language Online** provides lessons and language learning for over 110 languages, including English as a Second Language (ESL) and American Sign Language. Interactive learning activities encourage learners to practice listening, speaking, reading, and typing. There is also a section called KidSpeak for young

## WOODSTOCK BUILDING ASSOCIATES, LLC

The Leader in Design-Build

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

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

**Residential Carpenter to join the team in Franklin, MA!**

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

Learn more here: [wbahomes.com](http://wbahomes.com) | Emails at: [careers@wbahomes.com](mailto:careers@wbahomes.com)



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

**REMODEL - NEW CONSTRUCTION - KITCHENS & BATHS - ADDITIONS**

# Calendar

## September 2

Book Discussion Group, 6:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, *Fahrenheit 451* by Ray Bradbury

## September 3

Massachusetts State Primary, 7 a.m. – 8 p.m., Bellingham High School Gymnasium

## September 4

FPAC auditions for singers, guitarists, bassists, pianists, and drummers ages 10-16 to play the students of Horace Green in School of Rock, 4:30 p.m., 15 W. Central St., Franklin, prepare a brief cut of a song in the style of the show, questions to FPACcasting@gmail.com.

## September 6

Concert on the Common: Too Human, 6 p.m., Bellingham Town Common, sponsored by Bellingham Public Library, supported in part by Bellingham Cultural Council,

No Book Book Club, 6:30 p.m., Love Your Shelf, 9 N. Main St., Unit 1, Bellingham, visit <https://loveyourshelfusedbooks.square.site/events> to sign up. Discuss what you're reading.

## September 7

Red Cross Blood Drive, 9 a.m. to 2 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, Register at [redcrossblood.org](http://redcrossblood.org)

Cinema 80 Silent Film: *Modern Times* (comedy) – created by and starring Charlie Chaplin, 6 p.m., Franklin Historical Museum, 80 West Central St., Franklin, free

Electronics Recycling Day, 8 a.m. – 12 p.m., First Congregational Church of Milford, 4 Congress St., Milford, Recycling fees \$5 to \$45 per item, portion of proceeds benefits church

Karaoke Night, 8-11 p.m., The Raillery, 280 Franklin Drive, Franklin

## September 8

6th Annual Franklin Odd Fellows Cornhole Tournament, 1 p.m., Bellingham Sportsman Club, 360 Lake St., Bellingham, to benefit Mass. Arthritis Foundation, Register and prepay at <https://franklinmassoddfellows.org/cornhole2024/>

## September 10

Yankee Quilters Guild first meeting of season, 7 p.m., Emma's Quilt Cupboard, Horace Mann Plaza, Franklin, newcomers welcome to join in getting quilts to Dana Farber

Writing Group for Adults, 6:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, positive feedback, 9 min. time limit to read what you're working on, contact [marjorie@marjorieturner.com](mailto:marjorie@marjorieturner.com).

Virtual Author Talk by Bellingham Public Library, register at <https://library.org/bellingham>,

2 p.m., Capturing the Human Drama Through History with Garrett Graff

## September 12

Ladies of St. Anne meeting, 6:30 p.m., St. Blaise Chapel and Parish Hall

Cruise Night, Craftroots, 4 Industrial Rd., Milford, [www.craftrootsbrewing.com](http://www.craftrootsbrewing.com)

## September 13

Magic of Three Meet the Artists Reception, 6 p.m., Lotvin Family Gallery, Hopkinton Center for the Arts, [www.hopartscenter.org](http://www.hopartscenter.org)

## September 14

Bellingham Senior Center Yard Sale, 8 a.m.- 1 p.m., 40 Blackstone St., Bellingham

Franklin Rotary Car Show, 9:30 a.m.- 1 p.m., New England Chapel, 300 Central St., Franklin, to sign up or sponsor, contact Gary Convertino at [gconvertino@cox.net](mailto:gconvertino@cox.net)

or John Power at [john@powerpaintingplus.com](mailto:john@powerpaintingplus.com). Free to spectators.

Cinema 80 Silent Film: Shorts by the tremendously innovative film maker D.W. Griffith, 6 p.m., Franklin Historical Museum, 80 West Central St., Franklin, free

Embrace Boston's inaugural Embrace Massó "¡Con Salsa!" International Music Festival (EMCS), 1-7 p.m., Boston Common, headlined by Salsa & Latin Jazz Legend Eddie Palmieri and his Salsa Orchestra. Admission free, registration encouraged.

Karaoke Night, 8-11 p.m., The Raillery, 280 Franklin Drive, Franklin

## September 16

Upcycled Wind Chime Craft Class for Adults, 6 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, visit [www.bellinghamlibrary.org](http://www.bellinghamlibrary.org) to register, which is required.

## September 17

Charles River Chorale Open Rehearsal, 7:30-9:30 p.m., Church of Christ, 142 Exchange St., Millis, more info. at [www.charlesriverchorale.com](http://www.charlesriverchorale.com)

## September 18

Virtual Author Talk by Bellingham Public Library, register at <https://library.org/bellingham>,

2 p.m., Living with an Expansive Mind in a Distracted World with Nate Klemp, PhD

## September 21

St. Blaise Vendor Fair & Grandma's Attic, 8 a.m. – 2 p.m., St. Blaise Parish, 1158 South Main Street, Bellingham, free, over 25 vendors, to rent space or for additional info., email [jaystjohn2006@yahoo.com](mailto:jaystjohn2006@yahoo.com).

Virtual Author Talk by Bellingham Public Library, register at <https://library.org/bellingham>,

7 p.m., A Deep Dive in Character Development with Global Sensation Liane Moriarty

Cinema 80 Silent Film: *Orochi* – a 1925 Japanese film that tells the story of a troubled samurai, 6 p.m., Franklin Historical Museum, 80 West Central St., Franklin, free

Karaoke Night, 8-11 p.m., The Raillery, 280 Franklin Drive, Franklin

SAFE After Dark Sober Coffeehouse Series: 31 Hayward Street, Suite 2C, in Franklin, open mic 6:30 p.m. to 8 p.m. followed by The Elastic 5, 8:15 p.m. to 9:30 p.m., if interested in performing, email [jderick@safecoalitionma.org](mailto:jderick@safecoalitionma.org)

## September 24

Milford Family and Community Network CFCE Playgroup info. session and sign-up for October session. 12:30-2 p.m., North Community Building, 2 Maple St., Bellingham

Charles River Chorale Open Rehearsal, 7:30-9:30 p.m., Church of Christ, 142 Exchange St., Millis, more info. at [www.charlesriverchorale.com](http://www.charlesriverchorale.com)

## September 26

4 Precious Paws Rescue, Inc. Fundraiser, 12-9 p.m., Ravioli's Italian Cuisine, 45 River St., Millbury, meet cat rescue team, enjoy food, raffles, music

## September 27

"Let it Be" A Musical Celebration of The Beatles, Dean College, 109 West Central St., Franklin, more info.. at [www.dean.edu/performance](http://www.dean.edu/performance)

## September 28

14th Annual Bellingham Friends of the Poor Walk, Saint Blaise Catholic Church, 1158 South Main St., Bellingham. Registration at 8 a.m., followed by a 1.5-mile walk, starting at 9 a.m., [www.saintblaise.org](http://www.saintblaise.org)

Annual Night of Remembrance, 6-8 p.m., Bellingham Town Common, join others to remember loved ones who have passed on by lighting luminaries (which may be taken home at the conclusion of the event). Reserve your luminary by filling out a form at the Town Clerk's office, the library or the senior center, or purchase (\$5) the night of the event.

Franklin Downtown Partnership 21st Annual Harvest Festival, 12-5 p.m., over 150 vendors, live music, kids' activities, crafts, food court, touch-a-truck at Fire Dept. with Sparky the Fire Dog, St. Rocco Feast display at Franklin Historical Museum

Franklin Federated Church Yard Sale, 9 a.m.- 1 p.m., 171 Main St., Franklin, rain or shine

Karaoke Night, 8-11 p.m., The Raillery, 280 Franklin Drive, Franklin

Cinema 80 Silent Film: *Man with a Movie Camera* – a 1929 mesmerizing showcase of communist life by the Ukrainian Photo Cinema Administration, 6 p.m., Franklin Historical Museum, 80 West Central St., Franklin

"Let it Be" A Musical Celebration of The Beatles, Dean College, 109 West Central St., Franklin, more info.. at [www.dean.edu/performance](http://www.dean.edu/performance)

Celtic Band Runa, 7:30 p.m., Circle of Friends Coffeehouse, 252 Chestnut St., Franklin, \$25, <http://circlefolk.org>

## September 29

"Let it Be" A Musical Celebration of The Beatles, Dean College, 109 West Central St., Franklin, more info.. at [www.dean.edu/performance](http://www.dean.edu/performance)

**Fall in Love with a New Home!**

**Let us find your dream home!**  
The Sue Ranieri/Melissa Bertonazzi Team

**Suzanne Ranieri** **Melissa Bertonazzi**  
508-380-1643 508-320-3596  
[Suzanne.Ranieri@NEMoves.com](mailto:Suzanne.Ranieri@NEMoves.com) [melissa.bertonazzi@cbrealty.com](mailto:melissa.bertonazzi@cbrealty.com)

**COLDWELL BANKER REALTY**

**WE'LL TURN YOUR DREAMS INTO REALITY!**

# MULLALY MATERIALS

Monday - Friday  
7:00 AM - 4:30 PM  
Saturday 8:00 AM - 12 PM  
Sunday Closed

671 Quaker Highway • RT. 146A, Uxbridge, MA • Call Us Today 508-883-0977



- Hemlock Mulch
- Black Mulch
- Brown Pine Mulch
- Red Cedar Mulch
- Playground Safety Fiber
- Forest Chips
- Screened Loam
- 50/50 Compost/Loam
- Compost
- 3/8", 3/4" & 1 1/2" Grey Stone
- 3" Grey Stone
- 3/8", 3/4" Multi-Color Round
- 1 1/2", 2 1/2"
- Multi-Color River Stone
- Multi-Color River Stone
- 3/8", 3/4" Blue Stone
- 3/4" Processed Gravel
- 3" Processed Gravel
- Recycled Asphalt
- 1" Dense Grade Gravel
- 3/4" Crusher Run
- Washed Sand
- Mason/Pool Sand
- Stone Dust
- Blue Stone Dust
- Rip Rap
- Fill Clay/General
- Trench Sand

## FIREWOOD

SEASONED  
HARD WOOD

GREEN  
HARD WOOD

KILN DRIED  
WOOD

Follow us on Facebook @ Mullaly Materials and Firewood

Visit: [www.mullalymaterials.com](http://www.mullalymaterials.com)

Free Delivery on Most Bulk Loads

Visa/MasterCard/Cash/ Check    Materials are subject to 6.25% Sales Tax

### FINANCING AVAILABLE

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

Or Call

**508-877-3500**

Millis, MA 02054

Fully Licensed & Insured

CSL 056746

HIC 108807

**\$500 OFF Full Roof Replacement**

On 28 Square Feet or More

Exp. September 30, 2024 • Offers May Not be Combined

# ROOFING • SIDING • WINDOWS



### Lifetime Roof Guarantee

Get a FREE Upgrade to a



Lifetime Guarantee

Exp. September 30, 2024

Offers May Not be Combined



ROOFING, SIDING, WINDOWS & MORE

EST. 1992

