



Bellingham BULLETIN

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Bellingham's Favorite Hometown Newspaper

July 2025

5th Bellingham Special Olympics Celebrates Inclusion & Achievement

By JENNIFER RUSSO

Pure excitement and joy. That is the best way to describe this year's Bellingham Special Olympics. Now in their fifth year, the heartwarming annual event brings smiles, cheers, determination, and teamwork together to highlight athletes of all abilities and highlight the power of an inclusive spirit. It's proof that when we lift each other up, everyone wins.

Sticking to tradition, the day opens with a parade of all the athletes, their Best Buddies, and some caregivers. Marching from the scoreboard to the bleachers and carrying their signature banner, which serves as a valuable reminder that they CAN and WILL do anything they set their minds to, they were welcomed with applause from those who had come to watch.



Ashley Saiyan, Kadin Boisclair, and Megan Skarin working together in the 100-meter wheelchair race!

The stands were decorated with homemade signs with messages of encouragement and packed full of parents, fellow students, and other members of the town. A couple of bubble machines delighted the kids as they ran and danced through them or took on the task of try-

ing to pop as many bubbles as possible.

Following the parade were Opening Ceremonies, which included a word of welcome from Bellingham Director of

INCLUSION
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Municipal Spotlight

July 4 Celebration & Fireworks Return in Bellingham

By KEN HAMWEY,
BULLETIN STAFF WRITER

After a six-year absence, fireworks, concert bands and a variety of food-and-beverage choices will reemerge to highlight fun-filled, family activities at Bellingham's July 4 celebration of the nation's 249th birthday.

All the activities will be at the Middle School Fields. The concession stand and various booths will open at 6 p.m. with music provided. Fireworks will start at 9:30 and conclude at 9:55 p.m.

Bellingham conducted July 4 activities from 1996 to 2018. The holiday, however, took a back seat in 2019, when the town celebrated the 300th anniversary of Bellingham. The COVID-19 pandemic ended the town's July 4 activities in 2020 and 2021, and from 2022-2024 Bellingham Days, a three-day fair with fireworks, replaced July 4.



The fireworks are on for Bellingham's Independence Day celebration on July 4th at Bellingham Memorial Middle School.

"July 4 with fireworks is something families grew up with and enjoyed celebrating the nation's birthday," Acting Town Administrator Denis Fraine said.

FIREWORKS
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INCLUSION

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Student Services,

Suzanne Michel, who expressed her gratitude to Para-educator and Best Buddies advisor Ashley Saiyan and Bellingham's Unified Athletics organizer Kerry Farrell for their continued support and partnership in making the day possible. There was also a note of thanks to Jill Pilla-Gallerani, Blackstone-Millville Assistant Superintendent, as their schools joined Bellingham for the second year.

"I can't thank my Best Buddies, NHS/NJHS students, the administration of both school districts, Kerry Farrell, our sponsors, and of course my amazing classroom teachers and paras. I couldn't do this without all their help. It truly shows what an incredibly inclusive community we are becoming. I love our new tradition with Blackstone/Millville and hope to improve each year," shared Saiyan.

The National Anthem was played by Bellingham High School trumpeters and followed by the Special Olympics Oath - Let me win, but if I cannot win, let me be brave in the at-



A winning athlete from Blackstone-Millville is presented with his medal.

tempt - and a quick skit by some of the Buddies on how to handle different zones of emotions with suggested coping strategies throughout the day.

The athletic events themselves included 25 and 50-meter walks, 50, 100, and 400-meter runs, a 100-meter wheelchair race, a 400-meter relay, the long jump, and softball distance throw. It was impressive to see athletes encouraged by their peers and, in the spirit of true sportsmanship, some competitors stopped mid-race or came back after crossing the finish line to help another make it across.

All athletes received medals, which were presented by members of the Bellingham Police Department, and one medalist even gave his medal to someone

else who had lost theirs somewhere on the field that day. Imagine what the world would be like if we all followed this kind of example.

The event ended with a lunch for the athletes, some additional fun games, and lots and lots of smiles. Well done to all of the Olympians - we are so proud of you!

A special thank you to families who donated items for the event, as well as Heavy Press Graphics, The Roderick Family, Buy with Bry, CMG Home Loans, and The Naranjo Group for all of your help and support in creating such a wonderful day!

VOLUNTEERS NEEDED: There is currently an ask for the community's help in setting up a parent-run fundraising and



The day was kicked off with a parade of all athletes, their Buddies, and some caregivers.



This participant is all smiles as she races to the finish line.

event planning committee. This committee will help raise funds for the Special Olympics event, but also to help the Best Buddies and Positive Differences clubs

host more events and activities for all abilities. If you are interested in volunteering your time, please email Ashley Saiyan at Asaiyan@bpsdk12.org

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July 2025 at Bellforge Arts Center

July 9, 6 p.m.-8 p.m.

Summer Sounds: Wyn & The White Light Hayley Sabella.

Sponsored by Sheehan Phinney (www.sheehan.com)

July 19 & 20, 5 p.m.-8 p.m.

Gazebo Players: Richard III: Shakespeare's powerful tale performed live outdoors.

July 16, 8 p.m.-10 p.m.

Forge Films: Shutter Island: A gripping psychological mystery under the summer stars.

July 23, 6 p.m.-8 p.m.

Summer Sounds: Cloudbelly and Lost Film.

July 30, 8 p.m.-10 p.m.

Forge Films: Toy Story A timeless, heartwarming family favorite on the big screen.

For more information on these free shows, visit bellforge.org/events.

SOUR GRAPES by Tim Jones. A three-panel comic strip featuring a dog and a cloud with a blue collar. Panel 1: Dog says 'WE'VE BEEN THROUGH A LOT TOGETHER AND YOU'VE ALWAYS BEEN THERE FOR ME, OMINOUS.' Panel 2: Dog says 'THROUGH THE GOOD TIMES AND BAD, YOU'VE BEEN THE BEST PET A DOG COULD EVER WANT. IT'S HARD FOR ME TO SAY, BUT SOMEHOW, I FEEL LIKE YOU'RE SOMEONE I CAN LOOK UP TO...' Panel 3: Dog says 'FIGURATIVELY SPEAKING, OF COURSE.'

FIREWORKS

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“Interest in the event has never been greater, and we’re happy to bring back the tradition.”

Fraine, who’s been Bellingham’s Town Administrator for 37½ years, emphasized that the Select Board advocated for a return to a July 4 celebration. And, the public also played a major role in the comeback. “The public at large questioned its absence, and many residents wanted it back,” Fraine said. “We got lots of phone calls about having July 4 activities.”

The bands that will be performing are “Belling Hammered,” which is a Bellingham originated band that will play at 6 p.m., followed by “Pieces of Eight.”

The Bellingham High Friends of Music will be running the concession stand, and the booths, which also will offer food choices, will include the town’s non-profit and youth groups, the VFW and several sports organizations. “The VFW will feature and ice cream truck and stops at the sports groups’ booths will help with fund-raising efforts,” Fraine said.

Fireworks will be visible for 25 minutes and will be conducted by Ocean State Pyrotechnics of Rhode Island. “Bellingham is the only community in the local area to provide fireworks on July 4,” Fraine noted.

Police, fire and DPW personnel will be on site to monitor and provide assistance if necessary. Restrictions include no smoking and no alcoholic beverages.

Residents and out-of-town visitors can park at the Middle School and High School parking lots. On-street parking will be limited on Blackstone Street and prohibited on Route 126.

“Those attending are encouraged to arrive early and to exercise patience at the conclusion of the event,” Fraine advised. “The anticipated volume of people all trying to leave at the same time presents some difficulty. Our biggest challenge is getting people situated (parked) and getting them home safely.”

A committee coordinated plans for the celebration. The trio includes Chris Remillard (Housing Authority), Jen Altomonte (Select Board and School Committee), and Fraine.

July 4 celebrations in Bellingham had a 22-year run, then went dormant because of a variety of circumstances. Now that the event is back, complete with fireworks, after a six-year hiatus, Fraine said, “It will be difficult to not continue with the town’s July 4 celebrations.

“Next year is our country’s 250th birthday on July 4,” he continued. “Our community again will be able to celebrate our independence on July 4, 2026 with fireworks and other activities.”

Memorable traditions seem to have a knack for making return engagements.

From the Town Clerk’s Office...

We’d like to extend our gratitude to the residents who voted in the 2025 Local Election, as well as the poll workers who work so hard to make our elections run smoothly. 1,676 residents voted in the election, representing 12% of our registered voters. This is in line with our usual turnout for Local Elections, although we’re always looking for ways to increase our voter participation. If you have any ideas, please feel free to reach out to our office!

Some of you may have received “inactive voter” cards.

This simply means we didn’t receive your updated 2025 census. It’s no cause for alarm; if you still reside in Bellingham, simply sign and date the form and send it back to assure you stay on the voter rolls. Per MA General Laws, your name may be removed from the voter rolls if you do not return your census or the postcard, vote in at least one of the next two state elections, or take other action that would reinstate you as a voter. This is one way we make sure our voter rolls stay current and accurate.

Lastly, I’m happy to let you know we’ve purchased two accessible voting booths with curtains for our voters with disabilities. These will be ready for our next election, which is scheduled for June of next year.

As always, if you have any questions, please feel free to reach out at (508) 657-2833 or townclerk@bellinghamma.org.

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TOWN CLERK

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Special thanks to Algonquin Industries of Bellingham for manufacturing flag/wreath holders for our 17 Veteran War Memorials throughout Town. Pictured are Algonquin Industries Vice President Edward Freitas, Memorial and Veteran’s Day Committee members

Jim Hastings and Chris Condon, Town Administrator Denis Fraine and Algonquin Industries Owner Kazmier Kasper. Algonquin Industries is celebrating 51 years of success in Bellingham.



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- Sharon and John purchase and install solar panels on their roof. During a hailstorm, the solar panels are damaged. The damage to the solar panels would not be covered since they forgot to tell their insurance agent about them. True or false?

Answer 1: True. Answer 2: False, whatever portion of the tree is on each person’s property is now their responsibility: 90 percent neighbor, 10 percent June and Scotty. Answer 3: False, dwelling coverage will apply.

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Stall Brook PTO a Unique Community Collaboration

By J.D. O'GARA

Stall Brook Elementary is a special place in Bellingham for young students, and a lot of that is due to a culture of kindness carefully crafted by the school's Parent-Teacher Organization (PTO). Together, parents and teachers work to create a positive, loving environment in which children can grow and learn.

"Having been here for just the past two years and having been in other school districts over 25 years, for me what stands out the most here is the traditional PTO setup. It's a true partnership between families and teachers. It's a true collaboration," says Stall Brook Principal Shannon Barca.

Teachers, she says, will come to the meetings that are led by parents, and they will attend and facilitate different events such as the Walk to School Wednesday or the Kindergarten Carnival.

Teacher Amy Youkilis agrees. "I think, when you have the involvement of teachers and parents, there's a tradition that they want to uphold." She says



The end-of-the-year Field Day is one of the many events Stall Brook PTO supports. Photos used courtesy of Amy Youkilis.

the PTO brings enthusiasm to the school, which has students from Pre-K to third grade.

One collaboration is the school's backpack program, a school-wide effort that discreetly helps food insecure students.

"Roughly 26 backpacks go home every Friday," says Jennifer Bolles, of the PTO, "Only the school nurse knows the true

recipients." The school has a closet food pantry, and parent volunteers fill sacks that fit in a backpack. For summer, students who need it will receive a larger package at the end of the school year.

"We started it 2-3 years before COVID through a grant through the Franklin Hockmock YMCA," says Youkilis,



Teachers are actively involved in Stallbrook's PTO, planning events like this Kindergarten Carnival.

adding that there are bins in the preschool where people can donate food. This year, a shoe drive was held specifically for the backpack program, adds Assistant Principal Laurie Crawford, which yielded, according to Bolles, at least \$550.

"Children also bring in food that they like, that they know their friends like," says Bolles. Another parent, she says, organized an Amazon Wishlist for the program, so families can send donations directly to the school.

Teachers offer children incentives to become involved with food donations. Students receive beads they can collect not only for donations of food, but also for somehow helping

their community.

The backpack program is just one of many programs the Stall Brook PTO funds. The group finds many ways to fundraise, having used Amazon Smile, holding a book fair, and raising money through fun events for families, such as the Pumpkin Stroll and a Fun Run, that took place on Halloween and included a track built on the baseball field and teachers running a race in hilarious blowup costumes.

The PTO has also looked for funding through the Bellingham Cultural Council for various programs. The Cultural Council, supported by the Massachusetts Cultural Council, has funded a regular Tanglewood Marionettes performance for students, and this year, it also granted \$1,000 to the Stall Brook PTO for a mural painted by an artist-in-residence.

"I want to publicly thank the Bellingham Cultural Council for their support," says Youkilis.

All 290 students at Stall Brook Elementary also enjoy free admission and free bus rides for all field trips, thanks to the school's PTO, as well as a year-end field day filled with fun.

No matter what the event, Stall Brook Elementary PTO has created a community and a sense of belonging for everyone it touches.

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Keough Memorial Academy Student Jachia Brownlee Wins Statewide Contest

By J.D. O’GARA

Teen artist Jachia Brownlee, freshman at Keough Memorial Academy took home a first prize statewide in the Massachusetts Association for Mental Health (MAMH) 2025 Art Contest in late May. Her painting, “Thou Shall Bite,” was chosen as best in the Commonwealth in the visual still category of the annual contest, winning her \$100.

“Jachia’s very independent in the art room, as far as generating ideas,” said Keough art teacher David Acerra, who entered his Brownlee’s artwork, that she completed as a 7th grader, into the contest. “She just has ideas, and she’ll run with it; the results are usually very good,” he added.

The young artist herself thought it was “pretty cool” when she found out she won the contest. Jachia, who prefers the texture of acrylics as a medium, said she took inspiration from a picture, “but it kind of morphed into a painting about animal abuse, a very passionate topic for me.”

Brownlee continued, noting that the work reflected her mental state at the time, “Internally, we are all animals. We are raised to hold up to expectations and social cues, and yet if we are different, we are treated like stains. Some of us are neglected, some of us have disabilities, and it forms us to be who we are. I felt I was treated differently because of how I look, where I come from, and how I react to my environment. I shall bite at those who treat me different (sic), and I shall protect those who shall treat me how I deserve to be treated. I shall bite.”

For fun, Jachia decided to invert the colors of a photograph on her phone and paint how the image appeared.

“I thought doing something new with the color would be interesting,” she said.

Acerra notes that that sort of creativity, “really can’t come from the teacher; it comes from the student. That’s something you can’t teach,” he said.

KMA School Adjustment Counselor Johnna Gorman



Jachia Brownlee, second from left, won first prize in May in the Massachusetts Association for Mental Health (MAMH) 2025 Art Contest for her painting “Thou Shall Bite.” She is shown with her art teacher David Acerra, her best friend Charlotte, and her school adjustment counselor Johnna Gorman.

noted, “Jachia is a very deep thinker. She has a lot of insight, and she works hard on her mental health when it shows up, trying to connect all the information that she has to always be putting her best foot forward to be the best for herself.” Noting Jachia’s expressive dress and style as well as her earnest work in therapy, Gorman said, “She has a big maturity around that kind of skill ... it never ceases to amaze me how she expresses that. Art is therapy for her.” She adds Jachia can “really voice what those internal conversations are and healing, not only for herself, but for her peers, anyone who’s connected to her artwork.”

“I’ve been dealing with mental health issues since I was very young,” said Jachia, “so I just like to find ways to express it without damaging anybody around me.” The young artist first used art for healing with a therapist but explained that her mother, with whom she is very close, is also very creative and would involve her in paint nights when she was young.

Overall, Jachia, who also really enjoys cooking and is inspired by an artist at The Ra-



“Thou Shall Bite,” Acrylic, by Jachia Brownlee

ven’s Talon to practice nail art someday, said about her painting, “It makes me feel good that people resonated with it. I feel really happy about it, especially because it’s spreading awareness about mental health, which is

really important to me and my family ... it’s really important to talk about that kind of stuff, even if it’s a sensitive subject, so other kids feel safe to express their mental health and get help for it.”

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Bellingham Public Library News & Events for July

For updates, please see the library website, www.bellinghamlibrary.org.

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

July

Monday - Thursday 9:30 a.m. to 8 p.m.; Fridays 9:30 a.m. to 5 p.m.; Saturdays - 9:30 a.m. to 1 p.m.; Sundays - Closed

Closed Friday & Saturday, July 4th and 5th for the Independence Day Holiday

Summer Programs for Children including Summer Reading Info!

Summer Reading 2025 - Level Up at Your Library

Level Up at Your Library this summer with our reading program based around games, play, puzzles, and skill-building! Track how much you read either by the number of minutes or number of books and win prizes as you make your way through the game board-styled reading tracker! Summer Reading kicked off on June 23rd and runs until August 16th.

Special Programs

*The programs listed below with an * are supported by the Rockland*

Trust Charitable Foundation, Friends of the Bellingham Library, and a grant from the Bellingham Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

The Poop Museum* - Thursday, July 10th at 10:30 a.m.

At The Poop Museum with Susie Maguire, everyone learns many fantastic, fabulous and fun facts about human, animal, and insect poop, many of which truly amaze and surprise. For families!

Small Singers & Shakers* - Monday, July 14th at 11 a.m.

Join Miss Stacy Lake for some music and movement for children and their caregivers!

Family Game Night - Friday, July 18th from 6:30-7:30 p.m.

Life-Size Game of Life - Thursday, July 24th from 2-4 p.m.

Weekly Programs

Summer Story Time with Junior Librarians - Wednesdays at 10:15 a.m. Join us for a summer story and craft! We will be joined by our Junior Librarians (summer volunteers in grades 3-6). For ages 2-5 (siblings welcome) - No registration needed.

Green Thumb Club - Wednesdays at 1 p.m. A weekly program where families can come plant different types of seeds during each session and watch them

grow throughout the summer! For families - you only have to register once to attend any session.

Krafty Kids - Thursdays at 1 p.m. A weekly craft program for families! Please register for each week that you would like to attend.

Fri-Yay Open Play - Fridays, July 11th and 25th. Yay for Fridays! The Community Room will be set up with some open-ended art and activities for ages 0-5 from 10:15-11 a.m.

Ongoing Children's Programs

The Baby Bunch - Mondays at 9 a.m. For infants 0-18 months and their caregivers.

Ring a Ding - Mondays & Thursdays at 10:15 a.m. (no class on 7/10 or 7/14) For ages 0-5. Songs, dancing, instruments, beach balls, a parachute, and a story = a lot of noisy fun!

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

Sensory Story Time - Tuesdays at 10:15 a.m. Story, sensory activities, and open play! For children ages 2-5 (younger siblings welcome). Please register for each session.

Lego Builders - Mondays at 4:30 p.m. An open hour to build with Legos. We will save and display your creations, then take them apart to make something new. For Grades K to 3.

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Adult/Child Book Clubs - For kids in grades 2-4, 5-7 or 8-11 and an adult in their life who loves to read. Meets monthly. Those in grades 2-4 should contact Melissa Denham, mdenham@cwmares.org, grades 5-7 should contact Amanda MacLure, amaclure@cwmares.org, and grades 8-11 should contact Diane Nelson, dnelson@cwmares.org. Check the library calendar for details.

After School Programs for Fall of 2025

We will be scheduling registration for the ASK Program in late August. Stay tuned!

Adult Programs

Summer Reading for Adults - Bellingham Library Bingo!

Adults (ages 18+) - Pick up a Bingo Card at the Library in late June and read books over the summer that meet the bingo card description to be entered to win prizes!

Yoga for the Seasons: Summer Series

Tuesdays at 8:30 am starting on July 8th. Check the library calendar to register.

LIBRARY
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Azza Law

Amy Azza, Esq

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Bellingham Business Association Awards 2025 Scholarships & Local Unsung Hero

By JENNIFER RUSSO

In Bellingham, community isn't just a word – it's a way of life. From small businesses supporting local schools and youth sports to individuals who unselfishly do their best to help their neighbors, the town's spirit and generosity shine throughout the year.

Recently, this was celebrated at the Bellingham Business Association (BBA) annual awards ceremony, a tradition where they gift scholarships to two outstanding high school graduates and honor a very deserving resident who goes above and beyond to serve others in the community.

The first award presented was the Unsung Hero Award. Earlier in the year, residents had the opportunity to nominate a citizen who they believe has been active in creating opportunities to foster the community in a meaningful way. The BBA looks at these nominations and chooses the person they think best exemplifies this – someone who sacrifices their time to lead and support efforts, or someone who recognizes and solves a gap in outreach needs.

This year's recipient was James Begley, a US Navy Veteran who has been involved in several initiatives throughout Bellingham.

"Some may know Mr. Begley as the face, voice, and cheerleader involved in the Challengers program. From basketball to baseball, he has been there from the beginning, helping all of our kids find a passion for sports despite any challenges they face," said Suzanne Ranieri, BBA Vice President.

"His smile is infectious, especially when he is on the court or on the pitcher's mound, and

you can't help but want to be involved too."

James was also instrumental in starting monthly "Pizza Nights" for our local Veterans, giving them a friendly outlet for fellowship.

"These nights started out slowly at first, but due to his determination, we now have several returning Veterans spinning stories, telling tales, laughing, and supporting each other. This night has grown so much that there is now a waiting list of pizza night sponsors," shared Ranieri.

"He is a true role model for so many of our younger residents who get to witness him in action. He takes chances to make things better, and for that, we are so incredibly grateful for his leadership in our town."

The BBA also awarded two \$1,500 scholarships to graduating seniors from Bellingham High School. Applications for this scholarship are competitive and are awarded to two graduates each year who have been accepted into an accredited college or university and have, throughout their time in high school, been active in academic and non-academic activities, involved in the community, and met other criteria.

This year's first scholarship recipient was Mallory Berkeley, who will be attending the University of Tennessee to major in Digital Marketing and social media. She has been very involved in school activities, including acting as the class secretary during her junior and senior year, and as class president this past year.

Mallory is a part of the National Honor Society and was involved in the school's literary journal as a senior editor. She



Bellingham Business Association named James Begley the town's "Unsung Hero" for 2025.

has been a 5-year starter on the field hockey team and their captain for the last two years. She hopes to stay involved in youth sports, growing the game of field hockey, and to continue volunteering to help her community.

The second scholarship award went to Abigail Cormier, who will be attending Bentley University and majoring in Marketing and Finance. She was inspired by her grandfather's experiences to pursue a career in business, and she chose Bentley for its values, academic rigor, and strong community.

Abigail balanced her schoolwork with her job as a hostess



Bellingham students Abigail Cormier and Mallory Berkeley each received a \$1,500 scholarship from the BBA.

at 3 Restaurant in Franklin, and she was also a 5-year member of the field hockey team, as well as playing lacrosse for the last three years. She participated in the yearbook committee and volunteered at youth field hockey camps. She is committed to giv-

ing back and making a positive difference in the lives of others.

We congratulate James Begley on his award and thank him for his service to our country and community and wish these two remarkable students much success in their college journeys.

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LIBRARY

continued from page 6

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@cwmar.org, for more information. Upcoming titles and dates include:

July 7: *The Little Liar* by Mitch Albom

August 4: *The Collected Regrets of Clover* by Mikki Brammer

September (date to be announced): *Rough Sleepers* by Tracy Kidder

A Novel Idea: A New Book Club for Adults – Tuesday, July 1 from 6:30-8 p.m.

Read a book every month

and discuss it with the group while enjoying light refreshments. This month's selection: *The Final Girl Support Group*, by Grady Hendrix. If interested, please contact Diane Nelson at dnelson@cwmar.org.

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. Conversations will be facilitated by a library staff member or volunteer. Drop-in classes offered weekly on the following dates/times.

Tuesday, July 8th at 6 p.m.

Monday, July 21st at 1 p.m.

Needlecraft Night – Wednesdays from 6-8 p.m.

All skill levels are welcome.

Please bring your own materials.

Writing Group for Adults – Tuesday, July 8th 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 are welcome. Reading limit is 9 minutes per reader, with a brief opportunity for positive, personal comments. To participate, contact Marjorie Turner Hollman at marjorie@marjorieturner.com.

Chat & Craft: Pass the Painting – Monday, July 14th at 6:30 p.m.

Have a fun time painting anything you want on a canvas with watercolors, then every 10 minutes pass your painting to the person on your left and then work on the next area. Everyone adds their own artistic interpretation as the paintings progress. You will end up with a collaborative masterpiece! No painting experience necessary. Registration required. *This program is supported by the Friends of the Bellingham Library.*

Library Board of Trustees Meeting – Wednesday, July 16th at 7 p.m., library conference room

Red Cross Blood Drive – Friday, July 18th from 8:30 am to 1:30 p.m. Register at redcross-blood.org

Bellingham Genealogy Club – Monday, July 28th from 6-7:30 p.m., Registration is preferred but not necessary!

Virtual Author Talks – to register for these talks, go to: <https://libraryc.org/bellingham>. Recordings of these talks are also available on the library website in days following the event.

Tuesday, July 8th at 2 p.m. - Acompaña al autor e ilustrador Raúl the Third

Tuesday, July 8th at 4 p.m. - Drawing Your World with Raul the Third

Thursday, July 17th at 4 p.m. - Discerning the Truth with Bestselling Author Marie Lu

Wednesday, July 23rd at 4 p.m. - Online Author Event with Rex Ogle

Thursday, July 31st at 2 p.m. - Online Author Event with Neurologist & Author Priya Anand



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Wednesday July 2. 6pm – 8pm. Kids Night with Wayne Potash and Trevor the Games Man.
Sponsored by Bellingham Town Common Trustees

Wednesday July 9. 6pm – 7pm – Free pony rides. 6:30pm – 8:30pm Riverboat Stompers (Dixieland jazz).

Wednesday July 16. 6pm - 7pm Free pony rides., 6:30pm – 8:30pm Morse Code (rock and pop).

Wednesday July 23. 6pm – 7pm Free pony rides., 6:30pm – 8:30pm Back Pages (classic rock).

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MENDON TOWN BEACH

Wednesday July 30. Free Pony Rides 6:30pm – 7:30pm., 6:30pm – 8:30pm. Quintessential Brass (brass band).

Wednesday Aug 6. Free Pony Rides 6:30pm – 7:30pm., 6:30pm – 8:30pm Vinyl Echo (power trio)

Wednesday Aug 13. Free Pony Rides 6:30pm – 7:30pm., 6:30pm – 8:30pm Alexander's Jazztime Band (jazz standards)



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Glenn Brown, CFP

a generation of people sandwiched between caring for their young children and aging parents at the same time.

I'm a Sandwicher, as are approximately 15% of Americans between ages 40-60 who face the challenges of planning, communicating and executing for 3 generations at once.

After 60 years in their New Hampshire home, my parents were struggling with their health and finding it increasingly difficult to maintain their independence. The stress weighed heavily on my mother, as she was becoming a caregiver and daily living/house routines began to slide. My wife, our daughters (then 5 & 3) and I lived comfortably in our Ashland home. The adults agreed on a Plan B supported by updated financial planning. Sell both homes, buy a new home for 3 generations and live as one household sharing in daily responsibilities.

The urgency was greater than anticipated and not without challenges since our move to Holliston, here's some antidotes for Sandwichers:

Small talks instead of "The Talk". Families don't like to think about declining health and elder care, let alone discuss

Once David Letterman had a frequent guest and favorite musician of his, Warren Zevon, on for an entire show. Zevon, who disclosed his terminal cancer, performed and interviewed throughout. Dave at one point asked, "Anything you know now, that I should know?" to which Zevon wittily deadpanned, "Enjoy every sandwich."

Those raising children and helping aging parents often feel rushed and are distracted thinking about what's next, overlooking the beauty of daily, mundane moments.

July is National Sandwich Generation Month, celebrating

it. I used single topics tied to a recent story about a friend, asking what they would do. I'd gain small agreements, then change the subject to continue building a framework for a mutual plan.

Bring in outside mediators. My aunt shared with my mom that time is not your friend. She emphasized the positives and encouraged to act now, rather than later, when fewer options are available. Additionally, we consulted with an elder care attorney on understanding MA Health options, current trusts, POAs and proxies before making the move.

Define their plans for wellness. Far too often, adult children tip-toe around aging conversations with parents for fear it may come across as morbid or worse, inheritance focus. These conversations need to focus on their future ideas of wellness. What is it they foresee for a surviving spouse? When they can no longer remain independent? By having these

talks when both parents are in good health, it defines their expectations and allows planning a foundation with greater flexibility.

Your spouse's support is critical. Very fortunate to have a spouse that pushed me to see the positives and embraces bringing family in as "you'd want your daughters to treat you the same someday".

Through the eyes of a child. It's not all about you, the girls show the love and benefits of learning by being around grandma and grandpa. And vice versa, as health and activity improved due to the energy and motivation brought daily by our girls.

Sometimes timing is everything. I couldn't imagine the anxiety and ill-advised actions my parents would have faced on their own since fall of 2018. Nor would I have wanted to see my mom on her own this past year and moving forward.

Your parents sacrificed many things to make sure you had it better, including concealing issues to not worry you. Be open with communication and embrace change, the best ways to prevent costly unintended consequences and ensure positive lasting memories.

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

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

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Washing your bike or car with a bucket and sponge instead of a hose saves a lot of water. A hose can waste 6 gallons per minute if you leave it running, but using a bucket and sponge only uses a few gallons!

Also, some car washes recycle water instead of letting it run down the sewer drains. Ask your parents to check if a car wash near you recycles water.

Check Back Each Month for more Helpful Ways to Save!



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UPTON – The Blackstone Valley Vocational Regional School District is proud to announce its Class of 2025 Scholarship and Award Recipients.

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

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

The following students from Bellingham earned scholarships:

- Isabella Anderson** – Worcester State University (Early Childhood Education)
\$3,000 Merit Scholarship
- Conner Champagne** – Webster First Credit Union (Help Desk Technician)
\$2,500 John & Abigail Adams Scholarship
- Molly Danner** – Nova Southeastern University (Marketing)
\$12,000 Deans Scholarship
- Matthew Drons** – Curry College (Undecided)
\$41,240 Curry College Grant/Scholarship
- Matheus Guedes** – Army
\$500 Anonymous Military Scholarship
\$500 Corporal John Dawson Memorial Award
- Isabella Lepardo** – Merrimack College (Nutritional Sciences and Dietetics)
\$1,500 IBEW local Union 104 scholarship
\$36,000 Athletic Aid
- Abigail Noyes** – UNC Charlotte (Fire Safety and Engineering Technology)
\$750 Blackstone Valley Rotary Club
\$1,000 Women’s Club Scholarship for Italian Heritage

- \$1,000 Middlesex Savings Charitable Foundation Scholarship
 - \$1,000 Upton American Legion Scholarship
 - \$1,000 Upton Fire & EMS Scholarship
 - \$2,500 Upton Mens Club Scholarship
 - \$3,000 UNC Charlotte Chancellors Scholarship
 - Aydan O’Neal** – Bridgewater State University (Elementary Education)
\$6,000 Bridgewater Commitment Grant
 - Kiele Sarnie** – Wentworth Institute of Technology (Construction Management)
\$23,000 Presidential Scholarship
 - \$500 Herman Buma Memorial Scholarship
 - Tan Tran** – Northeastern University (Business Administration: Finance)
\$2,000 Andrew Cocaine Memorial Scholarship
\$10,000 Horatio Alger Association
- For more details, visit www.valleytech.k12.ma.us/scholarshiprecipients.

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Job Seekers Over 50 Get Help at Bellingham Senior Center

By DAVID DUNBAR

Over 50 and without a job? There's a no-cost program for you. It's called 50+ Job Seekers, and you can explore its many options at the Bellingham Senior Center.

Two Mondays every month, Certified Career Development Coach George Armstrong presents bright ideas and practical advice to folks looking for work.

"I'm a group coach and facilitator," explains Armstrong who has been helping people find jobs like this for years. "I guide the process." Armstrong draws on three decades of experience in sales and marketing for Fortune 500 companies in a variety of industries serving businesses of all sizes. That work included developing and coaching national and local sales teams and leaders, facilitating training programs and consultatively selling to help his clients succeed.

"I wanted to thank you again for the interview prep assistance -- every little bit helped. It was a very long search process, and I needed the support of an extended network and the development of new skills," Anthony M. told Armstrong.

"The people taking advantage of the 50+ Job Seekers webinars and networking seem to be finding more value in the events than they expected," added Armstrong.

According to the organization's website, "The 50+ Job Seekers program is for the "forgotten job seekers" – those in the 50+ demographic who find themselves unemployed, underemployed, retired or returning to the workplace after a gap in employment. Regardless of circumstances, all are dealing with the issues of age discrimination during their job search/employment process. The 50+ Job Seekers program provides job seekers with robust materials, strategies, content, and guidance to network and navigate their way through a successful job search."

The program is offered at Senior Centers in Massachusetts and is also available online. It's made possible by a grant through the Mass Council on Aging and the state's Executive Office of Aging and Independence.

"We're very grateful for the grants, and I'm so happy that we've been able to help out so many people in the Bellingham area," says Program Manager



At the Senior Center, George Armstrong (left) shares advice and information with job seekers David P. (middle) and John M. (right). "If you're curious at all about searching for a job," says Armstrong, "visit us at the Center."

Eric Elmendorf, "We're here to help with services offered at no cost... if not for you, perhaps for someone you know."

"I was re-entering the workforce after a 10-year career break," Janice B. told Armstrong, who decided to work as a consultant to ease back in. She added, "I really appreciate the advice

and support provided by you and the team as I navigated this new path. You will all be happy to know – I did land this job via networking – the job was never posted."

In July, at the Bellingham Senior Center there will be two opportunities for people to learn more.

On Monday, July 14, at 2:15pm, Armstrong will help attendees answer the question "What do I want and where am I headed." If you'd like to attend either, or both, please call the Center at (508) 966-0398. You can also check out the website: www.50plusjobseekers.org

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BFCCPS Student's Painting Leads to Big Wins at the Scholastic Art Competition

By JENNIFER RUSSO

One of the most prestigious award events in the country, the Scholastic Art and Writing Competition, has been providing middle and high school students of exceptional artistic and literary talent with a platform for recognition, publication, and scholarships since its founding in 1923. Winners of the past include notable creatives like Sylvia Plath, Truman Capote, Robert Redford, Zac Posen, and Edward Sorel. And now, another name can be added to the list of those awarded – Franklin resident and BFCCPS seventh grader, Lillian Zhou.

With over 110,000 entrants and over 300,000 pieces submitted for judging, only 2,800

works received National medals this year. Adjudication is anonymous, and judges are looking for artistic skill, original works that are unique and blur boundaries, and the emergence of a personal voice or vision through the piece. Lillian won a regional Gold Key award and a National Gold Medal for her work, Reaching for Dad. In addition to these honors, she was also one of only ten students to be presented with the New York Life Award, a scholarship given for works that explore death and personal grief.

Lillian's winning art piece was inspired by her father, Heng Zhou, who sadly passed away from pancreatic cancer after battling the disease for 8 months.

"I wasn't prepared for the time we had left with him, and I was

terrified of what would happen. Every day, I wished for him to get better, but his health kept declining. When he passed just a week before my 12th birthday, I didn't fully understand what had happened, but I was glad he wasn't suffering anymore. During those months with him, I learned to be grateful for all the time we have with loved ones," shares Lillian.

The arts have long been recognized as a powerful emotional outlet that enables people to process and make sense of difficult circumstances. A painting or drawing can sometimes help us express emotions that might otherwise remain unspoken, whether that be grief, anxiety, or frustration. Expression through art can also give the creator an opportunity to heal and reflect.

Lillian's work reveals her personal growth, both emotionally and spiritually. Through her story and art, she hopes to inspire others to confront life's challenges with courage and gratitude.



Lillian Zhou, a student at Benjamin Franklin Classical Charter Public School, is shown here with her work, Reaching for Dad, which won Scholastic Art and Writing Competition's regional Gold Key award and National Gold Medal.

Congratulations, Lillian, on your momentous achievement in winning these esteemed awards!

Learn more about the Scholastic Art and Writing awards at www.artandwriting.org/awards/.

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BFCCPS Announces Middle School Achievements

The Benjamin Franklin Classical Charter Public School is thrilled to announce middle school achievements this month in the fields of Science, Technology and Engineering. The mission of BFCCPS, includes a classical education whereby students are grounded in the fundamental subjects of literature, history, mathematics, science, language, music and the arts in order to understand culture and enable active participation in it.

The One8 Applied Learning Hub and Project Lead the Way (PLTW) hosted an Applied Learning Student Showcase on May 9, 2025 at The TRACK at New Balance in Boston, Mass. Three 8th grade teams were selected from BFCCPS following an in-school STEAM student showcase.

The students who participated in this statewide expo created a tri-fold board presentation and produced a functioning app on MIT App Inventor. *Brainrot Dictionary* was made by Aisiri Praveen, Lara Liedke, and Ella Phul. *Trivia Verse* was made by Avery Ivins, Emily Annantuonio, Briana Bastos, and Haley Berthelette. *Cow Clicker* was made by Nate Bjorkman, Arnav Garg, Max Prompas, and Jeremy Sanchez.

They were then introduced to many industry experts who asked questions about the creation of their apps along with suggestions for how to improve their apps in the future. It was a wonderful event, and the students selected should be so proud of their hard



work. Thank you to Jessica Keller our STEAM Teacher and Grades 6-8 Librarian for supporting this initiative and chaperoning the trip to the TRACK at New Balance.

The very next day, eight BFCCPS students in Grades Seven and Eight participated in the Massachusetts Science & Engineering Fair (MSEF). The event was held on May 10, 2025 at Clark University, Worcester. We are excited to recognize the following students who earned accolades:

Grade Seven:

- Chittesh Patel received an Honorable Mention for his project *The Green Revolution: Building a Sustainable Future with Renewable Energy*

- Aagam Shah won first place in the MSEF and also qualified for the Thermo Fisher Junior Challenge with his project *Optimizing Hydroelectric Power with a Siphon*

Grade Eight:

- Aisiri's Praveen received an Honorable Mention for her project *Wind Wars: Bernoulli vs. Structures*
- Mahathe Logesh won second place and also won the Thermo Fischer Award with her project *Uncovering Hidden Sugar in Food*
- Navya Satishkumar has won first prize in State Science and Engineering Fair for her project *A Study of Concentrated Indoor Air Pollutants and Poor*

Ventilation in Urban Households: Sources, Health Effects, and Mitigation Strategies.

In addition, Aagam, Navya and Mahathe have been recognized as Thermo Fisher Junior Innovators Challenge Delegates and have the opportunity to enter the Thermo Fisher Junior Innovators Challenge (JIC).

Thank you to both Mr. Rutt and Mrs. Nestor for their support and encouragement of our scientists and in particular to Mrs. Nestor for attending the State Level Science fair with the participants and their families!

About the Benjamin Franklin Charter School

The Benjamin Franklin Classical Charter Public School's mission is to assist parents in their role as primary educators of their children by providing students with a classical academic education coupled with sound character development and community service. Our mission is supported by four distinct, yet interconnected pillars that provide for a collaborative, rigorous education for all students. These pillars guide, direct and define the school in all it does.

MSEF Middle School Science Fair Winners:

<https://scifair.com/wp-content/uploads/2025/05/2025-MSEF-Middle-School-Award-Winners.pdf>

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Summer Eye Safety

Stay Safe This 4th of July

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

We all use sunscreen to protect our skin, but it's important not to forget your eyes. Summer means more time outdoors, and sunlight can be harmful to your eyes just as it is to your skin. Bright sunlight increases the risk of cataracts, macular degeneration, and even eye cancer. This risk is the same when using indoor tanning beds, so protecting your eyes from artificial UV light matters as much as shielding them from natural sunlight. If you're spending time at the beach or pool, be aware that sunlight reflecting off water and sand can cause photokeratitis, a painful condition sometimes called snow blindness.

Everyone, regardless of age or skin color, is vulnerable to UV damage, but children are especially at risk because their eyes absorb more UV rays. People with light-colored eyes may also be more susceptible to certain eye diseases linked to UV exposure, including eye cancer. Addition-

ally, people with eye conditions like retinal dystrophy might be more sensitive to UV damage.

One of the most common eye problems linked to sun exposure is cataracts, which is a clouding of the eye's lens. The lens needs to be clear to focus light properly on the retina for good vision. Years of sun exposure are a major factor in cataract development, which is why cataract surgery is the most frequently performed surgery in the United States.

Despite the risks, many people don't realize how important it is to protect their eyes from UV rays. A survey by the American Academy of Ophthalmology found that only about half of those who wear sunglasses check whether they block UV light. Fortunately, protecting your eyes is simple. Sunglasses should be labeled as providing 100% UV protection or UV400 to block both UV-A and UV-B rays. Choosing wraparound styles helps prevent UV rays from en-

tering around the edges. Even if you wear contact lenses that block UV rays, you still need to wear sunglasses for full protection. Wearing a wide-brimmed hat along with your sunglasses adds extra defense from sunlight.

Children need special care too. It's best to keep them out of direct sunlight during midday when the sun's rays are strongest, and make sure they always wear sunglasses and hats when outside. Many people think clouds block UV rays, but this is not true; the sun's rays can pass through clouds, haze, and fog, causing damage at any time of the year—not just in summer. Be especially cautious when near water, snow, or at high altitudes, where sunlight is more intense because it reflects off these surfaces.

With these simple precautions, you and your family can enjoy the summer safely while protecting your vision.

Fireworks: Enjoy the Celebration Safely

With Independence Day approaching, many people look forward to fireworks. While professional displays are generally safe, backyard fireworks can cause serious injuries. Most fire-

work injuries happen between late June and late July. Each year about 16,000 people go to emergency rooms because of fireworks-related injuries, and there are roughly 18 deaths. The number of minor injuries that don't require ER visits is even higher.

Many people believe those lighting fireworks are at the highest risk, but it's the bystanders who are most often hurt. About 65% of firework-related emergency room visits are by people watching from the sidelines. Injuries most commonly affect hands, fingers, legs, head, face, ears, and arms. Small fireworks and sparklers, often considered safer and used near children, still cause many injuries.

Eye injuries from fireworks can be especially devastating. The eyes are very delicate, and sparks, flames, smoke, or flying debris from fireworks can cause permanent damage. Common eye injuries include scratches on the cornea, detached retinas, ruptured eyeballs, and burns. Any injury to the eye should be treated as a medical emergency. If you suffer an eye injury from fireworks, seek immediate care. To avoid risks, leave fireworks to the professionals and enjoy a safe celebration.



technology, even patients with astigmatism can now enjoy excellent results.

Our surgeries take place in a certified, accredited surgery center in Milford, where an anesthesiologist is always present to ensure your safety and comfort. This level of care is not typical for all practices; some perform surgery in-office without an anesthesiologist, which is not endorsed by professional societies or Medicare. If you have been offered office-based cataract surgery, call us for a second opinion.

With more than 24 years of experience and tens of thousands of procedures performed, we are proud to offer state-of-the-art medical and surgical eye care to our community. Your vision comes first with us.

Protect your eyes this summer by wearing proper sunglasses, using hats, avoiding direct sun during peak hours, and celebrating holidays safely. If it's time for cataract surgery, advanced options are available to restore your vision better than ever. At Milford Franklin Eye Center, we're here to help you see clearly for many summers to come.

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Why Choose Milford Franklin Eye Center?

At Milford Franklin Eye Center, we provide high-quality sunglasses with full UV protection at our optical service. For those needing cataract surgery, Dr. Roger Kaldawy was the first surgeon in the area, and among the first in Massachusetts, to offer bladeless laser-assisted cataract surgery. Dr. Dan Liu in our practice, offers the same services. We use premium lenses that correct vision at all distances, including near, far, and everything in between. Thanks to bladeless laser

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Rep. Soter Honors Jim Hastings at Inaugural Statewide Military Appreciation Day

State Representative Soter proudly honored Jim Hastings of Bellingham at the first-ever Military Appreciation Day ceremony held in the Massachusetts State House's historic House Chamber. Military Appreciation Day was created by the Healey-Driscoll Administration to establish a lasting annual tradition that brings together local, state, and community leaders to honor those whose service might otherwise go unrecognized. Each legislator was invited to nominate a member of their local military community—whether a veteran, active-duty service member, National Guard, Reservist, or military spouse—to be honored during the ceremony. More than 125 individuals who exemplify commitment to service and community were recognized from districts across Massachusetts.

"I'm proud to recognize Mr. Hastings for his dedicated service to the United States Marines. Jim is a purple heart veteran who served in Vietnam and now spends countless hours supporting, honoring and recognizing veterans across the community," said Soter. "His contributions reflect the strength, resilience, and dedication of our local military community, and I'm honored to celebrate him at this statewide event."

The ceremony featured remarks from Governor Maura Healey, Lieutenant Governor Kim Driscoll, Veterans Services Secretary Jon Santiago, Senate President Karen E. Spilka, and a keynote address by General Joseph F. Dunford, Jr. (Ret.), former Chairman of the Joint Chiefs of Staff and 36th Commandant of the U.S. Marine Corps.

"This event is about gratitude," said Governor Maura Healey. "We're here to honor the everyday

heroes—veterans, active-duty service members, and military families—whose courage, strength, and commitment continue to shape our state for the better. Military Appreciation Day is now a Massachusetts tradition and one we'll proudly carry forward each year."

"Massachusetts is home to one of the most vibrant, committed military communities in the country," said Lieutenant Governor Kim Driscoll. "This day is about uplifting the stories and contributions of those who have sacrificed so much and showing that their service will never go unrecognized."

"Every day, I meet veterans and military families who continue to lead, serve, and inspire," said Secretary Jon Santiago. "As we approach Memorial Day, and during a month dedicated to honoring our military, this event reflects what makes Massachusetts special: a deep respect for service, and a commitment to those who wear the uniform—and those who stand beside them."

"My father's service in the United States Army defined his life and deeply shaped my own — and I know the same holds true for thousands of service members and their families across Massachusetts," said Senate President Karen E. Spilka (D-Ashland). "It is a privilege to honor those residents who have dedicated themselves to serving our country, and I am profoundly grateful for their unwavering commitment and sacrifice."



"It is an honor to host the inaugural Military Appreciation Day in the historic House Chamber," said Speaker of the House Ronald Mariano. "This new tradition reflects our deep appreciation for the veterans, service members, and military families who strengthen every corner of our Commonwealth."

The keynote address was delivered by General Joseph F.

Dunford, Jr. (Ret.), former Chairman of the Joint Chiefs of Staff and 36th Commandant of the U.S. Marine Corps. A Boston native and one of the most distinguished military leaders in recent history, General Dunford spoke about the legacy of service, leadership, and community and the importance of honoring those who serve across generations.

"It's an honor to return home to Massachusetts and stand alongside a community so deeply committed to those who serve. Military Appreciation Day reflects something I've long believed: that service is not just what we do in uniform—it's a lifetime of leadership, character, and sacrifice," said General Joseph F. Dunford, Jr. (Ret.), 19th Chairman of the Joint Chiefs of Staff. "I'm proud to join the Commonwealth in recognizing these remarkable individuals and the values they represent."

The program also featured a powerful performance of the National Anthem by Springfield native and NBC's "The Voice" finalist Michelle Brooks-Thompson. Following the ceremony, honorees and guests were invited to a lunch reception generously donated by the Military Friends Foundation, a Massachusetts nonprofit dedicated to providing support and emergency assistance to military families and families of the fallen.

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Bellingham Women of Today Wraps Up Year

Group to Meet Again in September

Elects New Board Members

Annual elections were held and the new board consists of c/o Presidents, Donna Desrosiers and Donna Post; Chairman of the Board, Sue Beattie; Treasurers, Dee Clark and Dawn Calderwood; PR, Dee Clark; Membership/ID, Jenn Alger; Secretary, Christy Massarotti and Sunshine Fund, Donna Desrosiers,

BHS Scholarship Awards

During the BHS Awards Ceremony June 4th, the BWOT awarded 2 scholarships to Bellingham High School students who volunteered in the community during their years at BHS. The Joanne Eisner scholarship to Natalie Alger and the BWOT scholarship to Sophia Almousali.

Birthday Buckets of Sunshine

A donation to the Loaves & Fishes Food Pantry of 25 boxes of cake mix, 20 frostings, 10

boxes of candles so parents can celebrate children having birthdays.

Save the Date: Quarter Auction

The Bellingham Women of Today are hosting their 3rd Annual Quarter Auction on Friday, Nov. 17 and are seeking crafters and vendors who would like to share in the excitement of pre-holiday sales. The event will be held at the Bellingham Senior Center from 7-9 p.m. For more information and/or to register, please reach out to us on our Facebook page or our email @bellinghamwomentoday@gmail.com.

We would like you to join us as we continue to serve our community. We are open to men and women 18 years or older. We meet September through June on the second Monday of the month at 7:30 in the Police Department conference room on Blackstone Street.

Bellingham Senior Center Highlighted Events July 2025

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

Sean Fullerton presents music program, "RIC 12: A Tribute to the Sound of Jangle Rock": Thursday, July 3, at 1 p.m. Please call ahead to reserve your spot. Made possible by a grant from the Bellingham Cultural Council.

Summer Walk: The Blackstone Canal: Thursday, July 10, at 8:30 a.m., Meet at the Canal Street parking lot in Blackstone.

Presenting: Dennis the Magician: Join us on Friday, July 18 at 1 p.m. for this free performance. Attendees must be 18 years of age or older. It's made possible by support from the Bellingham Cultural Council and the Massachusetts Cultural Council.

50+ Job Seekers: Every month, Career Coach George Armstrong is at the Center and ready to help you find a great new job. On Monday, July 14, at 2:15 p.m., Armstrong will help attendees answer the question "What do I want and where am I headed." Please call the Center to reserve your seat.

Free Learn to Paint Workshop with Amy Adams! All supplies are included and everyone will leave with a painting they have created from start to finish. Wednesday, July 9 from 1-3 p.m. Space is limited to 15. Sign up at (508) 966-0398.

This program is made possible by a generous grant from the Bellingham Cultural Council and supported by the Mass Cultural Council.

How do I write my own obituary? Presented by Caroline Sullivan, July 25, 1 p.m.

Lobstah Rolls: State Rep. Mike Soter will once again give back to the community, specifically seniors. He'll be serving lobster rolls and chicken sandwiches Thursday, August 21, at 5 p.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 *Start Where You Are — a Guide to Compassionate Living* by Pema Chodron. 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.!

The Knitters & Quilters Group meets each Monday at 9 a.m.

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BVT Named a 2024-25 PLTW Distinguished School

Upton, MA – While some actions, like a roll of the dice, have a statistical probability of repeating outcomes. It is hard work, along with the collective and continuous effort of students and staff at Blackstone Valley Regional Vocational Technical High School (BVT), which has resulted in national recognition year after year from the nonprofit organization Project Lead the Way (PLTW).



“We are proud to honor BVT for their commitment to providing students with exceptional educational experiences through PLTW programs,” said Dr. David Dimmett, PLTW President and CEO. “This achievement celebrates their dedication to student achievement and their focus on empowering students with the knowledge and skills necessary for success in school and beyond.”

“We are proud to be named a 2024-25 PLTW Distinguished School for the eighth consecutive year,” said Superintendent-Director Dr. Michael F. Fitzpatrick. “It is a testament to our shared commitment and dedication to the quality of cross-curricular instruction and those willing to do the work.”

To be eligible for this designation, the school had to meet the following criteria: offer at least three PLTW courses; of those who participated in PLTW, at least 33% took two or more PLTW courses during their high school tenure; and at least 95% of students completed the PLTW End-of-Course assessments; have strategies and procedures in place to support reasonably proportional representation regarding race, ethnicity, poverty, and gender.

BVT currently offers nine PLTW courses: six in the Engineering Pathway and three in the Computer Science Pathway. Working together, we are a winning combination.

Thanks To Yanks Marches for Veterans

Thanks To Yanks a local non-profit that serves those who serve in uniform, was honored to recently participate in the Bellingham’s annual Memorial Day parade, honoring and re-

membering those who made the ultimate sacrifice. Pictured here ,L-R is Michael Shain the president and founder and Judi Dion, a longtime volunteer with the charity. Shain reminds us “All

gave some, some gave all.” For more information on Thanks To Yanks, please like them on Facebook



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The b.LUXE *beauty beat*

Your Best Summer Hair Ever

Easy Ways to Keep Your Hair Healthy All Summer Long

By GINA WOELFEL

Feel that sunshine? The longer days and poolside vibes mean summer is in full swing—and it's the perfect time to brighten your blonde with a beachy balayage or lighten up your look. But while you're soaking up the season, your hair might be soaking up something else: UV rays, chlorine, and mineral-heavy water.

The result? Dryness, dullness, and yes—even that dreaded green tint. Don't worry—we've got you covered with easy ways to keep your hair healthy, vibrant, and summer-ready.

Why Does Hair Turn Green in the Summer?

Most people think chlorine is the main culprit, but that's only part of the story. The real issue? Metals in the water—especially copper.

Copper is often found in pool water, particularly those filled with well water or treated with copper-based algacides. When chlorine oxidizes these metals, they bond to the proteins in your hair. The result? A greenish patina—just like an old penny.

And if you think saltwater pools are a safer bet, think again. Saltwater systems still produce chlorine—they just do it differ-

ently—so your hair is still exposed to the same oxidizing effects.

The good news? A few proactive steps can go a long way toward protecting your hair from turning green, getting dry, or fading in the sun. Read on for our expert tips.

Pre-Wet and Protect

Dry hair acts like a sponge, quickly soaking up chlorine, salt, and other chemicals. Before you swim, thoroughly saturate your hair with clean, filtered water, then apply a protective hair oil. We recommend favorites like our own *b.LUXE BEFORE Oil*, *Goldwell's STYLESIGN Weightless Shine-Oil*, *KERASILK's Multi-Benefit Hair Oil*, or *Oribe's Gold Lust Nourishing Hair Oil*. This simple step helps block harsh chemicals and seals in moisture to keep your hair soft, shiny, and protected.

Don't Be Afraid of a Swim Cap

Not just for Olympic athletes anymore, swim caps are a smart (and often cute) option if you swim frequently. Choose one made from silicone or lycra for a more comfortable, hair-friendly fit. Bonus: they keep your blow-out intact longer!



LEARN MORE ABOUT OUR HAIR SERVICES

Ditch Copper-Based Algacides

If you maintain your own pool, check the ingredients in your algacide. Copper-free options are now widely available. You can also test your water's metal content with simple strips from your local pool store and use metal removers or filters as needed.

Start with Healthy Hair

Dry, brittle hair is more prone to damage and discoloration. Invest in regular conditioning treatment like *KERASILK's Recovery Mask* to strengthen and seal the hair cuticle.

Rinse and Clarify

After swimming, wash your hair as soon as possible to rinse



away chlorine, salt, and other impurities. If you swim regularly, we recommend using a clarifying shampoo every 1–2 weeks to deeply cleanse and maintain hair health. We love the *Kerasilk* shampoo line—all formulas include a chelating agent, which gently removes mineral build-up without stripping essential moisture, leaving your hair clean, soft, and balanced.

Struggling with Hard Water at Home?

Clean, healthy hair starts with clean water. Hard water can dull your color—especially blondes—and cause unwanted discoloration or fading. That's why b.LUXE now carries the *Küsch Water Filter*, designed to reduce chlorine and other impurities while being gentle on your hair, skin, and nails. Best of all, it won't affect your shower pressure, so you can enjoy your washtime ritual without compromise.

Got Green? Here's How to Fix It

Have you noticed a greenish tint in your hair? Don't worry—it's totally fixable. Book a demin-

eralizing treatment at b.LUXE, like *Malibu C's Crystal Gel Demineralizer*, to remove the build-up of metals and impurities that cause discoloration. Your stylist may also recommend a gloss or glaze to rebalance your tone and bring back that healthy shine.

A Little Prep Goes a Long Way

Summer should be all about fun in the sun—not damage control. With just a few extra steps and the right products, you can enjoy the pool, the beach, and everything in between without sacrificing your hair color or health.

Are you setting your summer hair goals? Book a consultation or conditioning treatment with b.LUXE today—we'll help you stay shiny, strong, and green-free all season long.

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Free Summer Lunches for Youth Return to Local Communities

North Attleboro, MA -The Hockomock Area YMCA is proud to announce the return of its Free Summer Lunch Program, providing nutritious meals to youth ages 1–18 at multiple locations across the region. This initiative, part of the YMCA’s ongoing commitment to food access and community well-being, ensures that children and families have access to healthy meals throughout the summer months when school is not in session.

Beginning the week of June 23, free lunches will be available at the following sites:

- Memorial Elementary School – Milford
12 Walnut Street, Milford, MA
Monday through Friday | 11 a.m. – 12:30 p.m.
June 23 – August 15
- Bellingham Public Library
100 Blackstone Street, Bellingham, MA
Tuesday, Wednesday, Thursday | 11:30 a.m. – 12:30 p.m.
June 24 – August 14

- Jackson Elementary School – Plainville
68 Messenger Street, Plainville, MA
Tuesdays & Thursdays | 12:15 p.m. – 1 p.m.
June 24 – August 14

No registration is required, and all children and teens are welcome to participate. A free lunch will be given to each child and the adult accompanying them. Meals are served in a safe, welcoming environment, and families are encouraged to attend together.

“This program is about more than just food—it’s about community,” said Jim Downs, CEO of the Hockomock Area YMCA. “We are proud to partner with local schools and libraries to ensure that no child goes hungry during the summer.”

The Summer Lunch Program is part of the YMCA’s broader food access efforts, which include weekly food distribution and year-round support for families facing food insecurity. For more information, visit <https://www.hockymca.org/summer-lunch-program>.

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NECSEMA Applauds Bellingham Voters for Rejecting “Nicotine-Free Generation” Proposal

Bellingham, MA - The New England Convenience Store and Energy Marketers Association (NECSEMA) today praised voters in Bellingham for soundly rejecting a proposal to enact a so-called “Nicotine-Free Generation” (NFG) policy at their Annual Town Meeting.

By a vote of 110 to 70, Bellingham residents voted down Warrant Article 19, which would have banned the sale of tobacco and nicotine products to any person born on or after January 1, 2004 - even after they reach legal age. The defeat followed a spirited public discussion in which 17 residents spoke, with 10 expressing opposition and just 7 speaking in favor.

“Bellingham’s rejection of ‘nicotine-free generation’ is just the latest example of a community taking the time to learn the

facts and make an informed decision to say no to a nanny state,” said Peter Brennan, Executive Director of NECSEMA. “NFG does nothing to curb smoking or stop youth smoking and exemplifies government overreach at its most egregious. We also applaud town officials in Bellingham for putting forward a transparent process where democracy was permitted and common sense prevailed. Other communities considering these absurd policies would be wise to reexamine them and put resources into education and awareness rather than foolish bans that don’t work.”

NECSEMA believes these bans unfairly target adults, open the door to illicit activity, and do nothing to address the root causes of underage nicotine use.

For more information, visit CitizensForAdultChoice.com.

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5th Annual Career Signing Day Held at BVT

Upton, MA - The Cooperative Education (Co-Op) program at Blackstone Valley Regional Vocational Technical High School (BVT) held its 5th annual Career Signing Day on May 27th. The ceremony recognized the senior Co-Op and career placement students, who proudly announced their career or military plans and signed a commitment letter to work with their employer after graduation.

Vocational Director Kerri Baltramaitis welcomed the soon-to-be graduates, parents, instructors, industry partners, and school administrators before highlighting the individual student's achievements in their trade area and the Co-Op program. The Class of 2025's remarkable participation in the program led to unprecedented Co-Op numbers, with 167 students involved. Through their collective efforts, the students have completed over 65,000 hours of work since March 2024 and earned an estimated 1.2 million dollars in salary. The Co-Op experience is made possible by the growing number



Sophia Blalock of Mendon, a 2025 graduate of the Cosmetology program at BVT will continue to be employed as a junior stylist at Traveler Beauty Company.



Angel Garro of Mendon, a 2025 graduate of the Construction Technology program at BVT will continue to be employed with Koopman Lumber.

of local businesses that partner with the school and students each year, ultimately demonstrating the program's positive impact on the local community.

During the ceremony, employment contracts were signed with representatives from local companies, such as: A Custom Company, ACE Temperature

Controls, A&L Plumbing-Heating & Cooling, All Air, A.S. Jones, Bellingham Imports, Carter Electric, Centerline Mechanical, Countryside Healthcare, Curtis Septic Services, Desimone & Sons Construction, Earthworks, Energy Electrical Contractors, Giroux Electric, Harris Con-

struction, Hydrus Controls, J.S. Mortimer, Kennedy Excavating, Koopman Lumber, LEI Corporation, Patrick Subaru, Paiva's Plumbing & Heating, Precision Home Services, Primetals, Renaud Electric & Communications, Tegra Medical, Traveler Beauty Company, and Window Logic, in addition to military services, which included the Massachusetts Army Reserves and the United States Navy.

While many students signed contracts at the ceremony, several more who could not attend due to work conflicts are headed directly to industry careers. Joining the skilled workforce, these modern vocational students transition directly from high school into high-skill, high-wage employment and continue to gain experience through full-time employment and on-the-job training.

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Library Resources of the Month – Bellingham History

There are a number of online resources that can be accessed through the library’s website pertaining to the history of Bellingham. These include:

- Bellingham High School Yearbooks
- Town of Bellingham Annual Reports
- Crimpville Comments, the newsletter of the Bellingham Historical Commission
- Vital Records of Bellingham
- History of the Town of Bellingham 1719-1919
- Two books about Deborah Sampson
- Massachusetts Memories Road Show Photo & Video Archive

Both the Bellingham High School Yearbooks and the Annual Reports have been made available on the library’s website through the Digital Commonwealth, Boston Public Library’s statewide digitization program.

The oldest yearbook online is the 1939 edition. Years 1940 and 1941 were not available to be digitized, but every edition from 1942 through 2024 is available online. Yearbooks can be searched by year, and once you have selected a yearbook you can search inside it for a specific person. Print copies of the yearbooks are in the library’s Local History Room.

Annual Reports are available for online viewing from as far back as 1862. There are a number of annual reports in the 1800s that were not available for digitization, but every edition from 1899 through 2023 is accessible. Like the yearbooks, the annual reports can be searched by year, and once a certain year has been selected, you can search inside it. Print copies of the annual reports are in the library’s Local History Room.

The Crimpville Comments is the periodic print and online newsletter published by the Bellingham Historical Commission since the 1970s. Issues are available to view online from 1970

through 2024. The library also owns print copies, which are in the library’s Local History Room.

The Vital Records of Bellingham, to the Year 1850, is available online through the Internet Archive. This is a record of births, deaths, and marriages in Bellingham up to 1850. A print version is in the library’s Local History Room.

History of the Town of Bellingham 1719-1919 by George F. Partridge has been made available online through the Internet Archive. Visual adjustments can be made for brightness and contrast, as well as increasing or decreasing the page size. The library also owns several print copies of this book, in both the circulating collection and Local History Room.

Two books about Deborah Sampson have been linked on the library’s website. Deborah Sampson became a hero of the American Revolution when she disguised herself as a man and joined the Continental Army from May 1782 to October

1783, enlisting in Bellingham. *The Female Review: Life of Deborah Sampson – the Female Soldier in the War of the Revolution* by John Adams Vinton has been made available through the Internet Archive. *Soldier’s Secret: the Story of Deborah Sampson* by Sheila Solomon Klass is linked to the library’s Overdrive electronic book collection. You need a library card to check out books from this collection. The library also has several print copies of this book that can be checked out.

The Mass. Memories Road Show is a statewide, event-based participatory archiving program that documents people, places, and events in Massachusetts history through family photographs and stories. Archivists and public historians in University Archives and Special Collections in the Joseph P. Healey Library at UMass Boston collaborate with local planning teams and volunteers to organize free public events where individuals bring photographs to be copied and included in a digital archive.

Bellingham was honored to be selected for a “Road Show” event in November 2022. Over 200 photographs were digitized, and 13 videos were filmed.

To access any of these online resources, go to the library’s website at www.bellinghamlibrary.org and click Resources, then click Research/History. You might just learn some fascinating facts about your town!

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Gilly's House to Host Free Summerfest Celebration

Gilly's House invites the public to its annual FREE Summerfest Family Fun Sober Event, taking place on Sunday, August 17 from 12 to 4 p.m. at the Wrentham Developmental Center

Fairgrounds, located at 131 Emerald Street, Wrentham.

The annual celebration brings the community together to honor recovery, connection, and healthy fun in a safe, substance-free environment. Admission is completely free, and all food and activities are provided at no cost, thanks to the generosity of sponsors and community partners.

The afternoon will feature:

- Live music and entertainment from MC Michael Pettit and DJ Jeff Hall
- A wide variety of family-friendly activities, including a circus workshop, water slide, bouncy house, petting zoo, dunk tank, dragon foam, and arts & crafts
- Hamburgers, hot dogs, chips & drinks (sponsored by the Norfolk Lions Club)
- A restaurant cook-off featuring many local restaurants

- A special guest appearance by Pat the Patriot, mascot of the New England Patriots
- Recovery resources and local vendors on site

Gilly's House, a sober recovery home for men located in Wrentham, was founded by David and Barbara Gillmeister in memory of their son, Steven, known as "Gilly" by his friends. The nonprofit's mission is to provide a structured sober environment along with life-skills development to help residents reintegrate successfully into the community.

As a nonprofit sober home and community resource, Gilly's House relies on the support of donors and sponsors to make Summerfest a continued success. To help keep the event free for all, visit www.gillyshouse.com for sponsorship opportunities.

For questions or to get involved, please contact Maureen at maureen@gillyshouse.com.

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Franklin LGBTQ Alliance July Events

Brunch with Non-Scene Friends

Saturday July 5th from 10 a.m. to 12 p.m. at Mak's Roast Beef, 451 West Central St., Franklin. Enjoy great food with great friends!

Card Games on the Common

Thursday July 10th (the second Thursday this month) from 6:30 to 8:30 p.m. at the Franklin Town Common, 200 Main St., Franklin. Come join the FLA in playing some relaxing card games on the common! Games will be provided but feel free to bring your own!

Queer Book Club

Wednesday July 16th from 6:30 to 8:30 p.m. at Franklin TV and Radio, 23 Hutchinson St., Franklin. Join the FLA in our discussion on *So Many Stars: An Oral History of Trans, Nonbinary, Gender-queer, and Two-Spirit People of Color*, by Caro De Robertis. This book is a "first-of-its-kind, deeply personal, and moving oral history of a generation of trans and gender nonconforming elders of color—from leading activists to artists to ordinary citizens."



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Sports

Tourney Roundup

Early Exit for Three Bellingham High Playoff Teams

By KEN HAMWEY,
BULLETIN SPORTS WRITER

Bellingham High's three playoff teams for the spring included boys' volleyball, softball and boys' lacrosse. The volleyball team advanced to the second round before elimination and the boys' lacrosse and softball squads were ousted in the opening rounds. Following is a roundup of their seasons.

VOLLEYBALL

The Blackhawks opened the tourney by downing Doherty High of Worcester, 3-1, in a match that featured intense play spiced with exciting kills, blocks and assists. The scores were 25-14, 22-25, 25-23, and 25-23.

After Bellingham's opening-set triumph, Doherty bounced back and beat the Blackhawks, 25-22, sending a message that the Highlanders weren't going away quietly.

BHS coach Steve Mantegani said after the match that he warned his forces that an all-out effort would be needed to eliminate Doherty.

"They made us work," he emphasized. "We played tough in the last two sets, winning both by 25-23 margins. We were mentally strong, and we played

with emotion."

BHS, which was seeded at No. 16, got excellent results from setter Aidan Gibbs, middle hitter Hesrick Richards, and outside hitter Wagner Lourenco. Gibbs had 30 assists; Richards had 3 blocks and 9 kills; and Lourenco, who compiled 10 kills, got the big hit that won the final game and ended the match.

Doherty was seeded No. 17 and its first-year coach, Tom O'Neil, lauded the Blackhawks for their victory.

"Both teams were evenly matched," he said. "Bellingham is talented, well-coached and they kept their mistakes to a minimum. Their setter (Gibbs) and their middle blocker (Richards) are terrific competitors."

O'Neil also praised his squad, which entered the tourney at 13-3.

"We rely on being gritty, and we compete hard," he emphasized. "We were 4-2 in the Inter-high League, facing Worcester North, Worcester South and Burncoat."

Four of Doherty High's players were cited by O'Neil for top-notch efforts. They included outside hitter Kevin Bourget (17 kills), setter Ardenio Lezi (27 assists), outside hitter Cam Kelly

(9 kills), and Brendan O'Malley (9 Kills).

Facing Agawam, the top seed in Division 2, made the Blackhawks' second-round encounter a very difficult task. The 80-mile trip took an hour and 40 minutes, delayed because of an accident on the Mass. Pike.

Agawam, located near Springfield, rolled to a 3-0 victory (25-20, 25-13 and 25-14).

"We were sluggish and simply didn't bring any energy," Mantegani said. "We gave them a battle in the first game, which gave us some hope. But they're a very strong program and were the better team. If we had the necessary energy to compete with them, I think the last two games could have been closer."

Agawam was led by outside hitter Joseph Culhane (11 kills); right-side hitter Dennis Nesen (10 kills); and setter David Dzhenzherukha (28 assists).

"Hesrick had six kills for us," Mantegani noted. "He played a solid match, but we should have got the ball to him more. He'll be one of the strongest players in the Tri Valley League next year."

The Blackhawks lose only three seniors and will have their core group returning. "We were 15-5 before the tourney, and we should be able to have another good regular season next year," Mantegani said.

LACROSSE

The BHS boys' lacrosse team, which was seeded No. 29 in the Division 4 tourney, faced sixth-seed Oakmont Regional in the opening round, losing 15-8, in a contest that was much closer than the final score.

The loss ended the post-season for Bellingham, which entered the playoffs with a 6-13 record.

Coach Steve Linehan's Blackhawks fell behind by scores of 5-0 early in the first quarter and 8-3 at the end of the first period. BHS regrouped and cut its deficit to 10-7 at halftime.

"We knew what our mistakes were defensively, and we corrected them to make it anyone's game," Linehan said.

Midway through the third quarter, the Blackhawks nudged closer, making it 10-8. But, with three minutes left in the match, the Blackhawks were down, 12-8. "I wanted to get some seniors in and take some out so they could get the applause they deserved," said Linehan. "Oakmont took advantage of that situation and scored some late goals. Our guys showed resilience, and we're proud of their efforts."

The Blackhawks' eight goals were scored by four players, each of whom notched two goals. They included senior captains Ryan Austin and Brady Carroll and junior Kyle Connors and sophomore Charlie Baker.

Austin scored 36 goals for the season and finished with 131 for his career, which is No. 1 in the program's 20-year history. Carroll tallied 33 goals for the season and finished with a career total of 108, third highest for the program.

Oakmont's Spartans had seven players combine for their 15 goals. "They are talented and well-skilled," Linehan said. "And, their coach, Sean Nally, complimented our players, saying that we were the classiest team they faced all year."

The Tri Valley League coaches awarded the Blackhawks the Sportsmanship Award for the 2025 season, and it marks the third time they captured that honor in the last four years. "That means a lot," said Linehan, who is stepping down as head coach after nine years. "That's a personal award. It shows that coaches respected our style and discipline."

SOFTBALL

The Blackhawks, who finished 8-10 during the regular season, bowed to Clinton, 9-6, in the opening round of the Division 4 tournament, but coach

Courtney Parker's contingent continues to take the necessary steps to get back on track as a force in the Tri Valley League.

The 2025 squad topped last season's record of 5-15 and has come a long way from 2023 when the varsity program did not field a team.

"We lose only one senior and return the nucleus almost fully intact," Parker said. "We'll be more experienced, and our goals will be to top .500, remain competitive in the TVL, and go deeper in the playoffs."

The BHS offense was sufficient against Clinton, but Parker said after the game that "it's a combination of our pitching and defense that needs improvement."

Clinton pitcher Leo Repole not only hurled a solid game, but she also was dominant at the plate. She led the Gaels, going 3-for-5 with a double and four RBIs. On the mound, she sparkled, striking out 10 and recording the 300th strikeout of her career.

"She played a great game and had tremendous command," Parker said. "She had lots of spin on her pitches, and her riser was very effective. They got timely hits, and we couldn't put the pieces of the puzzle together, even though we battled hard. We were competitive, but we left eight runners on base."

Five Bellingham players contributed on offense —Jacobi Houston (single, 2 RBIs); Ashley Kamin (3-for-4, 2 singles, a double and 2 stolen bases); and Stephanie Painchaud, Lilly Proler, and Cassidy Leger each had a single and an RBI.

Parker is hoping her third varsity year will continue to build on the results of her first two campaigns. BHS has been to the playoffs in both of her two seasons. "Six girls will play club ball during the off-season, and I've encouraged the girls to get stronger physically and work on their mechanics and technique during the summer."



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Sports

Linehan's Legacy — A Culture Change for Lacrosse

Boys Coach Retiring After Nine-year Run

By KEN HAMWEY,
BULLETIN SPORTS WRITER

Steve Linehan took the reins of Bellingham's boys' lacrosse program nine years ago when it was at rock bottom — a program that had a losing mentality, a low skill level and a low compete level. Linehan, nevertheless, was willing to accept what can only be described as “a Herculean task.”

What he achieved were three Division 4 state tourney appearances in his last four years; teams that often won six or seven matches a year compared to one or two-win seasons previously; and three of his players scoring 100-plus goals in their careers.

But, more importantly, Linehan changed the culture. That's what makes him special.

Now 58, the Woburn native, who's lived in Bellingham for 26 years, has retired. And, thanks to him and some hard-working residents, lacrosse experienced an uptick when they founded the town's youth lacrosse league in 2013.

“What changed in my first varsity year were three things,” Linehan said. “We developed a competitive nature, we stressed accountability, and the skill level improved. The coaches before me had the desire to build a successful program, but the skill level was what prevented them to improve.”

Linehan said that playing in the Tri Valley League prevented him from achieving all his goals.

“The TVL is one of the best leagues in the state for lacrosse,” he noted. “Medfield, Dover-Sherborn and Westwood are excellent squads that always go deep in the playoffs. Medfield has won multiple state titles. We won six matches in my last season, and only two of our 18 games were against teams in Division 4.”

Linehan measured success in different ways than wins and losses. It was all about “gain improvement.” That meant improving in different ways.

“Building a strong competitive spirit was based on respect for our opponents, respect for

teammates and respect for the game,” he emphasized. “My coaching philosophy focused on building a healthy competitive atmosphere whereby student-athletes achieve success through skill development, determination and individual accountability on the field, in the classroom and in our community.”

Linehan also said that he hopes lacrosse taught his players “the spirit of being successful each day in practice to help build towards successful game days.”

“Our players had to be ready to practice diligently,” he said. “We strived to achieve the perfect practice level each day and we knew that harder work in practice would make game days more enjoyable. Overcoming adversity and learning to be leaders and quality teammates are other lessons that can be learned through athletics.”

Linehan said he's stepping down because the time is ripe for someone else to take the coaching reins. “It will take a lot of energy and time to get the program to the next level,” he said. “I'm looking forward to seeing the program develop, and I'll be available for whoever succeeds me to answer any questions or offer advice if requested.”

Linehan's top thrill and best game of his career offer insight into why he's passionate about lacrosse.

“My top thrill was developing the sport on the field with my son (Cade) as a player and a coach,” Linehan said. “I wanted him to have the passion I had for lacrosse. It was fun to share the field with him. And, I'm sure that other Bellingham coaches enjoyed having their sons or daughters compete while they coached.

“Beating Dedham in 2018 on Senior Night was my most memorable game. We trailed but forced overtime and won, 10-9. Dedham is a formidable team. That victory showed that our program had promise and that we could compete in the TVL.”

Linehan admires all his play-



Steve Linehan enjoyed coaching lacrosse and last season's captains, from left, Brady Carroll, Ryan Austin and Gabe Egan, no doubt benefitted from his instruction.

ers that improved the culture. Three of them — Ryan Austin, Mic Flynn and Brady Carroll — finished their careers with 100-plus goals. “That's like scoring 1,000 points in basketball,” said Linehan.

Linehan was pleased to work three assistant coaches Mike Flynn, Quinton Champagne and his son Cade, who was a volunteer coach. “These coaches and the trio of players who scored 100-plus goals helped the program to be a competitive unit,” he noted.

Linehan will fill the lacrosse void by playing more golf and devoting more time to a side job of being a stand-up comedian. His day job since 2014 involves being an account manager for Ben's Uniforms.

“I've worked for the last two years as a comedian for fundraisers and clubs,” he said. He performed at a comedy show at a theater in Plymouth that drew 300 people.

Linehan played football and basketball at Woburn High, but at St. Michael's College in Vermont, he played lacrosse and majored in industrial psychology. He's married and has three children.

During his first year as head

coach, Linehan has 22 players and no jayvee team. For his final season, he had 40-plus players that competed on both the varsity and the jayvee squad.

No doubt Linehan has left the lacrosse program in a better place.

BHS Athletic Director Michael Connor emphasized how valuable Steve Linehan has been to the boys' lacrosse program.

“I hope to one day see Steve in the Blackhawk Athletic Hall of Fame,” Connor said. “From his early days introducing youth lacrosse to the children of Bellingham to where the high school program is today, coach Linehan has exemplified what it means to lead student-athletes. He brought more to the table than simply wins and losses; he will be missed.”

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Sports

Captain and BHS Star Gamble Competes in Shriners Football Classic

By KEN HAMWEY,
BULLETIN SPORTS WRITER

Max Gamble became the fourth player in the history of Bellingham High's football program to compete in the Shriners All-star Classic.

Selected as a captain for the South squad, which lost 7-6 to the North all-stars, the 5-foot-7, 145-pound wide receiver caught two passes for 45 yards in the 47th annual classic last month at Hormel Stadium in Medford.

"It was an honor to be chosen for the game, and I was really surprised to be selected as one of four captains," Gamble said. "I never thought I'd be a captain, because there were 50 talented players on our roster. But it's everything that I dreamed of. The stadium was packed, and my family was on hand along with the football coaches from Bellingham."

The Blackhawks' program previously had three players compete in the classic, starting with Ron Howerton in 1992, Justin Bernard in 1997, and Ricky Santos in 2003.

Defense dominated for both squads in what was a low-scoring tussle. Walpole quarterback Noah Mackenzie gave the South a 6-0 lead in the first quarter



Max Gamble will be playing football for Worcester State University in the fall.

before Haverhill running back James Farrell tied the contest on a 26-yard touchdown run on a read-option play in the second period. The winning margin was the extra point and that's where the South fell short when Masconomet's Cash Kornusky blocked the attempt.

Gamble, who'll play for Worcester State University where he'll major in business, was informed he was on the roster in April by head coach Lazaro Mitjans.

"Marcus Price, an assistant coach at Worcester State, scouted me and saw film of some



Max Gamble catches a pass for a 35-yard gain late in the second quarter of the 47th annual Shriners Classic.

games," Gamble noted. "He's now at Bryant University, but he let coach Mitjans know about me. My parents and I visited with coach Mitjans, and he welcomed me on board."

During his senior year at Bellingham High, Gamble and three other captains combined to help the Blackhawks go from a 1-3 start to an 8-3 record that led to the program winning its second straight Tri Valley League Small Division championship.

Named the Blackhawks MVP at the team's annual banquet, the wide receiver/cornerback compiled some outstanding statistics through nine games — receiving (24 catches for 495 yards and 5 TDs); rushing (20 carries for 195 yards and 4 TDs); and passing (1 completion for 45 yards and 1 TD).

BHS head coach Dan Haddad attended the Shriners Classic and lauded Gamble for his ability and tenacity.

"We are super proud of Max; he's such an impressive young man," said Haddad. "He defies

the notion that football players have to be a certain height and weight to be successful. He's a tough, tireless worker and has so much confidence. He's so impressive on the football field and that shows by being selected to the Shriners game. It's an incredible honor that he earned."

Haddad also told Gamble that "I was super excited, and it was a blast to watch you compete."

Gamble said that the MVP award and the selection to play in the Shriners game and be a team captain are his top thrills in football. "As for my best game, that would have been last fall against Blackstone-Millville when I scored two touchdowns on passes that covered 66 and 70 yards," he said. "I had 130 receiving yards and 40 yards rushing."

What helps Gamble excel on the gridiron are his speed and quickness, his grid IQ, strong hands and an ability to separate from his defenders.

Gamble said that the South squad worked intensely in practices, but the nine sessions were

sparsely attended during the leadup to the game. "We practiced at Xaverian High School, but most of the workouts came during senior week and graduations," said Gamble. "Building team chemistry was tough, but we came together as quickly as possible and made it work."

The head coach of the South team was Zane Fyfe, the varsity coach at Apponoquet. "He knew about me" Gamble said, "because we played Apponoquet during the playoffs last year. Another player for us from the TVL was Medway tight end Matt Wilde."

Gamble also was a captain in basketball, starting at point guard last winter. Unfortunately, the hoop program suffered its worst season, going winless in 20 games. At the end of his junior year in basketball, BHS posted a 6-14 record.

Gamble's competitive philosophy focuses on reaching his potential. "When everyone strives to be their best, then winning follows and winning leads to enjoyment," he said. "And, whether it's football or basketball, sports have taught me some great life lessons. I've learned how to handle adversity, to be resilient, to be a quality leader and teammate, and to be accountable."

The Shriners Classic proved to be a big plus for Gamble, who seemed to be riding a roller-coaster as a Blackhawk senior. He had a highly successful year in football, then he and the basketball team experienced a very difficult season. The Shriners game, however, helped his athletic career at BHS to end on a positive note.

"Football was awesome," Gamble said. "Winning the TVL Small Division title, being a captain and the MVP were so rewarding. In basketball, I was the only returning player. I tried my best as the captain, we all prepared, but it just didn't work out. Then came the selection to the Shriners game, where I caught two passes and was a captain. I'm so pleased that my career ended on a positive note. It's been an incredible happy feeling."

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Sports

Carney Dominates BHS Postseason Track Meets

By KEN HAMWEY,
BULLETIN SPORTS WRITER

Olivia Carney dominated Bellingham High's postseason track meets in stunning fashion.

Carney won the 100 and 200-meter events at the Tri Valley League meet in Norton, was crowned champion in the 100 at the Division 5 meet at Westfield State, then ended her track career as a Blackhawk by capturing the TVL's Most Valuable Player Award.

"Olivia went unbeaten in the 100 and 200 during the regular season in the TVL," said Peter Lacasse, the BHS outdoor track coach. "There'll be a lot to replace next year, but she's on her way to the next level and the next stage of her life."

Carney, who graduated from BHS last month, will be competing for Trinity College in Hartford, Conn., next year.

The girls' squad began its postseason schedule at the TVL meet, finishing sixth in the 12-team field. The team's 51 points topped all of the Small Division squads, and Holliston, one of the Large Division squads, captured the title with 138 points.

Carney ran the 100 in 12.39 seconds and was clocked at 25.85 seconds in the 200. Both times

were season-best efforts.

Other BHS girls who placed and scored points were Caleigh Hayes in the 400-meter hurdles (70.46 seconds); Elizabeth Glynn in the shot put (31 feet, 8 inches); and Caleigh Elder in the javelin (93 feet, 11 inches).

Also excelling were the 4x100 relay team and the 4x400 relay squad. The 4x100 team won its event in a time of 52.21 seconds. Elder, Carney, Alyssa Gerbrands and Emma Carroll comprised the team. The 4x400 contingent posted a time of 4:23.42 and included Emanuela Barreto, Caleigh Hayes, Jenna Dormady, and Emma Smith.

The girls' team finished 11th out of 50 squads at the Division 5 state meet. BHS scored 22 points and the overall winner was North Reading with 99.

Carney won the 100-meter event in a time of 12.54 seconds, and her time in the 200 was 25.79. The 4x100 relay team also placed with a time of 51.42 seconds. The squad included Elder, Barreto, Carroll and Carney.

The boys finished 10th in the 12-team field at the TVL meet, scoring 27 points. Hopkinton won the meet with 137 points.

The boys' point-scorers were Jack Taylor in the 800 (2:02.37);



Olivia Carney excelled in Bellingham High's postseason meets and was selected as the Most Valuable Player in the Tri Valley League's Small Division.

Bryan DeAlmeida in the 400 (52.17); Eli Cowell in the 400 hurdles (62.08); and Mason Jacques in the 100 (11.32). All four registered personal bests.

At the Division 5 meet, Taylor was the only Blackhawk who placed. He ran the 800 in a time of 2:00.53, another personal best.

The 63-year-old Lacasse, who has coached Bellingham High's boys' track team for 13 years, has directed the girls contingent for three seasons. His third season directing the girls' team "was a charm" as an old saying goes, because the girls rolled to a 5-0 record in their TVL dual-meet season, capturing their first league championship in the 46-year history of the program.

"It was a very good regular season and a good postseason," Lacasse said. "We held our own in the postseason, but we would have liked to have scored a few more points. Our overall efforts, nevertheless, were solid, and Olivia had great results at both the TVL and the Division 5 meets."

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WWII Veteran's Special Observance of Flag Day

North Attleboro, MA - The American Flag marked its 248th birthday this June 14th. WWII Veteran, Caster "Cas" Salemi of North Attleboro marked this date for the 103rd time! Born in 1922, Cas fought for our freedoms, serving in the Army's 251st Field Artillery Battalion in the South Pacific during WWII.

This past January marked the 80th anniversary of the South Pacific battles during WWII. Cas knows this all too well as he served in two of its major campaigns, New Guinea and the Philippines. After training in Paris, Texas for a year, Cas set off on a 30-day ocean voyage to New Guinea. They had no fresh water on this journey and had to wait for rain to shower. As they neared the coast they witnessed lush green fields of grass. To their horror it wasn't luxurious grasslands, but "kunai" grass. They had to use their bayonets to cut through the tough, fibrous blades of this grass just to make camp, a long, tiring journey indeed for this 21-year-old. At camp he remembers being handed a can of British Bully Beef (C-Rations) that were from WWI made 28 years prior. Cas joked, "When we opened the rations the Palm Trees wilted!" Having run the enemy off to the West Coast of New Guinea, his unit prepared for their next campaign in the Philippines.

Cas and the 251st were among the first soldiers to land in Luzon. As they offloaded the vehicles from their boat, the truck



containing all of Cas' communications equipment slipped into a sink hole. With his truck and supplies gone, Cas had to sit on the beach for 3 days waiting for their replacement.

Nicknamed "The Pearl of the Orient, Manila was a vibrant city rich in natural beauty, culture, and architecture with an abundance of valuable pearl beds. In 1941 General MacArthur had mandated that Manila be declared an "open city" in hopes of preventing its destruction. This capital city was all but leveled by the enemy in direct retaliation of General MacArthur's orders. Over 100,000 Filipino civilians were killed by the enemy. Cas and his unit provided critical defense for 165 days without rest.

Radio frequencies in the thick and hilly jungle terrain of the Philippines would not work and had to be dangerously hard-wired. T-4 (Technical Sergeant) Caster's job was to lay this vital communications wire between the 251st firing batteries and its command base.

Cas recalls one dangerous mission where his unit had been



Caster Salemi, Paris Texas 1943 and on Flag Day, 2025



251st liberation of Manila in the Philippines
Photo courtesy of WWII National Museum

pinned down in a valley between two mountains under heavy artillery action. The enemy would roll out cannons from a cave and fire upon the Americans. With no way out, the men completely disassembled an M90 Howitzer cannon and dragged it across to the other mountain where they could see the enemy's cave. When the enemy once again rolled out

their deadly cannons, the soldiers of the 251st were ready.

another routine mission, the men ran for cover from a whole herd of carabao (water buffalo) directly in their path!

In 1945 Japan ended its aggressions after nuclear bombs were dropped on its cities, Hiroshima and Nagasaki on August 6 and 9th respectively with Japan surrendering on August 14th. While many countries celebrate this date as their VJ Day (Victory over Japan), America recognizes the war's end with the date of its formal surrender ceremony that took place aboard the USS Missouri in Tokyo Bay on September 2, 1945.

T-4 Caster was devastatingly handicapped by "jungle rot" a condition caused by prolonged exposure to moisture with the inability to keep skin dry leading to a fungal infection. Cas got it bad in his hands and feet and could barely walk. He was medically evacuated traveling back to the states on a ship not meant for ocean travel, and to this day Cas will not travel across ocean waves.

When asked about soldiers' fellowship, Cas explained, "Learning how to live with oth-

ers from all different walks of life creates that special bond or camaraderie that soldiers share. We learned to depend on each other which proved to be a critical component in warfare." He went on, "The difference between WWII and the Vietnam conflict was a matter of trust. While there was brutality with the Japanese, the soldiers knew where and who they were fighting. The Vietnam Conflict was rife with distrust and high anxiety ... The enemy dug tunnels throughout the Vietnam landscape, making it nearly impossible for a soldier to know who, when or where the enemy attacks were emanating from."

After his meritorious actions contributing to the protection of our freedoms, Cas was most honorably discharged in 1946. For his service he was awarded the Good Conduct, WWII Victory, Asiatic Pacific Campaign (with two stars for the New Guinea and Luzon campaigns) along with an Artillery Pin and the Philippine Liberation medals. Not long after his discharge he married the love of his life, Virginia, in 1949. While Cas was born on Flag Day, his wife was born on Veteran's Day. They enjoyed 37 years together, raising two sons and a daughter.

The 35-year resident of North Attleboro remains active in several military organizations and is a former member of the town's Veterans Advisory Board. A Past Commander of the North Attleboro DAV (Disabled American Veterans) Post 56, in April of 2004 he organized and escorted fellow veterans to the grand opening of the WWII Museum in Washington, DC. He has also traversed the Honor Flight. He attributes his longevity to three things. First by loving what you do. Secondly, don't smoke or drink hard liquor. But a glass of wine with your buddies is OK. And lastly, ultimately, it is in your genes!"

Natalee Webb-Rubino joined the Air Force in 1976 becoming its 1st female Aircraft Mechanic (Crew Chief) and while at Kadena AFB in Okinawa, Japan. In 1999 she founded the 11K road race in Stoneham created to honor and recognize Veterans. At the time, it was the only 11K in America. In 2009 she became the City of Melrose's 1st female Veterans Service Officer. Her essays on Veteran matters have been published in Franklin, North Attleboro, Melrose and Stoneham.

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14TH Annual Trail Race Raises Nearly \$6K for Rail Trail

The Franklin & Bellingham Rail Trail Committee (FBRTC) is thrilled to announce the successful completion of the 5K race hosted by the Tri-Valley Front Runners (TVFR), which raised almost \$6000 to support community organizations. We extend our heartfelt gratitude to TVFR, and especially to Mark Capparella, the TVFR race director, and his team for their unwavering support and exceptional organization of this event. At the most recent FBRTC meeting, Mark and the

TVFR team presented FBRTC Vice President Paul Stamp & FBRTC race director Sue Fleurette with a donation of \$3800. That donation will go towards the committee's efforts to advocate for continued development and maintenance of the Southern New England Trunkline Trail (SNETT). TVFR also contributed additional race proceeds in the amount of \$250 to the Franklin Food Pantry in Franklin and \$250 to St Blaise Loaves & Fishes Food Pantry in Bellingham.

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July at the First Universalist Society in Franklin

The First Universalist Society in Franklin (FUSF) is pleased to announce our Summer Sunday Worship Series each week from July 6 through July 27, 2025. Please join us each Sunday as we explore the Unitarian Universalist (UU) values of Equity, Transformation, Generosity, Interdependence, Justice, Pluralism and Love. All services start at 10 a.m. Afterwards, we invite you to stay for cookies and conversation.

July 6: Yes, And: The Spirit of Improv & UU Values

Join FUSF member, high school teacher, and improv enthusiast Emily Steltzer for a joyful and interactive worship service exploring the surprising connections between the principles of improv and our Unitarian Universalist values of generosity and equity. Through an introduction to the 5 "rules" of improv and playful exercises, we will build community, boost confidence, and discover how saying "yes, and" can deepen our spiritual

practice. Come ready to engage, connect, and leave a little lighter and more inspired!

July 13: A Very Tolkien Creation Story

The Fourth Unitarian Universalist Principle says that congregations will affirm and promote the free and responsible search for truth and meaning. As Unitarian Universalists we are challenged to find our own sources of truth and meaning in our lives, whether through sacred texts, encounters with nature, or the exquisite alchemy of our relationships. FUSF lay leader Dave Gerlits will share his own search and how he finally found a Creation Story that he could embrace. It appeared in a most unexpected place: the writings of J.R.R. Tolkien.

July 20: The Power of Love

The six UU values revolve around the principle of Love. Rev. A. Powell Davis emphasizes: "None of our private worlds is big enough to live a wholesome

life in. Love is what we need. To love and be loved." Join us as FUSF member Peter Dennis leads a discussion on how love fuels us and helps us find meaning, especially in times of uncertainty. We will make music together.

July 27: A Conversation on Healing

Please join us for a unique dialogue with two FUSF members. Dr. Priscilla Cogan, psychologist, and Duncan Sings Alone, Native American Medicine Person, will explain and contrast their different approaches to healing the self and others through stories and conversation. There will be time for questions and some singing, too.

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

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Annual St. Mary's Benefit Car Show & Community Event to be held Sept. 6

Sponsored by Knights of Columbus Council #1562

The Knights of Columbus Council #1562 of St. Mary's Parish is thrilled to announce the return of the Annual Car Show & Community Event on Sat., Sept. 6 from 10 a.m. to 2 p.m. at Uxbridge High School, 300 Quaker Highway, Uxbridge. Registration begins at 8:30 a.m.

This community event promises a day filled with classic and custom cars, family-friendly activities, local vendors, music, food, raffles, and more, all in support of local charitable initiatives.

Get Involved, support a worthy cause. Knights of Columbus Council #1562 has proudly served Uxbridge and surrounding communities for generations, promoting faith, family, and service. Proceeds from the Car Show and Family Fun Day will support local charities, and Knights' programs that assist those in need.

Ways to participate:

- Event sponsorships: Gain exposure for your business or organization. Sponsorships include signage, online recognition, and booth space options.
- Vendor tables: Local artisans, businesses, and community groups are invited to reserve space to sell or promote their goods and services. Limited spaces available.
- Donations welcome: We gratefully accept raffle items, gift cards, services, or monetary donations to support our mission and event expenses.
- Attend the event: Join us for a fun-filled day! Mark your calendar for Sept. 6, 2025

Event highlights:

- Display of classic, muscle, and antique cars, trucks &

motorcycles

- Family-friendly activities, games, and kids' entertainment
- Food trucks, refreshments, and local treats
- DJ music, raffles, and a 50/50 drawing

For more information, visit <https://bit.ly/StMarysUxbridgeCarShow2025>.

Call to Action, be a part of something bigger. Help us build a stronger community—one good deed at a time. To become a sponsor, reserve a vendor table, or contribute a donation, please contact Phil Cieply at (508) 509-8870 or pcieply@msn.com, or Jeff Richard at (508) 475-8950 or jlfad5@verizon.net.

Join Knights of Columbus Council #1562 for a day of cars, community, and compassion. See you there!



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Calendar

July 1

A Novel Idea: A New Book Club for Adults, 6:30-8 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, The Final Girl Support Group, by Grady Hendrix. Contact Diane Nelson at dnelson@cwmar.org.

July 2

ABMI-TV Concerts on the Grass, 6-8 p.m.

Franklin 4th of July 5-Day Celebration, Franklin Town Common, 6-10 p.m., 6 p.m. Midnight Ride (60's-90's Rock); 8 p.m. GQ & The Lady (Dance), www.franklin4th.com

July 3

Franklin 4th of July 5-Day Celebration, Franklin Town Common, 12-10 p.m., 6 p.m. Matt Zajac (Rock); 8 p.m. Smoke & Whiskey (Country Rock), www.franklin4th.com

July 4

Bellingham 4th of July Celebration, Bellingham Memorial Middle School, 130 Blackstone St., Bellingham, 6 p.m. Belling-Hammered, followed by Pieces of Eight, concession stands, nonprofit booths, fireworks 9:30 p.m.

Franklin 4th of July 5-Day Celebration, Franklin Town Common, 12-10 p.m. 12 p.m. Two Guys Who like Sharks

(Acoustic Rock); 1:30 p.m. Jamie Barrett; 3 p.m. George Cross Project (East Coast Blues); 6 p.m. Attleboro School of Rock; 8 p.m. Gary Hoey (Rock Guitar) www.franklin4th.com

July 5 (12-10)

Franklin 4th of July 5-Day Celebration, Franklin Town Common, 12-10 p.m.; Franklin Blues Festival: Ed Peabody & The Big Blue Thing – Noon, Brandt Taylor Band – 1:15 p.m., Neal & the Vipers – 2:30 p.m., Mike Crandall Tribute Band – 3:45 p.m., Bruce Katz Band – 5 p.m., Joanna Connor – 6:15 p.m., Nick Moss – 7:30 p.m., Richiman & Groove Nice – 8:45 p.m., Fireworks 10 p.m., www.franklin4th.com

July 6 (12-6)

Franklin 4th of July 5-Day Celebration, Franklin Town Common, Ride Wristbands: 12-5 p.m.; 12 p.m. Zajac Bros. Band; 2 p.m.; Michael Dutra & the Strictly Sinatra Band; 4:30 p.m. Padula Family Band (Jazz), www.franklin4th.com

July 7

Book Discussion Group, 6:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, *The Little Liar* by Mitch Albom, contact Cecily Christensen, cchriste@cwmar.org for more info.

July 8

Virtual Author Talks, through Bellingham Public Library – to register for these talks, go to: <https://library.org/bellingham>, 2 p.m. - Acompaña al autor e ilustrador Raúl the Third, 4 p.m. - Drawing Your World with Raul the Third

Writing Group for Adults: 6:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, Contact Marjorie Turner Hollman at marjorie@marjorie-turner.com.

July 9

ABMI-TV Concerts on the Grass, 6:30-8:30 p.m.

Chat & Craft: Pass the Painting, 6:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, registration required

July 16

ABMI-TV Concerts on the Grass, 6:30-8:30 p.m.

July 17

Virtual Author Talks, through Bellingham Public Library, 4 p.m., Discerning the Truth with Bestselling Author Marie Lu – to register for these talks, go to: <https://library.org/bellingham>

July 18

Red Cross Blood Drive, 8:30 a.m. to 1:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, Register at redcrossblood.org

July 19

Uxbridge Dog Park 5th Anniversary Paw-ty and Fundraiser, 10 a.m.- 2 p.m., 375 Sutton Street, Uxbridge, rain date July 26

July 23

Virtual Author Talks, through Bellingham Public Library, 4 p.m.- Online Author Event with Rex Ogle – to register for these talks, go to: <https://library.org/bellingham>

ABMI-TV Concerts on the Grass, 6:30-8:30 p.m.

July 26

Coffee and Donuts with Veterans, 9-11 a.m., VFW Post 7272, 940 S Main St, Bellingham

July 31

Virtual Author Talks, through Bellingham Public Library, 2 p.m. – Online Author Event with Neurologist & Author Pria Anand – to register for these talks, go to: <https://library.org/bellingham>

Paw-ty Time at Uxbridge Dog Park: Five Years of Tail-Wagging Fun!

Uxbridge, MA - It's been five doggone years since the Uxbridge Dog Park first opened its gates in July 2020, and the local pup-ulation is ready to raise the woof in celebration!

On Saturday, July 19th, from 10 a.m.- 2 p.m., dogs of all shapes and sizes (and their loyal humans) are invited to sniff out the fun at the park's 5th Anniversary Paw-ty and Fundraiser. Whether you've got a tiny terrier or a lumbering lab, this family event promises something for everyone. Worried your pup is too small to join? Don't! Our park is divided in half so that dogs under 35 pounds can be safely separated by size. Both sides of our park offer ample fields of green grass for pups to unleash, unwind & run!

The park will be open and packed with several pet-loving

vendors offering toys, treats, gear, and goodies for the most discerning doggos and their two-legged companions. The Splash 'N Dash Mobile Pet Grooming van will be on site to celebrate by offering a special Puppy "Pet-i-Cure," so plan to pamper your pooch with some special pet-friendly nail painting!

Pets and their owners will also enjoy some paws-itive vibes jamming out to live acoustic music provided by Billy Swift. Local artist, Pam Whittemore, of Timeless Graphite Drawings, will be on site showcasing her pup-traits— incredible life-like drawings of furry friends that might just make your tail wag. Other vendors will be featured as well as many more local dog crafters. Refreshments will be available for purchase.

Finally, in memory of a special dog park furry friend,

Lacey, we are excited to partner with Lacey's Lunchbox, a local organization collecting dog food and treat donations

For local pups in times of need. This project is in loving memory of Lacey, a Canine Good Citizen-certified therapy dog, who touched the souls of dozens of individuals before she was taken far too soon by cancer.

We are located at 375 Sutton Street, Uxbridge, MA 01569. If rain is in the forecast that day, we will plan to celebrate with a rain date of Saturday, July 26th from 10am- 2pm instead. So leash up your best friend, grab the family, and come celebrate five years of fetch, frolic, and fur-iendship at the Uxbridge Dog Park.

No bones about it, this is one event you don't want to miss!

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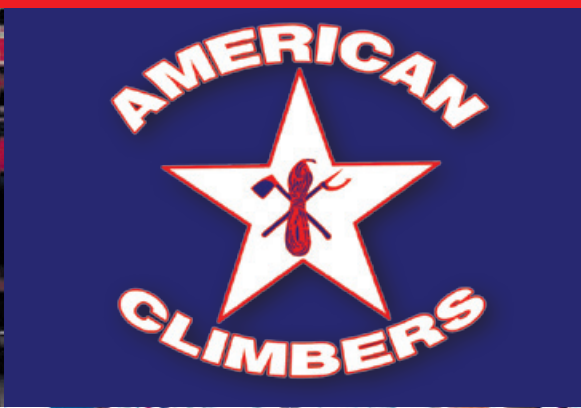


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