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November 2024

Bellingham Native Finds Coalition for Student Wellbeing

BY DAVID DUNBAR

At U.S. colleges and universities, suicide is one of the most common causes of death among students according to 2020 Centers for Disease Control (CDC) statistics. Each year, approximately 24,000 college students attempt suicide, and 1,100 attempts end up being fatal, making suicide the second-leading cause of death among U.S. college students, cites the American Foundation for Suicide Prevention (AFSP).

According to the National Alliance on Mental Illness, approximately 49% of the student population within the educational system have been diagnosed with or treated for depression.

There is a 20-year-old college student in Bellingham who has been personally touched by this mental health crisis. He is trying to help.



Coalition Executive Director Carson Domey (center), of Bellingham, stands with Holy Cross student Caroline Hanson (left) from Lowell. University of Georgia student Shriya Garg (right) also works with the Coalition. All were on White House grounds recently for a meeting about improving mental health resources on college campuses.

COALITION
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Dancing with the Dark: Local Teen Abby Cohen Becomes a Vampire in Salem's Lot

BY JENNIFER RUSSO

What started out as a love for dance has paved the road of opportunity for Bellingham High School freshman Abigail Cohen, who is featured as a vampire in the newest release of *Salem's Lot*, based on the 1975 Stephen King novel of the same name. Without giving too much away, the book and film tell the story of an author who is writing his next book about an abandoned house, which he learns has recently been purchased by an interesting character. Havoc envelops the town as some people go missing and some show up dead...and undead, as it were.

In 2021, Abby made the decision after the pandemic remote school period not to return to in-person school, as homeschooling gave her more flexibility to take more dance classes and explore jobs through her agency. It also enabled her to create content for her Instagram followers (now totaling over 17,000), featuring dancewear and other brands



Bellingham High School freshman Abigail Cohen is featured as a vampire in the newest release of *Salem's Lot*, now airing on HBO Max.

with which she is contracted. She signed with Model Club Inc. of Boston, an agency that connects

COHEN
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BVT Admissions to Hold Open House

Tours Available November 13th

Blackstone Valley Regional Vocational Technical High School will hold an Open House for prospective students and their families on Wednesday, November 13th, from 5:30 p.m. to 8 p.m. No registration is needed.

The evening is an opportunity to tour the state-of-the-art

facility located at 65 Pleasant Street in Upton and see for yourself how BVT is transforming education and the lives of its students. Meet staff members who will be on hand as a resource to answer questions about academics, student support services, student activities, and the admissions process.

The schedule of events will include mini-sessions featuring the Special Education program and the support available to students at BVT and during the application process. Also, learn more about the Spanish Immersion program and how to enroll.

If you are interested in learning more, visit www.valleytech.k12.ma.us/admissionsopenhouse.

Ladies of St. Anne to Hold Yankee Swap, Fall Bake Sale

At the October Covered Dish meeting, 30 Ladies enjoyed a variety of appetizers, main dishes and desserts. About halfway through the evening, the Aurora Borealis started a beautiful light show over Bellingham which we went outside to enjoy!

The fall bake sale is set for November 23 and 24, at St. Blaise church after all Masses and just in time for your Thanksgiving celebrations. We will offer a variety of cakes, pies, cookies, and breads, including some gluten free and sugar treats. Please come and support our Scholarship Program and give yourself one less thing to do for Thanksgiving Day!

In addition to other business, the Yankee Swap meeting, scheduled for November 14, was discussed. It will begin at 6 p.m. in the Parish Hall. Each person attending should bring

a Christmas themed, wrapped gift, costing no more than \$25 (no sized clothing or food gifts please). FYI, there will be a new twist in the rules this year which will add even more laughs and fun!

If you are a Bellingham woman 18 years or older and would like to know more about the Ladies of St. Anne Sodality, you are invited to attend the Yankee Swap meeting and join in the fun. For more information you may contact Jay Castonguay, President, (774) 262-9605.

COALITION

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Carson Domey grew up in north Bellingham, the only son of Chris and Michelle, and graduated from St. John's High School in Shrewsbury. When it came time for college, he looked at Boston and Austin, TX, because both offered similar settings and an emphasis on higher education. "I randomly applied to the University of Texas in Austin and got accepted. I found out later the University has an acceptance rate of 8%," explains Domey, who is currently in his third year and majoring in Government.

Domey founded and is the executive director of the non-profit organization, Coalition for Student Wellbeing, which had a "soft launch" in September, Suicide Prevention Month. "I'm charged by the Board of Directors to get the youth voice involved by recruiting students from all over the U.S. and getting on the same page with presidents of colleges and universities," says Domey.

To that end, a one-day meeting at the White House in Washington D.C. occurred on September 16th, with about 40 attendees, including students as well as college and government officials. Working with higher education, along with folks from government and business "we're improving awareness, and talking about mental health," according to Domey, "Our talks

included ideas about suicide prevention, among other things, and building cohesion, so we can work together to improve student wellbeing," he explains.

In late September, the Coalition launched a website, stating, "The Coalition for Student Wellbeing seeks to bridge the gap between students and decision-makers through advocacy, collaboration, and education. Our mission is to elevate student voices and empower them to engage with leaders in shaping policies that foster a healthier campus environment. By convening students from across the country, we amplify young voices and ensure their perspectives are heard by educational leaders and policymakers." Visit www.c4sw.org to read more or get involved.

The Coalition does not provide assistance for students seeking help in an emergency situation. Domey suggests students dial "988" on their phones to reach the Suicide & Crisis Lifeline. "988 is the recently changed direct-dial option that makes access easier. When I was in a college restroom, I noticed lots of signs promoting 988," says Domey.

Assisting Domey in spreading the word about the Coalition is Colleen Fitzgerald, AVP at Benchmark Strategies in Boston. "I had the privilege of meeting Carson when he was interning at a client of ours," she says "and we became friends and stayed in touch. He's doing amazing work... and people need to know about it."

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Jen Schofield
508-570-6544
jenschofield@localtownpages.com

Creative Design & Layout
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From the Town Clerk's Office...

Upon your reading of this article, In-person Early Voting will have ended (November 1st) and the last day to request a Vote-by-Mail (VBM) ballot will have passed. The options left to vote in the 2024 Presidential Election are individual voting in-office (until noon on November 4th), and emergency absentee voting for those infirmed in a health care facility or housebound. Any VBM or absentee ballot must be postmarked or returned to the Town Clerk's office by 8 p.m. on the 5th in order to be counted. Of course, there is the option of

going to the polls at the Bellingham High School Gymnasium from 7 a.m. on Tuesday, November 5th. As a reminder, there is handicapped parking available on the lane between the gymnasium and the main office entrances to the high school. There are also wheelchairs available for those who require that type of assistance.

For convenience, voters will have the option of having their licenses scanned to expedite the check-in process. If one prefers not to use the scanning option, simply state your name and ad-

dress when approaching the check-in table.

All sign holding and other politicking must be done 150 feet beyond the polling place. Police officers will have a map depicting the 150-foot radius. Since wearing politically themed apparel is considered politicking per Massachusetts General Law, such apparel is not permitted within the polling radius. Thank you in advance for your cooperation.

Looking forward to seeing you at the polls!

Adopt a Child this Holiday Season with Saint Blaise Church

By LYN MACLEAN

As they say, "It takes a village," or in this case, the Bellingham community, to bring joy this holiday season to children in need. Some families face the difficult challenge of making overwhelming choices to maintain heat, pay medical bills, and obtain healthy meals for their children. Holidays can place additional stress on these families by trying to fulfill a child's wishes.

Saint Blaise Catholic Church is holding its annual "Adopt a Child Christmas program" to help families grant gift wishes. You can visit donation tree locations and select a tag that outlines a child's age with gift ideas or gift card requests to local stores.

In 2023, 150 children's wishes were fulfilled by amazing donations from the community. This year, the church expects close to 200 children in need of support, since there has been a noticeable increase in families requiring food pantry assistance.

The gift registrations are requested for infants up to age 13 and ages 14-18 gift cards such as Kohl's, Walmart, Michaels or Target. If you'd like to extend your donation further, grocery gift cards to contribute to their holiday family meal are also welcome.



Giving Trees Will Be On Display Starting:

Saturday, November 23 at -
 Saint Blaise Catholic Church
 - 1158 South Main St. Bellingham
 Dean Bank
 - 411 Pulaski Blvd., Bellingham
 Gift drop off: Monday, December 11th 6:00 to 8:00 pm at Saint Blaise Church

If you are a Bellingham resident and need a gift donation for your family member you can contact Susan Durkin, Director of the Loaves and Fishes Food Pantry at sdurkin@saintblaise.org

You can follow all the Saint Blaise giving efforts on their Facebook page: "loavesandfishesfoodpantryatsaintblaise".

"Thanksgiving Basket Program" Seeks Donations for Bellingham Residents

By LYN MACLEAN

Loaves & Fishes Food Pantry, located at the Saint Blaise Catholic Church in Bellingham, stands behind the name's origin. The Loaves & Fishes name is derived from the Bible by referencing taking a small number of fish and bread and making many to feed a large community.

Providing food for many residents is precisely the intent of the annual Thanksgiving Baskets Program. Volunteers assemble food baskets that focus on all the traditional cuisine items commonly shared as a bountiful feast with family on Thanksgiving Day. This community outreach needs local donations to meet household needs.

Most of the baskets are donated to those who are part of the weekly food pantry program. Last year, the pantry provided 140 households with a holiday meal basket. This year, they expect close to 200 baskets will be needed.

The pantry is counting on community donations to meet increasing demands. Giving to help others is rewarding and ap-

preciated. Can you find it in your heart to provide donation items listed below?

Food items requested are:

- Dry Goods: Stuffing, pie crusts, dessert mixes
- Canned Goods : Gravy, cranberry sauce, fruit, vegetables, pumpkin, pie filling
- Hardy Fresh Vegetables: White & Sweet potatoes, onions, carrots, various types of squash
- Hardy Fruit: Apples
- Grocery Store Gift cards: \$10 or \$15 increments to allow recipients to purchase a turkey.

DONATION DROP-OFF DAY: Monday, November 18 from 6 – 8 p.m.

Saint Blaise Catholic Church
 1158 South Main Street, Bellingham, MA

BASKET DISTRIBUTION DAY:

Tuesday, November 19 (This allows time for households to purchase a turkey in time for Thanksgiving Day)

If you are a Bellingham resident in need of a basket, you can contact Susan Durkin, the Director of Loaves & Fishes Food Pantry at sdurkin@saintblaise.org



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COHEN

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their clients to work opportunities all over New England. During that year, she auditioned for several movies that featured dancers, and although she wasn't the right fit for those particular parts, Boston Casting reached back out to her, as they had her in mind for a different kind of role.

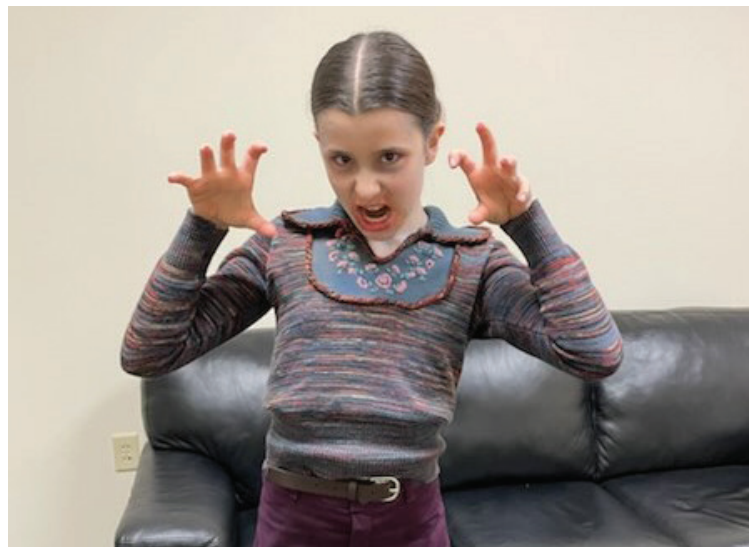
Having danced since she was three years old, Abby dances six days a week in the studio, and participates in competitions and dance conventions 12 weekends a year, where she learns from renowned choreographers and instructors.

Learning she was cast as a vampire in *Salem's Lot* was surreal. Though it wasn't specifically a dancing part, Abby believes her experience aided her in the role.

"It helped me tremendously, as I needed to work with the stunt team and a vampire specialist to learn how to move like a vampire. I remember being so sore by the end of the day, as there was a lot of low crawling on my hands and toes, so I felt like I was doing pushups all day," shares Cohen.

Along with learning how to "be" a vampire, Abby shares that she learned a lot from the entire process.

"Some highlights included the first day I was fitted for prosthetic teeth. They were so gross



With no mirrors on set and vampire teeth collected after each film session, even Abby didn't get to see herself in her "undead" form until she watched the show.

looking and detailed. It was amazing to work with the artists that created them, and working with costuming was fun, because I could try on interesting outfits from the 1970's, when the film is set," says Abby.

Interestingly enough, she didn't get to see herself with the teeth in, since phones are not permitted on set and there were no mirrors. The teeth were collected between filming the scenes, so seeing herself as a vampire was just as much of a surprise for her as any other movie viewer.

"The day we actually filmed through might have been my favorite, as I had my own dressing room! The production assistants were so nice and there was SO much amazing food. That day, I got to meet with the hair and make-up team. They made up not only on my face, but air-brushed veins and other details on my neck, arms, hands, and nails. Working with the vampire specialist, who was also the main vampire in the movie, was great. He taught us all about vampires

and how they can only enter a home when invited, which was an important part to this film," she shares.

When asked if any part of filming *Salem's Lot* was scary for her, she responds that it wasn't really frightening at all. Thanks to green screen technology and other behind-the-scenes magic, what you see on the film wasn't what she saw during the process.

"My scene was filmed so that it looks like we are on the side of a tree house, but, actually, we were just crawling regularly on a tree house they made specifically for us that was only a couple of feet off the ground and on its side. When we filmed, we were crawling normally, but the scene looks like we are spiderman type characters crawling up the side. Safety was really important to this movie too, and though we were only a couple of feet off the ground, there were crash boxes all around us and they kept sanding the wood we were crawling on and had us wear hand liners to prevent splinters," she tells us.

The rising star started going to Bellingham High School this year, because she wanted to be able to have some of the traditional high school experiences, like learning in a classroom with her peers, attending the homecoming dance and going to football games with friends.

"Everyone has been so nice to me as the new kid in school, and I have loved meeting new friends and connecting with people I went to elementary school with. I assist with the younger kids' dance classes at my studio a few days a week, and my teachers have been really supportive of my transition back to in-person school," Abby shares.

Though Abby loved being involved in the production, she is still considering if acting is a route she wants to pursue.

"I work really hard, and it's not easy juggling full-time school, a rigorous dance schedule, traveling for competitions, managing Instagram contracts, agency opportunities, and time with my family and friends, who have all been so supportive in helping me to pursue my dreams. I am thankful for all of my dance teachers who help me grow and prepare me for these auditions. I am definitely living my best life, and I am really grateful for all of the opportunities I have been given," she says.

"I love acting and would love to continue to have more opportunities there, but my real passion is dance. I really want to go to college and get a BFA in dance with a double major in business and go on to be a professional dancer," says Abby.

Keep an eye out for Abby in *Salem's Lot*, now airing on HBO Max, and check out her Instagram page at @abigailbrookecohen.

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Taste of Bellingham November 6th

Bellingham Senior Center, at 40 Blackstone Street in Bellingham, will host the 17th Annual Taste of Bellingham this year, scheduled for 6-8 p.m. on November 6, 2024. Tickets are \$10 before November 5th, or \$15 at the door (first come first serve, limited capacity. Attendees are asked to bring a donation for the local food pantry.

The Bellingham Business Association event, which showcases the offerings of restaurants in the Bellingham area, is open to the public, businesses and their employees. The fun will include music by Valley DJ Service, flowers by Brian's Country Greenery, and interviews by MyFM 101.3.

Taste of Bellingham tickets are available from all BBA Board Members, at Middlesex Savings Bank in Bellingham, Dean Bank in Bellingham and the Bellingham Senior.

For questions, contact@bellinghambusinessassociation.org or visit www.bellinghambusinessassociation.org.

A Taste of Thanksgiving in Bellingham

BY DAVID DUNBAR

“Thanksgiving and all the wonderful smells of the turkey, stuffing and all the sides emanating from the kitchen will be here in a few short weeks,” notes Kay Page, chair of the Bellingham Council on Aging.

“Thanksgiving,” she continues, “is all about being together -- family/friends, food, football and fun! Don’t forget the delicious desserts -- the apple and pumpkin pies. Happy Thanksgiving, enjoy the wonderful holiday!”

It is a uniquely American holiday with families and friends gathering to celebrate, including folks from other countries.

Elle Taran was born in Moscow and lives with her husband and two sons in Bellingham.

“Every year, we host an annual Thanksgiving that brings together our diverse family of Jewish Russian immigrants, Italians, Scots, and everyone in between under one roof,” she explains. “The sizable Russian contingent, with their lively spirit and strong family bonds, eagerly joins in the celebration, drawn to the holiday’s sense of gratitude and togetherness.”

“Despite being a uniquely American tradition,” she continues, “Thanksgiving resonates with them, because it mirrors their own values of hospitality, good food, and the importance of gathering with loved ones. It’s a joyous fusion of cultures, where everyone brings a piece of their heritage to the table, creating a truly unique celebration.”



After the traditional Thanksgiving dinner last year, family and friends of Elle Taran gathered outside her home for a photo in her front yard (which already had been decorated for Christmas).

If dining out is your preference this year, then there are nearby restaurants to choose from, all open on Thanksgiving Day. Here are five: Coachmen’s Lodge in Bellingham, 3 Restaurant in Franklin, Christopher’s Kitchen & Bar in Woonsocket, New England Steak & Seafood in Mendon, and Wright’s Farm Restaurant in Harrisville.

“You can tell you ate too much for Thanksgiving when you have to let your bathrobe out.” -- Jay Leno

“My family always gets together at my sister’s home, we always have at least 40 with all the children, nieces and nephews. We continue all the traditions we celebrated together growing up with our parents, all the same dishes and desserts,” says Denis Fraine, Bellingham’s Town Administrator.

If you prefer sitting on the couch and watching TV, check

out Macy’s Thanksgiving Day Parade; some movies you might like include The Walton’s Thanksgiving, Almost Christmas, and Beethoven. Oh, and don’t forget all those holiday football games.

For Bellingham’s Rich and Maryanne Meyers, Thanksgiving is about “having a fun, relaxing day when we play games, talk and catch up.” Maryanne continues, “We celebrate on Saturday, so there’s more time for

family members who live elsewhere in New England to join us. My son has done the cooking for the past five years... and he’s great!” What is she most grateful for? “The good health of every member of our family.”

For those looking to “trot” first thing Thanksgiving morning, the 13th Annual Franklin Turkey Trot starts at 8 a.m.; 5K long (more at franklinfoodpantry.org) Both donate to local charities.

“Thanksgiving is a special time for my family and me,” says Ken Fitzgerald, Bellingham’s Chief of Police. “It’s a moment to pause, reflect, and appreciate all that we have. We usually celebrate with a big family gathering, sharing a traditional meal filled with turkey, stuffing, and all the fixings. It’s also a chance to connect with loved ones and share stories, which always brings us closer together.”

“This time of year,” he adds, “I’m especially grateful for the support of our community in Bellingham and the opportunity to serve and protect it. The resilience and kindness I see in our town and staff truly inspires me.”

Advice for Thanksgiving celebrants? Police Chief Fitzgerald says, “I’d remind everyone to enjoy the day, but also to prioritize safety. Whether it’s traveling to see family or hosting gatherings, being mindful of road safety and fire hazards in the kitchen can help ensure that everyone has a happy and safe holiday.”

BWOT Quarter Auction

Friday, November 22nd, 7 p.m.– 9:30 p.m.

Bellingham Senior Center
40 Blackstone St. Bellingham, MA

This event is a fundraiser for our HS Scholarship fund and other charities supported by the Bellingham Women of Today. For more information or questions, please email BWOT at: bellinghamwomentoday@gmail.com or reach out to us on Facebook

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Home Energy Assistance Applications on the Rise this Year

By DAVID DUNBAR

Need assistance with your winter heating bills? The Home Energy Assistance Program (HEAP) from the state can help qualifying homeowners with fuel bills for oil, gas, propane, electric, and more.

“No resident should have to worry about heating their home during the winter,” said Secretary of Housing and Livable Communities Ed Augustus. “With high costs continuing to strain household finances, the Home Energy Assistance Program (HEAP) is more critical than ever. We urge anyone in need of heating assistance to explore their eligibility by applying online or visiting the nearest administering agency. Please share this valuable information with loved ones or neighbors who could benefit from this support during the colder months.”

Administering agencies include the Senior Centers in Bellingham and Franklin.

“Last year I assisted with 67 fuel assistance applications,” says Raeleen Gallivan, Social Services Coordinator at the Franklin Senior Center. “The number of people that apply for fuel assistance has significantly increased due to the rise in the cost of living. Unfortunately, I am seeing a lot of landlords increase rent, which makes it harder for people to afford paying their winter heating bills. People are looking for ways to save money. Most of the people that I help worry about having enough funds to pay their bills. It is especially hard for seniors during the winter months being on a fixed income.”

In Bellingham, at the Senior Center, Lisa Loo reports that she has 100 re-certifications for people who were approved last year.



Lisa Loo at her desk at the Bellingham Senior Center works on applications for heating assistance. “Some people have to decide between paying for heat and paying for food.”

In Bellingham, Loo adds, “However, there have been some improvements to eliminate long delays from last year. It took six to 12 weeks from first contact to getting results.”

Loo worked with an 84-year-old Bellingham resident who worried about a smell leaking out of her heating system. “She called at the end of September, and it took almost eight weeks to resolve. But her entire heating system was replaced.”

“People will call and say they are desperate because their oil tank is empty,” says Loo. “Don’t wait!”

In the 2023/2024 HEAP season, 149,778 households were served with an average benefit of \$1,050 per household, according to the state.

And this year the HEAP portal went live at 12:01 a.m. October 1st, and so far, more than 43,000 applications have been received.

Qualifying households, including those with the cost of heat included in the rent, can receive assistance. This upcoming season a family of four earning up to \$94,608 may be eligible for HEAP. Benefits do not need to be repaid, and households do not need to be on public assistance or have unpaid heating bills to qualify. HEAP automatically qualifies eligible households to receive monthly discounts on their investor owned-utility electric and natural gas bills. Heat sources can include oil, electricity, natural gas, propane, kerosene, wood and coal.

“Every person that I help is appreciative of the HEAP program,” according to Gallivan. “I always get a big smile and a thank you for helping them apply. Worrying about bills affects emotional wellbeing. My job is to bring the resources to the community to help them continue to be self-sufficient and live their best life.”

How does helping people make Loo feel? “It’s very rewarding. Especially because I can help someone say warm during the winter.”

“And I will probably process 20 to 50 new applications this year.”

Loo, the Center’s Social Services Coordinator, notes that the numbers vary “because financial situations change.” A recertification takes about 20 minutes; a new application takes about 45 minutes.

Eligibility is determined by several factors, including household size and the combined gross annual income of residents 18 and older. Qualifying households, including those with the cost of heat included in the rent, can receive assistance for all heating sources, including oil, electricity, natural gas, propane, kerosene, wood and coal. Households do not need to be on public assistance or have unpaid heating bills to qualify.

“There have been no major changes so far this year,” explains Gallivan in Franklin. “People who would like to apply can go online (selfhelpinc.org) and apply on the portal or contact Self-Help INC. and apply over the phone by calling (508) 588-5440. Franklin residents can call the Senior Center to schedule an appointment to apply. I do an eligibility screening over the phone and provide a list of documents that are needed for the application.”

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Santa Foundation Giving Trees Offer Neighbors Simple Way to Help

By J.D. O'GARA

The Santa Foundation, each year, works with several generous community partners to help make the holidays special for those in Franklin and surrounding towns who are experiencing financial hardships. These partners provide the location of "Giving Trees," adorned with gift wish tags neighbors can take, fulfill and return to each location. These gifts will be distributed by the Santa Foundation. At press time, Giving Trees were scheduled to be placed at the following locations:

- Advanced Auto, 45 Pulaski Blvd. Bellingham
- Grove Street Auto, 79 Grove Street, Franklin
- James Breakfast & More, 850 Franklin St., Wrentham
- King Street Cafe, 390 King St., Franklin
- Middlesex Bank, 1000 Franklin Village Drive, Franklin
- Norfolk Credit Union, 194 Main St., Norfolk



The Santa Foundation's annual fundraiser at La Cantina Winery's new location in Franklin was a sold-out event this year. The organization had already received 400 requests for assistance by mid-October, according to its Facebook page. You can help by purchasing a "Giving Tree" gift at several locations around Franklin, or by donating at www.sfjoy.org. Photo used courtesy of The Santa Foundation.

- Postal Center, 279 E Central Street, Franklin
- Postal Center, 9 Medway Rd., Ste. C, Milford
- Postal Center, 14 Milliston Rd., Millis
- Salon Elan, Inc., 9 Summer St., Ste. 102, Franklin

In addition to the "Giving Tree" locations, although no trees are put up at the following locations, these community partners graciously collect and deliver gifts for The Santa Foundation:

- Franklin Police Department, 911 Panther Way, Franklin
- Medway Police Department, 315 Village St., Franklin
- Norfolk Fire Department, 117 Main St, Norfolk

The Santa Foundation recently held a successful annual fundraiser at La Cantina Winery in Franklin on September 20th, selling out tickets. The organization, which recently moved from its long time Joy Street location to



a new home at 275 Washington St., Unit 6, in Franklin, continues to sell calendars for an annual raffle. Each day in the month of November, a winner will be drawn to win the prize listed for that day on the calendar. If you would like to contribute and purchase this year's calendar raffle, visit www.sfjoy.org.

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Emily Letourneau's Holiday Fundraiser December 1st

Come Have Breakfast with Santa & Help Support Boston Children's Hospital

Dan Letourneau has good things to say about Boston Children's Hospital. When his granddaughter, Emily Letourneau, was born in the NICU in 2000 with the genetic disorder Zellweger Syndrome, Boston Children's helped his son, Dan Jr., and his then daughter-in-law, Wendy, take care of her.

"They treat the child as if she's the only child there, like a person, not like somebody who should be in an institution," says Letourneau. Although the syndrome causes such serious issues as seizures, eye problems, liver failure, gastrointestinal and respiratory distress, and Emily would not survive, her parents wanted to take her home, despite her medical needs. Letourneau explains the family reached out to an expert on Zellweger Syndrome, Dr. Raymond, at Johns Hopkins. Dr. Raymond advised them to place Emily in the care of pediatrician Dr. Vonnegut, affiliated with Boston Children's Hospital and provided instruction on what would be needed to welcome their second daughter, who had an older sister, Caitlyn, into their home.

Beginning in 2002, the Letourneau's have conducted fundraisers, around Emily's birthday, December 12th, for Boston Children's Hospital in her memory. At first, says Dan, volleyball tournaments were the fundraisers of choice, first at Pine Manor College and later at Bellingham High School, but when the cost of referees ate into the donation, they began to put on a breakfast at St. Blaise Church. By now, he estimates, their efforts over the years have probably raised about \$20,000. Now, Emily's family has also grown, with a younger brother, Anthony, now 21, and a 12-year-old stepbrother.

This year, "Team Emily" will hold a fundraiser on Sunday December 1st, "Breakfast with Santa" at Saint Blaise Church in Bellingham MA from 8 a.m. to 12 p.m. with a special visit from everyone's favorite jolly old elf! \$12 pp, \$6 children 6-12, children under 6 free.

At 1 p.m., a winner will be drawn live at Team Emily- Emily Letourneau Facebook's page for an awesome wreath covered in gift cards from locally favorite places. A \$20 donation will earn 12 chances, or a \$10 donation you get 5 chances to win! You can donate to participate in our fundraiser on the webpage below:

https://secure.childrenshospital.org/site/TR?fr_id=2520&pg=personal&px=2698462



Emily Letourneau, (left) who would have been 24 years old now, is shown here with her sister Caitlyn (right). A Breakfast with Santa fundraiser for Boston Children's Hospital in her name is set for December 1st at St. Blaise Church.

Also, see the accompanying QR code to donate.

The proceeds from this year's fundraiser will ensure the holidays are celebrated to the fullest at the hospital, with gifts for each patient and special moments throughout the season. Funds also help fill urgent needs for patient families and the hospital, during the holiday season and year-round.



Save the Date for Virtual Author Event January 25

The Friends of the Millis Public Library will once again host "A Novel Occasion," a virtual live experience with bestselling authors, on January 25, 2023. Authors include

Chris Bohjalian, Gareth Brown, Hank Phillippi Ryan, Jamie Brenner, Jayne Ann

Krentz, Piper Huguley, Rebecca J. Sanford, Tess Gerritsen, and other authors TBA.

Early Bird Tickets on sale for this fundraiser November 15, 2024.

<https://www.anoveloccasion.com/>

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Your Money, Your Independence

Use November to Finalize Year-End Success and Plan for 2025



Glenn Brown, CFP

November is a pivotal month for financial planning. An opportunity to measure against financial goals, make final strategic decisions for tax year 2024, and prepare for the upcoming year.

Wait until December, you risk falling into the apathy and distractions common from Thanksgiving to the New Year. Do you want that for your finances?

Here are key financial planning topics to consider now.

Review Your Planning Goals.

Take stock of your progress: have you met your savings targets? Made headway on debt repayments? Improve upon experience spending? Expand investing to asset allocation? This review can help identify areas to accelerate efforts before the year ends or be of greater priority in 2025.

Tax Planning Strategies.

Does Roth Conversion or switching 401(k) contributions to Roth make sense?

If doing Roth Conversion, what's your expected Federal tax bracket and how much to convert to ensure you're not bumping up a level or two?

Do you or a grandparent want to gift more than \$18,000 to a child's 529 Plan?

If self-employed and want to open a Solo 401(k) plan, it must be done by December 31. Know that isn't required until April tax filing deadline.

Recall 2017 Tax Cuts and Jobs Act lowering federal tax brackets will expire end of 2025. Current % will revert back (%): 12% (15%), 22% (25%), 24% (28%), 32% (33%), 35% (35%) and 37% (39.6%). Furthermore, the Standard Deduction \$ amount for tax returns nearly doubled, it too reverts. Are there circumstances to plan for splitting realized gains over 2024 and 2025?

Open Enrollment for Work Benefits.

Does your current health plan meet you and/or your family's health and financial well-being? Does FSA or HSA make sense? If so, how much to contribute?

Should you utilize supplemental Life or AD&D insurance? Are you opting into long-term disability insurance?

Are you enrolling in depen-

dent care and/or transportation flex spending accounts?

Use your Medical Flex Spending Account (FSA).

Unlike Health Savings Accounts (HSA) that rollover each year to accumulate, FSA is a "use it or lose it" benefit program. Some allow ~\$500 carried the following year, others \$0. If you're low on qualified medical expenses, schedule elective appointments, renew prescriptions and/or spend on wellness. Don't spend New Year's Eve panic shopping in CVS.

Evaluate Investment Portfolios.

Assess your asset allocation, then rebalance and/or tax-loss harvest, if necessary. Remember, asset allocation is different from diversification. Owning a S&P 500 Index fund is diversification, as it owns 500 largest U.S. companies, but it's not an asset allocation model. Ensure asset classes are near their targets.

Nearing retirement or have major life changes requiring funds? Identify source of funds, develop a tax-efficient distribution strategy and allocate remaining long-term assets to grow over time relative to need, not greed or fear. Meaning your asset allocation may (and likely should be) different within taxable accounts versus 401(k), 403(b), pre-tax IRA accounts versus Roth IRA, HSA accounts.

Don't Forget Your RMD.

For 2024, the age for Required Minimum Distributions (RMDs) from retirement accounts is 73, up from 72 due to changes enacted by the SECURE 2.0 Act.

Also new, per finalized IRS regulations, Inherited IRAs from a non-spouse (i.e. parent) in 2020 or later where the deceased was taking RMDs, then you must also take RMDs within the 10-Year Rule. If previous years were missed, the IRS will not penalize, however they will after December 31, 2025.

Conclusion.

November is a month of reflection, giving thanks and preparation in the realm of financial planning. If feeling overwhelmed, connect with your Certified Fi-

ancial Planner to finish the year strong and set a solid foundation for a prosperous 2025.

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

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

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WHY YOU NEED A HEALTH CARE PROXY

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

WHY YOU NEED A DURABLE POWER OF ATTORNEY

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The b.LUXE *beauty beat*

b.LUXE is Celebrating with Special Holiday Offers, and Your Chance to Win a \$100 Spa Gift Card!

BY GINA WOELFEL

The holiday season is approaching, and there's excitement in the air at the b.LUXE Studio in Medway. We're thrilled to celebrate this festive time of year with you. Whether you're preparing for a holiday party, looking for the perfect gift, or just need a moment of pampering amid the holiday rush, we have something special to make this season even more memorable!

This year, from November 1st through December 23rd, we're thrilled to bring back some of our most popular holiday offers! It's the perfect time to treat someone special on your holiday shopping list or indulge yourself with a gift of beauty, relaxation, and self-care!

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For every gift card purchased in-store or online, from 11/1 to 12/23, your name will be entered to win a \$100 SPA GIFT CARD!

Holiday Gift Card Specials: The Perfect Gift for Everyone!

Finding the perfect gift just got easier! Our Holiday Gift Card Specials offer a variety of luxurious services that will make anyone feel pampered. From hair treatments to spa facials, b.LUXE has you covered with incredible holiday packages:

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- **Luxury Hair Gift Card Package** – For just \$100, you'll receive a hair gift card along with a complimentary LUXE add-on treatment, such as Hydrate, Detox, Shine, or Volume. Priced at \$130 in value, this package ensures a little extra shine and style for the season.
- **Spa Facial Package** – Relaxation at its finest! This client-favorite package features a b.LUXURY Facial, a complimentary lip rescue and under-eye collagen treatment, along with your choice of a robust scalp mas-

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sage or Gua Sha lymphatic facial sculpt. Priced at \$195, it's an indulgent treat designed to refresh and rejuvenate.

- **Scalp Spa Package** – Treat your scalp and soul with this luxurious offer! It includes a scalp buff and treatment, a scalp & hand massage, a wash and deep conditioning treatment, a full blow-out, and a full bottle of b.LUXE BEFORE OIL to take home. This complete pampering experience is specially priced at \$120.
- **Custom Gift Cards** – Let your loved ones choose their own luxury. From hair, spa, and facials to makeup, waxing, lash extensions, and spray tanning, our customizable gift cards are available in-studio or online for any amount.



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At b.LUXE, we're so excited to share the joy of the holidays with you! We specialize in event hairstyling, special event makeup and spa services like tanning, brows and facials that

will have you party-ready in no time! We're here to make sure you shine bright this holiday season.

Our clients are the heart of b.LUXE Hair and Makeup, and we're grateful to be part of your holiday celebrations and gift-giving. With our vast range of beauty services and thoughtful gift packages, there's something for everyone to enjoy.

Happy Holidays from all of us at b.LUXE!

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Municipal Spotlight**11th Annual Veterans Day Ceremony Slated for Nov. 11**

By KEN HAMWEY,
BULLETIN STAFF WRITER

The 11th annual Veterans Day program is scheduled for Monday, Nov. 11, at 11 a.m. at the Bellingham Public Library.

The number 11 dominates the timing of the holiday, which was originally called Armistice Day. A peace treaty ending World War I was signed in 1918, and the agreement occurred on the 11th hour of the 11th day of the 11th month.

“Although our country has been experiencing challenging times, we must not forget the service and sacrifice of Bellingham veterans, past and present,” said Jim Hastings, a Marine veteran who’s been the Chairman of the Memorial and Veterans Day Committee for the last 17 years. “On Nov. 11, we can pause, reflect and honor their service, courage and commitment.”

The program will begin with the Bellingham Boy Scouts posting the colors followed by Robbie Oliver singing the National Anthem. The Pledge of Allegiance will be recited before an opening prayer by Baron Rodrigues, Pastor of the First Baptist Church of Bellingham.

Three speakers will be featured — Kevin Calnan (Army), Jay Gatto (Marine Corps) and keynote speaker Lieutenant Colonel Philipp Edouard Daniel Rigaut (Marine Corps).

The 68-year-old Calnan served in the Army from 1974-1976 after graduating from Matignon High School. He completed basic training at Fort Dix, N.J., and later attended Military Police Academy in Fort Gordon in Augusta, Ga. After his time at the academy, he attended Sentry dog-handling school at Lackland Air Force Base (San Antonio, Tex.).

Assigned to an untrained German Shepherd named Sonny, both were deployed to South Korea after training. Calnan and Sonny served for 15 months in South Korea. Calnan was later assigned to Hunter Army Airfield in Savannah, Ga., where he served as a Garrison MP, leaving Sonny behind at the air defense site in South Korea.

Calnan, whose highest rank was Specialist 4, completed the



Kevin Calnan

Criminal Justice Bachelor of Arts program at Westfield State College in 1980 and later earned a master’s degree in Criminal Justice from Anna Maria College in 1985.

Calnan entered the Metropolitan Police Academy in March, 1981, and was employed by the MDC from 1981 through 1992 upon which the MDC, Capital, Registry, and Mass. State Police consolidated, creating a new department of the State Police. Under the consolidation law he was appointed to the rank of Trooper. He served as a Station Commander in Milton, the State House, and Framingham Barracks for a total of 12 years as a Lieutenant.

Calnan joined the Bellingham VFW upon retirement from the State Police, was elected Post Commander in 2003 and is currently serving a second term.

Gatto, who was born in Boston and raised in Dedham, competing in athletics in Dedham schools. He later graduated from Curry College with a bachelor’s degree in criminal justice and later earned a master’s degree from Western New England University in criminal justice.

A Marine reservist for six years, Gatto entered the Coast Guard Reserve after 9/11 at the age of 40. “At that time, I wanted to help protect our homeland,” he said. “I was a law enforcement boarding officer in the Coast Guard and worked to protect Boston Harbor for over 18 months. In 2004 the Coast Guard awarded me with the Reservist of the Year recognition for my law enforcement leadership. I was chosen



Jay Gatto

from 11,000 U.S. reservists.”

His career started in the law enforcement unit at the Federal Reserve Bank of Boston. After 25 years, he retired from the Federal Reserve then worked for the Massport Police in the Seaport. He retired as a captain in 2022.

A native of Paris, France, Lieutenant Colonel Rigaut graduated from the United States Naval Academy with a Bachelor of Science degree in History and French and was commissioned in 2005.

Lt Col. Rigaut’s assignments in the Marine operating forces include Rifle Platoon Commander, Weapons Platoon Commander, and the Assistant Operations Officer at 3d Battalion, 6th Marines in Camp Lejeune, N.C.; also Company Executive Officer, Company Commander, and Battalion Executive Officer at 2d Reconnaissance Battalion at Camp Lejeune.

He also served as Assistant Operations Officer, Company Commander, and Battalion Operations Officer at 1st Battalion, 3d Marines in Hawaii.

His deployment experience includes multiple rotations to Iraq, numerous theater security cooperation exercises, and unit deployment program rotations to Okinawa.

Lt Col. Rigaut’s other assignment include Operations Research Analyst and Marine Corps Representative at the Center for Naval Analyses in Arlington, Va., where he co-authored 16 peer-reviewed studies; and Brigade Plans, Education, and Evaluation Officer (B5) in Nîmes, France, where he de-



Philipp E.D. Rigaut

ployed in the Sahel for Operation Barkhane as the Joint Plans officer.

Lt Col. Rigaut is currently assigned as the Inspector Instructor, 1st Battalion, 25th Marines.

He graduated from the Expeditionary Warfare School, Naval Command and Staff College, and earned his master’s degree in International Relations and Operations Research.

His awards include the Meritorious Service Medal, Navy & Marine Corps Commendation Medal, Navy & Marine Corps Achievement Medal, and Combat Action Ribbon.

Retired school teacher Lori Fafard and a Grade 6 team of teachers at the Memorial School encouraged students to write essays about veterans, and the three winners will honor veterans by reading their essays at the ceremony.

Also, the Veterans Day Committee will distribute military challenge coins to all veterans in attendance.

The program will continue with Oliver singing “Amazing Grace” before remarks by State Representative Mike Soter. The indoor portion of the ceremony will conclude with a prayer by Rick Marcoux, retired chaplain of the Bellingham and Medway Fire Departments. Then, the colors will be carried outdoors to the flagpole where Fr. David Mullen, pastor at St. Brendan Church, will offer a prayer at the wreath presentation.

The program will conclude with a moment of silence for deceased veterans and the playing of “Taps”.

*Wishing you a Very Blessed
Thanksgiving
from our home to yours.*

The Sue Ranieri/Melissa Bertonazzi Team



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Glaucoma Treatment: iDose TR

Commonly Asked Questions

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

Glaucoma is a condition that can damage our field of vision. It occurs when the pressure inside the eye is higher than what the eye can tolerate. Glaucoma is treatable with drops aimed at lowering eye pressure, but many patients find it challenging to use these drops consistently due to irritation, side effects, or simply forgetting. In these cases, iDose TR, a new sustained-release implant, can offer an innovative solution for managing intraocular pressure without the need for daily eye drops.

What is iDose TR?

iDose TR is an FDA-approved prescription medication and drug delivery system for patients with open-angle glaucoma or ocular hypertension. The implant contains travoprost, a prostaglandin analog that has long been used in eye drops to lower intraocular pressure by increasing the outflow of fluid from the

eye. However, unlike traditional drops, iDose TR is gently implanted directly inside the eye, where it releases the drug slowly over time, reducing the need for frequent applications.

How does iDose TR work?

iDose TR delivers a sustained release of travoprost, which helps reduce and maintain healthy eye pressure levels. The tiny implant is placed in the eye's trabecular meshwork during a minimally invasive procedure performed under local anesthesia at our state-of-the-art surgery center. Once in place, iDose TR continuously delivers the medication for an extended period, reducing the need for daily drops while effectively managing eye pressure.

The implant does not need to be removed, as it is designed to remain in the eye for many months. In some cases, patients may benefit from the iDose TR implant for up to a year or longer before a replacement is needed.

Benefits of iDose TR

iDose TR offers several key

advantages over traditional glaucoma treatments:

- **Long-lasting effect:** Reduces the need for frequent eye drops, improving adherence and convenience.
- **Minimally invasive:** The implant is inserted via a simple surgical procedure, often performed under local anesthesia.
- **Reduced side effects:** May result in fewer side effects, such as redness, irritation, and blurry vision, compared to traditional eye drops.
- **Improved quality of life:** By eliminating the need for daily drops, iDose TR enhances patient comfort and convenience.

Who is a candidate for iDose TR?

iDose TR is approved for patients with open-angle glaucoma and ocular hypertension. However, not every patient is an ideal candidate. Contraindications include:

- Infection or suspected infection in the eye or surrounding area

- Corneal endothelial cell dystrophy or prior corneal transplant
- Narrow angles, where the iris and cornea are too close together
- Allergies to any of the ingredients in the implant



If you meet the criteria, iDose TR may be a great option to help manage your glaucoma and reduce the need for daily eye drops.

Risks of iDose TR

Like any medical treatment, iDose TR comes with some potential risks. While generally well-tolerated, clinical trials have shown the following possible side effects:

- Increased eye pressure
- Eye pain, irritation, or redness
- Inflammation of the iris (iritis)
- Dislocation of the implant (rare)
- Macular edema, a swelling of the retina
- Possible permanent brown pigmentation of the iris

It's important to discuss any concerns with your ophthalmologist to determine if iDose TR is right for you.

Alternatives to iDose TR

There are several other effective treatments for open-angle glaucoma and ocular hypertension. These include:

- **Eye Drops:** Prostaglandin analogs (like latanoprost), beta-blockers (timolol), alpha-2 agonists (brimonidine), and carbonic anhydrase inhibitors (dorzolamide) are common options.
- **Laser Surgery:** Selective laser trabeculoplasty (SLT) and cyclophotocoagulation are minimally invasive procedures to improve fluid drainage or reduce fluid production.
- **Surgical Implants:** Devices such as the Ahmed glaucoma valve and Ex-PRESS glaucoma implant help drain excess fluid from the eye.

Each treatment has its own set of benefits and risks, and the choice depends on the severity of glaucoma, overall health, and patient preferences. Discuss your options with your ophthalmologist to determine the most appropriate treatment.

Is iDose TR for me?

If you've found daily eye drops challenging, or if they haven't effectively controlled your glaucoma, iDose TR might be the solution you're looking for. It offers long-lasting pressure control, fewer side effects, and greater convenience, allowing you to focus on living your life without the constant worry of administering drops.

The iDose TR implant helps reduce the burden of daily drops, improving patient compliance and quality of life. At Milford Franklin Eye Center, we are committed to offering the latest advancements in glaucoma care, including iDose TR. We are proud to have performed one of the first iDose TR procedures in New England at our Cataract and Surgery Center of Milford. As a leader in advanced eye care technology, we are thrilled to be among the pioneers of this groundbreaking treatment. Our surgery and surgeon were featured in a segment broadcasted on Channel 5 TV. We are available for second opinions and dedicated to providing world-class outcomes. Here's to pushing the boundaries of eye care!

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Milford Regional, UMass Memorial Health Formalize Affiliation

As of October 1st, UMass Memorial Health (UMMH) announced, Milford Regional Medical Center, inclusive of Milford Regional Physician Group and its employees, are now formally part of the UMMH system. Milford Regional Medical Center's name is now officially UMass Memorial Health – Milford Regional Medical Center.

“We welcome Milford Regional caregivers to the UMass Memorial Health family and look forward to supporting Milford Regional as it advances its commitment to providing exceptional healthcare services to the greater Milford community,” said Eric Dickson, MD, President and CEO of UMass Memorial Health.

UMass Memorial welcomes approximately 2,500 Milford Regional employees and providers, which grows the system to more than 20,000 caregivers. Ed Kelly, President of Milford Regional, will continue his role and will join UMass Memorial

Health's senior leadership team.

“This is the right time and the right partner to pave the path for our promising future,” said Kelly, who explained further that UMMH and Milford Regional began their collaboration in 1991 when Milford Regional Medical Center became the first hospital to clinically affiliate with UMass Memorial Medical Center. “Since then, many additional clinical and educational programs have been created with UMMH to bolster the level of care offered to the greater Milford community ...”

The affiliation will preserve Milford Regional's existing clinical relationships with other academic medical centers, says Kelly.

To learn more about the corporate affiliation between UMass Memorial Health and Milford Regional, visit <https://www.milfordregional.org/about-us/umass-memorial-health-affiliation/>.

Save the Date for Sundaes with Santa -December 14th

The Bellingham Women of Today are having their annual Santa visit with some changes coming up in December. Ice cream sundaes instead of muffins! There will be ice cream sundaes with lots of toppings and other treats. Meet Santa, take photos, and have fun at our free craft table. Plus, raffles and prizes.

Saturday, December 14th, 2024, 12-2:30 p.m.

St. Blaise Church Hall
1158 South Main St. Bellingham, MA 02019

More information will be in the December *Bulletin*.

St. Blaise Country Christmas Fair Set for December 7th

The St. Blaise Holy Crafters (maybe with a little help from Santa's elves) are working hard to handcraft many beautiful items in the Parish Hall and the homes of crafters in Bellingham.

They are creating unique gifts such as afghans, Christmas decorations, religious items, Christmas gift baskets, jewelry, etc. All of these will be displayed in the Country Store for purchase during the St. Blaise Christmas Country Fair, December 7, from 9 a.m. to 3 p.m. There will also be food items for sale, like homemade soups and chili in a jar (just add meat and water),

Reindeer Chow, artisan breads, handcrafted chocolate and other treats at the country store. Kids (of any age) can buy a prefilled penny candy bag for 50 cents. Everyone can stop by for a free bag of popcorn! There will be other handmade items for purchase, like key rings, bookmarks, tissue holders, bible covers, at the Craft table too.

The kitchen will be open from 10 a.m. to 2 p.m. with lunch choices like hamburgers, hot dogs, chili, dynamites, and other favorite foods and drinks.

A variety of breads, muffins, cookies, cakes, and pies from the

St. Blaise Sweet Shoppe will be ready to enjoy as breakfast or dessert at the Fair or packaged to take as gifts.

There will be old favorites and new kids' games with prizes displayed with each game in a Kids Zone. The main raffle table, lottery ticket raffle, and the adults' Card Game will also make their return.

According to a trusted source, the man of the season, Santa will arrive at 10 a.m.! All who are at the Fair can make their Christmas gift requests until 2 p.m. and also take a picture with him!

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PARENT/CHILD **PRE-K**




GRADE SCHOOL **PARTIES AND MORE**

November Is Family Caregiver AND Alzheimer's Awareness Month

By J.D. O'GARA

According to the Alzheimer's Association of America (www.alz.org), November is National Caregiver Awareness Month, while the Alzheimer's Foundation of America (www.alzfdn.org) recognizes this month as Alzheimer's Awareness Month. Alzheimer's disease is a degenerative brain disease, the most common cause of dementia, according to the Alzheimer's Association, while dementia is not a specific disease, but an overall term that describes a group of symptoms. One thing is certain, caregiving and Alzheimer's go hand-in-hand, and there are local supports for people struggling with the disease and those caring for them.

"Create Your Own Sunshine!" is the logo of Franklin Senior Center's Sunshine Club, a supportive day program for people with mild to moderate dementia, cognitive decline or

social isolation. Ariel Doggett, Program and Volunteer Coordinator, talked about the Sunshine Club at Franklin Senior Center.

"We're the only full day five-day program in the area – a social day program, not a medical model," Doggett explains adding that the supportive day program "provides respite for the caregiver, while the loved one is in a safe supportive, engaging program." Members of the Sunshine club make friends, because the routine, which includes games, music, and physical activity, becomes familiar to them.

"Overall, caregivers love it," says Doggett. "The program gives caregiver a break. They don't have to worry about their loved one from 9 – 3 during the day (Monday through Friday)." While participants come home happy, caregivers have had a respite to work, go grocery shopping, or simply participate in

daily activities they are unable to do while caring for their loved one.

"We're finding that a lot of family members are taking on the responsibilities of their aging parents," says Doggett, "Dementia numbers are skyrocketing, and they're finding a link between COVID and dementia," says Doggett.

Also, he says with the cost of living so high, unless the loved one has long-term care insurance, caregivers are deciding to keep family members with diseases like Alzheimer's home longer to ensure they have enough funds to live the rest of their life in a facility when and if they do enter one. "More care is involved," says Doggett, who says the demographics of caregivers she sees are trending younger, "We're seeing people with parents at home and kids in school. Caregivers are burnt out ... it's exhausting."

Leona Montville, a retired nurse who works in Bellingham Senior Center's Supportive Day Program, echoes what Doggett says. "I really think there's a definite need for this program. I know that there are a lot of people with family members in the home trying to keep them at home as long as they can. (Supportive Day) gives them a break, as most of them have some form of dementia. We give them a few hours to do what they need to do, and it is also an outlet for the family members, to have something different to do."

Caregiving itself takes a toll, and more Americans will be taking the stress on as the population ages.

According to an Urban Institute analysis of U.S. Census figures, the number of Americans ages 65 and older will double to 80 million in 2040, while number of adults ages 85+, those who need the most help with basic personal care, will have quadrupled from 2000 to 2040.

Although the median cost of full-time in-home care (\$5,200 a month) is less than nursing home care (\$9,034 a month) according to A Place for Mom's 2023 Cost of Long-Term Care and Senior Living report, that cost is difficult to bear for those without

10 Early Warning Signs & Symptoms of Alzheimer's & Dementia

- Memory loss that disrupts daily life.
- Challenges in planning or solving problems.
- Difficulty completing familiar tasks
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality

Source: Alzheimer's Association, see www.alz.org for further explanation of these warning signs.

long-term care insurance or a lot of assets. 82% of caregivers reported their physical, mental, and financial well-being is at risk, with a large majority putting their parents' needs above their own. The study found the average family caregiver is 50 years old; with 20% of caregivers over 65. A majority (61%) are women. Most (96%) of family caregivers feel emotionally drained from the day-to-day challenges of caregiving, and 75% who were employed prior to assuming the caregiver role said they have less time to focus on work or have had to quit their jobs altogether to provide care.

Bellingham's Supportive Day program is open 9 am - 3 pm, Monday, Wednesday, and Friday. Income-eligible clients may be able to attend our program with some assistance from Tri-Valley Elder Services, Inc. The program includes a continental breakfast, lunch and afternoon snack. Transportation is available at no additional cost to Bellingham residents. For out-of-town members, transportation is made on a case-by-case basis. For more information, please contact Marjorie Warnick, Supportive Day Program Coordinator, at (508)657-2711.

For information on Franklin Senior Center's Supportive Day program, call (508) 520-4945. The Franklin Senior Center also offers a Memory café on the third Wednesday of the month at 1 p.m. for those with memory

loss and their caregivers. In addition, they offer an

Alzheimer's Support Group for caregivers providing to their loved ones with Alzheimer's or dementia on the second and fourth Wednesday of the month at 4 p.m., as well as a more general Caregiver Support Group that meets the first Thursday of the month at 1 p.m.

For a good place to begin, caregivers in Massachusetts can check out the Family Caregiver Support Program (<https://www.mass.gov/info-details/family-caregiver-support-program>) which connects non-paid caregivers or adult family members, age 18+ who care for individuals age 60+ or any individual living with Alzheimer's disease or related dementia. The program pairs the caregiver with a Caregiver Specialist who provides information and other means of support to family caregivers, helping them create a customized plan.

For those on Medicaid, the Massachusetts Home Care Program (HCP)

<https://www.mass.gov/in-home-services> assists elderly persons to remain living at home or within the community. This program allows certain family members to be hired and paid as the personal care provider. Visit the website or contact Massachusetts Executive Office of Elder Affairs: 800-243-4636, or Massachusetts Age Info: 1-800-243-4636.



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Bellingham Public Schools Administrator Jessica Lorenz Earns PLTW Award

Bellingham Public Schools PLTW District administrator Jessica Lorenz is one of only 27 administrators across the U.S. to earn the 2024-2025 Outstanding PLTW Administrator award, which recognizes outstanding educational leaders for their commitment to providing students with meaningful learning experiences through Project Lead The Way (PLTW) programs.

PLTW is honoring Jessica Lorenz for her work in the PLTW Launch, Gateway, Computer Science, Engineering & Biomedical Science pathways. Mrs. Lorenz has been an administrator in Bellingham for six years.

“I have a passion for science education, and I am thrilled that Bellingham has been collaborating as a PreK-12 team over the last five years to ensure that every student in Bellingham has access to this fantastic curriculum that empowers PreK-12 students to discover through exploring, imagining and design solutions to real-world challenges,” said Jessica Lorenz

Bellingham Public Schools now offer PLTW programs in every building, from PreK to 12th grade, with three pathways—Engineering, Biomedical Sciences, and Computer Science—available at Bellingham

High School. These programs provide students with real-world opportunities and support their aspirations of either entering the workforce directly after graduation or attending college or university.

“One of the most important things we do at Project Lead The Way is recognize and celebrate impactful teaching and learning. Educators across our network are helping students become engaged in their learning, while preparing them for careers and their future,” said Dr. David Dimmett, PLTW President and CEO. “We recognize their exceptional leadership and congratulate them for

making an impact, not only on their students, but within their school communities.”

Each year PLTW honors outstanding teachers and administrators from across the network who play an immeasurable role in preparing students to thrive in college, future careers and beyond. Learn more about the PLTW National Awards at www.pltw.org/experience-pltw/national-awards/national-awards

About PLTW

Project Lead The Way (PLTW) equips PreK-12 students for a STEM-driven world with teacher-empowered curriculum

in computer science, engineering, biomedical science, and more. For over 25 years, PLTW’s curriculum coupled with its best-in-class professional development has supported teachers in creating an environment to make every student STEM successful. As a national nonprofit organization, PLTW is proud to reach 2.5 million students in elementary, middle, and high schools in all 50 states. With over 100,000 trained teachers nationwide, PLTW brings relevant, hands-on learning to classrooms across the country. For more information on PLTW, visit pltw.org.

Santa is Coming to Town

Once again, Santa will take to the streets in Bellingham on Friday November 29th, Saturday November 30th, and Sunday December 1st. A photographer will be on-hand at each stop to take photos with Santa for a \$5 donation to the Loaves and Fishes Food Pantry. Of course, all

are welcome to take selfies with Santa.

Below is the list of stops Santa will be making around Bellingham this year. You can follow Santa’s progress on the Bellingham Lions Facebook page as the elves will be making real-time updates to track Santa’s route

and approximate times of when he will be arriving at each stop. Santa will have donation boxes on board his sleigh for any families wishing to donate to Loaves and Fishes Food Pantry to help those in need this holiday season.

November 29th	November 30th	December 1st
28 Blackstone Street (11:00 AM)	28 Blackstone Street (11:00 AM)	28 Blackstone Street (11:00 AM)
Bellwood Circle & Mendon Street (Pull in and turn around)	Susan Lane & Sharon Ave	Debra Lane (cul de sac)
Main Avenue & 4th Avenue	20 Lizotte Drive	46 Saddleback Hill Rd
115 N. Main St (Oakwood Apts) (Pull in and turn around)	Elaine Cir (cul de sac)	Roberta Ln & Steven Rd
151 N. Main Street	6 Ernie Drive (cul de sac)	Lynn Ct (cul de sac)
The Charles (Formerly Jefferson)	(Pull in and turn around)	Silver Ave & Brion Rd
Paul Road & RuthEllen Road	37 Deer Run Rd	Candlelight Lane & Silver Lake Rd
Stella Road & Sheila Drive	Muron Ave & Pinegrove Ave	70 Highridge Rd (Sportsmen Side)
Annmarie Dr & Caroline Dr	12 Pine Acres Dr	11 Rhodes Way
Caroline Drive & Lisa Ann Drive	24 Rakeville Circle	38 Highridge Rd
Lisa Ann Drive & Theresa Drive	9 Fairway Drive	11 Highridge Rd
Lisa Ann Drive & Nason Street	11 Acorn St	13 Sandcastle Lane
Nason Street & Bruce Road	Central Street & Winter Street	323 Maple Brook Road
20 Monique Dr	Essex Street	Maple Brook Rd & Old Bridge Ln
15 Walter Morse Road	(Behind Grumpy’s)	161 Mechanic St (The Curtis)
Barret Lane & Hixon Street	45 Elvira Street	Pull in and take a left (Stop in front of Main Office)
7 Phillip Drive	Bellstone Drive & Elm Street	70 Stonehedge Road
Cedar Hill Road & Arrowhead Road	Laurel Lane & Little Tree Road	33 Ray Avenue
4 Cedar Hill Road	40 Fox Run Road	John Alden Road & Plymouth Road
Rawson Road & Sagamore Road	33 Whitehall Way	Plymouth Road & Arapahoe Road
13 Deerfield Lane	(Front of Mailboxes)	Arapahoe Road & Apache Road
	57 Whitehall Way	10 Caryville Crossing
	Partridge Trail and Pheasant Hill Rd	
	Indian Run Road & Buffy Road	


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Bellingham Garden Club Has a Busy Fall

What has the Bellingham Garden Club been up to?

Again, this season, the Bellingham Garden Club has enjoyed donating fresh produce and food supplies to the local food pantry in Upton, "People First." (Our 3rd year doing so.)

In our wonderful Podcast called "Garden Tea Talk," we visited and interviewed a biologist who discussed important information and congressional and local support needed for the North Attleboro Fish Hatchery and Pollinator Garden. Garden Tea Talk Podcast episodes are available to listen to for free on our website, <https://bellinghamgardenclubofma.com/>, and the public is welcome to sign up for earlier enjoyable listening by signing our Podcast Member list. The September episodes are about the hatchery, especially episodes 5, 7, and 8.

Our club just finished its fall beautification project on October 19th at Daigle Way in Bellingham, adding some NEW lovely colorful Mums, Ornamental Peppers and sprucing



In mid-October, the garden club planted fresh fall mums and other ornamentals donated by Home Depot at Daigle Way.

up the other florals planted last Spring. A big thanks to Home Depot's Garden Manager for his help in donating some florals adding to our own.



Recently, the focus of Bellingham Garden Club of MA's podcast, "Garden Tea Talk," has focused on ways to support the North Attleboro Fish Hatchery and Pollinator Garden.



In September, the Bellingham Garden Club donated fresh produce to the People First Food Pantry in Upton for the third year.

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Norfolk County Sheriff Partners with Coats for Kids & Families

Sheriff Patrick W. McDermott has announced the Norfolk County Sheriff's Office is partnering with Coats for Kids & Families to help thousands of people who may not have access to winter coats as the colder weather starts to settle in.



"With the chill in the air, we are all digging through closets for that perfect coat to keep us warm," said Sheriff McDermott. "As you find yourself searching, please consider donating any children's or adult winter coats you no longer need... We will have collections bins in the lobbies of our Correctional Facility in Dedham and our Civil Process office in Quincy ... through Friday, November 8th."

Friday, November 8th between 8:30 a.m. - 4:30 p.m. The Civil Service Office is located at 1255 Hancock Street, Quincy, MA.

The coats will be professionally cleaned by Anton's Cleaners and given to local nonprofits, social service agencies, and schools for distribution in Norfolk County and beyond.

Drop-offs at the Dedham facility will be accepted 7 days a week through Nov. 8th between 7 a.m. - 8 p.m. The Dedham facility is located at 200 West Street, Dedham, MA. Drop-offs at the Quincy Civil Service Office will be accepted Monday-Friday from Friday, October 11th through

Coats for Kids & Families has collected, cleaned, and distributed 1,810,839 free coats at more than 70 collection locations and events since the program began in 1995



Bellingham DPW - Fall Leaf Cleanup Best Practices



Fallen leaves contain a natural element commonly found in lawn fertilizer, known as phosphorous. Because of this, leaves that fall on your lawn should **never** be dumped in a creek, stream, river or storm drain. Decaying leaves use up the water's oxygen that will harm aquatic life.

How to dispose of yard waste.

- **Never dump** leaves, grass clippings or yard waste in wetlands or waterways. It is harmful and will hurt the environment!
- Keep paved roadways and storm drains clear of leaves. Do not blow across any roadways.
- Residents can utilize the yard waste area at the Town Recycling Center to dispose of leaves, grass clippings, brush & branches.
- Residents can put out the leaf bags on the Saturday following their recycling weeks. For 2024, if your normal trash day is Mon., Tues., Wed. **November 2nd** is your day. For trash days on *Thurs.* and *Fri.* your pick-up day is **November 16th**.
- Where can I buy leaf bags? They can be purchased at most grocery stores and hardware stores.
- Home composting methods should be as far away from wetlands and storm drains as possible. Also consider using a mulching mower and leave on your lawn as a natural fertilizer.

- Consider adopting a storm drain.
- Please clean a storm drain near you.
- Clear pine needles and leaves from the drains area or curb.



Bellingham Public Library News & Events for November

Please visit www.bellinghamlibrary.org. View the library calendar at <https://bit.ly/3xMECCt>

Closed Monday, November 11th for Veterans Day, closing at 1 p.m. on Wednesday, November 27th, and closed on Thursday, November 28th for Thanksgiving

Highlighted Programs

Gnome-venber Family Craft – Friday, November 8th. Join us from 3:30-4:30 p.m., make and decorate your own miniature gnome! Please register.

Town of Bellingham Veterans Day Ceremony – Monday, November 11th at 11 a.m. The library is closed but will be hosting the town's Annual Veterans Day Ceremony.

Giant Candyland – Thursday, November 21st at 10 a.m. Drop in until 11:30 a.m.!

The First Bellingham Local Author Expo – Saturday November 16th from 9:30 a.m. to 1:30 p.m. The focus of this Expo is to highlight the works of authors from Bellingham and our neighboring towns, as well as work of the members of the Bellingham Writers Group.

Bellingham authors may still register at: <https://shorturl.at/jc8Kd>

Our Keynote Speaker for the event is Ted Reinstein of WCVB's Chronicle. Ted will speak about his new book, *Travels through the Heart & Soul of New England: Stories of Struggle, Resilience, and Triumph* and will also facilitate panel discussions with local authors on the following topics: The Writing Process and Publishing (traditional and self-publishing).

As of the deadline for this publication, the authors scheduled to participate include: Julien Ayotte, Amy Bartelloni, Donald M. Bellunduno, Charles Brucato, SherryAnn Byron, Phyllis Calvey, JM Celi, Janis Robinson Daly, Endlyn, Bill Gannon, Jean M. Grant, Colleen K. Hendry, Marjorie Turner Hollman, Tilia Klebenov Jacobs, Kay Lock Kolp, Renee Kurilla, Jane Lebak, Emily Malaquias, Kristi Mahoney, JT Maxwell, Ted Reinstein, Katelyn Schoumaker, Janet Raye Stevens, and The Write Stuff (Bellingham Library's Kids Writing Club).

Participating authors will donate 10% of the proceeds of any sales that day to the Friends of the Library, so stock up on their books, support your local authors AND benefit the Friends of the Library!

Here is the schedule. Check the library for further details!

9:30-10:15 a.m.

Meet the Authors

10:15-11 a.m.

Keynote by Ted Reinstein

11-11:30 a.m.

Meet more Authors!

11:30 a.m. to 12 p.m.

The Writing Process Panel Discussion

12-12:30 p.m.

Meet even more Authors!

12:30-1 p.m.

Publishing (traditional and self-publishing) Panel Discussion

1-1:30 p.m.

Last chance to Meet Authors!

1:30-1:45 p.m.

Meet the Bellingham Writers Group!

Ongoing Children's Programs

The Baby Bunch – Mondays at 9:30 a.m., for infants 0-18 months and their caregivers

Ring a Ding – Mondays & Thursdays at 10:15 a.m., no class on 11/21.

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

Sensory Story Time – Tuesdays at 10:15 a.m. For children ages 2-5 of all abilities (younger siblings always welcome). Please register for each session.

First Saturday Family Fun – Saturday, November 2nd at 11 a.m.-noon. Family craft. This month's theme will be dinosaurs! Drop in!

Adult/Child Book Club – For kids in grades 1-3, 4-6 or 6-9 and an adult in their life who loves to read. Meets monthly. Those in grades 1-3 should contact Melissa Denham, mdenham@cwmar.org, grades 4-6 should contact Amanda MacLure, amaclure@cwmar.org, and 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.
- The Teen Room is open for grades 7-12 from 2-4:45 p.m.

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

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

Adult Programs

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

Our upcoming titles are:
November: *The Measure* by Nikki Erlick

December: *Remarkably Bright Creatures* by Shelby Van Pelt

Yoga for the Seasons – Fall into Yoga

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

Knitting & Needle Night – Wednesdays at 6 p.m. All skill levels welcome. Please bring your own materials. No registration.

Writing Group for Adults – Tuesday, November 12th at 6:30 p.m. - Local area writers Amy Bartelloni and Marjorie Turner Hollman welcome you to hear what local writers are working on and share what you are working on. Works of fiction or non-fiction are welcome. Reading limit is 9 minutes per reader, with a brief opportunity for positive, personal comments only. To participate contact Marjorie Turner Hollman at marjorie@marjorie-turner.com.

Friends of the Library Monthly Meeting – Tuesday, November 12th at 7 p.m.

Email library@bellinghamlibrary.org for Zoom link.

Library Board of Trustees Meeting – Thursday, November 14th at 7 p.m. in the Conference Room.

Virtual Ask-A-Lawyer Program with Attorney Brian T. Salisbury – Monday, November 18th, free 20-minute appointments 5 p.m.-7:30 p.m. Local attorney Brian T. Salisbury of the law firm Doherty, Dugan, Cannon, Raymond & Weil, PC will meet with you through Zoom to discuss any

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legal questions you may have. Register to receive the Zoom link close to the appointment date. Please note: 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://library.org/bellingham>
Thursday, November 7th at 7 p.m. – A Navajo Investigators Search for the Unexplained: In Conversation with Stanley Milford, Jr.
- Saturday, November 9th at 2 p.m. – Event in Spanish - evento en español- Sobre la migración infantil desde Centroamérica--En conversación con Javier Zamora
- Thursday, November 14th at 4 p.m. – On Childhood Migration from Central America: In Conversation with Javier Zamora
- Wednesday, November 20th at 7 p.m. – Native Rights & Culture in Fiction: A Conversation with Mona Susan Power

MetroWest Boston Visitors Bureau Announces Grant Program

The MetroWest Boston Visitors Bureau (MBVB), located in Framingham, announced that their annual mini grant program is now accepting applications. Designed for marketing and advertising projects that will promote tourism in MetroWest, grants from \$1,000 to \$10,000 each are available. The MBVB will consider applications for projects devoted to marketing a MetroWest event, attraction, restaurant, shop, or cultural or recreational offering. The applicant does not need to be a 501(c)3 charitable organization,



but must be based in one of the 19 towns that comprise MetroWest or be devoted to attracting potential visitors to those 19 towns.

Eligible projects include brochures and other printed collateral; print, TV, radio, outdoor or online advertising; and web-

sites. Advertising in the Bureau's co-op advertising program is also eligible. The marketing project must be targeted, at least partially, at potential visitors who live more than 50 miles from the event or business location. Non-profit organizations are eligible to apply for 25% of

their campaign, up to \$10,000. For-profit businesses are eligible to apply for 10% of their campaign, also up to \$10,000. Grant applications can be submitted at www.bit.ly/FY25minigrant and will be reviewed on a rolling basis from now until December 1. Awarded grant funds must be spent prior to June 30, 2025.

For questions, or to discuss your project idea prior to submitting an application, please contact MBVB Executive Director Stacey David at sdavid@metrowestvisitors.org.

Tri-County Regional Chamber to Host Black & White Night Fundraiser

The Tri-County Regional Chamber will host a fun night full of rock & roll, great food, an exciting auction during its major fundraiser, "Black & White

Night," on November 23, from 6-10 p.m. Dress attire is black and white. Go all out or keep it casual. Find out more at www.tricountychamberma.org.

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SAFE Coalition to Present Program November 7th

On November 7, SAFE will present a screening of Lisa Olivieri's documentary, Recovery City at the SAFE Office, 31 Hayward St, Franklin. Doors open at 5:30 p.m., and the film screening will take place at 6:30 p.m., followed by discussion with Olivieri and the four women featured in the film who share their substance use recovery journeys.

Recovery City is an intimate, unflinching portrait of four women refusing to let themselves or their community give in to the stigma and despair of addiction. Set in Worcester, MA, the film follows the lives of women reflecting different facets of addiction and recovery.

Ribbons for Recovery art installation also on display at this event! Presented by FIRST Steps Together (<https://capecodchildrensplace.com/family-support/first-steps-together/>) with the Cape Cod Children's Place (<https://capecodchildrensplace.com/>), Ribbons for Recovery



uses material art to reveal the many paths taken toward recovery and the effort it takes to continue the journey.

Registration required and seating is limited: www.tinyurl.com/saferc

Upcoming SAFE Narcan Training, Events, Programs

Nov. 1 & Dec. 2

Free community Narcan trainings.

- Norfolk Public Library, 9–10 a.m.
- Medway Public Library, 10:30–11 a.m.
- Wrentham Public Library, 11:30 a.m.–noon

SAFE can also schedule 1-on-1 Narcan trainings or bring training to your organization/group. Email info@safecoalitionma.org to schedule.

Nov. 7

6:30 p.m. at SAFE: Recovery City documentary screening and Q&A. Registration required: www.tinyurl.com/saferc

- Doors open at 5:30 p.m. for viewing of Ribbons of Recovery art installation. Presented by FIRST Steps Together with the Cape Cod Children's Place, Ribbons for Recovery uses material art to reveal the many paths taken toward recovery and the effort it takes to continue the journey.
- 6:30 p.m. Screening of Recovery City
- 8:15 p.m. Q&A with director Lisa Olivieri and the four women featured in the film.

Nov. 12

6–7 p.m. Diaper drive hosted by Girl Scout Daisy Troop #63341 at SAFE (31 Hayward St., Suite 2C, in Franklin). Help troop #63341 earn their Considerate and Caring badge by donating to SAFE's diaper bank, which provides diapers to those in need.

Dec. 3

Save the date! Giving Tuesday is Dec. 3. SAFE's free support groups, youth preventative

and diversion programming, 1-on-1 support, public presentations, and more are 100% donation and grant funded. Donate to SAFE on Giving Tuesday to show your support and help sustain and expand these community resources. Donate by sending a text with the message Give2SAFE to 50155 or visit www.safecoalitionma.org/donate

Weekly Support Groups and Programming.

Visit www.safecoalitionma.org or email info@safecoalitionma.org for more info.

- Mondays, 7–8 p.m., The Ripple Effect, sibling support group, online
- Tuesdays, 6:30–8:30 p.m., Families Anonymous, at SAFE & online
- 2nd & 4th Thursdays, 6:30–7:30 p.m., Grandparents Raising Grandchildren, at Bernon Branch YMCA & online
- Fridays, 8:30 a.m.–noon, SAFE Café, a time for anyone to stop by SAFE for community, support, and resources; at SAFE.
- Saturdays, 8:30–10 a.m., Trauma-informed yoga, at SAFE. Registration required: www.tinyurl.com/safeyogareg

Youth Programs

Visit www.safecoalitionma.org or email info@safecoalitionma.org to refer a teen.

- Tuesday–Thursday, Up in Smoke, weekly 3-day substance use diversion program
- Wednesdays, WhyTry, substance use prevention program

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Bellingham Business Association Thanks Golf Tournament Sponsors

The Bellingham Business Association held its 20th annual Scholarship Golf Tournament on September 16th at Wentworth Hills Country Club in Plainville. This event allows the organization to award two-\$1500 scholarships to two graduating seniors from Bellingham. The biggest raffle that the group has ever had took place at the same time.

The 1st place prize went to the team of Shefali Desai, Atul Desai, Moises Dias and Sem Aykanian. The 2nd place prize went to the team of Nate Moreland, Erin Moreland, Andy DeVita and Jesse Boyd.

The 1st place women's team included Sharon Corsi, Kimberly Billeri, Cathy Collins and Colleen Simoneau. Longest drive winners were Johnny Khoury and Emily Ryan. Closest to the pin winners were Cathy Laplante and Andy DeVita. All golfers landing on the green on hole #17 received a lottery ticket.

A special raffle was held for 300 - \$1.00 lottery tickets donated by Larry's Liquors and the winner was Brook Harribine.

The BBA would like to extend a big thank you to our GOLD SPONSORS - CBJ Environmental, Middlesex Savings Bank and US Bank. The SILVER SPONSORS were Asphalt Engineering, Bellingham

Dairy Queen, Charles River Bank, Dean Bank, Mass Renewables, and the Ranieri-Bertonazzi Team of Coldwell Banker Realty. The BRONZE SPONSORS included All Star Press, Antron Engineering, Circle CG Farm Campground, Crystal Pool & Spa, Dunkin', JK Catering & Events, Larry's Liquors and PJ's Bar & Grill/Smoke N' Grill.

The following businesses and individuals sponsored holes, donated swag, prizes or gift certificates for the raffles.

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Sew & Vac, Market Basket, Marshall's Jewelers, MASSachusetts Real Estate Group, Mass Armament, Mass Renewables, Middlesex Savings Bank, Milford Auto Mall Sales & Services, MyFM Media 101.3, New Beauty Nail Lounge & Spa, New Beginnings Medical Massage, Nick Cerio's Kenpo, Ninety Nine Restaurant, Ostrander Insurance Agency, Outback Steakhouse, Output Management Group, Owen Financial Services, Pam's Diner, Paws & Claws Pet Grooming & Bakery, Pegasus Collectibles, Phil's Excavating, Piette Jewelers, PJ's Bar & Grill, Plum Tomato Pizzeria, Pool Pro & Spa, Primo Pizza, Rick Gemme, Rob & Linda Daley, Rockland Trust, Rocky's Ace Hardware, Rubber Chicken Comics, Savini's Pomodoro, Seafood Peddler, Sean F. Murphy CPA, Shelley Bakehouse, Silver Hanger Cleaners, Silver Lake Productions, Inc., Sol de Mexico, Stop & Shop Bellingham, Sue Ranieri/Melissa

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Co-Chairs Sue Grady and Sue Ranieri expressed sincere thanks to Wentworth Hills Country Club, and all the businesses and individuals for the continued support and generosity in helping to make this event another great success. The BBA looks forward to seeing everyone again in September 2025.

For more information on the Bellingham Business Association, visit www.bellinghambusinessassociation.org.

Fall Town Meeting November 20

7:30 p.m.
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BFCCPS Accepting Applications for 2025-2026 School Year

The Benjamin Franklin Classical Charter Public School (BFCCPS), located in Franklin, Massachusetts, has begun accepting applications for the upcoming 2025-2026 school year. BFCCPS is a regional public charter school for students in Kindergarten through Grade Eight. This year BFCCPS celebrates its 30th year of operation. The school was founded in 1995 and is one of the oldest and most successful charter schools in the state of Massachusetts.



Siblings of currently enrolled students will have priority enrollment status; thereafter applicants from communities in the school's district will have a chance at securing a spot for their child through the annual enrollment lottery to be held on February 24, 2025. Applicants from outside of the region (who reside within the state of Massachusetts) will be eligible for enrollment should additional spaces remain after all sibling and regional applicants have been placed.

The school provides a well-rounded, rigorous academic program designed to educate the whole child providing courses in art, music, languages, technology, and physical education. In addition to our core academic and co-curricular classes, students in Grade Six through Eight participate in weekly Classical Enrichment Courses and start Latin studies in Grade Six. Middle schoolers are also eligible to participate in our Spring Musical. Students in Grades 5-8 also have the opportunity to participate in overnight field trips each spring.

For the 2025-2026 school year, 100 spaces will be offered for Kindergarten and students at all other grade levels will receive a waiting list number. Offers for Grades One through Eight would be contingent upon currently enrolled students electing not to return next year.

Round trip bus transportation is available with bus stops currently in Bellingham, Blackstone,

Franklin, Norfolk, Mendon, Medway, Milford, Millis, Norfolk, and Wrentham.

BFCCPS alumni continue to excel during their attendance at local public high schools as well as independent high schools.

Please visit the school's website at www.bfccps.org for enrollment details, including applications. Enrollment information sessions and building tours will be held on January 11th and February 8 from 10am to noon. Please note that the enrollment period will come to a close on February 14, 2025 at 4 p.m.

To learn more about the educational mission of the school or for enrollment related questions,



please contact the school's Communication Coordinator, Joanne Basile at jbasile@bfccps.org or (508) 541-3434 x104.

their children by providing students with a classical academic education coupled with sound character development and community service. Our mission is supported by four distinct, yet interconnected pillars that provide for a collaborative, rigorous education for all students. These pillars guide, direct and define the school in all it does.

About the Benjamin Franklin Charter School

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Library Services of the Month – Programming

The Bellingham Public Library has a variety of programs for all ages! There are fun and educational programs for children, after school programs for middle schoolers and teens, as well as programs for adults. For more information about any of the library’s programs, see the library’s online calendar.

There are a number of ongoing programs for children, as well as special programs. For the youngest children, there are the following ongoing programs:

- Ring a Ding - fun time of songs, a story, instruments, and more!
- The Baby Bunch – a space for infants 0-18 months and their caregivers to play and socialize.
- Sensory Story & Play - for ages 2-5, involves a story, sensory activities, and open play.
- Alphabits - focuses on one letter of the alphabet each week, with stories, activities, and a craft.
- Read to Freedom - for any child facing reading challenges. Sign up to read to Freedom, a beautiful black Labrador Retriever. Freedom is a wonderful, calming partner to practice your

reading with!

- First Saturday Family Fun – family craft held on the first Saturday of every month.

For children in grades 4-6, there is an after-school program called After School Kids (ASK). Children come over to the library after school and play video games, board games, use Chromebooks, and do arts and crafts. Registration is required and first-time applicants are required to sign up in person.

Teen Room Activities, for grades 7-12, takes place in the Teen Room after school. Teens play on the Nintendo Switch and Xbox and use the computers. They also play board games and hang out with friends.

There are three Adult/Child book clubs, which are for kids and an adult in their life who loves to read. The three book clubs are for children in grades 1-3, 4-6, and 7-10. Each book club meets monthly. See the calendar for details and to register.

The library holds a number of ongoing programs for adults, as well as special events.

- Chat and Craft – come and at with other participants while working on a craft to take home. Chat and Craft will resume in December!

- Online Author Events are held several times a month, which are brought to you in partnership with the Library Speakers Consortium and are co-sponsored by the Friends of the Bellingham Library. There are a range of talks from bestselling authors and thought leaders. Registration required to get the Zoom link.
- Book Discussion Group - generally meets on the first Monday of the month at 6:30 p.m. The meeting is hybrid, so you can attend either in person or through Zoom.
- Writing Group meets on the second Tuesday of the month at 6:30 p.m., and anyone interested can email Marjorie Turner Hollman at Marjorie@marjorieturner.com .
- Yoga class meets on Tuesday mornings at 8:30 a.m. You must register for each class.
- Knitting & Needle Night (formerly known as Bell-

ingham Skein Artists Adult Knitting Group) meets every Wednesday at 6:00 pm, with all levels welcome. Anyone who enjoys knitting, crocheting, or any of the other fiber or needle arts are welcome to come. Please bring your own supplies.

- Ask a Lawyer - on the third Monday of each month, local attorney Brian T. Salisbury holds virtual 20-minute legal consultations through Zoom. Appointments are from 5:00 to 7:30 pm and you choose your appointment time when you register for the Zoom link.

Exciting News! Coming in January

English Conversation Group for Adults (age 16 and up)

For speakers of other languages who want to improve their English language skills. Watch the library’s calendar and the Bellingham Bulletin for dates and times.

To register for any programs that require registration, go to the library’s website at www.bellinghamlibrary.org and click on the Library Calendar and Events link.

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Berkshire Hathaway HomeServices Page Realty's Jennifer DeLuca Earns Accredited Buyer Representative (ABR®) Designation

Berkshire Hathaway HomeServices Page Realty is excited to announce that Jennifer DeLuca has earned the prestigious Accredited Buyer Representative (ABR®) designation through the National Association of REALTORS®. This achievement demonstrates Jennifer's dedication to elevating her expertise in working directly with homebuyers and ensuring a seamless and informed home-buying process for her clients.

The ABR® designation is awarded to real estate professionals who have committed to mastering the intricacies of representing buyer-clients in today's competitive market. With



this specialized training, Jennifer has gained valuable insights into the latest trends and issues facing homebuyers, further enhancing her ability to guide clients through every stage of the home-buying process.

"Achieving the ABR® designation allows me to offer even more value to my buyer-clients," said Jennifer DeLuca. "It's not just about finding the right property—it's about providing

the knowledge and support they need to make the best decisions for their future."

"We are incredibly proud of Jennifer's ongoing achievements," said broker/owner, Ellen Rao. "Her commitment to her clients and her pursuit of professional growth sets her apart, and we are fortunate to have her as a key member of our team." ability and longevity.



4th Annual Trivia Extravaganza November 17, 2024

Presented by Independent Order of Odd Fellows William F. Ray Lodge No. 71

William F. Ray Lodge No. 71, Franklin, MA Chapter will be hosting our fourth annual TRIVIA event to raise funds to allow our lodge to continue the longstanding Odd

Fellows tradition of giving back to the local community! The event will take place at the Bellingham Sportsman's Club,

360 Lake St., Bellingham, from 2-4:30 p.m. on November, 17, 2024. The event will consist of teams of up to 10 players. Cost is \$15 per person with pre-registration and \$20 at the door, cash bar at event. Entries at the door will be integrated into whatever team has space remaining

Team and individual pre-registration is required!

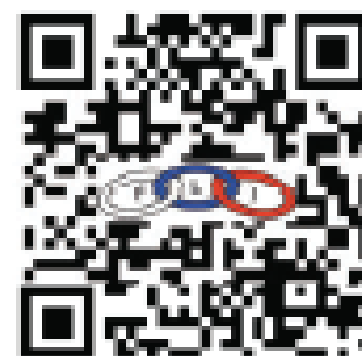
There will be raffles with prizes available. There will be a cash prize for 1st place,

Pre-Registration/Payment Link

<https://form.jotform.com/242596749662170>

If you cannot attend but would like to donate to help us further our cause, please feel free to scan this QR code to donate via Venmo. (this will be through our Lodge's Treasurer, Greg Mullen)

We would like to give a special thanks to the Bellingham Sportsman Club for providing the venue for this event!



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First Universalist Society in Franklin November Events

Chestnut Street Revue Variety Show

November 9, 2024, 7 to 9:30 p.m., \$10/person and \$25/family, Bake Sale at Intermission

The First Universalist Society in Franklin (FUSF) is pleased to announce the return of The Chestnut Street Revue. The FUSF Community prides itself on its musical and artistic talent. Don't miss this jam-packed evening of music, singing, dancing, and more! Something for all families and the young at heart to enjoy. Delicious treats from the Bake Sale Table made by our expert bakers will be available during intermission along with the opportunity to win unique treasures. For tickets and information, please go to FUSF.org and click on "Upcoming Events."

Special Sunday Service: Re-grounding Ourselves: Sunday, November 17, 10 a.m.

Feeling slightly unmoored by the relentlessly divisive election season? Join us on Sunday, November 17, as the FUSF Worship Committee offers a lay-led worship service of nature-based poetry and music to help all of us regroup and reconnect to the mystery and beauty of living in this world. We hope you will join us.

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

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Sports

Knox an Unsung Lineman for BHS Football Team

By KEN HAMWEY,
BULLETIN SPORTS WRITER

If the Tri Valley League presented unsung hero awards for its two divisions in football, Bellingham High's Hunter Knox would be a superb choice in the small division.

The 5-foot-11, 205-pound senior center, who also plays nose tackle, is a versatile competitor whose work ethic personifies a commitment to excellence. Blackhawks coach Dan Haddad is acutely aware of Knox's value, and he isn't afraid to use superlatives when referring to his two-way starter.

"Hunter can play all line positions on offense and defense," Haddad said. "He's one of the toughest and smartest football players I've ever been around. He practices and plays at 110 percent every day, and his attitude is tremendous."

A top-notch student, Knox is a team-first player who cherishes competing more than personal statistics.

"I'm pleased I get the opportunity to play," Knox emphasized. "Someone's got to block and tackle. It's not about notice, it's about competing. When we're losing, I never get down or lose hope. It's all about striving to be the best you can be and know that there's always another week to bounce back."



Hunter Knox (58) can play any position on the offensive or defensive line.

Last year was symbolic of the bounce-back Knox mentioned. Playing guard on offense, he was one of the key contributors who sparked the Blackhawks after they lost their first three games. The players rolled up their sleeves, went unbeaten in the TVL's Small Division and won that championship.

"That's been the top thrill of my career," Knox said. "We beat Norton on Thanksgiving, 20-13. If we had lost, we would have finished in a three-way tie for the title. Our offensive line blocked well, and I was glad to be part of that. Our blocking helped to get the three TDs."

Knox says the best game of



his career was this year's 21-0 loss to Westwood. Sounds like a strange choice, but not really.

"I was playing both ways and got my first sack," he noted. "I also had multiple tackles with three of them resulting in lost yardage. I get up for every game but I was really amped up for Westwood because I wanted us to get back to winning. We had lost to Ashland and I didn't want to lose two straight. I was hungry to turn things around."

At the Bulletin's deadline, BHS was 2-3, but Knox remains upbeat about the goals he set at the start of the season. His team objectives included daily improvement, a playoff berth and to repeat as small division champs. "It's been a slow start, but we can still bounce back."

No matter what happens as the season rolls along, Knox continues to compete relentlessly in the trenches in unsung fashion.

"On offense at center, I'm aggressive," he said. "Center is a challenging position, because my snaps have to match the cadence, and I've got to know who to block and assess if a blitz is

coming. Nose tackle is more analytical because it's about pursuit, instincts, being mentally quick and tackling effectively."

At the Bulletin's deadline, Knox had 34 tackles and 2 sacks.

Knox, who started playing football at age seven at the Pop Warner level, relies on a plethora of strengths. Haddad mentioned his work ethic, positive attitude and his versatility. But there's more. "I like to think my football IQ is high, my technique and skills are good, I've got speed, quickness and strength, and I'm coachable."

The 17-year-old Knox is quick to laud his teammates and two of them — Gabe Egan and Mason Jacques — have impressed him.

"Gabe is an undersized running back and some people doubt his ability," Knox said. "But, he's very dedicated and is physically and mentally tough. I respect him. Mason is a captain who's suffered two fractured collarbones the last two years. And, he missed our first four games this season. Nevertheless, he still displays great leadership on and off the field."

Haddad also gets high marks from Knox. "He's respected, he's patient and is a great teacher of the sport," Knox offered. "A very good motivator, he's loud at times but he gets his message across. His standards are high for both his players and his assistants."

The National Honor Society student plans on majoring in marine biology in college and would like to continue playing football.

Knox, who's a three-sport athlete, competes in wrestling and outdoor track. He wrestled last year in the 175-pound class, and he throws the discus and javelin in track.

"Whatever sport I'm involved with, my competitive philosophy includes winning, reaching my potential and having fun," Knox said. "What's important is that in my heart I go all out all the time."

Knox says that athletics have taught him some valuable life lessons. "I've learned to be a good teammate, how to lead, how to overcome adversity, to maintain a strong work ethic and to be accountable," he said.



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Sports

BHS Volleyball Team Sets Sights on State Title

By KEN HAMWEY,
BULLETIN SPORTS WRITER

When it comes to setting goals, players and coaches rarely list winning a state championship as a priority, even if it's entirely possible.

Coaches and players on contending teams usually express hope that a Final Four appearance will be in their future. That's about as specific as they get. But, at Bellingham High, coach Steve Mantegani knows what's on the minds of the girls who've propelled the volleyball team to a stunning 13-2 record at the Bulletin's deadline.

The prime reason the Blackhawks are thirsting for a date in the championship final stems from losing in the Division 4 state final to Ipswich, 3-2, after surrendering a 2-1 advantage after three sets.

"The girls don't always talk about a return to the final, but that's their top priority," said Mantegani. "There's some unfinished business to take care of. At start of this season, I set four goals, and they included getting better every day, go unbeaten in the Tri Valley League, repeat as the Small Division champs, and win the state title."

Last year's team compiled a 16-3 regular season record, then rolled to four tourney triumphs over South Lancaster Academy, Advanced Math and Science Academy, Rockland, and Frontier Regional. Mantegani emphasized that Ipswich was "a seasoned team that was heavily favored." By beating BHS, Ipswich captured its third straight state title.

The Blackhawks, however, lost only two starters from last year's team and a total of five seniors. This season, Mantegani has seven returnees with experience.

Relying on a tenacious defense, BHS is an aggressive bunch that enjoys applying pressure. Its overall team strengths are very impressive.

"Our strengths include a high volleyball IQ, speed and quickness, a high skill level, good ball control and quality leadership," Mantegani said. "Team chemistry is another asset. Our play-



Bellingham High coach Steve Mantegani with his captains, from left, Val Nolan, Taylor Callery, and Jacobi Houston.

ers all support each other. We're still young, but we've got experience."

The three captains include juniors Val Nolan (outside hitter) and Jacobi Houston (setter) and senior Taylor Callery (setter or right-side hitter).

"Our captains are dependable, and they lead by example," Mantegani said. Val is one of our primary hitters. A TVL Small Division all-star last year, she's a very good offensive player, and she's dynamic on defense. An athletic player who serves well, she gets her share of kills and digs. After 15 matches, Val had 138 kills, 54 aces, and 147 digs.

"Jacobi is the quarterback of our offense. She's got strong and steady hands and is scrappy. Quick to the ball, she knows how to push the ball anywhere on the court. Taylor has a high volleyball IQ, is versatile, has great en-

ergy, and stepped up as a hitter last year. A good server who's in her fifth varsity season, she brings lots of experience."

Sophia Soto, a sophomore libero, was the TVL Small Division's Most Valuable Player last year and a Metrowest Daily News all-star. "A great passer who takes control of the court, her instincts are strong," Mantegani said. "She's a superb server who ignites our offense. She also makes great decisions on defense. Through 15 matches, she had 40 aces and 251 digs."

Sophomore Mia Milani, an outside hitter, amassed four all-star honors last year (TVL, MAVCA, Boston Herald and Metrowest Daily News). "A powerful hitter, she's a strong passer who also blocks effectively," Mantegani said. "She doesn't shy away from the big moments. A physical player, she's one of the

best hitters in the state. Mia had 173 kills, 61 aces, and 130 digs after 15 matches."

Three other contributors are sophomores Mady DeOliveira (right-side hitter) and Caitlyn Hebert (middle hitter) and freshman Aubrey Callery (middle hitter).

"Mady is one of our most intelligent hitters," Mantegani said. "She understands what's needed in every moment. She's strong on

defense, versatile, and a very consistent competitor. Caitlyn is a strong hitter who jumps well and is a very capable blocker. Aubrey, who's getting stronger as a hitter, is a good server and blocker and a very level-headed competitor.

Rounding out the roster are seniors Kaidyn Shea and Kyla Cerone (both defensive specialists), sophomores Mia Bartucca (setter) and Lyla McGilvray (defensive specialist) and freshman Stephanie Painchaud (middle hitter). "This group is very coachable and ready to contribute when needed," Mantegani said.

Expectations for the team are high, and the 53-year-old Mantegani is acutely aware that if his forces are to advance deep into the playoffs "we must be peaking at the end of the regular season."

And, to win a state title, Mantegani believes there are three keys to complete the journey. "Practices must stress preparation, and they must be vigorous and hard," he said. "Another must is not to look ahead. To advance, it's one game at a time if a team is going to take the next step. And, players and coaches should know that anything can happen. An injury can occur, so it's important to be healthy. We compete with who we've got."

At the Bulletin's deadline, the Blackhawks fell short on going unbeaten in the TVL, losing to Medfield and Hopkinton with both defeats going five sets. Their other three goals were still attainable and winning the state title is still the top priority.

That heart-breaking exit from last year's playoffs hurt, but the returnees from last year's squad are intensely motivated to produce another lengthy run and end their season with a championship banner.

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Bellingham Senior Center Highlighted Events for November

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.

FREE VETS DINNER: The annual Veterans' Dinner at the Senior Center will be held on Saturday, November 9, at 5 p.m. There will be music by Ray Nault, and sub sandwiches from BJ's, plus macaroni salad, potato salad, regular salad, and make-your-own sundaes. Chips and drinks are included, too. Veterans eat for free. Everybody else is \$10. Please call (508) 966-0398 to reserve your seat at the table.

Tax Work-Off Program: Offer your professional services to the town to get up to \$1,700 off your annual property tax bill. Open to Bellingham residents 60+ years of age and qualified veterans of any age. The new program will begin on December 1. It will end on November 30, 2025. To sign up, please make an appointment with Melissa Paquette, on the lower level of the Municipal Building (508) 657-2801.

SPIRITUAL BOOK CLUB: Club meets via Zoom on Mondays at 9 a.m. Please call host Josie Dutil at (508) 657-2705 to join. This month: *The Gift — 14 Lessons to Save Your Life*.

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!

SHINE: Medicare Open Enrollment runs through December 7. This year, we will have both phone 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.

SAFE DRIVING: The third in a series of three programs is AAA's RoadWise course, on Thursday, November 14, from 9:30 a.m. – 2 p.m.

SHOW N' TELL: Bring something you're proud of, show it off, and then tell a bit about it. Might be a photo, or a medal, or something you made. Thursday, November 14 at 1 p.m.

FINANCIAL GOALS PLANNING EVENT: Your home is one of your largest investments in retirement. Yet, for many retirees and empty nesters, leveraging that equity is a challenge. Janet Childs, Realtor with Custom Home Realty, and Jason Factor, Senior Loan Officer from Movement Mortgage, share a variety of ideas that can fit within your financial plan and retirement goals. Free event will include snacks and prizes. Tuesday, November 19, at 11:30 a.m. Please call ahead.

MIKE DARDIS, SINGER: November 22 at 1 p.m. Join us for this popular singer!

TECH CONNECT: Editing and organizing photos on your iPad and iPhone will be the focus with KevTech, supported by a grant from the Bellingham Cultural Council.

Tuesday, November 5, at 1 p.m. Join us and please call ahead.



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- * New L-XL Clothing— winter hats, men's underwear, men's/women's gloves, socks, sweatshirts and sweatpants

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Hopkinton Center for the Arts Seeks Community Input

HCA is seeking feedback about the kind of live performance events you'd love to see at HCA in 2025. Your feedback is invaluable!

One lucky respondent will be selected in a random draw to win a free 4-pack of tickets towards any live HCA 2025 performance event (excluding fundraiser)!

Visit <https://tinyurl.com/HCAsurvey2025>

Please submit your responses by November 15, 2024.

Thank you!

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Children’s Museum of Franklin Shares Renderings of Planned Home

The Children’s Museum of Franklin, planned as a regional children’s museum, recently shared renderings of its plans for its permanent location at 157 Cottage Street, in Franklin.

The museum is being funded through generous donations from individuals and organizations across the region.

To learn more or to donate, visit www.childrensmuseum-franklin.org.



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Franklin Art Association to Feature Jerry Aissis November 6th

The Franklin Art Association invites the public to our Wednesday, November 6 meeting. We will warmly greet Guest Demo-Artist, Jerry Aissis, our fine-art painter for this month's public demonstration. He will be giving a water-based media event. Our free to the public meetings are held at the Franklin Senior Center at 6:30 p.m.

Jerry Aissis works on an art-



Curious Koi, Jerry Aissis, watercolor



Signs of Spring, Jerry Aissis, watercolor

related activity or a painting every day. He studied with Al Albrekston at the RI Watercolor Society where Jerry is now a watercolor instructor. His work is shown at the gallery at Patriot's Place, Foxboro. He enjoys painting landscapes and seascapes in a loose approach, avoiding too much detail. Bright, bold colors

are his passion. He feels his work can be recognized because of his love of bright colorings. He wants to be inspirational, saying, "There is inspiration all around you. Never stop looking. Never stop."

Jerry's work can be seen at, <https://www.artpal.com/jerryaissis>.



"Red Snow," Jerry Aissis

FAA welcomes the public to attend. Refreshments are served at the break.

There will be an ongoing sale of raffle tickets for our art raffle to raise money for our annual art scholarship which goes to a student choosing to continue their education in the study of the arts. Members are requested to donate work. Please come by to see

the wonderful creativity of local artists and support our scholarship fund.

The FAA is supported by the Massachusetts Cultural Council, the Franklin Cultural Council, Franklin Cultural District and www.franklinart.org. And we can be viewed on Franklin Matters, Facebook and Instagram.

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Calendar

November 2

Bellingham Senior Center Craft Fair, 9 a.m. – 3 p.m., Bellingham Senior Center, 40 Blackstone St., Bellingham

November 4

Book Discussion Group, 6:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham. In person or on Zoom. Contact Cecily Christensen, cchriste@cwmars.org. *The Measure* by Nikki Erlick

November 5

Presidential Election, 7 a.m.- 8 p.m., Bellingham High School Gymnasium

November 6

Annual Taste of Bellingham and Food Drive, 6-8 p.m., Bellingham Senior Center, 40 Blackstone St., Bellingham, www.bellinghambusinessassociation.org

Franklin Art Association meeting, 6:30 p.m., Franklin Senior Center, 10 Daniel McCahill St., Franklin, features Jerry Aissis, fine-art painter for demonstration on water-based.

November 7

Virtual Author Talks – 7 p.m., A Navajo Investigators Search for the Unexplained: In Conversation with Stanley Milford, Jr., to register, go to: <https://libraryc.org/bellinghamma>

Film screening, Recovery City by Lisa Olivieri, SAFE Coalition Office, 31 Hayward St, Franklin. Doors open 5:30 p.m., film screening at 6:30 p.m., followed by Q & A with Olivieri and the four women featured in the film who share their substance use recovery journeys. Ribbons for Recovery art installation will be on display.

November 8

Gnome-ember Family Craft, 3:30-4:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, please register to ensure enough materials

November 9

Franklin Newcomers 49th Annual Craft Fair, 9 a.m. – 3 p.m., Tri-County Regional Vocational Technical High School, 147 Pond St., Franklin, \$3 entrance for 12+ with funds going to community charities, juried craft fair, also accepting donations for Franklin Food Pantry at door

Virtual Author Talks – 2 p.m. – Event in Spanish - evento en español- Sobre la migración infantil desde Centroamérica--En conversación con Javier Zamora, to register, go to: <https://libraryc.org/bellinghamma>

First Universalist Society of Franklin Chestnut St. Review Variety Show, 7-9:30 p.m., *First Universalist Society, Franklin, 262 Chestnut Street, Franklin*, FUSF.org and click on “Upcoming Events.”

November 11

Town of Bellingham Veterans Day Ceremony, 11 a.m., Bellingham Public Library, 100 Blackstone St., Bellingham. Library will be closed, but open for ceremony.

November 12

Adult Writing Group, 6:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham

November 13

Blackstone Valley Regional Vocational Technical High School open house, 5:30 p.m. to 8 p.m., 65 Pleasant St., Upton, www.valleytech.k12.ma.us/admissionsopenhouse

November 14

Ladies of St. Anne Yankee Swap, 6 p.m., t. Blaise Parish, 1158 South Main St., Bellingham, bring a Christmas themed, wrapped gift, costing no more than \$25 (no sized clothing or food gifts please). All Bellingham women over 18 welcome

Virtual Author Talks, 4 p.m. – On Childhood Migration from Central America: In Conversation with Javier Zamora to register, go to: <https://libraryc.org/bellinghamma>

November 16

Bellingham Local Author Expo, 9:30 a.m. to 1:30 p.m., The focus of this Expo is to highlight the works of authors from Bellingham and our neighboring towns and the work of the members of the Bellingham Writers Group. Bellingham authors may still sign up at

<https://shorturl.at/jc8Kd> Keynote speaker is Ted Reinstein of WCVB’s “Chronicle”

November 17

Franklin Oddfellows Trivia Extravaganza, 2-4:30 p.m., Bellingham Sportsman’s Club, 360 Lake St., Bellingham, \$15 pre-registration, \$20 at door, <https://form.jotform.com/242596749662170>

November 20

Virtual Author Talks, 7 pm – Native Rights & Culture in Fiction: A Conversation with Mona Susan Power to register, go to: <https://libraryc.org/bellinghamma>

Bellingham Fall Town Meeting, 7:30 p.m., Bellingham High School gymnasium

November 21

Giant Candyland, 10 a.m., Come play a giant version of Candyland with us! No registration needed - Drop in until 11:30 a.m.!

November 22

Bellingham Women of Today Quarter Auction, 7-9:30 p.m., Bellingham Senior Center, 40 Blackstone St., Bellingham, MA, fundraiser for scholarship and other charities supported by BWOT, for info. bellinghamwomentoday@gmail.com or reach out on Facebook.

November 23

Ladies of St. Anne Bake Sale, following all masses, St. Blaise Parish, 1158 South Main St., Bellingham, supports scholarship program

November 24

Ladies of St. Anne Bake Sale, following all masses, St. Blaise Parish, 1158 South Main St., Bellingham, supports scholarship program

November 28

Happy Thanksgiving!

December 1

“Breakfast with Santa,” 8 a.m. to 12 p.m., Emily Letourneau Memorial Fundraiser for Boston Children’s Hospital, Saint Blaise Church, 1158 S. Main St., Bellingham

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- 1 1/2", 2 1/2"
- Multi-Color River Stone
- Multi-Color River Stone
- 3/8", 3/4" Blue Stone
- 3/4" Processed Gravel
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- 3/4" Crusher Run
- Washed Sand
- Mason/Pool Sand
- Stone Dust
- Blue Stone Dust
- Rip Rap
- Fill Clay/General
- Trench Sand