



Bellingham BULLETIN

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Vol. 30 No. 11

Bellingham's Favorite Hometown Newspaper

October 2024

Bellingham Prepares for MBTA Multi-Family Zoning

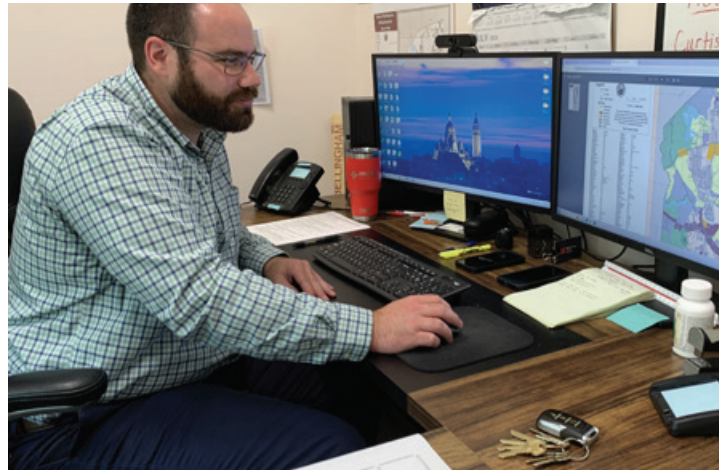
BY DAVID DUNBAR

Across Massachusetts, there are some of the fastest growing home prices and rents in the U.S. creating what some call a "housing crisis."

By the end of this year, the Commonwealth aims to have in place a plan that will change zoning laws in 177 cities and towns to allow new construction of multifamily housing units. These new "zoning districts" will be located close to public transportation, especially rail and bus.

"What the State is trying to do," explains Robert Lussier, Bellingham's Director of Planning and Engineering, "is provide more affordable options for people to live near mass transit. And our sub-committee has created a zone that meets state requirements."

The sub-committee Lussier is referring to consists of four officials, appointed by the Selectboard, tasked with



Bellingham native Robert Lussier reviews Bellingham's zoning map. As an MBTA "adjacent community," the town must create 750 housing units. Residents can learn more about the proposed zoning by coming to the Bellingham Senior Center on October 15th, at 1 p.m. or 7 p.m.

presenting a plan which meets the requirements of the new law.

"The State's intent," says Lussier, "is to reduce local regulatory barriers to multifamily housing. There will be no age restrictions or limits on unit sizes, number or size of bedrooms, or number of occupants."

Bellingham is classified as an

"adjacent community" because of its proximity to the Franklin train station, and the town needs to create a zoning district that will include 50 acres which could yield as many as 750 housing units.

MBTA

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Bellingham Fire Chief Bill Miller, left, has high praise for Robbie Provost, right, the new Deputy Chief.

Municipal Spotlight: More Changes May Be on Tap at the Bellingham FD

By KEN HAMWEY, *BULLETIN* STAFF WRITER

ing and likely will see more of in the future.

Change so often is inevitable, and that's what Bellingham's Fire Department is experienc-

CHANGES

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MBTA

continued from page 1

Located within this zone are The Charles Luxury Apartments on North Main Street and The Curtis Apartments on Mechanic Street. Together, the two developments have a total of 535 units. The new zoning will permit an additional 215 units to reach the 750-unit goal. The state has not provided established requirements for the start of any new construction.

Town Administrator Denis Fraine, who has participated in the planning process, believes the proposed plan the sub-committee developed is a “win-win” for the

community. “The Overlay District Committee has done a great job identifying two parcels which are consistent with multi-family housing and will present minimal impact on the Town. Bellingham will achieve compliance while enhancing housing opportunities in areas which will not negatively impact existing neighborhoods.”

On June 11, the first round of public outreach meetings was held in Bellingham about Multi-Family Zoning Requirements for MBTA Communities. “What we presented was received pretty well,” recalls Lussier. Two more hearings are planned for October 15 at 1 p.m. and 7 p.m. They will be held at the Senior Center and provide opportunities for town residents

to raise questions and suggest solutions; Lussier and members of the MBTA 3A Subcommittee will be present.

You can find out more about the proposed zoning plan by visiting www.mass.gov and searching for Multi-Family Zoning.

“Rising costs have dramatically increased financial pressures on low- and middle-income families, forcing them to sacrifice other priorities in order to pay housing costs,” according to the state’s website. “High housing costs are a primary driver of homelessness.”

“These high costs are a disadvantage as we compete economically against peer states. The risk of future job growth moving outside Massachusetts

is rising due to the high costs of living.”

Neighboring communities involved in the re-zoning include Medway, Millis, Norfolk, and Wrentham. Franklin is also included, but because there is an MBTA train station located in town, it is designated a “Commuter Rail Community” and is looking at providing 1,883 additional units. Bellingham and the other communities’ goal is 750 units.

The state-issued deadline for communities to approve the proposed changes is December 31, 2024. What happens if they don’t? “Here’s where we talk about what’s at risk,” says Lussier.

Projects in Bellingham tied to state funds affected by compliance:

- Hartford Avenue Road Widening, \$2 million (Mass-Works) and \$2 million (Mass DOT Grants);
- E-911 Support and Incentives, \$56,000;
- School Funding, \$125,760; and
- Community Development Block Grants (CDBG) Transportation Improvement Program (TIP).

There is also the possibility of future legal action by the state and/or the federal government.

On November 20, Bellingham Town Meeting voters will have the opportunity to act on the sub-committees’ recommendations.

Frights and Delights – Your Guide to Local Halloween-Themed Events

By JENNIFER RUSSO

Here in Massachusetts, Halloween is more than just a holiday – it’s a celebration of all things spooky throughout the entire month of October. The state seems to come alive with the dead – perhaps because of Salem’s sordid history with the witch trials of 1692 or because the “Conjuring House” is a mere eighteen miles away, or because we had a big

wave of Irish immigrants back in the 1800s who brought over Celtic traditions like Samhain.

Maybe it’s because New England is old and notably quite haunted (so we hear) and steeped in both old puritan and Native American stories and beliefs. Pair that with the cooling weather dense with fog, trees that turn the colors of fire, and good marketing, and you have the perfect setting for a month of freaky frolic.

Halloween decorations start going up in early September, people start hunting for that perfect pumpkin to carve into a jack-o-lantern, and they start thinking about what costume they will wear to transform into someone or something else. However you look at it, Halloween here is a month-long event. While there

are great events a short drive away, like Salem’s Haunted Happenings and Old Sturbridge Village’s Phantoms by Firelight, which are incredibly cool, maybe you want something a little more in your backyard. Take a look below to see where you can go locally to get your ghoulishly good time on.

All month, you can head over to Wojick’s Farm in Blackstone for their Fall Fun Weekends, with apple and pumpkin picking, live music, food trucks, ice cream, kid’s activities, and delicious cider donuts. On October 17th from 5:30-8:30 p.m., join them for Corn Maze Fun Night, where you can arrive in costume and get discounted maze admission and be a part of their costume contest!

Also happening the entire

month from 6-9 p.m., Southwick Zoo in Mendon hosts The Great Jack O’Lantern Journey, Check out their website for tickets.

Throughout October, Hopkinton Center for the Arts has their 8th Annual HCA Wicked Weekend, which includes showings of an outdoor theatrical experience called The Haunt, A Wicked Pickle Pickleball Tournament, a Halloween Bash, the Wicked 5K and a Wicked Family Fun Fest. Check out their website for details!

On October 12th and 13th, A Touch of Magick in Uxbridge will be hosting a Fall Psychic Faire, with over 40 vendors, music, refreshments, and readings for those who want a little bit of divine insight.

Through October 14th, Fairmount Fruit Farm in Franklin has Hayrides, Food Trucks and Music on weekends from 10 a.m. – 4 p.m. You can also pick apples there for baking season. Mmmm apple crisp!

On October 18th, there will be a Hunter Moon and Vandervalk Winery in Mendon is ready to celebrate it with wagon rides, two food trucks, firepits for s’mores, and their delicious fruit wine. Werewolves need not apply.

On October 19th from 5-9 p.m., MERIT hosts their annual Haunted Hayride over at Tangerini’s Farm in Millis. Tickets can be purchased online, and all proceeds go to Millis educators to

FRIGHTS

continued on page 3

localtownpages

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Pamela Johnson*

Published Monthly
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Community of Bellingham
Circulation: 7,500
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Publisher

Chuck Tashjian

Editor

J.D. O’Gara

Send Editorial to:

bellinghambulletineditor@gmail.com

Advertising Director

Jen Schofield
508-570-6544

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Creative Design & Layout

Michelle McSherry
Kim Vasseur
Wendy Watkins

Ad Deadline is the
15th of each month.

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FRIGHTS

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enhance their school programs.

Join the 2nd Annual Halloween Dash 5K, put on by the Bellingham Educational Foundation, on Sunday, October 20th at 9 AM. The course starts and ends at DiPietro Elementary in Bellingham and Halloween costumes are strongly encouraged! Check out their Facebook event for the registration link.

On October 25th, you can join the Mendon Brothers of the Brush for their Spooktacular Halloween Party at End Zone in Mendon. With raffles, music, a buffet, and a costume contest, all ticket proceeds go toward the Santa Parade.

Head over to Choate Park in Medway on October 25th from 7-9 PM for their annual Pumpkin Walk. Pre-registration is required and available beginning on Oct 7th on the Medway Parks and Recreation site.

From October 25th to the 31st, Southwick Zoo in Mendon is having their Zoo Boo Days, where kids aged 3-12 who come in costume get in for free!

Looking for a great Hallow-

een-themed craft? On October 26th from 1-3 p.m., ConnectEd and Inspired in Milford is hosting a Haunted House Paint Party. Check out their website for more information.

On October 26th from 5:30-7:30 p.m., Bellingham Town Common becomes a candy-lovers dream for the annual Trunk or Treat Halloween Stroll put on by the BBA and BEF. The event is free, but people are asked to bring non-perishable food items for the Loaves and Fishes Food pantry.

Feeling like a night-cap with a fall-flavored adult beverage and some live music? On October 26th at 7:00 p.m., head over to Liz's Tavern in Bellingham for their Rocking Dead 6 Halloween Show, featuring some great local bands.

And of course, on Halloween, Thursday October 31st, after Halloween fun that starts at 9:30 a.m. and ends with a Halloween parade at Bellingham Public Library, kids will be back out in their costumes trick or treating around our local neighborhoods. Please take care to watch out for them and pay extra attention while driving if you're out and about!

Stay weird, Bellingham.

From the Town Clerk...

State Primary

The 2024 State Primary is now history. Fifteen per cent of our registered voters turned out to vote. The results are posted at the end of this article.

General/Presidential Election

The General Election will take place on Tuesday, November 5, 2024, from 7 a.m. until 8 p.m. at the High School Gymnasium. The State has sent out another round of Vote-by-Mail cards to those who have not already registered to vote by mail. If you have already registered for an Absentee Ballot or to Vote-by-Mail this year, you do not have to re-apply. Early Voting for this election will begin on October 19th through November 1st. Early Voting will take place in the Arcand Room at the Municipal Center. The schedule will be as follows:

| | |
|--------------------------------|------------------------------|
| Saturday, October 19th | 10 a.m. – 4 p.m. |
| Monday, October 21st | 8:30 a.m. – 4:30 p.m. |
| Tuesday, October 22nd | 8:30 a.m. – 4:30 p.m. |
| Wednesday, October 23rd | 8:30 a.m. – 4:30 p.m. |
| Thursday, October 24th | 8:30 a.m. – 4:30 p.m. |
| Friday, October 25th | 8:30 a.m.- 1 p.m. |
| Saturday, October 26th | 8:30 a.m.-4:30 p.m. |
| Monday, October 28th | 8:30 a.m. – 4:30 p.m. |
| Tuesday, October 29th | 8:30 a.m. – 4:30 p.m. |
| Wednesday, October 30th | 8:30 a.m. – 4:30 p.m. |
| Thursday, October 31st | 8:30 a.m. – 4:30 p.m. |
| Friday, November 1st | 8:30 a.m.- 1 p.m. |

If you would like to apply for an absentee or early voting ballot, you may do so online at mass.gov or contact the Town Clerk's office at townclerk@bellinghamma.org or (508) 657-2833.

Happy Halloween!!



ELECTIONS
continued on page 6

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CHANGES

continued from page 1

The department has promoted Robbie Provost to Deputy Chief after Chris Milot retired in June and has added six new paramedics. The addition of the non-suppression paramedics (no firefighting duties) is the result of last June's election that approved a Proposition 2 1/2 override for \$750,000.

More changes could be coming after recommendations of a feasibility study are announced. Tecton Architects of Connecticut currently is conducting the study that will focus on upgrades at the central and south stations and the possibility of staffing a station in north Bellingham.

The 34-year-old Provost, a 15-year veteran firefighter, began his career as a private, then became a lieutenant and a captain before his appointment as Deputy Chief. His primary duties will include supporting Chief Bill Miller in the depart-

ment's day-to-day operations and overseeing the functioning of each shift.

"I'm excited and eager to see what the future will bring to our department," Provost said. "And, I'm pleased to be in a position where I can help the department progress."

Miller was effusive in his praise of both Provost and Milot, who now is residing in Florida. "Chris provided great effort and served the department admirably during his 27 years," Miller emphasized. "Robbie is the face of Bellingham's Fire Department. He's been here for 15 years and has earned the respect of the staff and the community."

The added paramedics have increased the size of shift personnel from six to eight. The department, whose staff now totals 34, has four groups that work 24-hour shifts. The eight include a captain, lieutenant, four firefighters/paramedics and two non-suppression paramedics assigned to ambulances.

"We now have one dedicated paramedic ambulance that functions strictly for emergency medical care," Miller noted. "The \$750,000 annual cost for the six paramedics covers salaries, insurance, retirement, protective equipment and required state training."

The feasibility study, which was passed at last November's Town Meeting for \$100,000, will offer options on whatever recommendations are made.

"The study will investigate current conditions and outline the potential for growth at all three sites," Miller said. "The findings will be presented to the Select Board."

When completed, the study very likely will suggest some form of coverage in the north. Miller and Provost offer salient points on the lack of any presence in north Bellingham.

"We need a modernized staffed operation in the north," Miller emphasized. "Currently, there is no personnel on staff at the north station. If, for example,

someone on Farm Street needs help, and the ambulance at the central location is tied up on a call, then that forces personnel from the south station to travel to Farm Street. Depending on the time of day and the traffic, that trip will take 11-15 minutes when six minutes should be the arrival time for assistance. Mutual aid from Medway isn't always available."

Provost said that "all residents in Bellingham deserve the same coverage whether they're in the north, south or central part of town."

Miller has opinions on what could be improved at the central and south sites.

"Living conditions at the central location need to be upgraded," he said. "Our personnel eat and sleep in the building. Improvements are desperately needed. At the south station, there are only two firefighters on duty for a 24-hour shift. We could use more staff."

Whatever recommendations are offered, decisions will

need to be made on potential changes. And, if changes at the fire department are part of Bellingham's future, then costs will have to be addressed. That raises two questions. Is another Proposition 2 1/2 override needed or can costs be dealt with in the budgetary process?

"There is likely to be added costs so we can approach upgrades in a structured manner," Provost said. Miller agrees and says, "We'll have to prioritize what's needed."

Upgrades at the fire department are a prime topic now, and no doubt are linked to the incredible growth the town has undergone and is still experiencing.

Here's an interesting quote with a sobering statistic from Miller that should not go unnoticed: "The last 10 years has caused the fire department to re-evaluate the level of service that we are providing to residents and visitors in the community. Demand for services is up 35 percent since 2013."

Bellingham Lions Events in October, November and December



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October Quiz?

1. Roger's lucky bowling ball is in the backseat of his car after bowling league. Roger's rivals believe without his bowling ball, they might finally be able to beat Roger, so they steal it. Roger's wife, Sandra, calls our office to ask if her auto or home insurance will cover the stolen bowling ball. Which policy covers the claim?
2. Kyle brings his vehicle to UMass for the fall semester. A friend needs to borrow his vehicle in an emergency and has an accident. The friend has never used the vehicle before and is not listed as a driver on Kyle's policy. Will the auto insurance company cover the accident?
3. Jeff has an above ground pool and empties it for the fall & winter. This year, the water emptied on his lawn, came across the ground, and leaked into his finished basement. Would his home insurance cover the claim?

Answers

1. Auto policy.
2. Yes, because they are not a regular operator or household member.
3. No, because the water came 'across the ground' it is considered flooding. Flooding is not included on a homeowner policy.



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 - Saturday December 7 – Senior Lunch at the Bellingham Senior Center, 40 Blackstone St.
- Check out our Facebook page for further information as the dates get closer. Send any questions to BellinghamMALions@outlook.com.
- Friday November 29, Saturday November 30 and Friday December 1 – Santa will be traveling around Bellingham.

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Elvis is IN the Building – Dan Fontaine Pays Tribute to “The King”

By JENNIFER RUSSO

The function room at the Bellingham Senior Center was packed to the brim recently with seniors who were excited to step back in time to get a glimpse of Elvis. Okay, okay...not the real Elvis (though there are still people out there who hold fast to the belief that he is still out there somewhere), but national award-winning Elvis’s impersonator, Dan Fontaine.

Dan, who is originally from Worcester, has a father who pastored a nearby church, and so grew up playing guitar, singing, and loving gospel music, much like Presley. He fell in love with Elvis’ music and in 2014, started performing his tribute shows. He won first place at the Georgia Tribute Festival earlier this year and last year won two blind Elvis vocal contests.

For the audience, none of this was surprising. Dan delighted with Elvis’ trademark sideburns, signature moves and looking dapper in a collared shirt (with a few buttons undone, of course). When he stepped up to the microphone, his voice was like pure gold. Having seen several impersonators, I can attest that he has the closest voice to the real Elvis that I have ever heard. Like his awards would suggest, if you closed your eyes, you would swear you were listening to the real thing.

Those in attendance chatted happily about the first time they heard certain songs and how his music impacted them and the world so profoundly. Some even reminisced about the first time they saw him live on TV or in concert, or that their parents didn’t like them listening because they thought his moves were too risqué, and how they still found ways to get to the music.

Fontaine started with Elvis’ first hit record and gave a nod to his “invisible band, who always knows all of the songs,” a player on the table with accompaniment recordings. Familiar songs like “All Shook Up,” “Hound Dog,” “Don’t Be Cruel,” “Jailhouse Rock,” and a beautiful renditions of “Love Me Tender” and “Blue Moon” filled the room with pure and soulful sound. Even those attendees with limited mobility



Elvis impersonator Dan Fontaine wins over the audience with The King’s signature dance moves and soulful voice.



Sarah Cammarata of Medway, who turned 105 years young in June, smiles as “Elvis” sings to her.

were bouncing in their seats and throwing their hands up. Some people got up and danced, and many clapped and sang along to their favorites.

“Elvis” worked his way through the aisles to connect with his fans, shaking hands and giving the occasional “How ya doin,’ hunny” with his well-known drawl. Between songs he shared facts about albums, songs, and movies that Elvis appeared in and some tidbits about his life.

Encouraging the crowd to sing along with him for “Viva Las Vegas” and “Sweet Caroline,” and even throwing in a couple of gospel favorites such as “How Great Thou Art,” Fontaine didn’t miss a beat. He even sang one of my absolute favorites, “If I Can

Dream,” which shares an idea that is still as relevant today as it was back then.

Elvis’ music is so iconic that it resonates not only with an older crowd but is appreciated by all ages of fans across the globe. Though he has now been gone 47 years, we are fortunate to have the next best thing to seeing The King live!

Fontaine will be headlining at the Cape Cod Tribute Festival on October 3-6 this year. More information on Dan and his upcoming shows can be found on his website at www.newengland-elvis.com

Don’t forget to check out the latest Senior Center calendar of events for information on more great opportunities to engage!



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ELECTIONS

continued from page 3

Town of Bellingham

Democrat State Primary - September 3, 2024

Office & Candidates P-1 P-2 P-3 P-4 P-5 Total

SENATOR IN CONGRESS

| | | | | | | |
|----------------------|------------|------------|------------|------------|------------|-------------|
| Elizabeth Ann Warren | 208 | 288 | 268 | 178 | 185 | 1127 |
| All Others | 6 | 7 | 8 | 5 | 3 | 29 |
| BLANKS | 8 | 11 | 14 | 10 | 4 | 47 |
| TOTAL | 222 | 306 | 290 | 193 | 192 | 1203 |

REPRESENTATIVE IN CONGRESS

| | | | | | | |
|------------------|------------|------------|------------|------------|------------|-------------|
| Jake Auchincloss | 206 | 287 | 266 | 172 | 178 | 1109 |
| All Others | 5 | 1 | 5 | 2 | 1 | 14 |
| BLANKS | 11 | 18 | 19 | 19 | 13 | 80 |
| TOTAL | 222 | 306 | 290 | 193 | 192 | 1203 |

COUNCILLOR

| | | | | | | |
|----------------------|------------|------------|------------|------------|------------|-------------|
| Tamisha L. Civil | 58 | 100 | 83 | 62 | 62 | 365 |
| Muriel Elaine Kramer | 81 | 110 | 106 | 58 | 81 | 436 |
| Sean Murphy | 47 | 47 | 59 | 39 | 31 | 223 |
| David S. Reservitz | 11 | 16 | 14 | 9 | 4 | 54 |
| All Others | 0 | 0 | 0 | 1 | 0 | 1 |
| BLANKS | 25 | 33 | 28 | 24 | 14 | 124 |
| TOTAL | 222 | 306 | 290 | 193 | 192 | 1203 |

SENATOR IN GENERAL COURT

| | | | | | | |
|-------------------|------------|------------|------------|------------|------------|-------------|
| Rebecca L. Rausch | 192 | 271 | 258 | 170 | 171 | 1062 |
| All Others | 3 | 1 | 0 | 2 | 0 | 6 |
| BLANKS | 27 | 34 | 32 | 21 | 21 | 135 |
| TOTAL | 222 | 306 | 290 | 193 | 192 | 1203 |

REPRESENTATIVE IN GENERAL COURT

| | | | | | | |
|--------------|------------|------------|------------|------------|------------|-------------|
| All Others | 26 | 40 | 39 | 25 | 27 | 157 |
| BLANKS | 196 | 266 | 251 | 168 | 165 | 1046 |
| TOTAL | 222 | 306 | 290 | 193 | 192 | 1203 |

CLERK OF COURTS

| | | | | | | |
|----------------------|------------|------------|------------|------------|------------|-------------|
| Robert L. Jubinville | 133 | 182 | 187 | 114 | 134 | 750 |
| Walter F. Timilty | 60 | 94 | 68 | 54 | 36 | 312 |
| All Others | 0 | 2 | 0 | 1 | 0 | 3 |
| BLANKS | 29 | 28 | 35 | 24 | 22 | 138 |
| TOTAL | 222 | 306 | 290 | 193 | 192 | 1203 |

REGISTER OF DEEDS

| | | | | | | |
|---------------------------|------------|------------|------------|------------|------------|-------------|
| William Patrick O'Donnell | 175 | 223 | 224 | 146 | 150 | 918 |
| Noel DiBona | 30 | 59 | 45 | 31 | 27 | 192 |
| All Others | 0 | 0 | 0 | 1 | 0 | 1 |
| BLANKS | 17 | 24 | 21 | 15 | 15 | 92 |
| TOTAL | 222 | 306 | 290 | 193 | 192 | 1203 |

COUNTY COMMISSIONER

| | | | | | | |
|-------------------|------------|------------|------------|------------|------------|-------------|
| Joseph P. Shea | 160 | 238 | 222 | 143 | 146 | 909 |
| Richard R. Staiti | 139 | 167 | 172 | 104 | 110 | 692 |
| All Others | 5 | 2 | 0 | 1 | 0 | 8 |
| BLANKS | 140 | 205 | 186 | 138 | 128 | 797 |
| TOTAL | 444 | 612 | 580 | 386 | 384 | 2406 |

A true record.

ATTEST:

Lawrence J. Sposato, Jr.
Bellingham Town Clerk

ELECTIONS

continued on page 7

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Ostrander Insurance to Service RP Smith and Son Commerce – MAPFRE Clients

Ostrander Insurance Agency has made arrangements with RP Smith and Son Insurance Agency, Inc. to service all of their Commerce – MAPFRE clients beginning September 2024. Dave Tuttle, of RP Smith, has chosen to retire. All MAPFRE clients of RP Smith will continue on with their Commerce – MAPFRE coverage, but the Ostrander Agency will be their new servicing agent.

Congratulations to Dave Tuttle on his retirement, and welcome RP Smith clients to the Ostrander Agency!



Republican State Primary - September 3, 2024

Office & Candidates P-1 P-2 P-3 P-4 P-5 **Total**

SENATOR IN CONGRESS

| | | | | | | |
|-----------------------------|------------|------------|------------|------------|------------|------------|
| Robert J. Antonellis | 31 | 46 | 48 | 27 | 43 | 195 |
| Ian Cain | 12 | 9 | 20 | 18 | 8 | 67 |
| John Deaton | 101 | 110 | 106 | 105 | 103 | 525 |
| All Others | 0 | 0 | 0 | 2 | 0 | 2 |
| BLANKS | 15 | 14 | 6 | 14 | 5 | 54 |
| TOTAL | 159 | 179 | 180 | 166 | 159 | 843 |

REPRESENTATIVE IN CONGRESS

| | | | | | | |
|--------------|------------|------------|------------|------------|------------|------------|
| All Others | 19 | 18 | 14 | 11 | 15 | 77 |
| BLANKS | 140 | 161 | 166 | 155 | 144 | 766 |
| TOTAL | 159 | 179 | 180 | 166 | 159 | 843 |

COUNCILLOR

| | | | | | | |
|---------------------------------|------------|------------|------------|------------|------------|------------|
| Francis T. Crimmins, Jr. | 99 | 126 | 122 | 109 | 119 | 575 |
| All Others | 0 | 0 | 3 | 0 | 1 | 4 |
| BLANKS | 60 | 53 | 55 | 57 | 39 | 264 |
| TOTAL | 159 | 179 | 180 | 166 | 159 | 843 |

SENATOR IN GENERAL COURT

| | | | | | | |
|---------------|------------|------------|------------|------------|------------|------------|
| Dashe Videira | 17 | 25 | 31 | 22 | 19 | 114 |
| All Others | 31 | 9 | 39 | 8 | 15 | 102 |
| BLANKS | 128 | 145 | 140 | 136 | 125 | 627 |
| TOTAL | 159 | 179 | 180 | 166 | 159 | 843 |

REPRESENTATIVE IN GENERAL COURT

| | | | | | | |
|------------------|------------|------------|------------|------------|------------|------------|
| Michael J. Soter | 121 | 148 | 144 | 143 | 143 | 699 |
| All Others | 6 | 7 | 5 | 2 | 0 | 20 |
| BLANKS | 32 | 24 | 31 | 21 | 16 | 124 |
| TOTAL | 159 | 179 | 180 | 166 | 159 | 843 |

CLERK OF COURTS

| | | | | | | |
|--------------|------------|------------|------------|------------|------------|------------|
| All Others | 6 | 8 | 7 | 6 | 13 | 40 |
| BLANKS | 153 | 171 | 173 | 160 | 146 | 803 |
| TOTAL | 159 | 179 | 180 | 166 | 159 | 843 |

REGISTER OF DEEDS

| | | | | | | |
|--------------|------------|------------|------------|------------|------------|------------|
| All Others | 9 | 10 | 13 | 9 | 16 | 57 |
| BLANKS | 150 | 169 | 167 | 157 | 143 | 786 |
| TOTAL | 159 | 179 | 180 | 166 | 159 | 843 |

COUNTY COMMISSIONER

| | | | | | | |
|--------------|------------|------------|------------|------------|------------|-------------|
| All Others | 18 | 7 | 8 | 2 | 13 | 48 |
| BLANKS | 300 | 351 | 352 | 320 | 305 | 1628 |
| TOTAL | 318 | 358 | 360 | 322 | 318 | 1676 |

A true record.

ATTEST:

Lawrence J. Sposato, Jr.
 Bellingham Town Cler

ELECTIONS

continued on page 8

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ELECTIONS

continued from page 7

Libertarian State Primary - September 3, 2024

Office & Candidates P-1 P-2 P-3 P-4 P-5 Total

SENATOR IN CONGRESS

Table with 7 columns: Office & Candidates, P-1, P-2, P-3, P-4, P-5, Total. Rows: All Others, BLANKS, TOTAL.

REPRESENTATIVE IN CONGRESS

Table with 7 columns: Office & Candidates, P-1, P-2, P-3, P-4, P-5, Total. Rows: All Others, BLANKS, TOTAL.

COUNCILLOR

Table with 7 columns: Office & Candidates, P-1, P-2, P-3, P-4, P-5, Total. Rows: All Others, BLANKS, TOTAL.

SENATOR IN GENERAL COURT

Table with 7 columns: Office & Candidates, P-1, P-2, P-3, P-4, P-5, Total. Rows: All Others, BLANKS, TOTAL.

REPRESENTATIVE IN GENERAL COURT

Table with 7 columns: Office & Candidates, P-1, P-2, P-3, P-4, P-5, Total. Rows: All Others, BLANKS, TOTAL.

CLERK OF COURTS

Table with 7 columns: Office & Candidates, P-1, P-2, P-3, P-4, P-5, Total. Rows: All Others, BLANKS, TOTAL.

REGISTER OF DEEDS

Table with 7 columns: Office & Candidates, P-1, P-2, P-3, P-4, P-5, Total. Rows: All Others, BLANKS, TOTAL.

COUNTY COMMISSIONER

Table with 7 columns: Office & Candidates, P-1, P-2, P-3, P-4, P-5, Total. Rows: All Others, BLANKS, TOTAL.

A true record. ATTEST: Lawrence J. Sposato, Jr. Bellingham Town Clerk

CHARRON Tree Service advertisement. Includes logo with a tree, phone number 508-883-8823, and list of services: Tree Removal, Pruning/Trimming, Storm Damage, Land Clearing, Stump Grinding.

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ANYTIME PAINTING SERVICES INC. advertisement. Includes logo with a house, list of services: Interior & Exterior, Wallpaper Removal, Water Damage Repair, Carpentry, Cabinet Painting, Pressure Wash, Gutter Cleaning. Phone number 508-308-6285.

Real estate advertisement for Michelle Sebio Savje. Includes photo of Michelle, text: 'The housing market may be frightening & the buying/selling process may be SCARY... Let us Help!', and Coldwell Banker Realty logo.

Your Money, Your Independence

Open Enrollment: Medical Plans & Health Savings Accounts (HSA)



Glenn Brown, CFP

First, a medical plan is a personal choice, and you need to be comfortable with the care received “in-network”. Second, need to understand of your historical annual medical bills and expect consistency moving forward.

Case for High Deductible Health Plans (HDHPs).

Cost Structure: HDHPs feature lower monthly premiums but higher deductibles. You pay all costs up to the deductible before your plan starts covering expenses.

Financial Management: While HDHPs can have higher out-of-pocket costs, the lower premiums and tax advantages of an HSA can offset these costs.

Health Savings Account (HSA) Eligibility: Selecting a HDHP is required to participate in a HSA.

HDHPs are often beneficial if you are healthy, don’t anticipate high medical expenses, and want to take advantage of the HSA’s tax benefits.

Health Savings Account (HSA).

Only during Open Enrollment or Life Event can you Opt-In to an HSA with a HDHP and \$ amount to contribute. You can change the \$ amount later, but not the ability to Opt-In.

Key HSA facts:

- In 2025, an individual can contribute \$4,300 and a family up to \$8,550.
- If over 55, contribute an additional \$1,000.
- All contributions are tax-free - federal, state, and FICA (Social Security and Medicare).
- No federal taxes on HSA funds spent on qualified health care expenses.
- Excess HSA funds can be invested for tax-free growth to compound for years.

Thus, unlike any other tax-advantaged savings plan, HSA can offer “triple tax benefits”: tax-free contributions, tax-free earnings, and tax-free distributions.

Free money.

Shockingly, over 50% of eligible Americans decline to participate in an HSA. Unbelievable considering most employers put \$500-\$2,000 each year into an HSA. In theory, \$1 per pay period could return \$500-\$2,000 per year from your employer - take it!

Furthermore, “health rewards” programs can earn deposits into HSA by doing preventative care activities. Examples like \$400 deposited when each spouse had an annual physical.

Get the tax savings.

Consider a family in 24% tax bracket averaging \$4,000 in out-of-pocket medical expenses. HSA tax-free contributions would provide them tax savings of \$1,466 (\$960 federal 24% + \$200 state MA 5% + \$306 FICA 7.65%). A family in 32% bracket can max out 2025 contributions and gain tax savings of ~\$3,817.

Leverage tax-free growth for retirement.

Gaining momentum is a financial planning strategy of avoiding withdrawals from HSAs and pay medical expenses from free cash flow. This allows for investment in funds/ETFs to grow tax-free for years before using in retirement for eligible expenses like Medicare premiums, vision, dental, hearing aids, nursing services, long-term care premiums, and medical expenses.

Retire Early crowd please note, while HSAs cannot be used to pay private health insur-

ance premiums, they can pay for health care coverage purchased through an employer-sponsored plan under COBRA, which may be a desired option leaving a company and maintaining 18 months until reaching Medicare eligibility.

Learn more by connecting with your benefits coordinator or 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 Plan-Dynamic, LLC, www.PlanDynamic.com. Glenn is a fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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Open enrollment is a pivotal time to reassess and select the benefits that best suit your needs.

Among the key benefits you’ll choose are insurances (i.e. medical, dental/vision, life, AD&D, disability), services (i.e. legal), tax benefit programs (i.e. dependent care, commuter) and retirement plan participation (i.e. 401k).

An area perplexing many is analyzing High Deductible Health Plans (HDHP) and their tax savings counterpart, Health Savings Accounts (HSAs). Understanding these options can help you make informed decisions.

Choosing the right medical plan.

When it comes to selecting a medical plan, a few ground rules take precedence.

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Amy Azza, Esq

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WHY YOU NEED A WILL

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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.

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The b.LUXE *beauty beat*

Jumpstart Your Cosmetology Career with b.LUXE Hair and Makeup's Premier Apprenticeship Program

By GINA WOELFEL

Are you an aspiring beauty professional eager to establish yourself in the field of cosmetology? Consider the exceptional apprenticeship opportunities offered by b.LUXE Hair and Makeup Studio in Medway, MA. As the state's top Google-rated salon and a two-time Salon Today 200 Honoree, b.LUXE is renowned for its commitment to excellence in the beauty industry. They're now opening their doors in collaboration with the Massachusetts State Board of Cosmetology to the next generation of beauty experts through their apprenticeship program, designed to provide hands-on experience, top-tier education, and an accelerated path to licensure.

The Apprenticeship Advantage

b.LUXE Hair and Makeup Studio, owned by industry veteran Heather Cohen, is more than just a salon. It's a training ground for future beauty professionals. "I work closely with our apprentices to ensure they receive a complete education that builds off what they've learned from cosmetology school. We employ a director of cutting, Sandra Wilkey, and a director of color education, Andrea Rees, to further mentor our apprentices and junior stylists. Our staff is also incredibly supportive, and work as a team to bring the next generation

through successfully," Heather explains. "Early in my career, a well-known Boston salon owner took me under their wing and shared their talent and business knowledge. I received such well-rounded training. I love sharing what I learned." The studio offers comprehensive apprenticeship programs in collaboration with the Massachusetts State Board of Cosmetology. These programs allow participants to gain real-world experience, refine their skills, and earn up to 400 hours towards their 1,000-hour licensure requirements while still in school.

The b.LUXE Apprenticeship Program caters to the education and career of future cosmetologists, providing three distinct paths to success.

1. MA Cosmetology Apprenticeship Program

For current students enrolled in a Massachusetts State Board of Cosmetology accredited beauty school, this program is a game-changer. By working at b.LUXE, students can earn up to 400 hours towards their licensure, bridging the gap between classroom learning and professional practice. This time-saving opportunity not only accelerates the journey to becoming a licensed cosmetologist but also ensures that students gain invaluable hands-on experience in a real salon environment.



2. The Shop Employed Student Program

Balancing school and work can be challenging, but b.LUXE makes it easier for students to do both. This program allows students to work at the salon after school, offering real-time client interactions, ongoing education, and hands-on training. It's the perfect way for students to apply what they've learned in school while continuing their formal education.

3. b.LUXE Apprenticeship Program

Designed for recent graduates, this program offers a seamless transition from the classroom to the salon floor. Participants can build on the knowledge they've gained in school by working at b.LUXE in a structured, supportive environment. With one-on-one training from industry leaders and access to the best educational resources available, graduates can elevate their skills and grow their careers in a setting that nurtures creativity and expertise.



Why Choose b.LUXE?

b.LUXE Hair and Makeup Studio stands out not only for its accolades but also for its dedication to fostering the next generation of beauty professionals. The studio's commitment to education is evident in its weekly training sessions, hosted by leading experts in the industry. Apprentices at b.LUXE benefit from personalized guidance and a comprehensive training program that prepares them for success in the competitive world of cosmetology.

As Heather Cohen, the owner of b.LUXE, explains, "Our unique learning opportunities are designed to help students thrive during their school years, after school, or post-graduation. We're excited to collaborate with cosmetology schools and help shape the future of talented cosmetologists."

Take the Next Step in Your Beauty Career

If you're currently enrolled

in a board-accredited cosmetology school in Massachusetts, or if you've recently graduated, the b.LUXE apprenticeship program is your chance to gain the experience and education you need to succeed. With a reputation as the best in the state, b.LUXE offers an unparalleled environment for aspiring cosmetologists to grow, learn, and excel.

Whether you're still in school or just starting your career, b.LUXE Hair and Makeup Studio is the place where passion meets professionalism. Embrace this opportunity to transform your cosmetology dreams into reality with the guidance and support of the best in the business.

Visit bLUXE.com to learn more about the program and take the first step towards a bright future in the beauty industry.

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Family-Run Affordable Junk Removal Takes the Stress Out of Cleanups

By CHRISTIE VOGT
CONTRIBUTING WRITER

Whether it's one old fridge in the garage or an entire home of unwanted goods, the team at Bellingham-based Affordable Junk Removal offers a cost-efficient, stress-free approach to waste management. "You don't lift a finger," says owner Jason Schadler, who started the company along with his wife Christine in 2005.

The business offers same-day service for both residential and commercial clients across eastern and central Massachusetts and northern Rhode Island. In addition to junk removal, the company rents 15-yard dumpsters.

As a family-owned and operated company, Schadler says Affordable Junk Removal has lower overhead costs and is more accessible than national competitors. "I answer my phone 24 hours a day," he says. "I was on vacation in Italy and Portugal, and I was still answering my phone on the beach. When you call us, you get me — not an automated machine!"

Schadler says the company has an environmentally friendly approach to disposal in which it recycles items when possible, properly disposes of non-recyclables and resells many items at the Schadlers' secondhand store, Resellables. "We opened that store in Bellingham because we hated to see things thrown away," Schadler says. "We have four kids and sustainability is extremely important to us."

During the business's early days, Schadler provided junk removal on nights and weekends



when he wasn't busy working at a machine shop. Eventually, the business grew into a full-time endeavor, and the Schadlers invested back into the company with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving around and things are flying out of my truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.'"

Schadler says his wife Christine "was equally as involved" in getting the business off the ground. "She handled the back-end while I did the heavy lifting, all while she was working at EMC," he says. "Fast forward 17 years, and we both work full time managing the company as well as other endeavors. Business is doing great; it has grown tremendously to a fleet of trucks and dumpsters, and we've also been able to buy a pizza place, The Corner Market in Holliston."

In addition to delivering an in-demand service to the community, Schadler is appreciative that Affordable Junk Removal has helped provide a work-life balance that suits his family. "It allows me to be able to do what

Business spotlight

I like doing and spend time with my kids," he says. "I'm home to see my babies play softball and do all that stuff. We are also able to give back to the communities we serve."

The Schadlers say that Bellingham has been an excellent hometown for both Affordable Junk Removal and their Resell-



Christine and Jason Schadler, shown here with their children and dog, started Affordable Junk Removal in 2005.

ables shop, and they are proud to have many repeat customers and friends in the area.

One of the best parts of his job, Schadler says, is meeting and getting to know new people and developing relationships with returning customers. "We are really

grateful for the repeat business and the chance to form connections with residents across the MetroWest area," he says.

To receive a free junk removal estimate, call (774) 287-1133 or visit [affordablejunkremoval.com](https://www.affordablejunkremoval.com).

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The Future of Eye Care: A Revolution in Ophthalmology

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

Ophthalmology, the medical field dedicated to eye health, has witnessed remarkable advancements in recent years. These innovations are reshaping the landscape of eye care, offering patients improved outcomes and more accessible treatment options. With the increasing prevalence of eye disease driven by factors such as aging populations, lifestyle changes, and technological advancements. These breakthroughs are also crucial for addressing global eye health challenges.

Artificial Intelligence and Machine Learning

One of the most significant developments in ophthalmology has been the integration of artificial intelligence (AI) and machine learning. These technologies are revolutionizing eye diagnosis by providing faster, more accurate, and often more objective assessments. AI algorithms can analyze

vast amounts of data, such as retinal images, to detect early signs of diseases like diabetic retinopathy, glaucoma, and age-related macular degeneration. This early detection allows for timely intervention, potentially preventing vision loss. For instance, Google's DeepMind has developed an AI system capable of diagnosing over 50 different eye diseases from a single OCT scan.

Gene Therapy for Inherited Retinal Diseases

Gene therapy, a technique that involves introducing functional genes into cells to treat genetic disorders, has shown great promise in ophthalmology, particularly for inherited retinal diseases. These conditions, often caused by genetic mutations, were once considered incurable. However, advancements in gene therapy have opened new possibilities for restoring vision or halting disease progression. Luxturna, approved by the FDA in

2017, was the first gene therapy for an inherited retinal disease, offering hope to patients with Leber's congenital amaurosis. Researchers are now exploring gene therapies for other retinal diseases, such as retinitis pigmentosa and choroideremia, expanding the potential benefits of this technology.

Minimally Invasive Glaucoma Surgery (MIGS)

Glaucoma, a leading cause of blindness, is characterized by increased intraocular pressure. Traditional surgical treatments for glaucoma often involve invasive procedures with long recovery times. Minimally invasive glaucoma surgery (MIGS) has emerged as a less invasive alternative, offering quicker recovery, fewer complications, and improved patient satisfaction. MIGS devices, such as the iStent and Hydrus Microstent, are designed to enhance the eye's natural drainage pathways, reducing



intraocular pressure without the need for large incisions. MIGS can often be performed in conjunction with cataract surgery, providing a comprehensive solution for patients with both conditions.

Advanced Intraocular Lenses (IOLs)

Cataract surgery, a common procedure to remove a cloudy lens and replace it with an artificial lens, has been transformed by advancements in intraocular lens (IOL) technology. Modern IOLs can now address a variety of vision problems, including astigmatism, presbyopia, and myopia. Multifocal and extended-depth-of-focus (EDOF) lenses allow patients to achieve clear vision at multiple distances without relying on glasses. Toric IOLs can correct astigmatism, reducing the need for corrective eyewear.

Corneal Cross-Linking for Keratoconus

Keratoconus, a progressive eye condition that causes the cornea to thin and bulge, can lead to significant vision impairment. Corneal cross-linking, a procedure that strengthens the cornea using ultraviolet light and riboflavin, has been a game-changer for patients with keratoconus. By halting the progression of the disease, corneal cross-linking can help prevent vision loss and reduce the need for corneal transplants.

Teleophthalmology: Remote Eye Care Delivery

The COVID-19 pandemic

accelerated the adoption of telemedicine, including in ophthalmology. Teleophthalmology, which allows for remote eye care consultations and follow-ups, has become an essential tool for ensuring access to care, especially in underserved areas. Remote eye exams, coupled with home-based diagnostic tools, enable patients to monitor their eye health without frequent in-person visits. Teleophthalmology platforms, equipped with AI-driven diagnostic tools, can triage patients and prioritize those who require urgent in-person care, optimizing clinic resources and improving patient outcomes.

Conclusion

The future of ophthalmology is bright, with ongoing advancements in technology and treatment options. These innovations are not only improving the quality of care but also making it more accessible and affordable for patients worldwide. As the field continues to evolve, we can expect to see even more groundbreaking developments that will revolutionize eye care and preserve vision for generations to come.

At Milford Franklin Eye Center we are a leader in the field of ophthalmology, dedicated to providing cutting-edge eye care solutions. By embracing the latest advancements in technology, such as AI-powered diagnostics and minimally invasive surgical techniques, we are at the forefront of the future of eye care. Our commitment to patient

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EYES

continued from page 12

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DIY Halloween Costume Ideas for a Fun & Affordable Spooky Season

By JENNIFER RUSSO

With Halloween approaching, many are on the hunt for that perfect costume to transform themselves into someone entirely different for a party or trick or treat adventure. The holiday is a pretty big deal here in our area, but there are some pretty big prices on costumes in the store too. Instead of breaking the bank, why not get creative? DIY costume projects can be fun and often result in a more unique costume than anything you can find on a shelf. Save money this spooky season with these ideas or let them inspire you to come up with your own!

A Classic Mummy – I mean, probably the easiest thing to do other than cutting holes in sheets to be a ghost, simply get some old sheets and tear them up and bandage yourself until you are covered the way you want to be. Easy, and timeless.

A Tourist – another super simple one – all you need is a Hawaiian shirt, sunglasses, a straw hat, a camera, a fanny pack or gaudy tote bag, and a tropical looking drink cup. Wear sandals over socks to be a bit extra.

A Cereal Killer – get a bunch of cereal boxes, big or small and some plastic spoons and glue them all over a plain t-shirt. Add some fake blood for effect. Balanced breakfast with a touch of gore.

A Lego Block – Get a long-ish cardboard box, cut out square holes for your head and arms, and glue on 6 or 8 spray paint can lids or slices of a pool noodle so it's in the shape of a Lego. Then spray paint whatever color you'd like (blue, yellow, and red are most common). Perfectly "built" costume!

A Despicable Me Minion – A yellow hoodie, black gloves, and some denim overalls are all you need for this transformation. Add some black pipe cleaner hair on the hood and a pair of black circular glasses for a completed look.

A Crazy Cat Lady – A fluffy bath robe, a few hair curlers, slippers, and some stuffed cat toys pinned on the ensemble and whaaalaaa – a meowtiful costume!

A Bunch of Grapes – Black leggings, a purple t-shirt, lots of inflated purple balloons and some fake leaves on the top of your head make you a perfect fruit and nothing to wine about.

A Jellyfish – This dollar-store masterpiece will have everyone smiling. Get a big plastic punch bowl, an old straw hat, 4-5 plastic tablecloths in either shades of blue or pink and white, some clear packing tape and a plain long or short sleeved t shirt that matches the color you are going for. Glue the bowl upside down onto the hat and then wrap it in one of the tablecloths. Cut the rest of the tablecloths into long strips. Use your thumbs to pull on the strips in different directions until they have a wavy look. Tape those to the underside of the hat. Want to make it extra special? Add some battery-powered twinkle lights.

A Mad Scientist – All you need is a white lab coat, a white crazy hair wig, a pair of protective goggles and some yellow dish gloves to pull this one off. Put

the goggles on and add a little black eyeshadow (soot) around the edges and then just wear the goggles around the neck.

The Hocus Pocus Spell Book – You can use this idea to be any book, really, but this is an easy and fun one! You just need a big cardboard box, some metallic spray paint in aged copper, some toy snakes and one of those big stick-on googly eyes from the craft store. Cut two equal rectangles out of the box, spray paint it, stick on the snakes and eye (use a photo of the book for reference), draw on some of the "stitching" and then attach the two pieces with some wide elastics or rope to put over the shoulders.

Whatever you decide to be, make it creative, fun, and comfortable! There are a ton of resources with more DIY ideas online you can find for a more budget-friendly holiday. Happy Halloween!

BEF Second Annual Halloween Dash 5K

Sunday, October 20th

Join the Bellingham Educational Foundation for a scary good time at our 2nd Annual Halloween Dash. The course starts and ends at DiPietro Elementary School, 70 Harpin St., Bellingham. Halloween costumes are encouraged. Walkers and strollers are welcome. Fun for all ages. Registration is \$35 per person.

All participants running or walking must be registered. For more details and to register please visit:

<https://www.racewire.com/register.php?id=14068>

All proceeds benefit the BEF's annual grant program putting funds right back into Bellingham Public schools.

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Santa Foundation Finds a New, Larger Home

New Space Will Allow for More Volunteers to Meet Growing Need

By J.D. O'GARA

The Santa Foundation might have outgrown its location on Joy Street in Franklin, but the charitable organization will continue to spread joy to needy neighbors out of its new, larger,

1800 square-foot location at 275 Washington St., Ste. 6, in Franklin.

Dick Timmons, President, and Cindy Timmons, Treasurer, of the Santa Foundation, were happy to find a space that allowed the nonprofit to get set up in time for their hectic holiday gift collection and distribution.

"They gave us a decent rate and they did it based on our time frame" says Dick Timmons, and the organization, which visited several different locations, doesn't have to "worry about volunteers moving up and down steep stairs or going outside to workshop or storage pod., We wanted to get set up before September really start(ed) getting busy," adds Cindy, noting, "We'll be in good shape for that. It's an efficient space."

The space includes a large storage area with lots of vertical potential, as well as a large garage door, allowing easier pickups and drop-offs. The space, with a sizeable front office in addition to the storage area, will accommodate more volunteers,



Members of the Santa Foundation board left to right bottom row : Manisone Bounsavath, Karla Boudreau, Cindy Timmons, Back Row: Joe Formosa, Pam Formosa, Richard Timmons. Not shown, Mike Polenski.

and according to Dick Timmons, "means we'll be able to address more family needs." Dick Timmons notes that Jan Prentice and Leah Thomas, longtime volunteers, have officially retired.

"We want to thank them, officially," says Timmons, who is excited to welcome the next team of volunteers to help continue the mission. We always need more help, and there have been a lot of people who want

to help, but it's just been hard in that (small) space we previously occupied," he says

The Santa Foundation leadership team, which has recently expanded, will be able to alternate leaders to direct volunteers on weekends, thus alleviating the burnout that can come with a busy season of holiday needs. Timmons encourages community volunteer groups, such as Boy and Girl Scouts and other community-minded organizations, to come and volunteer in the new space.

"We're looking forward to that actually; it's fun for them, and it's fun for us," says Cindy.

In the new location, Dick Timmons, who assumed the role of leading the organization as President in 2013, will continue his role, and Cindy, recently retired, will be picking up more of the load in her role as treasurer. The Santa Foundation has added five new directors in the past year and a half who will help keep the organization going beyond 2024: Joe Formosa (Owner of iLoveKickboxing), Pam Formosa (Owner of Brain Fit Academy), Mike Polenski (Social Worker, Commonwealth of Massachusetts), and Manisone Bounsavath, Assistant Branch Manager of Middlesex Bank, and Karla



Boudreau, a longtime volunteer for the Santa Foundation

The Santa Foundation was established 38 years ago to provide gifts for families in need at Christmas time, with the hope that, at least on Christmas Day, these families should feel like other families, receiving presents and maybe a little hope. Since 2004, the organization has operated on a year-round basis, helping needy families with housing, utility, fuel and other bills as emergency situations arise. The organization became a 501 (c-3) federally approved charitable organization in 2006. With help covering overhead costs by Greenwood industries inc. and the Sola Family, 100% of all contributions and net fundraising money helps local families in need in Franklin and surrounding towns such as Bellingham.

Last month, on September 20th, the Santa Foundation held an annual fundraising event at La Cantina Winery's new location. This month, starting October first, the Santa Foundation's annual calendar sale fundraiser will take place. The \$20 purchase of a calendar enters the buyer into a daily raffle each day of November. These calendars will be

available on the Santa Foundation website at www.sfjoy.org, as well as at a few brick-and-mortar locations around Franklin.

As the holidays approach, the Santa Foundation seeks new volunteers for their growing list of needy families. Community groups, families, and those looking for volunteer hours are encouraged to reach out to volunteer, purchase a holiday gift for someone in need, or even sponsor a family struggling during the holiday season. As December approaches, the Santa Foundation, in cooperation with local sponsors, places several "giving trees" in various locations. Folks may take a tag that lists a gift wish from a family member in need from one of these trees, purchase the gift, and return it to the tree location.

The Santa Foundation works with local food pantries, The Salvation Army, St. Vincent de Paul, and local housing authorities, assisting well over 500 families each year.

The Santa Foundation assisted 604 local families during 2023 and will be able to provide help for more families as needed in 2024.

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Dogtopia – A Tail-Wagging Good Time for Your Precious Pups

By JENNIFER RUSSO

According to a recent study published by Forbes, over 65 million US households own a dog. What's more, almost all pet owners consider their pet to be a true part of their family, because... well, they really are. From making sure they get the best in vet care to researching what is in the food we give them, and even replacing a favorite toy again and again when it is chewed beyond recognition, the love we have for them goes beyond words. So, when it comes to making sure they are cared for while we are at work or on a trip, we only want the absolute best.

The good news is that there is a new home away from home for those canine companions that exemplifies the ideal in dog care. It combines a state-of-the-art facility, impeccable safety standards, certified animal-loving team members that are trained to meet the needs of your pup, and a true commitment to the happiness and welfare of your furry, four-legged relatives.

Dogtopia, located in the Franklin Village shopping area, aims to be a haven for dogs by creating a fun and engaging environment for them while their owners are busy with work, errands, vacations, or other responsibilities.

"We treat your pup to fun-filled days of safe socialization with other dogs while they are interacting with our caring team, with exercising and burning off their pent-up energy, as well as basic education to help them improve behavior both inside and outside of your home. We believe daycare and overnight stays should be more than just a place to leave your dog when you are unable to be with them. It should be a place where your dog feels safe and loved while learning valuable socialization skills," says Dogtopia manager Keri Saccoia-Beggs.

Keri is no stranger to the world of canines, coming from a family which bred, raised, and showed Boxers and spending much of her teen years traveling to dog shows.

"You learn a lot about dogs when you are seeing hundreds a day! Now at Dogtopia, I get to meet and play with all breeds of dogs in our playrooms," shares Keri.

That said, Dogtopia understands that not all dogs are the same and they have organized their facility in such a way that they can meet the needs of different dogs. Each dog needs to be fit for an open play environment, and they conduct a thorough temperament test during the first visit (called a Meet & Greet). Once they are ready for a fun-filled day, they are separated into one of three spacious playrooms based on similar size, temperament and play style. There is even a dedicated area called the "Wee Pen" for dogs under 8 pounds.

"Safety is always our number one priority," shares Keri. "Our team is certified by two nationally recognized associations in canine behavior and each member has 80+ hours of training. All dogs need to be at least 12 weeks of age and must be up to date on all required vaccinations (Rabies, Canine Influenza, DHPP, and Bordetella). Dogs 7 months old and up must also be spayed/neutered. If you don't have the records on hand, we can even call your vet for you!"

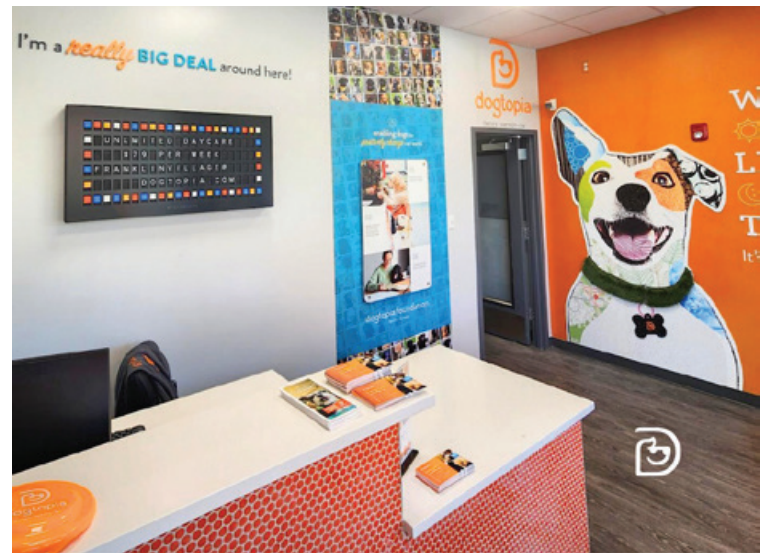
The innovative facility is climate-controlled, with compressed rubber flooring to minimize impact on your dog's joints.

Leaving a pet in the care of someone else can be stressful for some owners, but Dogtopia promises true peace of mind. With live webcams in every playroom, owners can check in on their furry family members and watch them play at anytime throughout the day. Owners will also receive periodic report cards to keep them in the loop.

In addition to day care, boarding and spa services are also available. Boarding crates are set up comfortably for rest and that feeling of "home away from home" and pups can even be pampered with a bath, nail trim and blueberry facial!

"We create a safe environment to give owners a trusted second home for their dogs. We can't wait to meet more dogs in the Franklin area! We have some great events happening in September, including a special Labor Day weekend sleepover, Back to School Portraits on Friday, Sept 6th, a Birthday/Gotcha Day party on Thursday, Sept 12th, and our Foundation Fundraiser

Business spotlight



fun? Learn more about Dogtopia of Franklin Village and their amazing services by visiting www.dogtopia.com/FranklinVillage and for more information on the

Dogtopia Foundation, visit www.DogtopiaFoundation.org.

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on Friday, Sept 20th. We will also be at the Franklin Harvest Fest on Saturday, Sept 28th," says Keri.

In addition to helping the community by caring for local pets, the Dogtopia Foundation also comes together to raise money for important causes. Currently, they are sharing a goal with the community to sponsor a service dog for a veteran, aiming to raise \$6,000 by the end of the year and truly enable dogs to positively impact the world.

Have a pup that could benefit from a place that brings socialization, exercise, love, and all-day

Ladies of St. Anne Plan 2024-25 Events

After a Communion Service in St. Blaise Chapel, Sodality members moved to the Parish Hall for refreshments of quiche, veggies, fruit, pastries and drinks while participating in the first meeting of this event year. After a review of financials, plans were made for our Covered Dish dinner on October 10, 6 p.m., in the Parish Hall. All women 18+ are invited to attend to share a meal with us and learn more about the Sodality. You do not need to be a parishioner of St. Blaise to join the Ladies.

In addition to baking for our annual Vendor and Christmas Fairs, the Ladies hold two Bake

Sale fundraisers to benefit our Scholarship program. This year, a change in timing means our Bake Sale will be held the weekend before Thanksgiving, November 23-24, allowing the community to purchase homemade pies, cakes, cookies and breads for the holiday.

Plans for a retreat are also being discussed with more to follow.

For more information about Ladies of St. Anne, you can contact Jay Castonguay, President, at (774) 262-9605. Please consider coming to our Covered Dish dinner...we would love to meet you!

Thimble Pleasures Quilt Guild to Award Scholarship

The Thimble Pleasures Quilt Guild is pleased to announce that they will again be awarding a scholarship to a graduating senior who is pursuing a course of study in the field of visual arts, design, or textiles. This year's scholarship award

will be \$2,000. Applications for the scholarship are available in the Guidance Office of their local high school or available to download at <http://www.thimblepleasures.org>. The deadline for submission of the application is May 1, 2025.

BWOT Fall Events

Butter Braids

It's time for the Bellingham Women of Today's annual fundraiser of popular Butter Braids Pastries, and Joyful Traditions Cake Rolls. It will be hard to decide the pastry filling you like best in the hand braided pastries as all are delicious: Chocolate, Raspberry, Bavarian Cream, Cinnamon, Apple, Strawberry Cream Cheese or Blueberry Cream Cheese. They are light and flaky with over 20 layers of pastry dough, made with 100% real butter, and natural ingredients. Easy to prepare for special occasions or any time; just thaw and rise overnight and bake the next day. These braided pastries are perfect for upcoming special occasions like Thanksgiving and Christmas or a great Sunday morning treat for the family. Each 22 oz. pastry serves 5-6 for breakfast or 10 for an evening sweet and cost \$18.

The Joyful Traditions Cake Rolls are delicious cake with yummy filling rolled up inside. They are frozen so you can use them when it's convenient for you. Just thaw and they are ready to serve! The cost is \$18 and come in the following flavors: Pumpkin, Chocolate Cream, Red Velvet, Strawberry Cheesecake, Carrot Cream Cheese, and

Lemon Cream. Thaw and bake cinnamon rolls are also available for \$16.

The BWOT are taking orders from October 11th to November 1st. To place your order, send item name, flavor and price to BWOT, PO Box 405, Bellingham, MA 02019. Include a check for payment made out to BWOT. For more information contact Melonie (508) 572-0929 or check our Facebook page. Items will be available for delivery or pick up Nov 11th. Proceeds will go to local BWOT charities and projects.

Scarecrow Contest

Autumn is here, and it's that time of year for Bellingham families to enter BWOT's Scarecrow Contest! There will be 2 categories: Family/group and Under 18. Prizes will be awarded to the top scarecrow in each category. Contest runs from Oct. 28 - Nov. 2. To enter mail your name, address, phone number and category with your \$10 entry fee to BWOT, PO Box 405, Bellingham, MA 02019 by Nov 2. Pay by Venmo to Melonie Mancini @melonieedkm or PayPal to Stephgh14@gmail.com. Winners will be chosen between Nov 3 - 5. Pictures of the winners will be posted on our Facebook page.

Be creative and have fun! Sponsored by the Bellingham Women of Today.

Boo Buckets

Let the BWOT surprise a child with our prefilled Halloween "Boo" bucket that our special Ghouls have prepared!

Loaded with Halloween goodies! Toys, candy, games all kinds of fun stuff. Order deadline, October 23rd. Contact bellinghamwomenoftoday@gmail.com for orders and inquiries. Cost: \$20 each, suggested ages 3-10, delivery dates October 27th - October 30th.

Save the Date

The Bellingham Women of Today are hosting their 2nd Quarter Auction on Friday, Nov. 22nd and are seeking crafters and vendors who would like to share in the excitement of pre-holiday sales. The event will be held at the Bellingham Senior Center from 7-9 pm and vendors are asked to arrive 30-60 minutes before paddles up.

For more information and/or to register, please reach out to us on our Facebook page or our email @ bellinghamwomenoftoday@gmail.com.

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Register O'Donnell Talks about Genealogy Research and Resource Center

Needham Channel's Municipal Affairs Producer Yuxiao Yuan Recently stopped by the Registry of Deeds to interview Register William P. O'Donnell on the Genealogy Research and Resource Center.

Register O'Donnell discussed how Under the Registry

of Deeds' History Comes Alive program, a new service has been recently created where a dedicated bank of computers is available for free genealogical use to the public.

The genealogical workstations at the Registry contain the popular databases Ancestry

com, and AmericanAncestors.org

Follow this link to watch the video on the Register of Deeds website: <https://www.norfolkdeeds.org/news-event/registry-free-genealogy-research-program>

To learn more about Registry of Deed's events and initiatives, like us on Facebook® at facebook.com/NorfolkDeeds or follow us on Twitter® at twitter.com/NorfolkDeeds and Instagram® at Instagram.com/NorfolkDeeds.

The Norfolk County Registry of Deeds is located at 649 High Street in Dedham. Reach them at (781) 461-6101 or email us at registerodonnell@norfolkdeeds.org.

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Bellingham Senior Center Highlighted Events for October

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

COA'S CRAFT FAIR: Saturday, November 2, promises to be a great day! It is a good time to do some shopping with 23 vendors and a variety of merchandise such as Christmas decorations, handmade jewelry, pottery, knitted items and more! The "like new room," the Bake Table and our beautiful raffle baskets complete our Craft Fair. Oh, and yes, we will have a kitchen -- muffins/donuts & coffee and lunch to include hot dogs, meatball subs, chips, pizza, veggie chili, water and soda! The Senior Center hosts the Craft Fair from 9 a.m.-3 p.m. See you then!

HALLOWEEN TRADITIONS: In *Halloween Traditions in Boston*, Anthony Sammarco discusses the history of the Salem Witchcraft Trials which caused such tremendous anxiety and fear and

the deaths of many innocent people in Massachusetts Bay Colony in 1692 to the decorating of Beacon Hill as a veritable neighborhood of whimsy, decorated with macabre skulls, bones and cobwebs to pumpkins and lighted Jack O'Lanterns, as well as costumes, parties and treats are discussed. Call ahead to reserve your spot on Friday, October 18, at 1 p.m.

TREASURE BOX QUILTING: Quilling is an art form that involves the use of strips of paper that are rolled, shaped, and glued together to create decorative designs. Each participant will complete a small treasure box with a quilling design on the lid made by hand. Three-hour class includes all materials and tools to create your own unique gift box. \$12 class fee due at pre-registration; to reserve your spot please stop by the Center's front desk. Join us Friday, October 18, 9 a.m.-noon.

PLAY WITH CLAY: Learn to make something wonderful with nature and clay. Make items from nature to create a coaster, ornament, or small dish. All supplies will be provided, but if you have something you'd like to use as your imprint, then bring it. Join us on Tuesday, October 15, at 1 p.m. And please call ahead to (508) 966-0398. Our thanks for the Bellingham Cultural Council for a grant that makes this presentation possible.

SPIRITUAL BOOK CLUB: Continuing this month will be a discussion about the book *The Choice—Embrace the Possible*. Book Club meets via Zoom on Mondays at 9 a.m. Please call host Josie Dutil at (508) 657-2705 to join or for more information.

COFFEE & CONVERSATION: Join the clever, smart, sociable folks who turn out for C&C. Every Tuesday at 9:30 a.m., and you are invited! On October 15,

Stephanie Gray from U.S. Representative Jake Auchincloss's office will be a special guest.

SHINE: Medicare Open Enrollment starts October 15 and runs through December 7. This year, we will have both phone (quick questions or basic information) and in-person appointments (more complicated issues) on Wednesday mornings. Appointments are scheduled for one hour each. Both Darlene Groves and Judy Higgins will be handling the SHINE open enrollment appointments this fall. To schedule, please call the Senior Center at (508) 966-0398.

2ND ANNUAL 60TH BIRTHDAY PARTY: Residents who were born in 1964 have been invited to a party at the Senior Center. Thursday, October 10, at 6 p.m. Please call ahead to reserve your spot.

SAFE DRIVING: Coming up is the second of three workshops about Safe Driving. It is

the Driving Decision Workshop on Thursday, October 10, at 11 a.m.

SCAMS: How to prevent elderly community members from falling victim to scams that could drain their savings, endanger, or frighten them is the focus of a presentation on Tuesday, October 22, at 11:30 a.m. It will be presented by the Class of 2026 students from the Legal and Protective Services career program at Tri-County RVTHS.

REFRIGERATOR ORGANIZING CLASS: Mary Alice Harbour will be back again on Tuesday November 5th at 11:30 a.m. This time she will be presenting a plan on how to set up your refrigerator. You will leave with: A prepared package by Mary Alice. Join us!

Please call the Senior Center at (508) 955-0398 to reserve your spot.

American Lung Association's LUNG FORCE Walk Boston New Location: DCR Hopkinton State Park, Oct. 19

This year, the American Lung Association in Boston is bringing its 10th Annual LUNG FORCE Walk Boston, (https://action.lung.org/site/TR?fr_id=26390&pg=entry) to DCR Hopkinton State Park on October 19th to celebrate the local community, survivors and families. The Walk aims to raise \$90,000 in support for lung health education, advocacy and research. Registration is now open.

The LUNG FORCE Walk is a celebratory and welcoming event that provides critical funds for lifesaving lung cancer research, early detection initiatives, and awareness. For the event, participants will walk about 3 miles around the scenic park.

The year 2024 marks the 10th anniversary of the Lung Association's nationwide movement to defeat lung cancer—LUNG FORCE. Through education, advocacy and research, LUNG FORCE is working to ensure that fewer people are diagnosed and those living with the disease live longer. In 2024, the Ameri-

can Lung Association is also celebrating 120 years of impact, since the organization's founding in 1904.

"Thanks to all of our amazing volunteers, participants and LUNG FORCE Heroes, we are truly making an impact on lung cancer in Massachusetts and we are thrilled to bring this event to the DCR Hopkinton State Park or the first time! Nationally, since 2014, LUNG FORCE has raised more than \$30 million for lifesaving lung cancer research, expanding our research commitment by 286%," said Ashley Carrier, Executive Director of the American Lung Association in Massachusetts.

Lung cancer remains the leading cause of cancer deaths among people in the U.S. and someone is diagnosed with the disease about every two minutes. But there is hope! More people than ever are surviving lung cancer. The survival rate has increased by over 50% in the past decade.

To learn more and register, visit LUNGFORCE.org/Boston.



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Bellingham Residents to Take Part in Boston Marathon® Jimmy Fund Walk

Event Presented by Hyundai

Twenty-two residents from Bellingham will participate in the Boston Marathon® Jimmy Fund Walk presented by Hyundai on Sunday, October 6.

Stephanie Smith, Cheryl Melendy, Scott Godin, Jessica Carberry, John Sasen, Joseph Collamati, Anne Marie Smith, Jaclyne Delarda, Katherine Mazzola, Gary Bastarache, and 12 other Bellingham residents, along with thousands of other walkers, will participate in the iconic annual event that will unite the community to raise funds to support all forms of adult and

pediatric care and research at the nation's premier cancer center, Dana-Farber Cancer Institute. The Jimmy Fund Walk has raised more than \$176 million for Dana-Farber in its 35-year history, raising a record-breaking \$9.4 million in 2023.

"For 35 years, the Jimmy Fund Walk has continuously supported lifesaving research and cancer care at Dana-Farber. Our goal is to build off of the momentum we've established throughout that history, and in 2024, aim to surpass our total from last year by raising \$9.5 million," says Cait-

lin Fink, assistant vice president of event fundraising. "Fighting cancer is what we do. The Walk unites our community under a common goal—to defy cancer together."

One Walk, Four Distances, For All Cancers

The Jimmy Fund Walk is the only organized walk permitted to use the famed Boston Marathon® course, and participants have the flexibility to choose from four distance options: 5K walk (from Dana-Farber's Longwood Medical Campus); 10K walk (from Newton); Half Marathon walk (from Wellesley); and Marathon walk

(from Hopkinton). Walkers can participate virtually as well.

Whatever route participants choose, they will be supported by hundreds of volunteers and treated to refueling stations with refreshments throughout the course. Poster-sized photographs of patients—Jimmy Fund Walk Heroes—are the heart of the event and appear along the course as inspiration. All routes will conclude at the Jimmy Fund Walk Finish Line Powered by Schneider Electric at Boston Common, by the corner of Charles and Beacon Street. Finish line activities will include a celebration with food, entertainment, and more.

To register for the Walk (#JimmyFundWalk) or to support a walker, visit www.JimmyFundWalk.org or call (866) 531-9255. Registrants can enter the promo code NEWS for \$5 off the registration fee. All registered walkers will receive a bib, medal, and Jimmy Fund Walk T-shirt.

For more information on The Jimmy Fund, visit www.jimmyfund.org and follow the Jimmy Fund on Facebook, X, and Instagram: @TheJimmyFund.

For more information about Dana-Farber Cancer Institute, visit www.brighamandwomens.org/cancer and www.danafarberbostonchildrens.org.

Opinion:

Leveraging Tennis to Combat Youth Mental Health Challenges

By DR. BRIAN HAINLINE

U.S. Surgeon General Vivek Murthy warns that today's youth

mental health crisis is the "defining public health issue of our time."

He's right. American adolescents are experiencing unprecedented levels of mental health challenges.

Fortunately, there's a way to reverse these trends. I've spent my career studying the intersection of sports and mental health, including roles as the chief medical officer at NCAA, co-chair of the International Olympic Committee Consensus Meeting on Mental Health in Elite Athletes, and fellow of the American College of Sports Medicine. Sports can help kids combat depression, become more resilient, and find a strong sense of purpose.

Encouraging more kids to get involved in youth sports -- and particularly in tennis, which offers several unique advantages -- could help solve the mental health crisis.

Kids are experiencing mental health challenges at shockingly high rates. More than four in 10 high schoolers report ongoing feelings of sadness and hopelessness.

Sports offer an antidote. Participating in sports is linked to lower rates of depression and anxiety. This is especially true for girls. Girls who participate in sports experience mental health disorders at rates up to 2.5 times lower than their inactive counterparts.

Sports help young people build self-worth. The ability to set goals -- getting faster, stronger, or fitter -- and then put in the hard work to achieve them provides a sense of accomplishment.

Tennis is especially equipped to help young Americans grow up mentally resilient. As president of the U.S. Tennis Association, I have seen first-hand how the sport can connect individuals and open doors of op-

HEALTH

continued on page 22

Bellingham Lions Club & Happy Tails Market Event

BARKtober Fest Dog Costume Show

Sunday, October 20th 12:00



Costume Judging starts at 1:00

Bellingham Middle School

Suggested Donation of \$5.00



Prizes will be given in several fun costume categories.

Top Prize for Costume Best in Show

There will be vendors for pets, a pet photographer, raffles and food trucks.

All donations and proceeds will go to pet charities.

Questions email to romitlog@gmail.com



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Bellingham Public Library News & Events for October

For updates about library programs and services, please visit www.bellinghamlibrary.org.

Closed Monday, October 14th for the Columbus Day Holiday

Highlighted Programs

Community Costume Swap – Thursday, October 3rd from 10 a.m. to 7 p.m. and Friday, October 4th from 10 a.m. to 5 p.m. Come “shop” our costume donations completely free! While supplies last. Please only take what you need.

Alphabits is BACK! – Wednesdays and Fridays at 10:15 a.m.

Alphabits is an alphabet-themed story time program for ages 2-5 and runs for 26 weeks from Fall to Spring. We concentrate on a different letter each week through stories, songs, and a craft!

Children are encouraged to bring an item each week that starts with the letter of the week - feel free to bring something that starts with the letter “A” for our first week! Please note: Two different sessions: Wednesdays and Fridays at 10:15.

Registration is required for this program to help us prepare materials.

Chat & Crafts for Adults - NEW!

Work with other participants on craft projects. All materials provided. This program is made possible by support from the Friends of the Bellingham Library, and special thanks to those who generously purchased supplies for this program from our Amazon Wishlist!

Registration is required, and space is limited.

• **Paint a Mini-Pumpkin** – Monday, October 21st at 6:30 p.m.

• **Make a Fall Wooden Bead Wreath** – Monday, October 28th at 6:30 p.m.

Fall Family Fun with the Friends of the Library – Friday, October 25, from 3:30-5 p.m. Celebrate National Friends of Libraries Week with a fall family event at the library. Paint pumpkins, make dirt cups (pudding, Oreos and gummy worms), watch a Halloween movie and other activities. Sponsored by the Friends of the Library. Drop in!

Halloween Trunk or Treat Stroll – Saturday, October 26th at 5:30 p.m. We’ll be at the Town Common with other town organizations and businesses celebrating Halloween at the annual Trunk or Treat Stroll! Please note, the library is the location for the event if there is inclement weather.

Halloween Costume Parade – Thursday, October 31st at 9:30 am - Come to the library dressed in your costume and join us for a Halloween story and craft! The fun ends with a parade!

Coming in November! Local authors that wish to participate please register now!

Bellingham Local Author Expo – Saturday, November 16th from 9:30-1:30 pm

The Bellingham Library is excited to announce our first Bellingham Local Author Expo. The focus of this Expo is to highlight the works of authors from Bellingham and our neighboring towns, as well as the work of the members of the Bellingham Writers Group.

During the Expo, each Author will have a 6-foot table to display their books and other materials.

• **Who is eligible to apply:** Local authors (authors from Bellingham and contiguous towns, as well as members of our Bellingham Writers Group).

• **Keynote Speaker:** Ted Reinstein, of WCVB’s Chronicle will speak about his new book, *Travels through the Heart & Soul of New England: Stories of Struggle, Resilience, and Triumph*

• **Author Panels:** Ted Reinstein will lead author panel discussions on topics to be identified by the interest of the authors in their applications.

• **Authors will get:** Free space for a 6-foot table to sign and sell books, etc. and an opportunity to participate in panel discussions

• **Library requests:** 10% of the proceeds from any merchandise sales you make that day donated to the Friends of the Library.

• **Apply at this link:** <https://tinyurl.com/mv4buap2>

• See library calendar for planned schedule

Red Cross Blood Drive – Saturday, October 5th, 9 a.m. to 2 p.m. Register at redcrossblood.org

Ongoing Children’s Programs

The Baby Bunch – Mondays at 9:30 a.m.

Ring a Ding – Mondays & Thursdays at 10:15 a.m., no class 10/31. For infants 0-18 months and caregivers.

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

Sensory Story Time – Tuesdays at 10:15 am

Join us for a story, sensory activities, and open play! For children ages 2-5 of all abilities (younger siblings always welcome). Please register for each session you’d like to attend.

Fact Finders – Tuesdays at 11:30, 6-week program for homeschool families where we will practice researching a topic and presenting information! Please register to help us plan materials!

Picnic Stories – Wednesdays at noon on the Town Common (weather permitting!).

First Saturday Family Fun – Saturday, October 5th at 11 a.m.-12 p.m.

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, those in Grades 4-6 should contact Amanda MacLure, amaclure@cwmar.org; grades 6-9 should contact Diane Nelson, dnelson@cwmar.org. Check the library calendar for details.

After School Programs

Registration is mandatory for children in grades 4-6 to attend the ASK program. 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., <https://www.bellinghamma.org/288/Elementary-Middle-School>

• The Teen Room is open for grades 7-12 from 2-4:45 p.m., <https://www.bellinghamma.org/354/Programs>

Adult Programs

Book Discussion Group – Generally meets the 1st Monday of the month at 6:30 pm. In-person or on Zoom. Contact Cecily Christensen, cchriste@cwmar.org.

Upcoming titles are:

October: *Chances Are* by Richard Russo

November: *The Measure* by Nikki Erlick

December: *Remarkably Bright Creatures* by Shelby Van Pelt

Yoga for the Seasons – Come Back to Center – Yoga & Meditation for Early Fall

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

Bellingham Skein Artists – Adult Knitting Group -Wednesdays at 6 p.m. All levels.

Writing Group for Adults – Tuesday, October 8th at 6:30 p.m.

Local area writers Amy Bartelloni and Marjorie Turner Hollman welcome the public to an evening of reading and listening. To participate contact Marjorie Turner Hollman at marjorie@marjorieturner.com.

Library Board of Trustees Meeting – Thursday, October 10th at 7 p.m. in the Conference Room

Friends of the Library Monthly Meeting – Tuesday, October 8th at 7 p.m.

Email library@bellinghamlibrary.org for the Zoom link

Virtual Ask-A-Lawyer Program with Attorney Brian T. Salisbury – Monday, October 21st 5-7:30 p.m. with Local attorney Brian T. Salisbury of the law firm Doherty, Dugan, Cannon, Raymond & Weil, PC will meet with you individually through Zoom to discuss any legal questions you may have. 20-minute-long appointments are free. Note: Your registration with your email address will go to Attorney Salisbury so he can send you the Zoom link. Unless otherwise agreed in writing, Attorney Salisbury will not provide legal representation in any legal matter discussed.

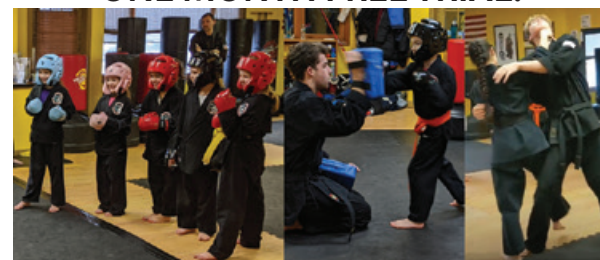
Virtual Author Talks – to register, go to: <https://libraryc.org/bellingham>

Wednesday, October 2nd at 2 p.m. – A Journey into the Hidden World of Tropical Bats with Scientists from the Smithsonian.

Wednesday, October 9th at 7 pm – Liberating Latin American Genre Fiction: In Conversation with Author Silvia Moreno-Garcia.

Tuesday, October 22nd at 2 pm – Examining the Truths and Fictions We Tell Ourselves with Lori Gottlieb

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Early Bird Registration for the 13th Annual Franklin Turkey Trot Now Open

Register for the 13th Annual Franklin Turkey Trot taking place on Thanksgiving Morning, Thursday, November 28, 2024, at 8 a.m. The family-friendly event starts and ends at The Church of Jesus Christ of Latter-day Saints, 91 Jordan Rd., Franklin, Massachusetts and is for individuals of all ages and abilities. Category medals will be awarded, and there are raffle prize and free breakfast for race participants.

Early bird registration is \$25/person and lasts through October 12, 2024. Registration increases to \$30/person start-

ing October 13, 2024. Children aged 5 and under run/walk/ride in a stroller for free (but do not receive a bib). Race shirt available for purchase online through October 30, 2024, or in-person at bib pick-up and on race day (while supplies last).

To register, visit www.franklinturkeytrot.org or visit Franklin Food Pantry's website at www.franklinfoodpantry.org/turkey-trot. Sponsorships opportunities are available starting at \$100 and available by visiting the Franklin Food Pantry website www.franklinfoodpantry.org.



Elizabeth Griffin of Seattle, WA, and Mark Griffin of Franklin, MA get set to run the Franklin Turkey Trot on Thanksgiving Morning, 2023.



Pumpkin Patch Fun All through October 31 at St. John's Church

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The pumpkins are here! Come visit the 5th Annual Pumpkin Patch at St. John's Episcopal Church at 237 Pleasant Street, Franklin. It's open all month through Thursday, Oct. 31

A huge selection of pumpkins, gourds and colorful mum plants will fill the front lawn at St. John's Church. Kids will have fun picking out their favorites. It's a cute photo opportunity for families and a good time to start decorating for autumn.

Open 7 days a week, here's the schedule: Monday-Friday 4-6 p.m., Saturdays 10 a.m.-4 p.m., Sundays, Noon-4 p.m.

The pumpkins are grown using sustainable agricultural practices that help benefit the environment. They are grown in a region of New Mexico with 42% unemployment, providing



jobs for Navajo people. Proceeds from pumpkin & plant sales benefit the Navajo Nation in New Mexico as well as St. John's Church and its service in the Franklin community.

For more information on St. John's, call (508) 528-2387, email Admin@StJohnsFranklinMA.org, visit www.stjohnsfranklinma.org or find them on Facebook.

SAFE Raises Awareness about Overdose, Provides Community Support

On August 31, SAFE Coalition hosted candlelight vigils in Franklin and Wrentham as part of International Overdose Awareness Day. Earlier in the week, SAFE also worked with community members to place 10,625 memorial flags across Franklin, Wrentham, Millis, Norfolk, and Plainville—2,125 in each town to represent the number of people in Massachusetts who died from overdose in 2023.

“Years ago, when I lost my son, I was isolated and alienated,” said one volunteer. “I had no one, and today, all of these people are here, and I don’t know their story, but they care.”

In addition to community volunteers, members of each town’s Fire and Police departments attended the flag placings and vigils.

“To be here, arm in arm with the emergency responders who NARCAN’d my child six times, takes my breath away,” said another volunteer. “We are all impacted.”

International Overdose Awareness Day memorializes those lost to overdose while working to reduce stigma while increasing education on opioid use, in effort to end overdose. SAFE continues this work year-round by offering support groups, prevention and suspension diversion youth programs, and awareness-raising special events.

Each week, the coalition offers a range of free family recovery support groups, providing community, connection, and resources for those impacted by loved ones’ substance use disorder and mental health concerns. These include sibling support group The Ripple Effect, Grandparents Raising Grandchildren, and Families Anonymous. This October, they will also lead a



SAFE cofounders Jim Derick and Jen Levine light candles at an Overdose Awareness Day vigil in Franklin on August 31.
Photo courtesy of SAFE

4-part workshop that introduces loved ones impacted by others’ substance use and mental health to the 12-step program and how this program can support them.

In addition to support groups, SAFE works with local schools to host a suite of proven programs for substance use education, prevention, and recovery support for adolescents. These two programs, “Up in Smoke” and “Why Try,” are compassionate, student-centered, and backed by the latest social-emotional learning pedagogies and youth recovery tools.

“Up in Smoke” serves as an alternative to traditional suspension for students caught with substances, focusing on re-engaging students in learning. “Why Try” builds social-emotional tools proven to prevent vulnerabilities that lead to harmful behaviors.

SAFE also hosts special events to further their mission. On November 7, they will present a screening of Lisa Olivieri’s documentary, Recovery City. The screening will be followed by discussion with Olivieri and the four

women featured in the film who share their substance use recovery journeys.

To learn more about SAFE’s offerings this fall, visit tinyurl.com/safefallevents, email info@safecoalitionma.org, or call (508) 488-8105.

SAFE is a Franklin-based nonprofit that provides a whole-person, whole-family, whole-community approach to addiction, prevention, and recovery. Visit safecoalitionma.org to learn about additional substance use recovery and mental health resources they provide.



SAFE

YOU ARE NOT ALONE



With volunteers from each town, including from the Fire and Police departments, SAFE placed over 10,000 purple memorial flags across the regions, 2,125 per town to represent the number of those lost to overdose in Massachusetts last year. *Photo courtesy of Jake Jacobson.*

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Two Organizations Helping Veterans

Pictured, left to right, is Kim Wagner assistant to the director and Ken Levesque, executive director, both of Veterans Association of Bristol County, standing with Michael Shain, president and Jared Ontiveros, vice presi-

dent, of Thanks To Yanks. Wagner and Levesque donated to Thanks to Yanks after a successful collection of food and personal hygiene items for veterans in need and items for military service dogs.

Thanks To Yanks, a local charity, has, as its core mission, to support veterans that need a hand up, for more information visit Thanks to Yanks on Facebook.



HEALTH

continued from page 18

portunity for those who might otherwise be left on the outside looking in.

Tennis has one of the lowest barriers to entry of any sport. Unlike other sports that require costly gear and a field full of players, all a kid needs to start is a \$20 racquet, a few balls, and a partner. There are more than 250,000 tennis courts across the United States.

Tennis also promotes family bonding. People can play tennis well into their golden years -- meaning parents and even grandparents can play with kids. Research shows depression rates are lower among children who report close relationships with their parents.

The sport also promotes stronger communities. Local clubs, tournaments, and events create opportunities to connect. The USTA recreational league has 330,000 players from all backgrounds and walks of life. By encouraging intergenerational interaction and inclusivity, tennis fosters a sense of belonging and shared purpose. Strong community cohesion is associated with positive mental health outcomes.

Tennis has physical health benefits, too. Playing tennis for three hours a week can lower the risk of heart disease by over 50%. Another long-term study discovered playing tennis could extend one's life by up to a decade -- longer than any other sport.


Nelson Mandela, who made great use of sports in bringing South Africa together, famously declared, "Sport has the power to change the world . . . It speaks to youth in a language they understand. Sport can create hope where once there was only despair."



We need that hope more than ever. For many kids, it can be found on their local court.

The opinions expressed above are those of Brian Hainline, MD, the Chair of the Board and President of the United States Tennis Association and recently transitioned from the NCAA as their Chief Medical Officer. He co-chaired the International Olympic Committee Consensus Meetings on both Pain Management in Elite Athletes and Mental Health in Elite Athletes. Brian is a Clinical Professor of Neurology at NYU Grossman School of Medicine. This piece originally ran in Detroit News.



Sen. Rausch to Hold Office Hours Monday, October 28

Sen. Becca Rausch will hold office hours Monday, October 28, 5-6 p.m. (virtual). Her constituents who have an issue they'd like to discuss are encouraged to sign up for a time slot at <https://www.beccarauschma.com/office-hours>.



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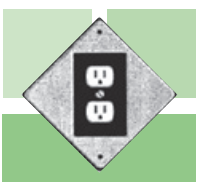
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Norfolk County Sheriff's Office Files Drug Charges against Five, including Former Correction Officer

Norfolk County Sheriff Patrick W. McDermott announced that the Norfolk County Sheriff's Office has filed drug conspiracy charges against five people including a now former correction officer, two justice involved individuals held at the agency's correctional center in Dedham, and two women known to those men.

The charges stem from an investigation launched by the NCSO on Thursday, August 1st after receiving intelligence of alleged illegal activity involving a probationary corrections officer who was hired in April, 2024 after undergoing a criminal background check, screenings, and training.

"The Norfolk County Sheriff's acted immediately after receiving the intelligence. That officer was confronted that day, before the start of his shift and he admitted to providing the narcotics to the offenders on Monday, July 29th," said Sheriff McDermott. "He was immedi-

ately placed on leave, escorted off the property, and terminated on August 2nd."

The drug involved is Suboxone, which contains buprenorphine and naloxone. Suboxone is one of the main medications used to treat opioid addiction and a common contraband item in correctional facilities across the United States. NCSO investigators found 238 strips of Suboxone hidden in two homemade containers taken from the offenders' cells during the investigation. The approximate value of those strips in a correctional setting is \$47,600.

Based on surveillance video, interviews, and an electronic review of phone calls, NCSO investigators determined that five people were involved in the alleged criminal conspiracy.

Correction Officer Jean Guirand, DOB 07/08/1984, Saugus, MA.

Offender Dante Clarke, DOB 6/22/1999, Dorchester, MA

Offender Cornel Bell, DOB 6/8/1995, Quincy, MA

Avelina Faustin, DOB 2/4/2004, Brockton, MA

Amaya Rogers, DOB 6/26/1997, Boston, MA

Complaints seeking charges of Conspiracy, Delivering Drugs to a Correctional Facility, and Possession of a Class B Substance with Intent to Distribute against all five suspects were filed in Dedham District Court on August 23, 2024.

"This officer betrayed the honor of the men and women who serve with honesty and integrity as dedicated correction officers in Norfolk County," said Sheriff McDermott. "We hold all staff to high standards. We strive to hire men and women of good character to ensure those who are hired by our agency and those entrusted to lead it are grounded in the foundation of our mission and values."

NCSO investigators say the case dates back to about a week prior to July 29th. Guirand told

NCSO investigators he was approached by Clarke to "bring something in for me." During an interview on August 1st, Guirand told investigators he initially declined to help, but changed his mind when he was told by Clarke that he would be paid \$5,000, which he said he never received. Guirand told investigators he was not coerced to help the offenders, and said he was not sure why he was recruited by them.

Guirand said he was initially told by Clarke that the drug would be K2. NCSO investigators say the Suboxone strips were hidden inside Wendy's fast-food bag handed to him by Rogers in the parking lot of the correctional facility on the night of July 29th. Guirand told NCSO investigators he then concealed the drugs between some trash bags when he returned to the offenders' housing unit, and later handed those bags to Clarke. NCSO investigators say they determined that Faustin had

gained access to the narcotics at the direction of Clarke and Bell and that Faustin had given them to Rogers for drop off, after Faustin had failed earlier in the day to get the narcotics and the money to Guirand.

All of the suspects have been summoned to Dedham District Court for hearings in early October.

Franklin Town News
now has its own Facebook page!



Franklin Town News on Facebook
 to keep up-to-date with articles, events, giveaways and contest announcements for Franklin!



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Library Resource of the Month- Digital Music, Movies, and TV

The Bellingham Public Library subscribes to four services that allow you access to music, movies, and TV shows: *Qello Concerts*, *Hoopla*, *IndieFlix*, and *Kanopy*. They are free with your Bellingham Library card!

Qello Concerts contains full-length music performances, concert films, and music documentaries. *Qello Concerts* transforms your connected devices into the ultimate live music concert film experience! A 7-day pass gives you full access to content, and when your pass expires our database can provide a new one.

- Thousands of concert films and documentaries
- New concerts added every week

- Available on all streaming devices

Hoopla lets you borrow movies, TV shows, audiobooks, ebooks, comics, magazines, and music everywhere you have a screen – your computer, phone, TV, even your car. Movies and TV episodes are available for 2 or 3 days from the time you borrow the title; music albums are available for 7 days; audiobooks, comics, and ebooks are available for 21 days.

- All titles are immediately available
- Up to 6 *Hoopla* titles can be borrowed each month
- Titles are automatically returned and removed from

your device at the end of the lending period

IndieFlix provides access to thousands of feature films, shorts, documentaries and series from around the world. There are classic and contemporary features, award-winning shorts, and film festival favorites. Content includes diverse voices, pop culture favorites and box-office hits. A 7-day pass gives you full access to content, and when your pass expires, you can get another one!

Just some of the many *IndieFlix* categories are:

- Women’s Voices
- Black Voices
- Drama

- Social Impact
- Art Films
- Action Sports Films

Kanopy is a digital movie database with over 27,000 titles to choose from, not to mention their daily new releases. *Kanopy* assigns a ticket value to their titles, ranging from 0 to 5 tickets. Bellingham Library cardholders automatically receive 12 tickets that reload at the beginning of each month to use on titles they want to view.

Featured categories include:

- Family Movies
- Popular Mysteries
- Romantic Comedies
- From Book to Screen

Additionally, *Kanopy* also features a *Kanopy Kids* collection, listing age-appropriate titles with a focused range of ages 2 through 8. The *Kanopy Kids* collection features unlimited plays, so your children are free to explore enriching, educational, and entertaining films and TV series.

To access any of these streaming services, go to the Bellingham Library’s website at www.bellinghamlibrary.org. Click on the Resources link, and then click Digital Music, Movies & TV to start watching today!

New England Chapel to Hold “Faith and Blue” Fall Fest

New England Chapel and the Franklin Police Department will hold a free event on October 12th, from 10 a.m. to 1 p.m. to celebrate “Faith and Blue”, a nationwide effort to align law enforcement and houses of worship. We will have a “Touch a Truck” with various police

and fire vehicles, crafts, bounce house, face painting, and more fun! The Franklin Police will also be conducting free car seat installations, and they will be collecting 12-15 oz. cereal boxes to donate to the Franklin Food Pantry.

If interested in volunteering, please email joy@nechapel.org. We hope you can stop by! New England Chapel 300 East Central Street Franklin Town, MA 02038



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Strong Showing for Norfolk County Real Estate Market in August

Norfolk County Register of Deeds William P. O'Donnell reported that Norfolk County recordings for the month of August 2024 indicate an increase in overall real estate activity, with increases in the total number of deeds and mortgages recorded as compared to August 2023.

The Registry of Deeds recorded 9,367 documents in August 2024. This was 14% more than in August 2023, and a 5% decrease compared to July 2024.

"Lending activity, real estate sales, and transfers make up a majority of the documents recorded at the Registry of Deeds and August showed some significant increase in both categories," Noted Norfolk County Register of Deeds William P. O'Donnell. "The rise in recorded documents indicates a healthy level of real estate activity. It will be interesting to see if this trend continues into the fall."

The total number of deeds recorded for August 2024, which reflects both, was 1,500, up 19% from August 2023 and down 1% from July 2024. However, looking at just home sales from last month, August 2024 saw a 20% increase compared to last year.

The substantial increase in the number of property sales compared to August 2023 is a good sign that the real estate market is thriving, and we are seeing pockets of the market here in Norfolk County that are seeing growth and stability, particularly in certain neighborhoods and property types," stated Register O'Donnell. "It will be important to monitor if this positive trend persists in the coming months."

The average sale price of commercial and residential properties for August 2024 rose

to \$1,267,950, a 14% increase compared to August 2023 and an increase of 31% from July 2024. The total dollar volume of commercial and residential sales is also up, increasing by 36% from last year and up 23% from last month.

"While we are seeing an increase in the number of property sales I think many would agree that it is a difficult market for buyers, especially first-time home buyers, due to the limited inventory of available property and an increase in property prices compared to previous years," stated Register O'Donnell.

In August, lending activity increased compared to the same month a year ago. A total of 1,450 mortgages were recorded in August 2024, up 17% from August 2023 and exactly the same number recorded last month.

"This rise in lending activity may be a result of the increase in property sales and would indicate that those who bought property financed it through a lender. We will need to wait and see if a future decrease in mortgage interest rates encourages more individuals to secure mortgages for new homes," Register O'Donnell stated.

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Sports

BHS Golfers Are Struggling but Striving to Improve

By KEN HAMWEY,
BULLETIN SPORTS WRITER

Bob Pingeton was the golf coach at Franklin High for three years, and his Panthers won two Hockomock League championships. The goals he set at Franklin and the goals he's set in his first year at Bellingham are very different, primarily because the Blackhawks were 3-15 last year and the players on his current 16-man roster are still young.

Very young.

"Our most important objective is to teach good technique and a sound mental approach to the game," said the 51-year-old Pingeton. "We also want to be competitive and strive to win."

The 2024 season is moving along quickly, but the Blackhawks remain focused on Pingeton's goals.

"Unfortunately, we've started the season 0-5 but have such a young and inexperienced team that will need to dedicate itself to improving through practice, not just during this season but over the spring and summer heading into next year," Pingeton said.

The coach remains optimistic that time will eventually be on the Blackhawks' side.

"Six of our returnees have some experience," he said. "Our juniors and seniors have a

golf IQ, but it's still developing among our younger kids. We've got some depth, and our skill level is good for some, but others are still learning technique. The boys are very coachable, and their work ethic is solid."

Pingeton is acutely aware of what's needed for success at the interscholastic level. Besides the two titles his Franklin golf team won, his girls' tennis team at Franklin won the first league championship in school history last spring.

And, after the last two seasons, Pingeton has Bellingham's girls' hoop program heading in the right direction. The team failed to qualify for tourney play in his first year, but last season the girls snapped a four-year losing streak in the Tri Valley League. They won four games (two in the league), qualified for the playoffs and split two games in the tourney.

"The key to becoming a formidable team is having players with competitive fire, a coachable nature and passion for the sport," Pingeton offered. The BHS golf team possess those attributes but it's obvious that their youth has proved to be a drawback.

The captains include senior Charlie Eldridge and junior Eli Cowell.



Bob Pingeton has Bellingham High's girls' basketball team heading in the right direction and he's hoping to improve the fortunes of the Blackhawks' golf squad.

"Charlie is composed and consistent," Pingeton said. "He's strong off the tee, has a golf IQ and a strong work ethic. A leader by example, Charlie is striving to improve his putting. Eli is strong around the green with his approach shots and has a golf IQ. Eli is a hard-worker,

and he also leads by example."

Sophomores Julian Ames and Eric Johnston bear watching.

"Eric might be our most talented overall golfer, and Julian had some great early rounds while recording our lowest score of the season with a 39," Pingeton said. "Both are talented,

coachable, steady and intelligent golfers. They're also very dedicated and have a good work ethic. They're young, but they can rely on experience."

Three other players who'll be counted on to contribute are senior Jake Silvestri, junior Matt Marino, and sophomore Dylan Ormberg.

"Jake along with Charlie (Eldridge) will bring senior leadership to a young, inexperienced team," Pingeton said. "Matt is consistent off the tee and usually finds the fairway and Dylan hits the ball long off the tee. His game gets better each match."

Freshman Nathan Parmentier and eighth-grader Colin Johnston have shown promise and sophomore Jackson Cinq-Mars and freshman Michael Puopolo continue to improve. Juniors Jack Colman and Sam Elliott and sophomore Zach Lane are on the jayvee team and might get an opportunity to play in a varsity match.

"The strength of our team right now is within the sophomore class, so our captains, Charlie and Eli, will be leaned on heavily to provide stability this season," Pingeton said.

Pingeton is pleased that Ray Lemoine has continued to coach the jayvee contingent. "Ray is knowledgeable, knows technique and runs clinics during the summer," he noted.

Future success for BHS golfers will depend on working diligently on their games in the spring and summer.

"To achieve success in golf the keys are to know how to manage each hole, how to approach each shot, to be passionate about the sport, to play as much golf as possible and even work with a pro," Pingeton emphasized.

One major plus this season is that the players are extremely coachable. And, as Pingeton says: "We know what our limitations are."

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Sports

Effort Key Ingredient for BHS Cross-country Teams

By KEN HAMWEY,
BULLETIN SPORTS WRITER

TJ Chiappone, who's coached Bellingham High basketball for 13 years and baseball for 25, is no stranger to what's needed to direct an interscholastic athletic program. His latest coaching endeavor, however, is a very challenging task.

The 52-year-old Chiappone is now the boys' and girls' cross-country coach, and he knows that enthusiasm and interest in the program must occur before he can set goals that focus on wins and losses.

Last year's boys' team had only four runners, reducing all its meets to "unofficial," because there weren't enough competitors to score points. The team, nevertheless, finished 1-5. The girls' squad had only seven runners, but it finished with a 3-3 record.

The energetic Chiappone spent much of the off-season to learn the nuances of cross-country and to recruit runners. He got results — this year's boys' contingent has a roster of 12, and the girls' team has 11 runners. To say both teams are young is stating the obvious. The breakdown of the 23 runners in both programs include: 7 seventh-graders, 5 eighth-graders, 2 freshmen, 8 sophomores and 1 senior.

"One of our objectives is to focus on individual improvement (lowering times)," Chiappone emphasized. "I also want our runners to develop a passion for the sport, and we'll strive to build a positive culture. Increasing our numbers is another goal that will lead to re-establishing the program."

Before taking the cross-country coaching reins, Chiappone said: "I want to do this the right way." He didn't waste any time, earning a certificate to coach cross-country by going on-line and opting to take a course offered by the National Federation for High School Sports and reading a plethora of articles on coaching the sport.

"I'm hoping the experience I have in other sports will translate to cross-country," he said. "That



TJ Chiappone is Bellingham High's new cross-country coach.

includes communication skills, organizational skills and practice regimens."

At the Bulletin deadline, the boys' squad had a 1-1 record and the girls were 2-0. The boys defeated Blackstone-Millville Regional and lost to Douglas, and the girls beat both those teams.

Chiappone was acutely aware that getting advice from veteran sources who know the intricacies of cross-country would be helpful. Peter Lacasse, the current boys' and girls' outdoor track coach, who previously directed Bellingham's cross-country teams, helped Chiappone get adjusted. Volunteer coach Jay Fadden has also been a plus.

"We're emphasizing that the kids stay within their pace, rely on endurance and finish their races with a strong kick at the end," Chiappone stressed.

The boys' team is led by freshman Grady Henshaw and sophomore captain Douglas Walton.

"Grady, who's in his second year of cross-country, has worked hard to improve," Chiappone said. "He ran well as an eighth-grader and has dedicated himself to the sport. He's an efficient runner, he's mentally tough and can dictate the pace and maintain it. Grady has been solid in our first two meets, finishing first against BMR and second against Douglas."

Walton ran as a seventh-grader, took two years off, but is a first-year varsity runner now. "A good athlete in baseball and basketball, he's working on his form and hopes to improve his pace. His endurance is strong, and his stride is effective," Chiappone said.

The rest of the squad includes sophomore Aaron Meagher; eighth-graders Pranav Atturu, Xavier Dupuis, Ryan Gerbrands and Joseph Lussier; and seventh-graders Dylan Harris, William Hunt, Spencer Lavalley, Hayden

Petrie and Patrick Ribeiro.

"I'm hoping these runners improve and contribute to the team's progress as the season moves along," Chiappone said.

The girls' squad features senior captain Emma Smith and sophomore Jenna Dormady. Both were Tri Valley League all-stars last year.

"Emma is in his fifth varsity year, and she's the most experienced runner we have," Chiappone offered. "A good role model, she's a patient runner who maintains a steady pace. She finished second in both our meets against BMR and Douglas.

"Jenna is a third-year varsity competitor who's a warrior. She's got mental and physical toughness, she works hard and is a very capable runner. She won both races against BMR and Douglas. We'll be relying heavily on both Emma and Jenna."

The rest of the team includes sophomores Olivia Ginn, Addison Howard, Helena Hunt, Balkis Mafhoum and Angela Romano; freshman Mikayla Nicoleau; eighth-grader Ava Kerkhoff; and seventh-graders Katherine Hall and Morgan Henshaw.

"The sophomore group has experience and no doubt will improve by lowering their times," Chiappone noted. "They're a

building block for the future. We're also excited about the potential of the two seventh-grade competitors."

The coach is also excited about the program's reconstructed 3.1-mile course.

"Starting near the concession stand, the course winds around the middle school and high school back fields," Chiappone noted. "Then the runners enter the woods on improved trails, which extend through the high school woods. Two new trails were built over the summer and add greatly to the beauty and uniqueness of Bellingham's course.

Two dual meets don't make a season, but so far, says Chiappone, "Every day has been enjoyable and fantastic. I'm pleased with both teams' effort and attitude, and I'm glad that they're creating a positive culture."

That positive culture was front and center at the Highland Invitational on Sept. 14 in Attleboro. Grady Henshaw finished 17th out of 97 runners in the freshmen boys 3K and Morgan Henshaw finished 4th out of 38 runners in the Freshmen Girls 3K. Jenna Dormady finished first out of 60 runners in the Girls Open Division 3K.

"Our runners had a great day," Chiappone said.

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Sports

BHS Field Hockey Team Eyes Another Playoff Berth

By KEN HAMWEY,
BULLETIN SPORTS WRITER

Jules Kilduff hopes to achieve two goals as she begins her second year as Bellingham High's varsity field hockey coach.

"Our first goal is to compete, improve and win," she said. "The second objective is to qualify for the state tourney again and advance deeper into the playoffs."

During her rookie year last season, Kilduff guided her Blackhawks to a 4-11-5 record that was good enough to earn her Blackhawks a berth in the state tournament where it bowed, 4-0, to Cohasset in the first round. If Bellingham's girls can keep improving in the

challenging Tri Valley League and earn another tourney date, it will be the Blackhawks fourth consecutive playoff appearance. Jen Ryan's 2021 and 2022 teams qualified in her last two years as head coach.

Kilduff served as the junior-varsity coach for two years when Ryan was at the helm, and the tandem combined to gradually elevate the program. More importantly, they ended a 13-year tourney drought.

"Our goals this year are realistic, and I'm optimistic we can achieve them," said Kilduff. "The girls know they can compete, and they've got talent. However, they must stay focused and work as a team."



Bellingham High coach Jules Kilduff with her captains — Alyssa Sorget (left) and Mallory Berkeley.

So far, the Blackhawks are off to a lukewarm start, going 2-3 in their first five matches. They've beaten Blackstone-Millville and Milford, but lost to Hopedale, Medway, and Medfield.

The 27-year-old Kilduff, who graduated from BHS in 2015 and was a captain in field hockey and softball, likes her team's overall strengths. Only three seniors graduated from last year's team, and of the 15 returnees, nine are seniors.

"We've got experience, we're skilled and also very athletic," she emphasized. "Our team chemistry and competitive nature are assets, and our field hockey IQ continues to develop. We'll be strong on defense, but we need to sharpen our offensive ability. We're striving to be more up-tempo and we're working to be more creative on offense."

The leadership component — senior captains Mallory Berkeley (goalie) and Alyssa Sorget (forward/midfielder) — are an effective duo.

"Both are quality leaders and team-first players," Kilduff noted. "Mallory is instinctive, her footwork is awesome, and she's relentless at stopping the ball. She's quick and she's dedicated. Alyssa is also quick. Her

endurance is excellent and she gives 100 percent all the time. Very good in transition as a midfielder, she's a good passer and is quick to the goal when she's at forward."

Seniors Cassidy Leger, Abigail Pelletier, and Samantha McNamara, and junior Grace Kelley are capable defenders.

"Cassidy is effective at taking control of the ball and driving it hard," Kilduff said. "A competitive player, she's a solid stickhandler and a good communicator. Abigail is aggressive and controls the ball. An excellent passer, she works well with the other defenders and is a year-round player who's very skilled."

"Samantha is incredibly quick, has good footwork, is very energetic and reliable, and comes up with big saves. She's dedicated and works hard to improve her skills and is very coachable. Grace is positive and very instinctive when stealing the ball. She also works well with her defensive teammates."

Sophomore Molly Cormier is a midfielder who has the ability to excel on offense. "Molly is very good in transition, she's talented and also a student of the game," Kilduff offered.

When Sorget plays forward, she'll be teamed with seniors Abigail Cormier and Ashley Kamin and junior Hayley Higgins.

"Abigail is strong on the right side," Kilduff said. "She's got quick feet, is vocal and strives to be consistent on offense. Ashley is strong and quick and has a very strong reverse stick and her shot on net is very quick. Hayley is a center forward who moves quickly, is competitive and she's a team-first player. Passing is her strength, and her field hockey IQ is still developing."

Kilduff will rely on her jay-vee coach (Darren Cormier) to groom underclassmen for varsity action. "Darren is in his second year," she said. "We work very well together. We have the same thoughts on game play and similar coaching styles."

Now in her fifth year as an assistant teacher at the DiPietro School, Kilduff banks on a coaching philosophy that focuses on reaching one's potential and ensuring that players enjoy their athletic experience. "If those two things are occurring, then winning will be the by-product," she said.

Valuable life lessons can be learned in sports and Kilduff lists several that she hopes her players embrace. "Athletics teach players how to be leaders and good teammates," she noted. "Sports also teach kids how to set and achieve goals and how to overcome adversity."

Winning the TVL Small Division championship wasn't mentioned as a prime objective by Kilduff but she firmly believes her squad can finish high in the standings "if we work together and use our skills effectively."

Kilduff not only was a quality midfielder in field hockey at BHS, but she also was a top-notch player for four seasons at Bridgewater State, where she majored in early childhood care and graduated in 2020.

The 2024 season for the Blackhawks could be very significant. The program is on an upswing, and this could be the year BHS surpasses .500 and has some staying power in the playoffs.



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Fundraiser Launched for Diabetes Alert Dog

BY GRACE ALLEN

Savannah Langford is an 8-year-old child living with Type 1 diabetes. The Wrentham girl faces daily challenges while managing her condition and trying to have a normal childhood.

To enhance her safety and quality of life, a GoFundMe campaign has been set up to raise funds for a diabetes alert dog—a specially trained canine that can detect changes in blood sugar levels and alert Savannah before a crisis occurs. These remarkable dogs offer a unique blend of critical health monitoring and companionship, making them a welcome and invaluable addition to families struggling with the illness.

The certified service dog will come from Diabetic Alert Dogs of America, an organization vetted through the office of State Rep. Marcus Vaughn, says Jamie Domenica, Savannah's mother. The dogs are trained to

alert their owners of low (hypoglycemia) or high (hyperglycemia) blood sugar levels before they become dangerous.

Domenica, a single mom who has had to balance a job and household responsibilities while caring for her daughter, says the decision to start a fundraiser did not come easy, but the cost of \$25,000 for the dog plus worries about Savannah's medical and emotional needs were the impetus to turn to crowdfunding.

"I hate asking for help, but I think this is going to be the best thing for Savannah," she said. "It's just me handling this, and I cannot leave her alone nor do I sleep much at night because her diabetes requires 24/7 monitoring."

Savannah uses a continuous glucose monitor to measure blood sugar levels, but the device has limitations. It does not work in water, which hampers pool and beach time, and is frus-

trating for Savannah, who loves to swim.

Domenica, who is supposed to be alerted to her daughter's sugar readings via an app on her phone, says the device has failed on occasion, sending her into a panic if Savannah is not with her. The mother has also slept through some alerts out of sheer exhaustion.

The insulin pump Savannah wears has failed and fallen off, and the child is currently battling her second staph infection this month from the needle.

Savannah has developed severe anxiety because of the constant worry about blood sugar levels, says her mother.

"She hates diabetes," says Domenica, a life-long Wrentham resident. "She hates having to wear devices on her body, she cries every time she has to



FUNDRAISER
continued on page 30

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FUNDRAISER

continued from page 29

go to the doctor. She asks, ‘why does this have to be me?’”

Savannah is in second grade at Wrentham’s Delaney School. The latest school shooting prompted her mother to ask the school about the procedure during a lockdown, a scenario she was alerted to in Facebook groups for parents of diabetic children.

“People were asking, ‘what is your plan if there’s an active shooter in the building,’ because the devices these kids wear beep,” said Domenica. “I’m like, WHAT? In addition to worrying about her glucose levels during a lockdown, I have this worry now, too.”

The school, added Domenica, is now working with the police department to come up with a plan for children with diabetes during a lockdown.

Domenica, 39, says if she can raise enough funds, Savannah would receive a diabetic alert dog in 8 to 10 months. The dog will be matched with the family’s needs and lifestyle and will come with a lifetime training guarantee. Domenica will be responsible for the dog’s food and veterinary bills.

Savannah was diagnosed with Type 1 diabetes five years ago on November 14, National Diabetes Day. On the same day, Domenica was diagnosed with lupus.

“It’s a lot, I’m not going to lie,” said Domenica. “I’m under so much stress. Savannah has never been on a sleepover at a friend’s house, and hardly goes on playdates, because I have to be there. Summers are tricky, I can’t send her to just any camp, because they don’t all have a nurse. I just want her to be a normal kid. She doesn’t want to be different.”

Domenica hopes a dog will provide a measure of assurance that Savannah’s condition will be monitored, especially at night, and while she grows. Puberty can bring on hormonal changes that can impact metabolic control in diabetes.

“I need to know that when she’s older or on her own, that she’s got this. I won’t be able to do it all forever, and right now there’s just so much to worry about. I think this will be the best thing for Savannah.”

To help Savannah acquire a dog, visit www.gofundme.com and search for “Support Savannah’s Journey with a Diabetic Alert Dog.” Or mail a check to Diabetic Alert Dogs of America, 6037 S. Fort Apache Rd., Suite 120, Las Vegas, NV 89148. Write “Savannah Langford” in the memo line.

Donations can also be made directly on the organization’s website: www.diabeticalertdogsofamerica.com.



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Calendar

October 1

Voice of Franklin Toastmasters, 7:30 p.m., hybrid meeting, Franklin TV, 23 Hutchinson St., Franklin, more at <https://voiceoffranklin.toastmastersclubs.org/>

October 2

Virtual Author Talk: A Journey into the Hidden World of Tropical Bats with Scientists from the Smithsonian, 2 p.m., presented by Bellingham Public Library, register at <https://libraryc.org/bellinghamma>

October 3

Community Costume Swap, 10 a.m. to 7 p.m., and Friday, Bellingham Public Library, 100 Blackstone St., Bellingham, costume donations that we received will be set out all day for you to browse through and completely free to take (while supplies last). Please take only what you need.

October 4

Community Costume Swap, 10 a.m. to 5 p.m., and Friday, Bellingham Public Library, 100 Blackstone St., Bellingham, costume donations that we received will be set out all day for you to browse through and completely free to take (while supplies last). Please take only what you need.

October 5

Red Cross Blood Drive, 9 a.m. to 2 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, Register at redcrossblood.org
Jewelry City Steampunk Festival's Steampunktoberfest! 2024, Balfour Riverwalk Park in Attleboro, Massachusetts, more at jewelrycitysteampunk.com

October 6

Jewelry City Steampunk Festival's Steampunktoberfest! 2024, Balfour Riverwalk Park in Attleboro, Massachusetts, more at jewelrycitysteampunk.com

October 7

Book Group, 6:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, *Chances Are* by Richard Russo

October 8

Writers Group, 6:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, contact Marjorie Turner Hollman, marjorie@marjorieturner.com

October 9

Virtual Author Talk: Liberating Latin American Genre Fiction: In Conversation with Author Silvia Moreno-Garcia, 7 p.m., presented by Bellingham Public Library, register at <https://libraryc.org/bellinghamma>

"Portraits in RED: Missing & Murdered Indigenous Peoples Painting Project" Exhibit Opens (through Nov. 21), featuring work from artist Nayana Lafond, HCA's Lotvin Family, 98 Haydn Rowe, Hopkinton. Free public reception to meet the artist November 1st at 6 p.m.

October 10

Covered Dish Dinner, presented by Ladies of St. Anne Sodality, 6 p.m., all women 18+ invited to attend to share a meal with us and learn more about the Sodality. St. Blaise Parish Hall, 1158 S. Main St., Bellingham, for more info., contact Jay Castonguay, President, (774) 262-9605.

October 15

Public Hearings on Multi-Family Zoning Requirements for MBTA Communities, 1 p.m. and 7 p.m., Bellingham Senior Center, 40 Blackstone St., Bellingham. Find out more on proposed zoning plan at www.mass.gov and search for Multi-Family Zoning.

Voice of Franklin Toastmasters, 7:30 p.m., hybrid meeting, Franklin TV, 23 Hutchinson St., Franklin, more at <https://voiceoffranklin.toastmastersclubs.org/>

October 16

Ghosts and Legends with Jeff Belanger at the Franklin Historical Commission

Jeff Belanger, 7 p.m., Franklin Historical Museum, 80 West Central St., Franklin, ghostly multi-media program will take you on a journey through the haunts in your backyard, and around the world, free

October 18

The Franklin Performing Arts Company (FPAC) will open their 2024-25 Season with School of Rock - The Musical starring Broadway's Liam Fennecken, 7:30 p.m., THE BLACK BOX, 15 W. Central St., Franklin, FPAConline.com or (508) 528-3370

October 19

The Franklin Performing Arts Company (FPAC) will open their 2024-25 Season with School of Rock - The Musical starring Broadway's Liam Fennecken, 2 & 7:30 p.m., THE BLACK BOX, 15 W. Central St., Franklin, FPAConline.com or (508) 528-3370

October 20

BEF 2nd Annual Halloween Dash 5K, 9 a.m., 70 Harpin St., Bellingham, benefits educational programs in Bellingham schools, <https://www.racewire.com/register.php?id=14068>

Bellingham Lions & Happy Tails Market BARKtober Fest Dog Costume Show, 12 pm..., Bellingham Memorial Middle School, 130 Blackstone St., Bellingham

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October 21

Chat & Craft (Adults): Paint a Mini-Pumpkin, 6:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, Registration is required, and space is limited.

October 22

Virtual Author Talk: Examining the Truths and Fictions We Tell Ourselves with Lori Gottlieb, 2 p.m., presented by Bellingham Public Library, register at <https://libraryc.org/bellinghamma>

October 25

Fall Family Fun with the Friends of the Library, 3:30-5 p.m., drop in, paint pumpkin, make dirt cups (pudding, Oreos and gummy worms), watch a Halloween movie and other activities. Sponsored by the Friends of the Library.

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October 26

Halloween Trunk or Treat Stroll, 5:30 p.m., Bellingham Town Common, town organizations and businesses offer fun trick or treating. At Bellingham Public Library in case of inclement weather.

Franklin DPW Touch a Truck, 10 a.m.- 2 p.m., 25 Public Works Way, Franklin, hydrant painting winners announced at noon, open house at Fisher St. Treatment Plant, food trucks

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Franklin Police Halloween Bash, 2-6 p.m., 911 Panther Way, Franklin. (Rain date Oct.27), organized by the Patrol Officers and Sergeant Officers Associations, pumpkin and face painting, bounce houses overseen by the Franklin High School Community Service Club hot dogs, cotton candy, and popcorn served by Tri-County High School Culinary Arts students, trick-or-treating with candy

October 27

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October 28

Chat & Craft (Adults): Make a Fall Wooden Bead Wreath, 6:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, Registration is required, and space is limited.

Sen. Becca Rausch Office Hours (virtual), 5-6 p.m., sign up at <https://www.beccarauschma.com/office-hours>

October 31

Halloween Costume Parade, 9:30 a.m., Bellingham Public Library, 100 Blackstone St., Bellingham, drop in!



November 2

The Mélange Gala and Live Auction, 5:30 p.m. 208 Fortune Boulevard, <https://foundation.milfordregional.org/> or call (508) 422-2228. Fundraiser for Milford Regional

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Holiday Guide

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Reservation deadline is October 10th!

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