

Bellingham BULLETIN

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Bellingham's Favorite Hometown Newspaper

February 2025

Compassion in Action:

Cornerstone Farm and Rescue Provides a Lifeline for Animals in Need



Sally the Pigeon uses an engineered wheelchair to help her learn to walk at Cornerstone Farm and Rescue on Lake Street in Bellingham, which has over 100 animals in its care, from chickens and other birds to dogs, cats, goats, and even reptiles.

By Jennifer Russo

Longtime teacher Jodi Greenleaf and engineer Richard Johnson may look like any other couple you might walk by in the supermarket, but the truth is they just keep their angel wings tucked under their jackets. The couple are the owners and proprietors of Cornerstone Farm and Rescue, located on Lake Street in Bellingham, a place where animals who are injured or abandoned have found a safe haven to heal and be loved.

With over 100 animals currently in their care, which include many species of birds, a few goats, some cats (including former stray Jax, who is clearly the king of this castle), a couple of dogs, and even reptiles, Cornerstone provides an opportunity for transformation. It is a sanctuary for both domestic and wild animals who have been found hurt, abused, neglected, or are struggling in the wild for one reason or an-

COMPASSION

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Bellingham Falcon's 12U Pom Squad Takes Home National Win

10U Cheer Team Places Fifth

By Lisa Gentes-Hunt

For the second year in a row, the Bellingham Falcons Pom Squad came home cheering after capturing a national title in Florida this season.

WIN

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The Bellingham Falcons 12u Pom Squad participated in the American Youth Cheer National Championships in Orlando, Florida – beating seven other teams for the first-place trophy in their division. They are shown here at the state house with Rep. Mike Soter.

Photos courtesy of Tabitha McFall

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COMPASSION

continued from page 1

other. Through their tireless efforts and a deep commitment to helping the animals heal their physical or mental trauma, Cornerstone gives a second chance at a fulfilling life.

"We simply feel compelled to respond to any situation in which an animal is in need. It's a natural instinct for us, and we are not bystanders; we take swift action," shares Jodi. "We are filled with gratitude for the resilience of our animals, the compassion of our supporters, and the joy of every small victory."

The farm and rescue facility has an indoor aviary, with doves, parakeets, homing pigeons, and a bright green Indian Ringneck Parrot named Oliver, who was happily crunching on some lettuce when I arrived. The room also had a few Russian Tortoises, who didn't seem to mind the flutter of the birds around them. In various animal crates were also birds in recovery, from a beautiful and talkative chicken who was healing from a broken back to a pigeon with a severe neurological condition called

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Richard Johnson holds goat kid Cornelius, whom they were able to nurse back to health.

Torticollis, which makes it hard for her to move easily.

Outside is a large area with a barn, although half the barn was destroyed when a large tree limb fell on it back in 2023. Thankfully, no animals were inside when this happened, but Jodi and Richard are slowly rebuilding that space, hoping to complete it as soon as possible to mitigate the frigid winter months. They have a play area with a manger for goats and a huge enclosed outdoor housing area for their many chickens, roosters, and pigeons. There is also an old horse trailer left by the previous owner, which will be converted into a playhouse for the goats.



Jodi Greenleaf cradles a rescued hen for her checkup.

Additionally, the couple have become more self-sustaining, keeping beehives, an orchard with many kinds of fruit trees, and even a mealworm farm, all which help to provide food for animals in their care. They also receive donations of food from Elizabeth's Bagels, which are a nice treat for the birds. To help offset their costs, they also sell fresh honey, eggs, and other items from the farm.

Cornerstone has also partnered with PetSmart Charities, and pending some legal documentation that needs to be completed, should be able to soon use the adoption room at the North Attleboro store, enabling them to find forever homes for some of the cats and smaller animals they rescue. Addition-



One of Cornerstone's rescued Russian Tortoises enjoys a healthy snack.

ally, the shelter has what they call the Daisy Chain Pet Food Pantry, which is a storehouse of pet food meant to help support pet parents who need support in feeding their own animals due to hardship or other shelters who have immediate need.

Recently, Cornerstone has been helping to spread awareness and generating support for a cat hoarding situation that happened in Plainville, where over sixty cats were found living in squalor, as well as a few emaciated and abused dogs having been recently found abandoned in Wrentham. In response to their pleas for assistance, the couple received an influx of boxes from Amazon, with items ordered by those who desperately wanted to help.

"We are so incredibly grateful for everyone who has sent items to us — our hearts are so full and thankful to the generosity of our community, and we are so proud to be a part of it. Every donation matters and makes an enormous amount of difference," says Jodi.

Jodi and Richard passionately believe that we are responsible as humans to care for our planet and preserve its resources, including acting as custodians for and protecting our wild and domesticated animals. As the shelter continues to grow, so does its impact – offering hope and healing to many animals in need.

Cornerstone happily and gratefully accepts any donations that can help them care for their rescued animals. One of the greatest needs they have is bird-seed, as they go through around fifty pounds of it per day. If you would like to donate, any kind of birdseed is appreciated.

Cornerstone Farm and Rescue is located at 460 Lake Street in Bellingham. Learn more about them and the work they are doing on Facebook at Facebook.com/Cornerstone-FarmAndRescue or on their website at www.cornerstone-farmandrescue.org and the ways you can help bring hope to animals.

Jodi and Richard, for making our community a brighter place.

Herbert F Hunter, CPA

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BHS Operation Graduation Plans Fundraisers

Bellingham High School's Operation Graduation, an all-volunteer, donor-funded group that provides Bellingham High School graduates with a safe, drug and alcohol-free overnight party on the night of their graduation ceremony, is going strong in its 32nd year. The group has upcoming fundraisers:

Designer BINGO

On February 6, 2025, the group will hold Designer Bag BINGO at The Millerville Club, 8 Lloyd St., Blackstone, with doors opening at 5:30 p.m. and BINGO beginning at 6. Tickets are \$50 in advance; \$55 at the door, which includes 10 BINGO cards, snacks and desserts. Purchase through Venmo @BH-SOpGradMA, include player

name and comment "Bingo," or bring checks by Feb. 3 to the BHS Main Office, with ATTN: "OpGrad Bingo."

Superbowl Squares

Squares, \$20 apiece, may be purchased through Venmo @BHSOpGradMA, include name, email address and the # of squares. Once payment is received, those purchasing squares will be sent a password to collect the squares at https://superbowlsite.com/contest/569981

There are 8 chances to win, and the deadline to purchase is February 7th.

Upcoming in Spring -Flock a Friend!

For a \$20 donation, send a flock of pink flamingos to your



friends, family, or neighbors! The flock will migrate to their next location after four days. Recipients may have the flock removed sooner by making a \$10 donation. For details, email bhsmaopgrad@gmail.com or use the QR code accompanying this article.

From the Town Clerk

By now, you should have received your 2025 census and dog license forms in the mail. Please fill out and return the census forms as soon as possible to ensure you remain active on the voter rolls. This information is also used to keep accurate numbers for the state. If you have a dog, please complete and return the dog license forms as well, with an updated rabies form and check for \$15 per spayed/ neutered dog or \$20 per intact. Both forms can be mailed or dropped off at the Clerk's office or the blue bin in front of the Municipal Center. We're excited to announce that dog owners who are renewing and have upto-date rabies information can license their dog online through our new system. The link is on our website below

This month, I'd like to give special acknowledgement to our poll workers, who worked so hard to ensure the safety and reliability of our four elections last year. We're looking forward to the 2025 Local Town Election, the only election on our schedule for 2025 as of now. It will be held June 3, 2025 at the Bellingham High School, and preparations are already in progress. A list of offices up for election will be in March's Bulletin. Nomination papers will be available beginning March 11th. We encourage residents with questions to give our office a call at (508) 657-2830 or refer to our website at www.bellinghamma.org/384/ Town-Clerk.

AMY BARTELLONI INTERIM TOWN CLERK

Ladies Honor St. Anne

The Ladies first meeting of 2025, held on January 9th, was a devotional service to Saint Anne. Marie Crossland guided our prayers and praises to St. Anne, the mother of Mary and grandmother of Jesus.

The February meeting, Movie Night, will be on Thursday, February 13, beginning at 6 p.m. After a short meeting and pizza dinner, the movie, with popcorn, will begin. Ice cream sundaes will be served at intermission. Don't forget to wear your PJs!

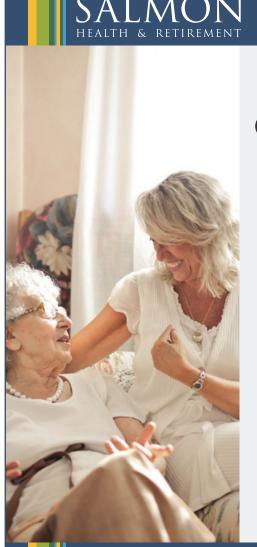
All women 18+ are invited to attend to the meeting, at St. Blaise Parish Hall, 1158 S. Main St., Bellingham, and learn more about the Sodality.

You do not need to be a parishioner of St. Blaise to join the Ladies.

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WIN

continued from page 1

The Bellingham Falcons 12u Pom Squad, a team of 22 local youth, participated in the American Youth Cheer National Championships in Orlando, Florida - beating seven other teams for the first-place trophy in their division.

The pom cheerleaders had been practicing for the national competition, which was held in December, since September.

"I'm most proud that the athletes stuck it out," Bellingham Falcons President and Head Coach Tabitha McFall said of her Pom Squad. "It was not easy."

McFall, a Bellingham resident who has coached this squad for the past two years and has over a decade of coaching experience, said the "skill and commitment it took for these athletes to practice one to two days a week, because they were all on other teams" was remarkable. "It's incredibly fast paced and the competition is so strong when you get down to nationals," she said. "It's a lot of dedication and commitmentpeople deeply underestimate it."

The early mornings and long competition days meant a tremendous amount of learning for the squad in a short period of time, she noted.

The pom squad's journey began with winning the Massachusetts state cheer competition earning them a state champion title for the second year in a row. The girls then moved on to the



The 10u cheer team also competed in Nationals, taking fifth place in the Division 10u Large Level 2 competition.

regional competition-also cinching a first-place win and becoming two-time regional champions. The squad later moved on to the national competition-coming in first place this year and earning the coveted National Champions title in their division. Last year, the Falcons Pom Squad came in second place in nationals.

Amber Belisle, who has a daughter on the Pom Squad, said the team did several fundraisers in the community and received support from local businesses to help pay for the trip to nationals.

Belisle said the group came together on weekends to practice their routine with Coach McFall.

"These girls practiced every Saturday starting in September and sometimes more days were added to make sure routine adjustments were made and effortlessly done on the mat. The majority of these girls also are on other teams cheering during this time," Belisle said.

"This is only the second year Bellingham has had a Pom squad team, and it is still very new for all of us," the local mother said.

"But many of the girls are in their sixth year and going into their seventh cheer season. There's still lots for these girls to learn, and I'm sure they'll be even better in the upcoming season."

The Pom Squad will continue to work on their skills and athleticism and prepare for the spring season with a positive mindset as they head into their fall 2025 season, she noted.

The Falcon's also had another team compete at nationals-the 10u team took fifth place in the Division 10u Large Level 2 com-

The Division 10u Large Level 2 is a team of 5th graders and the squad was new to the level, McFall said. Head Coach Ashley Nicol coached the 10u to their 2nd place victory at the New England Regional Cheer Competition and ultimately fifth place at the AYC Nationals Championship in Florida.

The Bellingham Pom Squad had a first-place sweep earning the EMASS AYC Local Championship, Massachusetts State Championship, New England Regional Championship and AYC National Championship, according to McFall.

"All our trophies are displayed at PJ's Bar & Grill in Bellingham," the coach stated.

In January, all of the Falcons cheer, pom and football athletes had the chance to celebrate together with their annual end of season banquet.

For more information on the team and to register for the upcoming season, visit the Bellingham Falcons Youth Football and Cheer website at https:// bellinghamayfc.org/bellinghamfalcons/Home



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Start the New Year with Affordable Junk Removal

There are plenty of reasons to call a junk removal service. Perhaps, after the cheerful festivities of the holiday season, navigating your basement or venturing into the attic has become a bit more challenging. Maybe you are planning to move, and you need to declutter before your open house?

Figuring out who to call can be challenging. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

Or you can call Affordable Junk Removal and let a local small business with deep community roots take care of everything.

Jay Schadler started his business in 2005. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with eight trucks, servicing eastern and central Massachusetts and northern Rhode Island.

Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic, or office is overflowing with stuff, take back your space and let the pros do the heavy lifting.

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous

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materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

Not everything ends up in a landfill—not if Jay can help it. He first tries to either recycle or donate items. Only after he tries to repurpose items do they end up at the transfer station.

Working with Affordable Junk Removal is simple. First, you can load stuff yourself if you want by renting a 15-cubic-yard dumpster for a week and chucking up to a ton of your unwanted stuff. If you need to get rid of more weight, then Jay prorates that tonnage—you never pay for what you don't use.

If you don't want to be bothered with the dumpster, they've also got a driveway special where they'll take away a truckload of your unwanted things if you pile it up. Or if you don't want to lift a finger, then you can point at the items, and the team will fill up their truck and haul away your unwanted things. However you do it, you're left with more space and more peace of mind.

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an anonymous call center. Your phone call goes right to Jay.

Business sp⊗tlight

And speaking of pricing, Jay is upfront about it. His website shows the truck sizes and prices, so you can save time knowing your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.

Affordable Junk Removal is fully licensed and fully insured, and they'll treat your property with care and respect.

They also have a thriving commercial business, working with contractors and roofers to clear away debris and keep the job site clean. They can even handle commercial and residential emergencies with same-day service.

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!



Contact Affordable Junk Removal and let a local small business take care of everything for you. Call Jay Schadler at (774) 287-1133 or visit us online at www.affordablejunkremoval.com.

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Municipal Spotlight

New Bellingham Conservation Agent a Worthy Adviser

By KEN HAMWEY, Bulletin Staff Writer

Hannah Chace has been on the job as Bellingham's Conservation Agent for only three months but it's obvious that she's passionate about the environment —preserving open space and wetlands are her top priorities.

A native of Franklin, the 26-year-old Chace seems like a natural in her new role. Her college background and her previous employment are indications of just how serious she is about environmental matters. She majored in Environmental Science and Management and minored in Soil Science at the University of Rhode Island before graduating in 2020.

Before her arrival in Bellingham, Chace worked for Natural Resource Services, a small company in Burrillville, R.I. "I basically worked for our clients, who were mostly engineers, surveyors, homeowners, municipal agencies, state agencies, and

land trusts," she said. "I did lots of field work documenting where wetlands were located and informing them about regulations related to wetlands."

Chace was hired last November, replacing Hannah Crawford, who moved on to Mass. Wildlife. Chace's primary function is very similar to the role she had in the private sector.

"I provide the Conservation Commission with professional advice and support regarding wetlands and the regulations associated with them," she noted.

The Conservation Commission meets the second and fourth Wednesdays each month in the Arcand Room at 7 p.m. Members of the Commission are Michael Herron (chairman), Neil Standley, James Clancy, Don Coelho, Pamela Francis, Arianne Barton, and Steven Kohler.

Chace's advice usually is provided for commercial and industrial projects, home expansion, and land preservation.

"Advice is mostly needed on commercial and industrial projects when they are within 100 feet of wetlands or within 200 feet of a river," she explained. "The same measurements are in effect for home expansion. Sometimes an opinion or advice is needed for land preservation, which may be required when homeowners want to protect a portion of their land for the future."

Chace often interacts with other departments to protect wetlands. Three of them are the Planning Board, Board of Health and Inspectional Services.

Chace also is very involved with the Open Space Committee, which is in the process of presenting its Open Space and Recreation Plan to the Select Board.

"It's an action plan for what the town wants to do with open space for the future," she indicated. "It's all about the open space we have and how it's to be preserved and managed. The town owns land that's labeled as 'conservation land' and it is identified in the Open Space and Recreation Plan.

Stormwater runoff is another area where Chace may be called on to monitor. Bellingham residents see a fee on their water bill every quarter for stormwater runoff.

"The town has a stormwater runoff bylaw that commercial and industrial projects have to meet," she said. "The Conservation Commission would make sure that builders adhere to the bylaw."

When town bylaws or state regulations dealing with wetlands are violated, Chace is the go-to person for enforcement. "The Conservation Commission identifies areas where wetland regulations may have been violated," she said, "and the Commission will look to me to help identify those issues in town and support the Commission to

make sure rules are followed and wetlands are protected."

at the University of Rhode Island.

Bellingham Conservation Agent Hannah Chace majored in

Environmental Science and Management and minored in Soil Science

In her relatively new role, Chace, who lives in Lincoln, R.I., sees lots to like about her position but she's acutely aware there are challenges.

"I like interacting with other boards to solve issues," she emphasized. "I also like the purpose of my role, which is to protect wetlands and open space. And, I like the feeling of being welcomed. What's challenging is the learning curve; I'm still growing in this role. Another challenge is accumulating background data and information on different projects and proposals."

Several key attributes that Chace embraces should enable her to be successful in her daily routines. She's patient, objective and organized. "Patience is important because some of the processes can be lengthy," she offered. "It's also important to be objective — to see other points of view. Being organized is crucial. The key is to keep track of all projects and know who needs data and facts to make informed decisions."

Chace's activities in her leisure time are skiing, kayaking and beach volleyball. Those choices are very telling, because they indicate a love for the outdoors.

"I love the outdoors," she said smiling.

There's no doubt that Hannah Chace also has plenty of passion for the environment, open space and wetlands.

NOTICE AND ORDER: Petition for Appointment of Guardian of a Minor

Commonwealth of Massachusetts The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road, Canton, MA 02021

Docket No. NO24P1908GD In the interests of Adrianna R, Cyr of Bellingham MA, Minor

NOTICE TO ALL INTERESTED PARTIES

1. Hearing Date/Time: A hearing on a Petition for Appointment of Guardian of a Minor filed on 07/08/2024 by

Caleb C. Robeau of Blackstone, MA

Alex J. Robeau of Blackstone, MA

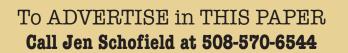
will be held 02/20/2025 09:30 AM Guardianship of Minor Hearing, Located 35 Shawmut Road Canton, MA 02021 $\,$

- **2. Response to Petition:** You may respond by filing a written response to the Petition or by appearing in person at the hearing. If you choose to file a written response, you need to: File the original with the Court; and Mail a copy to all interested parties at least five (5) business days before the hearing.
- **3. Counsel for the Minor:** The minor (or an adult on behalf of the minor) has the right to request that counsel be appointed for the minor.
- **4. Counsel for Parents:** If you are a parent of the minor child who is the subject of this proceeding you have a right to be represented by an attorney. If you want an attorney and cannot afford to pay for one and if you give proof that you are

indigent, an attorney will be assigned to you. Your request for an attorney should be made immediately by filling out the Application of Appointment of Counsel form. Submit the application form in person or by mail at the court location where your case is going to be heard.

5. Presence of the Minor at Hearing : A minor over age 14 has the right to be present at any hearing, unless the Court finds that it is not in the minor's best interests.

Date: January 7, 2025 Colleen M Brierley, Register of Probate



Bellingham 4th Graders Make a Difference for the Children of Kilimanjaro

By Jennifer Russo

Albert Einstein once said that "only a life lived for others is worthwhile." When we give our time and energy to reach out to help those in need, we not only improve their lives, but also learn to appreciate our own a bit more.

Sheila Elliott, Library Assistant at Bellingham Middle School, believes that learning to be good citizens of the world by helping others is an important part of educating children. Throughout the year, the fourthgrade class has been innovating creative ways to help the children in the Children of Kilimanjaro Orphanage (COKO) in Tanzania, which is directed by Bellingham native and former US Marine, Jay Rowe.

"For the kids to see someone who came out of Bellingham schools that has made such a big difference in the lives of others helps them realize that they can do it too," Sheila shares.

In October, the students in Bellingham's 4th grade class brought in over forty pounds of their Halloween candy to donate to the children at COKO and started a pen-pal relationship with them. After writing back and forth for a couple of months, the children were able to meet face-to-face via video call.

"It was such a cool experience to see all of the children's faces



Bellingham Middle School Fourth Grade Students were able to video chat with children at the Children of Kilamanjaro Orphanage.

video meeting happened on December 12th without a hitch, and they are hoping to have another call soon. They are also hoping for an opportunity to have Jay come and speak to the kids in person if his schedule enables him to.

Their current initiative is collecting change in a container located in the school, which works under the idea that even the smallest of change to make a difference. Once enough has been collected, they will wire the funds to Jay, so that the kids at COKO can have cheeseburgers, which was an idea the Bellingham students came up with because they thought it would be fun for them to try something new that is popular here in the States.

Last year for Valentine's Day, the school sold flowers that could be delivered to students and teachers around the school

KILIMANJARO

continued on page 8

light up when they could see each other over the screens," says Elliott. "I think it made it even more real for them to see the children that they have been writing to and the impact they are making with their outreach this year."

With the help of Laura Howard from the school's IT staff, the



Valentine's Day Quiz 11

1. Mark organized a relaxing Valentine's Day evening for his wife, Lisa, by fixing dinner and starting a bubble bath. As Mark began to fill the tub with water, he got distracted with dinner and the tub overflowed. The water ran down the stairs and through the ceiling. Is this a covered claim even though it was Mark's fault?

2. Richard bought Susan a once-in-a-lifetime trip to the Grand Canyon. While Richard and Susan were hiking around the park, someone broke into

their hotel room and stole some of their belongings. Would their homeowner policy cover the theft claim even though they are not in Massachusetts?

Question 1 Answer: Yes Question 2 Answer: Yes



Question 2 Answer: Yes

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Bellingham Business Association Scholarship Applications Open

Deadline to Apply April 15th

The Bellingham Business Association (BBA) awards two scholarships of \$1,500 each year to graduating high school seniors living in Bellingham. Applications for this year's scholarships are currently open, and submissions must be received by a deadline of April 15, 2025.

The next BBA meeting will take place at Bellingham House of Pizza, 442 Hartford Ave., Bellingham, from 6-8 p.m. on February 19th. The featured speaker will be Steve Parkinson, Dean Bank Financial Advisor – on investing, retiring and all things financial.

The cost is \$25. Please RSVP by February 17th.

Here are upcoming BBA dates*

Upcoming 2025 Calendar:

FEB 19 - Networking

MAR 12 - Membership Lunch

APR 5 - Business Expo

APR 9 - State of Town

MAY 14 - State of State

JUN 11 - Awards

JUN 28 - Pride Fest

AUG TBA - Summer Event

SEP 15 - Golf Tournament

OCT 25 - Halloween Trunk or Treat

NOV 5 - Taste of Bellingham

DEC 10 - Holiday Party

*may be subject to change

Find out more about the Bellingham Business Association at www.bellinghambusinessassociation.org, or email them at contact@bellinghambusinessassociation.org.

KILIMANJARO

continued from page 7

and the money earned went to an animal shelter. This year, the hope is to send those proceeds to COKO, as they are currently in the process of adding space for more children and providing them with more opportunities to learn and grow.

"It is important for our kids to learn how not to take things for granted. Children here, without really thinking about it, may toss out half their lunch or complain about something they didn't get over the holidays. Outreach like this helps them understand that there are others out there that have so much less, and helps them learn to appreciate things so much more. It also inspires them to want to help people in very real ways. It's very eye-opening for the kids," shares Elliott. "The world is a whole lot bigger than Bellingham."

Another initiative that Sheila is hoping to kick off to help COKO is a donation of old, outgrown, or unused Bellingham sports shirts that will fit the children there. She thinks it would be fun for the kids at COKO to have



Taalor LaFontant puts his loose change in the donation box to help the children of Kilimanjaro Orphanage.

something with our town name on it, and fun for the Bellingham kids to see them wearing them. Stay tuned for ways you may be able to help! Discover more about the Children of Kilimanjaro Orphanage at www.helpcoko.org and learn how you can follow the fourth graders' lead to help.

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Your Money, Your Independence

Marriage & Finances: What's Love Got To Do With It?



Glenn Brown, CFP

Valentine's Day is a time to celebrate love, but also an opportunity to reflect on how love influences every part of your relationship—even finances.

Financial planning for married couples is not just about managing money; it's about working together toward shared goals with trust, understanding, and united purpose.

Yet, it's surprising the rising number of married couples entering financial planning engagements with separate finances and desire to keep it that way. Blame pre-existing debt (i.e. student loans), divorce rates and desired autonomy to continue not having to answer for personal spending habits.

By combining finances and collaborating on financial goals, couples can set themselves up for long-term wealth. Here's how to work together as one effectively.

1. Financial Values and Habits

Before combining finances, it's essential to understand each other's financial habits, values, and experiences. Are you a spender or a saver? Do you prioritize security or investment?

Sharing how you were raised to think about money, past financial experiences, and your attitudes toward spending and investing can avoid future misunderstandings.

2. Combining Finances

Couples must decide whether to share everything, keep things separate, or take a hybrid approach. While some CFPs say there is no right answer, I don't encounter \$5M+ married households where finances are separate. Sure, a small discretionary account may exist, but so does transparency of it and across the household.

When couples feel they're underachieving, I'll see evidence of divided assets, funky incomebased ratios to cover expenses and opportunities missed due to each spouse having several unknowns of the other. In summary, a lack of trust prohibits taking calculated risks to generate wealth.

The way you manage assets, liabilities and spending should reflect values and shared vision of where your household is in 3, 5 and 10+ year increments.

 If one enters marriage with 6-figure student loan debt, you both work to pay it down.

- If one comes from family money, accept offers of assistance that align with your household's vision.
- If one makes more than the other, spending and payments are balanced.
- If making a large purchase requiring a loan and/or investments, details are discussed and are to fit into the household's vision.

3. Setting Shared Financial Goals

Once finances are combined, it's time to set shared financial goals. These range from short-term goals (saving for a vacation or building an emergency fund) to long-term goals (buying a house or saving for retirement). Start by discussing your personal aspirations and then find ways to align them into a unified plan. Prioritize these goals based on timelines and importance and be prepared to compromise.

It's essential both partners feel involved and heard when setting goals. This shared vision will make the process of working together more fulfilling and successful.

4. Budget & Prioritize Spending Together

A budget helps couples allocate income, control spending, and save for shared goals. Start by listing all monthly expenses, debt repayments and automatic savings (i.e. 401k). Separately list one-time expenses expected in coming 1-3 years, such as home improvements, travel, auto, etc.

If cash flow is positive, then monitor your budget and adjust as necessary. For some it's monthly, others it's revisited when expected results don't occur.

5. Transparency and Communication

Just as love requires ongoing communication and transparency, so does financial planning. Working together as a team with check-ins and honest conversations ensures you stay on track, discuss progress toward your goals, and adjust when necessary.

Make sure to celebrate milestones together. Besides keeping each other motivated, it recognizes your power of working together and strengthens your emotional bond.

So, "What's love got to do with it?"—the answer is simple: everything.

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 PlannerTM helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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School Committee Discusses MCAS Law Changes, Enrollment Projections and Learning Design

By Jennifer Russo

At the most recent Bellingham School Committee meeting in January, the board discussed several important topics that will impact the future of how Bellingham schools measure student progress.

Recent MCAS Law Changes

In the Massachusetts statewide ballot held in November of last year, the majority of voters approved Question 2, which removed the requirement that Massachusetts public school students must pass the 10th grade MCAS test in ELA, Math, and Science to be able to graduate and receive their diploma. It is important to note that MCAS testing will still take place, however it is not tied to that graduation competency requirement.

Superintendent Peter Marano led the discussion and mentioned that he thinks it wise to wait for the Massachusetts

Department of Elementary and Secondary Education (DESE) to communicate what any new competency determinations will be across all school districts. To date, the DESE has not provided any guidance, and school districts have begun formulating draft requirements on their own.

Superintendent Marano suggested giving the DESE more time to provide information so that resources and time are spend on a policy that may need to be completely reassessed. He mentioned that he has spoken with the school attorney and others to start considering how classes align and is hoping to be able to create a draft policy over the summer months.

Local frameworks do exist currently detailing which classes must be passed in order to graduate, but competency determinations are separate from this. With the eliminations of the MCAS graduation requirement, work will need to be done to clearly demonstrate that Bellingham students are mastering the standards of the given courses, above simply issuing grades.

Next steps include researching what other districts are considering and beginning to draft some ideas for Bellingham future competency requirements. However, Superintendent Marano is hoping that the DESE will send something out soon to mitigate the issue of varied requirements across Massachusetts districts, which could pose a much bigger problem.

Enrollment Projections

Every two years, the Superintendent sends enrollment data over to the New England School Development Council (NESDEC) and they look at potential for growth and deduction in enrollment based on many data points. Superintendent Marano shared projections and there were varied increases, decreases and level off points projected for coming years.

With this data accessible, Marano suggested that the board consider doing a Feasibility Study sometime in the near future, since we haven't done one in quite some time. This study would assess current school buildings, student growth potential, and whether or not build-

ing improvements or expansions should be considered. Presently, the majority of Bellingham students do attend schools in the town, however there are some variables with students attending vocational schools, collaborative schools, charter schools, in-state and out-of-state private schools, other district schools through school choice programs, and home schooling. Though there is not an immediate need for growth, he stressed that doing the feasibility study and getting ahead of the need would be beneficial.

Teaching and Learning Updates

Dr. Cari Perchase, Assistant Superintendent of Curriculum, Instruction and Assessment, provided the School Committee with a brief overview of the Universal Design for Learning and multi-tiered system of support for academic, social/emotional, and behavioral learning. She discussed addressing the individual needs of diverse learners, how curriculum should be aligned to grade level standards and the varying levels of alignment.

She discussed what she called the "seven non-negotiables" around seeing the impact of learning models and that there are success criteria around each of those, with a stress on the importance of providing meaningful opportunities for students with evidence-based practices that maximize their time in the classroom and provide a chance for students to learn and apply lessons independently in addition to direct instruction. Additionally, educators will consistently assess learning targets to determine adjustments as needed.

Other Topics

In addition to the topics above, student representatives had a short update with a request to receive GPA and class rank information earlier in the school year to help upper classmen have sight of their performance while applying for colleges. The Historical Commission presented a proposal for posthumously naming the Middle School auditorium after former Selectman and longtime resident Larry Cibley, and the School Committee also went over budget requests, with a budget workshop planned later in the month to review justifications and how money will be channeled to address and focus on priorities.





Bellingham Garden Club of MA Podcast Explores Local Facts

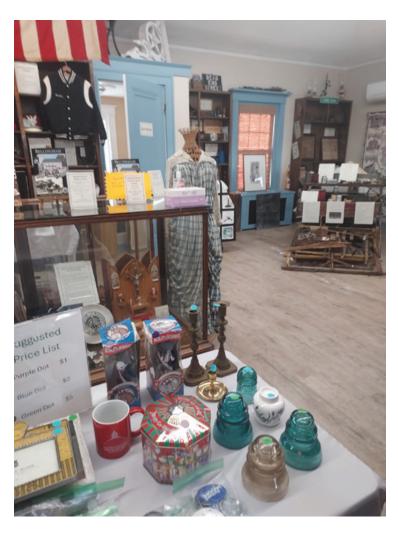


As part of a 4-part series on local events and fun facts, the Podcast, "Garden Tea Talk," hosted by the Bellingham Garden Club of MA, recently interviewed the Bellingham Historical Commission regarding the Taft Museum. Community residents and others may really enjoy listening to Part 1 of the

podcast on Spotify and can also listen to the FULL podcast or any of them on the Bellingham Garden Club of MA website bellinghamgardenclubofma. com.

To find out more, to join, or to support Bellingham Garden Club of MA's mission, visit bellinghamgardenclubofma.com. If you have any questions about the Bellingham Garden Club of MA, email bellinghamgardenclubofma@gmail.com.

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Macular Degeneration:

What It Is and How to **Treat It**

By Roger M. Kaldawy, M.D. MILFORD FRANKLIN EYE CENTER

Macular degeneration is one of the leading causes of vision loss, particularly among older adults, significantly impacting the quality of life for millions worldwide. This article examines macular degeneration, its symptoms and signs, diagnostic methods, current treatments, recent therapeutic advancements, and available care options.

What is Macular Degeneration?

Macular degeneration, often called age-related macular degeneration (AMD), is a progressive eye condition affecting the macula, the small central area of the retina responsible for sharp, detailed central vision. AMD is categorized into two primary types: dry (atrophic) and wet (neovascular).

• Dry AMD: The more common form, comprising 85-90% of cases. It occurs due to gradual thinning of the

- macula and the accumulation of drusen, yellow deposits under the retina. Vision loss progresses slowly in most cases.
- Wet AMD: Though less common, it is more severe, responsible for most advanced vision loss cases. It results from abnormal blood vessel growth under the retina. causing leakage, bleeding, and scarring, often leading to rapid vision loss without treatment.

Symptoms and Signs

Symptoms of macular degeneration vary by type and stage. Common signs include:

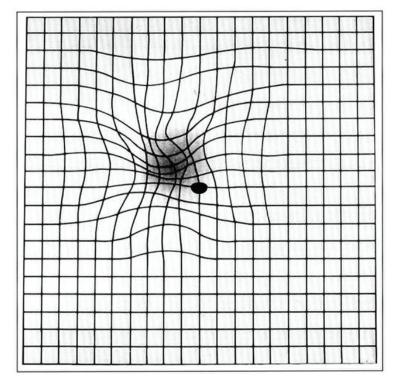
- Blurred central vision: Early signs may include difficulty reading or recognizing fac-
- · Distorted vision (metamorphopsia): Straight lines may appear wavy or distorted.
- Difficulty adapting to low light: Challenges in transitioning from bright to dim environments.

- · Central blind spots (scoto**mas):** Dark or empty areas in the central field of vision.
- Reduced color perception: Colors may seem less vibrant over time.

Diagnostic Testing

Accurate diagnosis is vital for managing AMD effectively. Key diagnostic tools include:

- Comprehensive eye exam: Identifies early signs such as drusen or retinal changes.
- Amsler grid test: Detects distortions or blind spots in central vision
- Optical coherence tomography (OCT): Offers detailed cross-sectional imaging of the retina, highlighting thinning or fluid accumulation.
- Fluorescein angiography: Highlights abnormal blood vessel growth and leakage in wet AMD.
- Fundus photography: Captures high-resolution retinal images to monitor changes over time.



Current Treatment Options

Treatment depends on the type and severity of AMD:

• Dry AMD:

While no definitive cure exists, lifestyle modifications and supportive care can slow progression:

- Nutritional supplements: The AREDS2 formula (antioxidants, zinc, and copper) reduces the risk of advanced AMD.
- Lifestyle changes: A healthy diet rich in leafy greens, omega-3 fatty acids, avoiding smoking, and UV protection are essential.

• Wet AMD:

Treatment focuses on halting abnormal blood vessel growth:

- Anti-VEGF therapy: Medications like ranibizumab (Lucentis), aflibercept (Eylea), and brolucizumab (Beovu) inhibit vascular endothelial growth factor (VEGF), reducing abnormal vessel formation.
- Photodynamic therapy (PDT): Combines a lightsensitive drug with laser activation to target abnormal vessels.
- Laser therapy: Less commonly used, this destroys abnormal blood vessels with laser energy.

New Therapeutic Advancements

Advancements in AMD research are offering improved outcomes:

- Gene therapy: Experimental approaches aim to deliver protective genes to the retina, reducing the need for frequent anti-VEGF injections.
- Long-lasting drug delivery **systems:** Innovations like the Port Delivery System (PDS) with ranibizumab provide sustained medication release, minimizing injection frequency.
- Stem cell therapy: Research explores using stem cellderived retinal pigment epithelial (RPE) cells to replace damaged macular cells.
- pharmacological New agents: Drugs like complement inhibitors (e.g., pegcetacoplan) target previously untreatable stages of dry AMD and geographic atro-

Living with Macular Degeneration

Managing AMD extends beyond medical treatment and includes:

• Low vision aids: Magnifiers, special glasses, and electronic devices maintain independence.

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Tri-County County Regional Chamber Upcoming Events

NextGen Networking: Business After Hours at Dean College, Tuesday, February 11th, 5 p.m. - 7 p.m., Dean College, Franklin

https://www.tricountychamberma.org/ events#!event/2025/2/12/ nextgen-networking-businessafter-hours-at-dean-college

This networking opportunity brings together chamber members and Dean College students, fostering mentorship and knowledge exchange. Help guide students in the art of effective networking, meeting new people and offer valuable insights while networking with fellow chamber members and friends...don't miss this chance to network, mentor, and inspire! Enjoy some excellent

There is a CASH bar. No credit/debit cards can be pro-

Parking Lot: 109 West Central Street.

Directions to BAH: After parking, head to the Paula M. Rooney Student Center. After entering the building, head straight to the back and follow the signs, the BAH will take place downstairs.

Leads & Lunch, Friday, February 21st | 11:30 a.m. - 1 p.m.

The Rail Trail Flatbread Company,

https://www.tricountychamberma.org/ events#!event/2025/2/21/ leads-lunch

What's better than spending a Friday afternoon enjoying lunch, networking with local businesses,

and learning about a topic that's sure to inspire and educate everyone?. We're thrilled to have Tony Fiore, Senior Business Advisor at Clark University Small Business Development Center (SBDC) as our guest speaker at this event! Whether you're a start-up or an established business, this is your chance to learn directly from an expert who truly understand what it takes to thrive.

\$10,000 Dinner, March 1st, 6-9:30

Doubletree Hotel, 11 Beaver St., Milford

https://www.tricountychamberma.org/ events#!event/2025/3/1/-10-

Only 250 tickets (\$125 apiece) sold for this fundraising gala with dinner, dancing and a chance to go home with \$10 grand. Details

Save the Date! Family Fest & Home Show, March 29th, 10 a.m. - 2

Blackstone Valley Tech, Upton

We're heading back to Blackstone Valley Tech in Upton for this year's Family Fest & Home Show. Vendor spaces and sponsorship opportunities are now available to reserve. This is a perfect opportunity to meet homeowners and families that are looking to do business with local companies.

For more information on the Tri-County Regional Chamber, visit www.tricountychamberma.

EYES

continued from page 12

- Support networks: Connecting with groups and counseling provides emotional and practical support.
- Routine monitoring: Regular follow-ups ensure timely interventions and management adjustments.

Macular degeneration presents significant challenges, but early detection and proactive management can preserve vision and improve quality of life. If you experience symptoms or have risk factors, schedule a comprehensive eye exam with an eye care professional.

At Milford Franklin Eye Center, we use state-of-the-art technology to address a variety of eye conditions, including macular degeneration. Our dedicated retina specialist focuses on treating retinal eye diseases and AMD, utilizing the most recent treatment modalities discussed in this article. With advanced equipment rivaling the best teaching eye hospitals, we proudly offer world-class eye care close to

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Bellingham Lions Fourth Annual Holiday House Decorating Contest Winners

The Bellingham Lions are happy to announce and congratulate the winners of their Fourth Annual Holiday House Decorating Contest.

First place went to The Thomas Family of 4 Wethersfield Road; second place went to The Citrone Family of 63 Ray Avenue; and third place went to The Yelle Family of 1 Silver Lake Road.

Thank you to those who participated in this year's contest. We hope to see you, and many more, enter our Holiday House Decorating contest in December 2025.



1st Place: The Thomas Family's house on 4 Wethersfield Road





2nd Place: The Citrone Family on 63 Ray Avenue with Bellingham Lion Brian Salisbury



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3rd Place The Yelle Family on 1 Silver Lake Road

Bellingham Senior Center Highlighted Events February 2025

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

Valentine's Day Party, February 14th, all invited!

Black History Month & the Underground Railroad in the Blackstone Valley: The 2025 Black History Month theme, "African Americans and Labor," is a powerful reflection on the pivotal role that the hard work of African Americans has played in shaping our country's history. Join us on Friday, February 21st from 1-2:30 p.m. as Susan Franz gives a presentation on the Underground Railroad in the Blackstone Valley. We will learn more about how the institution of slavery grew in New England, the rise of the Underground Railroad and abolition movements. Susan Franz holds a master's degree from Clark University and has taught at several local colleges.

Exploring the Healing Power and Vibration of Food: Tuesday, February 18 at 11:30 a.m.

Call ahead to reserve your spot. (508) 966-0398

Spiritual Book Club: The Club meets via Zoom on Mondays at 9 a.m.

Discussion will be about BREATH—The New Science of a Lost Art by James Nestor. Please call host Josie Dutil at (508) 657-2705 to join or for more information.

Coffee & Conversation: Join the clever, smart, sociable folks who turn out for C&C Tuesdays at 9:30 a m.l.

Chinese-Food Monthly Birthday Party: February 27th. Sign up if you were born in February!

The Knitters & Quilters Group at the Senior Center has created 39 handmade shawls and given them to Bellingham residents who turned 90 years old in 2024. Shawls are crocheted or knitted, take two weeks to a month to make, and would be \$40 to \$55 if purchased from a local retailer. The group meets each Monday at 9 a.m.

Medicare Advantage Open Enrollment: Just a reminder that if you currently are enrolled in a Medicare Advantage plan and would like to make a change to another plan or just compare other Medicare Advantage plans, you still have time. Through March 31st you can make changes to these plans. Medicare gov is a great site to make comparisons, or you can set up an appointment with Judy Higgins by calling the Senior Center at 508-966-3098.

Heart Healthy Lifestyle:

The presentation will include a description of types of heart disease, symptoms and risk factors as well as treatment. Celeste Kopech, of Salmon Health and Retirement, will be presenting and will also cover lifestyle modifications for a health-ier heart. Tuesday, February 25, 11:30 a.m. Please call ahead. (508) 966-0398.

Inclement Weather Policy: Senior Center programming and transportation this winter will be aligned with the Bellingham school's cancellations and delayed openings. The Center will remain open for information and referrals unless the Town Hall closes. If you requested transportation to a doctor's appointment, hairdresser, or shopping on a day schools are closed, we apologize for any inconvenience. Call the Center at (508) 966-0398 for the latest information.

Home Heating Help Available

With colder weather expected this year as compared to last, now is the perfect time for your audience to explore their eligibility to apply for HEAP – Massachusetts Home Energy Assistance Program.

HEAP is a free statewide resource that helps cover heating costs for eligible renters and homeowners to ensure residents can keep their homes safe and warm during the colder months.

Local residents can apply through the Senior Center or online at https://toapply.org/MassHEAP to receive assistance for all heating sources, including oil, electricity, natural gas, propane, kerosene, wood and coal.



Temple Beth Torah to Host Family Concert March 23rd

Lily Henley and Duncan Wickel in Concert

March 23, 2025,4-6 p.m.

Temple Beth Torah, 2162 Washington Street, Holliston, Mass.

Temple Beth Torah is hosting a concert of Contemporary Jewish, Ladino and Folk Music on Sunday March 23, 2025, at 4 p.m. The concert, supported by grants from Mass Cultural Council, Holliston Cultural Council and Medway Cultural Council, features the beautiful artistry of Lily Henley and Duncan Wickel, renowned for their songwriting, storytelling, virtuoso string performance, and beautiful vocal style.

Lily Henley (lilyhenley.com) and Duncan Wickel (duncanwickel.com) will present a concert of music, sung in English, Ladino (Sephardic Jewish) and Hebrew. Lily is the primary vocalist and plays guitar and fiddle. Duncan plays lute and guitar and sings back-up vocals. Here is a link to one example of their Ladino music.

https://www.youtube.com/watch?v=tm4M2-UCWO8

This concert is intended for music-lovers in the Jewish and interfaith communities of Boston, MetroWest and beyond. The concert will appeal to families, and a space in the room will be provided for children and their families to move to the music!

Tickets are available at www. tinyurl.com/LilyHenleyTBT and at the door. Children 16 and younger are free. Seating is limited, so we encourage purchasing tickets ahead of the concert date.





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Bellingham Public Library News & Events for February

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

Additional details about library programs are available on the library calendar at https://bit.ly/4eJRLSh

Holiday Closing

Closed Monday, February 17th (Presidents Day Holiday)

Highlighted Programs

Fancy Nancy Valentine **Dance-y** – Friday, February 7th, 6-7 p.m.

Come celebrate Valentine's Day with us Fancy Nancy Style - Music, dancing, crafts, and a fancy fashion show to end the night! For families - Registration preferred

Chat & Craft for Adults -Monday, February 10th at 6:30

Make a heart shaped coaster. Registration required.

Annual Art & Photography Show – Saturday February 15th from 6-8 p.m.

February 1st - Library begins accepting entries

February 12th at 8 p.m. -Submission deadline

February 15th - Opening reception, 6-8 p.m.

The opening reception will include an acoustic concert with singer, songwriter Ric Allendorf in the main library. The Art & Photography Reception will be in the Community Room. Attendees will vote for their favorite to win the People's Choice Award and have an opportunity to purchase artwork entries offered for sale. A link to the Guidelines and Entry forms are on the library calendar.

English Conversation Groups

Practice speaking English with other adult English language learners in a relaxed, comfortable place, and meet new friends as we learn by talking together. Conversations will be facilitated by a library staff member or volunteer. If you can speak English but want to improve your English conversation skills, this is the group for you! This is not an English class, but a place to practice speaking to become more fluent in the English language. Drop-in classes offered weekly on the following dates/times. Attend as often as you wish!

Monday, February 3rd from 1-2 p.m.

Tuesday, February 11th at from 6-7 p.m.

Wednesday, February 19th from 11 am to 12 noon

Thursday, February 27th from 5-6 p.m.

New! Bellingham Genealogy Club -Monday, February 24th 6-7:30 p.m.

Bring your laptop or use one of our Chromebooks on the fourth Monday of the month to work on your family history in the company of other family historians! Run by librarian Catherine Perreault, a former genealogical researcher at the New England Historic Genealogical Society, this club is a chance to learn and be social with other genealogy enthusiasts and learn about free resources provided by the Bellingham Public Library.

Registration preferred but not necessary.

Ongoing Children's Programs

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

Ring a Ding - Mondays & Thursdays at 10:15 am, no session on February 20th

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., no session on February 18th: Join us for a story, sensory activities, and open play! For children ages 2-5 of all abilities (younger siblings always welcome). Please register for each session you'd like to attend.

First Saturday Family Fun

- Saturday, February 1st at 11 a.m.: Join us every first Saturday of the month for a family craft this month's theme will collage

Drop in from 11 a.m.-12 p.m. - No registration needed.

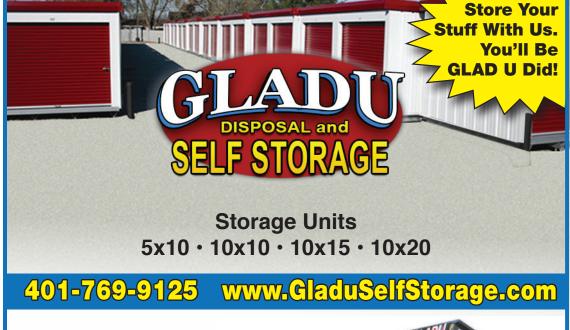
Adult/Child Book Clubs -For kids in grades 1-3, 4-6 or 6-9 and an adult in their life who loves to read. Meets monthly. To join, those in grades 1-3 should contact Melissa Denham, mdenham@cwmars. org, grades 4-6 should contact Amanda Maclure, amaclure@ cwmars.org, and grades 6-9 should contact Diane Nelson, dnelson@cwmars.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, so please check the library calendar for schedule changes.

LIBRARY

continued on page 17



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LIBRARY

continued from page 16

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

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

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

Adult Programs

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

Our upcoming titles are: February: *Absolution* by Alice McDermott

March: Still Life by Louise Penny

April: *Small Mercies* by Dennis Lehane

Yoga for the Seasons – Yoga & Meditation for Winter

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

Writing Group for Adults – Tuesday, February 11th at 6:30 p.m.

Writers, readers, listeners — come join us! 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, all are welcome. Reading limit is 9 minutes per reader, with a brief opportunity for positive, personal comments only. Contact Marjorie Turner Hollman at marjorie@marjorieturner.com.

Friends of the Library Annual Meeting - Tuesday, February 11th at 7 p.m.

Library Board of Trustees Meeting –Thursday, February 13th at 7 p.m. in the Conference Room at the library

Virtual Ask-A-Lawyer Program with Attorney Brian T. Salisbury - Monday, February 24th, 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 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 for these talks, go to: https://libraryc.org/belling-hamma, recordings of these talks are also available on the library website in the days following the event.

Tuesday, February 4th at 2 p.m., Online Author Event: Smithsonian Curator Sabrina Sholts

Tuesday, February 11th at 7 p.m., In Conversation with Best-selling Author Waubgeshig Rice

Tuesday, February 18th at 2 p.m., Online Author Talk with Lee Hawkins

Red Cross Blood Drive - Saturday, February 22nd from 9 a.m. to 2 p.m. Register at red-crossblood.org.

New Online Resource!

The library is now subscribing to Fiero Code, a learn-to-code platform that uses gamification to teach coding skills to people of all ages. The curriculum covers a range of coding languages from HMTL to Python and more! It also includes projects for Raspberry Pi and Makey Makey devices, as well as codable robots like Ozobot and Sphero. Patrons with a Bellingham Library card can access Fiero Code at: https:// app.fierocode.com/signin?club=1450.

Friends of the Library Book Sale!

Week of February 17th, check the library calendar for details.

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Tracy Grammer, with Jim Henry, at Circle of Friends Feb. 8th

Tracy Grammer returns to the Circle of Friends Coffeehouse stage on Saturday, Feb 8th at 7:30 p.m. She is a nationallytouring multi-instrumentalist and singer who has accompanied and opened for Joan Baez and recorded with Mary Chapin Carpenter. Grammer has become one of folk music's most beloved artists. Renowned for her springwater-clear alto, perfectly intoned violin, and guitar playing that is by turns percussive and delicate, She is also a masterful storyteller with an ease and charisma on stage as well as a riotous sense of humor. http://tracygrammer.com/.

"Her pure voice conveys the simple truths of these songs; her gifts as a musician are like that of a painter who is a master of chiaroscuro, offering light and shadow at every turn." - Mary Chapin Carpenter.

Tracy will be accompanied by world class guitarist/dobro/

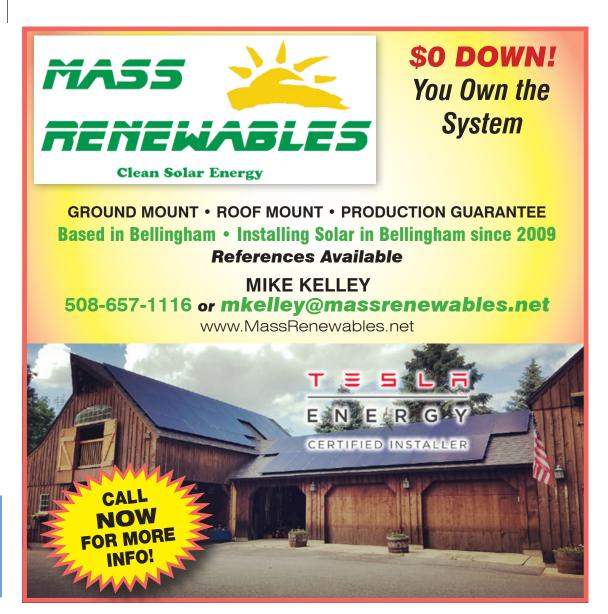


mandolin player Jim Henry. http://www.jimhenry.net/

The Circle of Friends Coffeehouse is a non-profit organization affiliated with Franklin's First Universalist Society. Concerts are presented in a smoke free and alcohol free environment at the Society's handicapped accessible Meetinghouse, 262 Chestnut St. in Franklin, and

begin at 7:30 p.m.; doors open at 7 p.m. Beverages and gourmet desserts will be available. Please visit http://www.circlefolk.org/to purchase tickets or for more information.

Upcoming Shows, Mar. 8, Joe Crookston, Apr. 5, The Kennedys, May 17, John Gorka



The b.LUXE **beauty beat**

Curls Just Wanna Have Fun!

By Gina Woelfel

The b.LUXE Curly Cut

At b.LUXE, we're all about celebrating texture, and our curly hair specialists love working with every curl, wave, and coil to bring out their unique style. Our professionals focus on unlocking your curl's full potential with a new level of curl confidence you didn't know was possible! With extensive training, a passion for precision, and a deep understanding of curly hair, our specialists consult with you to craft a look that's uniquely your own. Their expert cuts, tailored treatments, and creative styling tips help you achieve a look you love.

The Specialists:

Meet Sandra Wilkey, Emily Mateo, and Donna Guadagno, the b.LUXE Curly Haired Specialists who are revolutionizing curly hair styling in Boston's Metrowest. With their extensive training and passion for natural textures, they offer innovative styling techniques that celebrate curly hair's individuality.

They also offer essential education on maintaining curls at home, product recommendations, tips for heat-free styling, and deep conditioning treatments. By helping clients understand their unique curl patterns and teaching them the proper way to care for them, they can achieve beautiful, healthy hair and wave goodbye to "bad hair days" faster than you can say, "Not today, frizz!"

What's a "Curly Cut"

A "curly cut" is a specialized haircut tailored to enhance curly hair's natural pattern and texture. This technique involves cutting the hair while it is dry, allowing the stylist to see how each curl behaves. Clients are encouraged to arrive with clean, dry hair styled in their usual way. The stylist sculpts the hair during the appointment, cutting each curl individually. This method maximizes definition and reduces frizz by considering the unique characteristics of the client's curl type and density.

Understanding Your Curls, Coils & Waves

Did you know that the shape of your hair follicle where your hair grows determines the shape of your curls? Hair follicles that are flatter or more oval-shaped produce curlier hair, while rounder follicles produce straighter hair. The shape of your curls determines your curl pattern. Many individuals have multiple curl types on their heads, with different curl patterns in various sections of their hair. This phenomenon is known as "multitextured hair." Hair width can be coarse, medium, or fine. Curly hair is generally more porous and fragile than straight, thus making it more susceptible to humidity.

Every curl is unique with a full spectrum of textures:



- **Wavy:** Loose, beachy waves that need lightweight products for definition and hold.
- **Curly:** Spirals and ringlets that benefit from moisture and frizz control.
- **Coily:** Tight, densely packed curls that thrive with deep hydration and gentle handling.

To effectively manage your curly hair, it's essential to identify your curl patterns and follow your curly hair specialist's product and styling recommendations.

Key Features of The b.LUXE Curly Cut:

- **Dry Cutting:** The stylist cuts the hair dry to observe how the curls naturally fall and shape the cut accordingly.
- Curl-by-Curl Sculpting: Each curl is carefully cut to enhance its natural shape and definition.
- Focus on Shape and Volume: The goal is to create a balanced cut that, de-bulks, adds volume and movement while maintaining curl definition.
- **Reduced Frizz Potential:** Working with the natural curl pattern helps define and separate the natural curls, allowing each curl to "stack" on top of one another. This minimizes the exposed hair cuticle surface that contributes to frizz while also removing split ends, which can exacerbate frizziness. A good curly cut helps the curls naturally hold their shape and reduces flyaways and uneven strands. You can also combat frizz and restore moisture with targeted treatments. At b.LUXE we use premium styling products that deeply nourish curls, lock in hydration, and leave your hair

feeling soft, shiny, and manageable. For extreme cases, we also offer "The Saphira De-Frizzing Treatment," which eliminates frizz and smooths dry, brittle hair into soft waves that enhance your natural hair pattern and texture. This treatment includes a full-sized Prep & Maintain Shampoo and Mineral Mist for you to take home.

• Styling Education: At-Home Education: Sandra, Emily, and Donna are more than just hairstylists; they're your curly hair confidantes! During a comprehensive consultation, they will assess your needs, customize your haircut, and provide essential tips for washing, conditioning, and styling your curls. You'll leave the salon looking

fabulous and equipped with the knowledge to keep your curls thriving between visits!





Book Your Curly Cut Today!

Are you ready to fall in love with your curls again? Look no further than the experts at b.LUXE. With their specialized curly hair services, Sandra, Emily, and Donna are here to help you achieve the best curls of your life!

For more information, go to bluxe.com or scan the QR code to visit our "Curly Hair" webpage. When booking, be sure to select the "b.LUXE Curly Cut" to experience the difference this cut can make.

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State Fire Marshal Offers Cold Snap Heating Safety Tips

Heating Equipment is a Leading Cause of Fires, Carbon Monoxide

With cold temperatures, Massachusetts State Fire Marshal Jon M. Davine is reminding residents to stay warm safely and protect their loved ones from some of the most common home heating fires.

"We're expecting very cold weather in the nights ahead, and home heating appliances will be working overtime," said State Fire Marshal Jon M. Davine. "Heating equipment is the leading cause of carbon monoxide at home and the second leading cause of residential fires. Whether you're using gas, oil, solid fuel, or space heaters to keep warm, be sure you keep safe, too."

State Fire Marshal Davine said there were nearly 6,000 heating fires in Massachusetts from 2019 to 2023. These fires claimed eight lives, caused 139 injuries to firefighters and residents, and contributed to over \$42 million in damage. And in 2023 alone, Massachusetts fire departments reported finding carbon monoxide at nearly 5,000 non-fire incidents.

Smoke and Carbon Monoxide Alarms

Every household needs working smoke and carbon monoxide alarms on every level of their home. Check the manufacturing date on the back of your alarms so you know when to replace them: smoke alarms should be replaced after 10 years, and carbon monoxide alarms should be replaced after 5 to 10 years depending on the model. If your alarms take alkaline batteries, put in fresh batteries twice a year when you change your clocks. If it's time to replace your alarms, choose new ones from a well-known, national brand. Select smoke alarms with a sealed, long-life battery and a hush feature.

Natural Gas and Oil Heat

If you have a furnace, water heater, or oil burner, have it professionally checked and serviced each year. This will help it run more efficiently, which will save you money and could save your life. Always keep a three-foot "circle of safety" around the appliance clear of anything that could catch fire. Never store painting supplies, aerosol cans, or other flammable items near these appliances. If you smell gas, don't use any electrical switches or devices: get out, stay out, and call 9-1-1 right away.

Residents struggling to pay for heating bills or maintenance may be eligible for assistance through the Massachusetts home energy assistance program (HEAP). (https://www. mass.gov/info-details/learnabout-home-energy-assistanceheap) No matter what type of heating equipment you use, HEAP may be able to help you pay your winter heating bills or maintain your heating system. All Massachusetts residents are encouraged to explore eligibility for this free program and apply for assistance.

Solid Fuel Heating

If you use a fireplace or a stove that burns wood, pellets, or coal, always keep the area around it clear for three feet in all directions. This circle of safety should be free of furniture, drapery, rugs, books and papers, fuel, and any other flammable items. To prevent sparks and embers from escaping, use a fireplace screen or keep the stove door closed while burning. Use only dry, seasoned hardwood and don't use flammable liquids to start the fire. To dispose of ashes, wait until they are cool and shovel them into a metal bucket with a lid and place it outside at least 10 feet away from the building.

Have your chimney and flue professionally inspected and cleaned each year. Most chimney fires are caused by burning creosote, a tarry substance that builds up as the fireplace, wood stove, or pellet stove is used. If burning creosote, sparks, embers, or hot gases escape through cracks in the flue or chimney, they can cause a fire that spreads to the rest of the

structure. Annual cleaning and inspection can minimize this risk. Contact the Massachusetts Chimney Sweep Guild or Chimney Safety Institute of America to identify reputable local companies.

Space Heaters

Keep space heaters at least three feet from curtains, bedding, and anything else that can burn. Plug them directly into a wall socket, not an extension cord or a power strip, and remember that they're for temporary use. Always turn a space heater off when you leave the room or go to sleep.

When purchasing a space heater, select one that's been tested and labeled by a nationally recognized testing company, such as Underwriters Laboratories (UL) or Intertek (ETL). Newer space heaters should have an automatic shut-off switch that turns the device off if it tips over. Unvented kerosene space heaters and portable propane space heaters are not permitted for residential use in Massachusetts, State Fire Marshal Davine said: the risk of fire and carbon monoxide poisoning that they pose is too great.

Create and Practice a Home Escape Plan

Everyone should have a home escape plan that accounts for two ways out of every room, and everyone should be able to open the doors and windows along the way. Remember that children, older adults, and people with disabilities may need extra assistance.

More Home Heating Safety Tips

The Department of Fire Services offers a "Keep Warm, Keep Safe" tool kit for local fire departments, caregivers, and service providers, at https:// www.mass.gov/info-details/ winter-home-heating-safety.

Congressman **Auchincloss Appointed to Energy** & Commerce

Congressman Jake Auchincloss (D, MA-04) has been appointed to the House Committee on Energy and Commerce for the 119th Congress. The Committee is at the forefront of health care, technology, and energy policy. Rep. Auchincloss will serve on the Health, Energy, and Environment subcommittees. In particular, the committee has responsibility for matters including telecommunications, consumer protection, food and drug safety, public health and research, environmental quality, energy policy, and interstate and foreign com-

"I am focused on lowering the cost of health care. Energy & Commerce is the prime committee for policy that can reduce copays and premiums, empower patients and doctors, and rein in the middlemen of corporate healthcare. I am excited to get working on legislation," said Congressman Jake Auchincloss (D, MA-04).





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WE'LL TURN YOUR DREAMS INTO REALITY!

O'Donnell Sworn in for New Term as Norfolk County Register of Deeds

Norfolk County Register of Deeds William P. O'Donnell was sworn into a new term on January 1, 2025, during a ceremony at the State House Library in Boston. Shown, conducting the swearing in was Secretary of the Commonwealth William F. Galvin.

For more information on the Norfolk County Registry of Deeds, visit onwww.norfolkdeeds.org.





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Rockland Trust Launches 21st Annual Scholarship Program

Rockland Trust is pleased to announce the launch of its 21st Annual Scholarship Program. This program is open to students who are enrolling in part-time or full-time post-secondary studies for the first time at an accredited two—or four-year college, university, or vocational-technical school for the entire upcoming academic year (2025-2026). Rockland Trust will award up to sixteen \$3,000 renewable scholarships this year.

Applications will be considered based on financial need, academic performance, and unusual personal or family circumstances. Applicants must reside in a county Rockland Trust serves. To learn more about guidelines, and eligibility criteria, and access the application, please visit RocklandTrust.com/Scholarship.

Register O'Donnell Thanks Contributors to Annual Holiday Food Drive

Norfolk County Register of Deeds William P. O'Donnell expressed his thanks to everyone who contributed to the Registry's 2024 Annual Holiday Food Drive, which yielded over 200

pounds of food this year. The non-perishable food collected during the drive was dispensed to several pantries throughout Norfolk County.



Hopkinton Center for the Arts Seeks Clothing & Textile Donations

Cleaning out your closets? You can now bring used clothing donations to 98 Hayden Rowe Street in Hopkinton (next to the High School) where Hopkinton Center for the Arts has partnered with St. Pauly Textile Inc. to provide a wood-frame clothing drop-off shed for community use.

This shed is designed to give community members a uniquely clean, convenient, and wellcared-for option to donate their used clothing. St. Pauly Textile Inc. partners with businesses and various organizations to distribute donated items both here in the U.S. and worldwide, where they're ultimately re-worn by people who need them. Hopkinton Center for the Arts receives funding for donated clothing, and additionally has the option to use donations to serve community needs.

With over 1,600 clothing drop-off sheds in place, St. Pauly Textile Inc. collects over 175,000 pounds of clothing a day and estimates that this clothing ends

up in 44 different countries (including the U.S.) yearly. In 2024, the company was able to help keep over 64 million articles of clothing out of landfills, which clothed an estimated 7.8 million people worldwide. The company was founded in 1996 and is an A+ rated member of the Better Business Bureau.

Accepted items: clothing, shoes, belts, purses, blankets, sheets, curtains, pillowcases, and stuffed animals.

Climate: What Will You Do?

Sunday, February 16, 2025 @ 10 a.m.

The issue of climate change is an immense problem which can seem overwhelming. The Unitarian Universalist values of Justice, Equity, Transformation, Pluralism, Interdependence, Generosity and Love remind us of our responsibility to protect the earth and all beings from exploitation and to respect the interdependent web of existence.

Please join us for this Lay Led service as several members of FUSF's Climate Justice Team share personal perspectives and the steps they are taking to put UU Values and their faith into action! They will also share examples of relatively simple steps one can take to make a difference.

The First Universalist Society in Franklin (FUSF) is a Unitarian Universalist Welcoming Congregation located at 262 Chestnut Street, Franklin

Our Interim Minister is Reverend Beverly Waring

For more information about FUSF please visit our website at Fusf.org. or contact us at info@fusf. org; call (508) 528-5348.

Latest U-Haul Report: MA Seeing 2nd Highest Outmigration in Nation

Following the latest report from U-Haul showing that Massachusetts continues to have the second highest net out migration in the country, the Massachusetts Fiscal Alliance renewed calls for the Governor and legislature to take aim at the Commonwealth's economic competitiveness heading into the new legislative session. MassFiscal urged Governor Healey to use her State of the Commonwealth speech to highlight what broad based tax cuts and tax eliminations she will propose during the next legislative session in order to get Massachusetts back on track. MassFiscal insisted that rehashing old minor tax cuts

is not good enough, when recent U-Haul data shows trends not improving. Massachusetts is behind only California, a far larger state, in the rankings and is once again the only New England state to make the top five for net loss of one-way movers. The three states that saw the highest net increase were Texas, South Carolina, and North Carolina. The U-Haul report can be seen at https://tinyurl.com/UHaulMA.

Massachusetts Fiscal Alliance advocates for fiscal responsibility, transparency, and accountability in state government and increased economic opportunity for the people of our Commonwealth





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Sports

Hutchinson Hoop Tourney — The Opening Round

Hopedale, Wayland Advance

By KEN HAMWEY, Bulletin Sports Writer

Hopedale and Wayland took care of business to advance to the championship final of the 18th annual Barry Hutchinson Memorial Basketball Tournament.

Hopedale's Blue Raiders defeated the Raiders of Wellesley, 45-40, in the opener and Wayland's Warriors downed Bellingham, 42-34, in the nightcap, paving the way for a championship clash between a Dual Valley League team (Hopedale) and a Dual County League squad (Wayland).

Hopedale trailed, 25-16, at halftime, then cut its deficit to a point, 33-32, entering the final quarter. That's when the Blue Raiders' star guard, Patrick Madden, took center stage, scoring 12 of his 26 points. The versatile senior started the final stanza by scoring Hopedale's first seven points, sinking a three-pointer, getting a lay-up,

and slashing to the hoop. The Blue Raiders outscored Wellesley, 13-7, in the quarter to seal the victory.

Madden's 26 points and sophomore Nate Rutkowski's 10 led Hopedale. Senior Jason Stevens was Wellesley's top scorer with nine points.

Paul Seaver, the first-year Wellesley coach who previously directed Milford High's varsity squad for nine years, was coaching in the Hutchinson Tournament for the second time. His first appearance was during the 2014-15 season when his Milford team lost to Dedham, but won the consolation game by defeating Bellingham.

Seaver's current team, which has plenty of size, left the Bellingham gym still searching for answers. The loss to Hopedale left the Raiders at 0-5.

"We need to improve our skills and get our team chemistry in order," Seaver said. "Last year's team went 8-12, and its top two scorers graduated. It's obvious now that we're in a full-blown rebuilding job."

Seaver is fully aware of Hopedale's ability and knows that its veteran coach (Tony Cordani) is an exceptional leader. Seaver remembers Hopedale's success from his days as Milford High's coach.

"Give Hopedale all the credit for their victory," Seaver emphasized. "They're well-coached and year in and year out Tony's teams give everything they have every night. It's a tribute to Tony and everything they do as a program." Seaver also praised Madden calling him "a great player and a great competitor."

Cordani, whose squad improved its record to 4-0 after beating Wellesley, was pleased with his team's effort that overcame the Raiders' size.

"It's a big win for us," he said. "We beat a legitimate Division 1 program that's physically dominant. Paul's in his first year there. He's a very good coach who'll be fine. For us, Pat Mad-

den once again showed he's a top-notch competitor because he wants the ball in crunch time. A senior captain, he displays lots of leadership and poise."

The Wayland-Bellingham matchup was another low-scoring event.

The Blackhawks, who were winless in their first four games, jumped out to a surprising 11-5 lead after the first quarter but the Warriors, who were 1-1, battled back to tie the game at intermission, 19-19. Wayland then amped up its defense and rebounding in the third quarter, limiting Bellingham to a meager five points — a three-pointer by John Doucette and a put-back rebound by Wyatt Callery.

Leading, 30-24, after three quarters, Wayland continued to maintain its lead by outscoring Bellingham, 12-10, in the final period. Six of the Warriors points came on a pair of three-pointers by senior captain Owen Williams.

Wayland was led by Williams' 13 points and Agastya Parulekar's nine. Callery toped Bellingham with 11 points followed by Doucette's 10.

"The key for us was limiting Bellingham to five points in the third quarter," said Wayland coach Dennis Doherty. "The credit goes to our defense and rebounding. Owen hit two big three-pointers in the final period to keep us ahead, and our two guards, Matt Ross and Josh Lewis-Guy, controlled the tempo."

Doherty lauded Bellingham's effort, saying "they're well-coached, they play hard and make everything difficult."

Meanwhile, a lack of offense continues to haunt the Black-hawks.

"Our issue this season has been our struggle to score points," said Bellingham coach TJ Chiappone. "We've got to take advantage of scoring opportunities when they're available. But, give Wayland credit. They used a combination of defenses that threw us off in the third period."

Hopedale Tops Wayland, Wins Hutchinson Tournament

By KEN HAMWEY, Bulletin Sports Writer

The championship final of the 18th annual Barry Hutchinson Memorial Basketball Tournament personified what the late Bellingham High coach was all about — preparation, effort and commitment.

Coach Tony Cordani guided the Hopedale Blue Raiders to the title by defeating Wayland, 42-27, in a game that featured high velocity up-tempo offense, tenacious defense, intense rebounding and all-out effort by both squads.

All those elements and attributes were what made Hutchinson a dynamic mentor during his 17 years as Bellingham High's varsity coach. And the way Hopedale's Patrick Madden competed would have made "Hutch" smile. Because the Blue Raiders' captain added some memorable history to this outstanding event.

The 5-foot-9 senior guard scored 26 points in the opener against Wellesley, then notched 11 in the finale, enabling him to capture the tourney's MVP award. But his final field goal of the game — a three-pointer from the right side in the third quarter — gave him a career total of 1,001 points.

"I always wanted to achieve my goal of becoming a 1,000point scorer," Madden said. "It feels like a big accomplishment. I was told a lot of people were eager to see me reach 1,000. The Hopedale program means everything to me. I've always tried to be a leader and get other teammates involved."

Cordani labeled Madden as "a coach's dream," adding that "Patrick is gritty and hardnosed." Cordani also lauded his team's overall style. "We rely on defense and rebounding," he emphasized. That's our calling card. Winning this tourney is a great feeling and a big achievement. The victory also keeps us unbeaten at 5-0."

Cordani, who knew Hutchinson and understood his style and approach to basketball, was pleased his players competed intensely in the tourney.

"We played as hard as we could and I hope we lived up to what Barry was all about," Cordani said. "It's a tourney that raises money for a scholarship, and the teams are always prepared and competitive."

Hutchinson died at the age of 47 of a heart attack. He led the Blackhawks to their only State basketball championship in 2003 when they defeated Bromfield, 49-40, at the Worcester Centrum.

Wayland coach Dennis Doherty was disappointed with the loss and credited Hopedale



Hopedale's Patrick Madden scored his 1,000th point in the Barry Hutchinson Memorial Basketball Tournament and he also was the Most Valuable Player. Photo courtesy of Stephanie Ridolfi

WINS

continued on page 23

Sports

WINS

continued from page 22

for its effective 2-3 zone defense. "We knew it was coming but we didn't hit shots," he emphasized. "It's imperative to make open shots against that defense. But, our kids worked hard and we're honored to be in such a quality tournament."

Hopedale jumped out to a 15-5 lead after the first quarter, then increased its advantage to 25-11 at intermission. Both teams matched one another on offense in the second half. Hopedale guard Keigan Murphy, who was chosen as a tourney all-star, finished with seven points and 14 rebounds. Wayland's scoring was led by four players with five points — Lewis-Guy, Ridley Keegan, Josh Grossman and Cooper McFarlane.

Wellesley dominated the consolation game by defeating Bellingham, the host team, by a whopping 70-27 margin. Senior co-captain Spencer Briggs, a tourney all-star, led the Raiders with 23 points and Sam Sullivan's five led the Blackhawk.

Wellesley led, 11-7, after the first stanza and was ahead, 33-10, at halftime. The lead ballooned to 50-14 after the third quarter. The Raiders went on a 20-0 run in the second period and came close to matching that effort with an 18-0 run in the third quarter.

The victory halted Wellesley's losing streak and gave them a 1-5 record. The loss kept Bellingham winless at 0-6.

"Hopefully this win will jumpstart us," said Wellesley coach Paul Seaver. "Our defensive effort enabled us to control the game."

Bellingham coach TJ Chiappone, who served as the Blackhawks' varsity assistant to Hutchinson when Bellingham won the state title in 2003, was hoping to get a victory in the tourney.

"We didn't compete well," he said. "I've got to coach better, and we have to play better. It stings to not win a game in our tourney. It's all about putting our best foot forward, and we didn't do that."

Madden MVP; 5 Others Chosen as Hutchinson Tourney All-stars

By KEN HAMWEY, Bulletin Sports Writer

Hopedale's Patrick Madden was named the Most Valuable Player of the 18th annual Barry Hutchinson Memorial Basketball Tournament.

The Blue Raiders' senior captain scored 26 points in the tourney's opening round against Wellesley, enabling the Dual Valley League team to advance to the final where it defeated Wayland, 42-27, to claim the tourney championship. Madden's three-pointer early in the second quarter of the final put him in an elite category — he became a 1,000-point scorer. That field goal gave him 1,001 points.

Madden, a 5-foot-9 guard, was joined on the all-star team by teammate Keigan Murphy, his partner in the backcourt who grabbed 14 rebounds in the title-winning game against Wayland.



Bellingham's Wyatt Callery was selected to the Hutchinson Tourney all-star team.

Tourney runner-up Wayland placed two on the all-star cast — Josh Lewis-Guy, a 5-10 guard, and 6-2 forward Owen Williams, whose 11 points against Bellingham in the opening round, played a key role in the Warriors victory. Rounding out the squad were Wellesley forward Spencer Briggs, who scored 23 points in the Raiders' consolation-game triumph over Bellingham; and Wyatt Callery, Bellingham High's center who scored 11 points in the opening round against Wayland.

All the players received plaques and Hopedale's team was presented the champion-ship trophy.

Bellingham Baseball Registration Now Open

Bellingham Youth Baseball, Inc. (BYBI) announces spring registration is currently open at www.bellinghamyouthbaseball. com. Players ages 4 to 18 are eligible to play; see the website for any eligibility issues. Early Bird discount ends Jan. 31, 2025, and payment plans are available. Registration ends 2/28/2025.

There is also a league for special needs children, please register for Challengers through the website or email Kerry Farrell for any questions at president@bellinghamyouthbaseball.com

SPRING SEASON is our largest program. Challenger Division (various ages/abilities between 5 – 22), Li'l Sluggers (4 year-olds play each Saturday with no practices), Tee-Ball (ages 5 and new 6's play up to two games per week), Instructional (returning 6's and 7's play up

to two games per week), Minors (ages 8 and 9 play two or three games per week), International (ages 9-12 play three games per week), Majors (ages 10-12 play three games per week) and Senior (ages 13-15, 16-18 play two games per week).

While players 6 and younger are placed on teams, an evaluation process, scheduled for 7 – 18-year-olds not already on a Major League team, will be held at the high school gym Saturday, March 15. Players aged 4-7 will attend Meet the Coach on March 22 at DiPietro Elementary School.

BYBI is a local success community organization, but you can't be a part of it if you aren't registered. Register early to lock in discounts; installment payments are available.



Sports

BHS Ice Hockey Team — The Culture Is on the Rise

By KEN HAMWEY, Bulletin Sports Writer

When Tony Patete took the reins as coach of Bellingham High's ice hockey team, he knew he was facing a major rebuilding job. Some would go so far to classify the rebuilding effort as a Herculean task.

Consider these numbers — the Blackhawks have gone 10 years without a tournament berth, and the last two seasons included records of 2-16-2 last year and 0-18-1 during the 2022-23 season.

Patete's forces were 2-7 in their first nine games, and four of those seven defeats were by two-goal margins, far better than some of the spreads of past years. And, the Blackhawks' record includes games against some of the Tri Valley League's best teams.

"My No. 1 objective in the pre-season was to change the culture and the mentality," Patete said. "The players got used to losing, but that's changed. Now, they believe they can win any time they step onto the ice. Our second goal was to double the win total of the last two years. And our final goal is to strive to qualify for the playoffs in Division 4."

Rather than focus on wins, "What's more important is to focus on playing three complete periods of hockey," the coach emphasized, "And, we're still striving to do that."

A native of Franklin, Patete knows that stringing three solid periods together will likely result in victorious outcomes that could lead to qualifying for the playoffs.

"A 2-7 record at the halfway mark sounds bad, but the team we have now is very different from squads of the past," Patete said. "Our mental approach is much improved, and we still believe we've got a shot at a tourney berth. Through nine games, we've given up 20 less goals than last year and we've scored two more goals through nine games compared to last year."

The Blackhawks, a co-op team with Millis and Blackstone-Millville, have some strengths, which include depth, versatility, effective goaltending, some experience and a positive approach



Bellingham hockey coach Tony Patete (middle) is flanked by his captains, from left, Colin Sherman, Charles Eldridge, Conor Reilly, and Nathan Gervais.

to competing. "We've got six defensemen, and three of them can play forward," Patete noted. "Our kids and very coachable and willing to learn, but we must limit our turnovers and correct our mistakes at practice."

Bellingham's four captains have impressed Patete by being vocal, communicative and leading by example. They include seniors Nathan Gervais (right wing), Colin Sherman (center), and Charles Eldridge (right wing), and junior Conor Reilly (center).

"A player from Blackstone-Millville, Nathan is a strong skater who's fast and has a great shot," Patete said. "A quality individual, he's bought into our system. Colin has a high hockey IQ, and he controls the play on the second line by being a complete two-way center.

"Charles has a great shot and is a good skater. He and Colin have developed good team chemistry. Conor played defense for two years, but he's become a super strong skater. He controls play as a two-way center who backchecks well."

Two left wings from Millis — junior Dylan McGuire and sophomore Braden Ingoldsby — are top-notch players. "Dylan is a complete buzz-saw who never stops skating," Patete said. "He follows directions, is coachable and works hard at the net, getting gritty goals. Braden, who also can play center, has an outstanding hockey IQ, is fast, moves the puck and can score."

Junior Ed Savje and sophomore Declan Jewett can play either center or on the wing. "Ed has good footwork, breaks up lots plays and moves the puck well," Patete offered. "Declan has a great nose for the puck on offense and has a strong shot."

Junior Mike Cullinane and senior Jack Pirrong are major assets on defense. "Mike is the backbone of our defense," Patete said. "A two-way defenseman, he's aggressive and is confident with the puck. Jack is a solid defensive defenseman who's an even-keel competitor. He's also physically strong and mentally tough."

Junior Eric Todd and freshman Ben Perkins are also very capable defensemen. "Eric is an offensive-minded defenseman who's talented carrying the puck," Patete said. "He skates well, has good instincts and runs our power play. Ben has a bright future. A good stick-handler, he's tall and physical and can tie up offensive opponents."

The Blackhawks have two effective goalies — junior Liam Gregg of Millis and freshman Nick Fantini.

"Liam has been a starter since his freshman year," said Patete. "He makes big saves, and he keeps us in every game. A very good side-to-side goalie, he's instinctive, has a solid glove and cuts the angles well. Nick is a good stand-up goalie who's a solid shot-stopper at a young age. He's got a good future. He's started two games and will be called on to start more based on specific opponents."

Four volunteer coaches comprise Patete's staff. They include Anthony Patete (son), Brett Peterson, Sean Noonan, and Dan Crandall.

Rome wasn't built in a day, and Patete knows that rebuilding the Blackhawks will take time. But there are definite signs of a culture change.

"We've made some strides, but there's more work to do," said the 52-year-old coach. "We're a group of grinders. We have to outwork our opponents, get consistent play from our three lines and play effectively on defense. That's our focus. When those things occur, that's when we'll win."

Senator Markey to Lead as Top Democrat on Small Business and Entrepreneurship Committee

Senator Edward J. Markey (D-Mass.) was officially named the Ranking Member, or top Democrat, of the U.S. Senate Small Business and Entrepreneurship Committee (SBC). Senator Markey, who in December celebrated the passage of the Social Security Fairness Act, has served on the Small Business and Entrepreneurship Committee since his election to the Senate in 2013. As Ranking

Member, Senator Markey will work to build a fair, just, opportunity economy for entrepreneurs and the 34 million small businesses across the country, including more than 722,000 in Massachusetts and their 1.4 million employees. Massachusetts is a small business beacon, especially as a leader in the innovation and clean energy economy.

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Library Resource of the Month – Craftsy

Craftsy is an online resource for all creative makers, where you can find everything you need – from basic instruction to advanced techniques. It's your gateway to a world of creativity and endless possibilities. Whether you're a seasoned quilter, avid knitter, or a curious cake decorator, Craftsy will help you discover the joy of bringing your ideas to life. If you want to create beautiful things and express your creativity, this is a great resource for you!

Key Features:

- Over 1,400 in-depth instructional video classes, covering 20 different creative passions. New classes are added monthly.
- Over 3,500 total hours of detailed commercial-free video instruction from a variety of categories by worldrenowned instructors.
- Each class includes downloadable class materials to support the video.
- Access to thousands of written articles, projects, and tips.

• Supported language: English; closed caption available.

Craftsy is easy to navigate and has many highlighted topics, such as New Arrivals, Top Picks for You, Seasonal Craft Ideas, Popular Classes, Explore by Category, and a number of other categories to discover, such as knitting, crocheting, drawing and painting classes.

Craftsy is more than just a library of classes, projects, and recipes – it's a vibrant community of makers, doers, and dreamers. Here you can connect with fellow enthusiasts, share your projects, and be inspired by others who share your creative spirit. There

are a number of live events that you can join on a particular day and time, and many have corresponding recipes or tutorials that you can also download. If you miss the live stream, you can watch the replay.

To access Craftsy, go to the Bellingham Public Library's website at www.bellinghamlibrary.org. Click on Resources, then click Online Courses/Tutoring. Scroll to Craftsy and access through Libby Extras. Sign in with your Bellingham Library card and you will get a pass which is good for 7 days. When this expires, you can sign in to get another pass!

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New Legislation Aims to Protect Drinking Water, Provide Financial **Assistance for Private Well Testing in MA**

would enable Massachusetts to develop minimum statewide water quality standards for private wells and expand a financial assistance program to remediate wells affected by PFAS ("forever chemicals") and other harmful contaminants in drinking water supplies.

The filing of the bill (SD.847) by Sen. Jamie Eldridge (D-Marlborough) and Rep. Natalie Blais (D-Sunderland) was applauded by the Coalition for Safe Drinking Water, (www.whatsinyourwellwater.org/), a grassroots group led by RCAP Solutions (www.rcapsolutions.org) and supported by The Health Foundation of Central Massachusetts (https://hfcm.org/) that is focused on equitable access to clean and safe drinking water.

More than half a million Massachusetts residents – located heavily in rural areas but also in

Legislation filed last month all 351 cities and towns – rely on private wells for their drinking water. Yet many are consuming water that may be unsafe because the source is not regularly tested and treated like public water supplies and could have harmful contaminants such as PFAS, arsenic, radon, uranium and more. A 2023 poll by MassInc. revealed that 92% of residents believe that state government should play a role in ensuring safe drinking water for all.

"As the Legislature continues to address PFAS contamination in communities across the state this session, it's crucial that the hundreds of thousands of households relying on private well water have access to clean and safe drinking water," said Sen. Eldridge. "That's why I'm proud to once again file legislation to empower the DEP to regulate private wells and establish a program to help homeowners test their wells for dangerous contaminants."

The initiative gained momentum last year in the state budget process, with \$100,000 appropriated to the Massachusetts Department of Environmental Protection (MassDEP) to conduct a study and make recommendations for a statewide program to ensure that drinking water from private wells is safe to consume. The MassDEP study is currently in progress.

The newly filed legislation would grant the MassDEP clear authority to establish standards and define testing requirements for new and existing wells to ensure effective implementation. Upon the sale of a home, a private well used for drinking water would have to pass a test for the transaction to be completed (similar to the state's Title 5 septic system regulations). The state would make resources available to assist eligible homeowners with the cost of well water upgrades.

"We applaud Senator Eldridge, Representative Blais, Representative Kilcoyne and Representative Sena for their leadership on this important issue. Too many homeowners are not aware of what's in their well water or how the presence of PFAS and other contaminants could harm their family's health," said Brian Scales, President & CEO of RCAP Solutions, a nonprofit community development corporation based in Worcester.

'Massachusetts residents who live in municipalities with public water systems have access to water that is tested and treated to meet state and federal standards, but those protections do not extend to those who rely on well water," said Amie Shei, Ph.D., President & CEO of The Health Foundation of Central Massachusetts. "Wells require regular testing and maintenance, just as public water systems do, but not everyone is aware of the need or can afford these services - creating a regional equity issue that can be addressed through this legislation."

RCAP Solutions' Private Well Program to Protect Public Health, funded by The Health Foundation, conducted over 500 water quality tests of private wells across several Massachusetts communities from 2020 to 2022, finding that about a third of the wells contained levels of contaminants higher than state health standards or suggesting potential health risks.

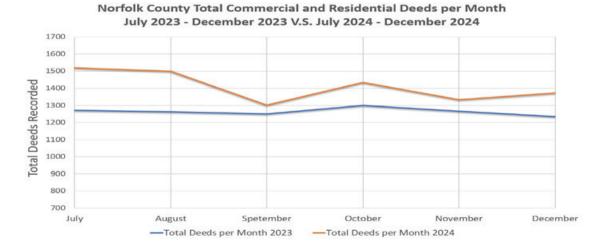
For more information about the legislation and the Coalition for Safe Drinking Water, please visitwww.whatsinyourwellwater.

December 2024 Sees Increase in Property sales

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

The Registry of Deeds recorded 8,798 documents in December 2024. This was 10% more than in December 2023 and a 6% increase compared to November 2024.

"In the fall and start of the winter months, we have seen some positive trends in real estate recording activity, which is largely due to a significant increase in the number of mortgages and deeds recorded compared to this period of time last year," stated Norfolk County Register of Deeds William P. O'Donnell. "It will be interesting to see if this





trend continues as we move further into the winter months."

The total number of deeds recorded for December 2024. which reflects both commercial and residential real estate sales and transfers, was 1,372, up 10% from December 2023 and up 3% from November 2024. This December, 672 commercial and residential properties sold during the month, up 6% compared to December 2023.

"Looking at the second half of 2024, recordings show a sustained increase in the overall number of deeds recorded year over year, reflecting a consistent interest in real estate in Norfolk County," noted Register O'Donnell. "This indicates that

the real estate market is performing decently, particularly in certain neighborhoods and property types in area communities."

The average sale price of commercial and residential properties for December 2024 rose to \$1,762,032, a 102% increase compared to December 2023 and an increase of 82% from November 2024. Moderna's purchase of two properties in Norwood, totaling nearly \$370,000,000 has skewed the average sale price. Without these purchases, the average sale price is \$1.212.271, an increase of 39% from December 2023. The total dollar volume of commercial and residential sales is also up, increasing by 114% from last

year and up 86% from the previous month.

In December, lending activity increased compared to the same month a year ago. A total of 1,355 mortgages were recorded in December 2024, up 21% from December 2023, but down 1% from November 2024.

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

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

Calendar

February 3

Book Discussion Group, 6:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham; *Absolution* by Alice McDermott, for info. contact cchriste@cwmars.org

February 4

Virtual Author Talks: Online Author Event: Smithsonian Curator Sabrina Sholts, 2 p.m., to register, go to: https:// libraryc.org/bellinghamma, Bellingham Public Library, 100 Blackstone St., Bellingham

February 6

Franklin LGBTQ Alliance Movie Night, 6:30 p.m., Franklin TV & Radio, 23 Hutchinson St., Franklin, movie: *Dumplin*, rated PG-13

February 8

Tracy Grammer, 7:30 p.m., Circle of Friends Coffeehouse, http://tracygrammer.com/, with Jim Henry, http://www. jimhenry.net/, Franklin's First Universalist Society Meetinghouse, 262 Chestnut St., Franklin, tickets at http://www.circlefolk.org/

February 11

Writing Group for Adults, 6:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham. To participate contact Marjorie Turner Hollman marjorie@marjorieturner.com.

Virtual Author Talks: In Conversation with Bestselling Author Waubgeshig Rice, 7 p.m., to register, go to: https://libraryc.org/bellinghamma, Bellingham Public Library, 100 Blackstone St., Bellingham

NextGen Networking: Business After Hours at Dean College, 5 p.m. – 7 p.m., Dean College, Franklin, visit www. tricountychamberma.org

February 12

LGBTQ Book Club, 6:30 p.m., Pete's Nerd Emporium, 12 Main St., Franklin, selection: *Cinnamon Gardens* by Shyam Selvadurai

February 13

Ladies of St. Anne Movie Night, 6 p.m., St. Blaise Parish
Hall, 1158 S. Main St., Bellingham, women 18+ welcome

February 14

Cinema 80, in cooperation with the Franklin Senior Center, presents Love Story, a 1970 American romantic drama film written by Erich Segal, 6 p.m., Franklin Historical Museum, 80 West Central St., Franklin, Free

February 15

Bellingham Public Library Annual Art & Photography Show, 6-8 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, reception in community room, acoustic concert with singer, songwriter Ric Allendorf in main library, vote for People's Choice Award. Submission deadline February 12th, 8 p.m.

February 16

"Third Sunday" Music at the Museum presents short film, *The Cry of Jazz*, a 1959 documentary film by Edward O. Bland that connects jazz to African American history through footage of Chicago's black neighborhoods. 1 p.m., Franklin Historical Museum, 80 West Central St., Franklin, Separately, we will also hear some performances by Abbie Lincoln, Nina Simone, and others with a specific focus on Civil Rights and Black Pride.

Climate, What Will You Do? 10 a.m., lay-led discussion, The First Universalist Society in Franklin (FUSF), 262 Chestnut Street, Franklin

February 18

Virtual Author Talks: Online Author Talk with Lee Hawkins, 2 p.m., to register, go to: https://libraryc.org/bellinghamma, Bellingham Public Library, 100 Blackstone St., Bellingham

February 19

Bellingham Business Association meeting, 6-8 p.m., Bellingham House of Pizza, 442 Hartford Ave., Bellingham. Networking, and featured speaker Steve Parkinson, \$25, rsvp by email contact@bellinghambusinessassociation.org by Feb. 17th.

February 21

Tri-County Chamber Leads & Lunch, Friday, February 21st | 11:30 a.m. – 1 p.m., The Rail Trail Flatbread Company, Milford, visit www.tricountychamberma.org

February 22

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

February 24

Bellingham Genealogy Club, 6-7:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, bring your laptop or use one of our Chromebooks to work on your family history in the company of other family historians! Run by librarian Catherine Perreault, a former genealogical researcher at the New England Historic Genealogical Society.

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State Officials Urge Fire Safety During Open Burning Season

After an unprecedented fall fire season in Massachusetts, and as wildfires rage in California, state officials are urging residents to protect themselves and their communities by following local and state restrictions on open burning.

State Fire Marshal Jon M. Davine, Department of Environmental Protection Commissioner Bonnie Heiple, and Chief Fire Warden David Celino of the Department of Conservation & Recreation said restrictions on open burning are imposed at the state and local levels.

"Open burning season begins January 15 in communities where it's allowed," said State Fire Marshal Davine. "Even where burning is authorized, a permit from your local fire department is always required in advance, and it's your responsibility to be able to extinguish the fire on a moment's notice. For two years in a row, Massachusetts residents have lost their lives when they couldn't contain their fires - please make safety your priority when burning."

"Open burning is limited to protect public health and public safety," said MassDEP Commissioner Heiple. "The governing laws and regulations are in place to reduce air pollution, property damage, and personal injury. If open burning is allowed in your community, please follow the local and state guidance to keep yourself, your neighbors, and our environment safe."

"This fall, residents across Massachusetts saw just how quickly outdoor fires can grow out of control," said Chief Fire Warden Celino. "Right now, California is facing an even worse crisis with devastating fires consuming entire neighborhoods. Please don't risk a fire that puts you, your home, or your community at risk. Burn only approved materials and always get a permit from your local fire department first."

These restrictions are authorized by 310 CMR 7.07, which sets baseline requirements based on air quality and allows for "no burn" days; MGL chapter 48, section 13, which prohibits any open air fire unless a permit is issued; and the Massachusetts Comprehensive Fire Safety Code, which gives local fire chiefs the authority to impose additional limits.

Open burning season runs from January 15 through May 1 with the following limitations. Local fire departments may deny a permit or set additional limitations if circumstances make open burning hazardous.

Only certain agricultural waste may be burned. This includes brush, cane, driftwood, residential forestry debris, fruit tree and bush prunings, raspberry stalks, infected bee hives, trees and brush from agricultural land clearing, and fungusinfected elm wood if no other acceptable means of disposal is available. It is unlawful to burn leaves, grass, hay, stumps, tires, household trash, construction materials, demolition debris, or brush, trees, cane, or driftwood from commercial or industrial land clearing.

Open burning may only be conducted:

- With a permit issued in advance by the local fire department;
- Between 10 a.m. and 4 p.m.;
- At least 75 feet from all dwellings and without causing a nuisance;
- As close as possible to the source of material being burned; and
- When it will not cause or contribute to a condition of air pollution.

Persons who burn unlawfully or allow a fire to grow out of control could be held liable for

firefighting costs or face fines or even jail time.

Open Burning Safety

- An adult should tend to the fire at all times and keep tools to extinguish it close
- Burn small amounts at a
- Never use gasoline, kerosene, or other accelerants to start the fire.
- · Don't wait for the fire department to tell you that it has become unsafe to burn: put the fire out if winds pick up or the weather changes. Most fires get out of control during sudden wind chang-
- If the fire gets out of control, call the local fire department right away.

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