



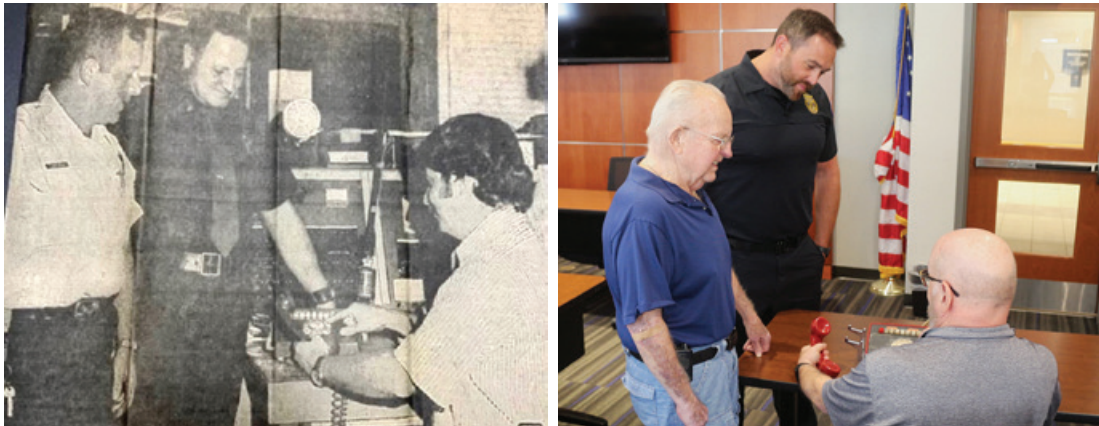
Bellingham BULLETIN

Vol. 31 No. 11

Bellingham's Favorite Hometown Newspaper

October 1, 2025

Marking the 50th Anniversary of 911 Dispatch in Bellingham



Then and now: Left, original 1975 photo taken by Linda Zazza, where dispatcher Richard Marcoux (right), explains to Fire Lieutenant Jack Ridolfi (left) and Police Sergeant Joseph Grassi (center) how the new 911 emergency call center would work, and right, Richard Marcoux (right), Jack Ridolfi (left), and Lieutenant Stephen Daigle today.

By JENNIFER RUSSO

When a Bellingham resident picks up the phone and dials "911," they may not real-

ize how much coordination it took to make that potentially lifesaving option possible. In 1968, the idea of a universal emergency number was still

new and evolving. The Federal Communications Commission,

911 DISPATCH

continued on page 2

BEF Halloween Dash Supports Innovative Programs for Schools

By JUDITH DORATO O'GARA

Raise your Halloween spirit and help fund grants for school programs by joining in the 3rd Annual BEF Halloween Dash, Sunday, October 19th, at 9 a.m., starting and finishing at DiPietro Elementary School, 70 Harpin St., Bellingham. Participants do not need to be runners to take part in this 5K walk, which includes a section of the scenic SNETT trail. You can run, walk or stroll in this family friendly school fundraiser, but participants must be registered. Register in-person on the day of the event at 8 a.m. or visit belledfound.org.

Bellingham Education Foundation (BEF) is dedicated to enriching and enhancing educational opportunities for students



in the Bellingham Public School System. The foundation, through partnerships with parents, businesses, and the greater community, offers funding through grants to Bellingham educators for innovative and sustainable projects, motivating students to

BEF

continued on page 4

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911 DISPATCH

continued from page 1

in cooperation with AT&T and President Lyndon Johnson's administration, designated "911" as a nationwide emergency dialing code.

On September 18th of 1975, Bellingham received its first 911 dispatch line, with a local dispatch office that reorganized emergency services to handle all calls, making getting help in times of crisis much more efficient. Our first civilian dispatcher was Richard Marcoux in 1975, with the additions of Robert Shea, and Gilbert VanHelden through 1976, and Barbara Provost, Robert Russell, Scott Wheeler, Ernest Taft Jr., and Robert Jackson Jr. beginning in 1977.

According to Linda Zazza in a 1975 article found in the Woonsocket Call, the only other town in the area at the time to offer the new 911 system was Wrentham,



Today's high-tech dispatch center has come a long way since the original 911 Dispatch phone used in 1975. Shown, Richard Marcoux (left) and Jack Ridolfi (right).

but there were plans to expand across the state and nation. Pamphlets describing the 911 system were distributed to all homes in Bellingham by the New England Telephone Company.

So how did the dispatching work in the seventies? Here is an example:

If Mary woke up because she smelled smoke, she would dial "911" and a dispatcher would answer and ask about the emergency. She tells the dispatcher she smells smoke and there could be a fire. The dispatcher would then alert the Fire Department and relay the address. Before 911 was

implemented, Mary would have had to know the separate phone numbers for police, fire, and ambulance services.

At that time, if the "911" call was silent, the dispatcher also could contact the phone company and initiate a trace of the call to determine the caller and the landline location. While this could take a significant amount of time, it was the only option.

In the 1990s, as technology improved, Enhanced 911 (E911) was implemented, giving the dispatcher the caller's information (caller ID and landline location lookup) on a screen instantly. In 2016, the Bellingham Police Communications Center was one of the first to go live with the Next Generation 911 (NG911), a system that has served the needs of the public in an even more advanced way.

Now, instead of relying on an analog and circuit-switched phone network, the 911 system is IP-based. It can accept calls

and text messages, instantly use GPS mapping to precisely locate those in need, regardless if the call comes from a landline or a mobile phone, can connect to closed-circuit cameras that may be in the area or telematics from a car's crash detection system to see what is happening, and now enables police, fire, and EMS to share all available data in real time.

Looking back, it's remarkable to think that just over 50 years ago, calling for help meant fumbling for the right 7-digit phone number and relying on a chance that the right person would answer. The creation of 911 and its steady evolution into today's systems has transformed those moments of panic into a streamlined, reliable lifeline. Thank you to those who stepped up as civilian dispatchers throughout the years, and to our current dispatch office, for ensuring that people get the help they need in the best way possible.

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BWOT Call for Crafters, Vendors for Quarter Auction

Scholarship Fundraiser to Take Place November 7th

Bellingham Women of Today is looking for crafters and vendors for our Quarter Auction. This event will take place:

Friday, November 7th.
Doors open at 6:30, Auction begins @ 7 p.m.

Bellingham Senior Center
40 Blackstone Street
Bellingham, MA 02019

The Quarter Auction raises funds for our High School Scholarship fund and other charities supported by the Bellingham

Women of Today for the community. You can join us for the evening for \$25 per table and two items donated to be auctioned.

For more information, please register, by November 1st, and reach out to us via email: bellinghamwomentoday@gmail.com or visit us on Facebook.

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BBA Busy this Fall

The Bellingham Business Association held its Annual BBA Scholarship Golf Tournament September 15th at Blissful Meadows, the first time the organization has held the event at this venue. Proceeds from the event support two \$1,500 scholarships awarded in June to two graduating Bellingham seniors. The BBA expressed thanks to all participating golfers, sponsors and donors.

This month, the BBA's big event will be the Halloween Trunk or Treat Stroll, on Bellingham Town Common October 25th, from 5:30-7:30 p.m., with

BBA members hosting trunks and tables for kiddos to trick-or-treat.

Next month, the BBA will hold the 18th Annual Taste of Bellingham, November 5th at the Bellingham Senior Center. Then, on November 29th, get ready for the first Annual Holiday Stroll at Bellingham Town Common, from 12 -4 p.m.

For more information on the Bellingham Business Association (BBA), visit www.bellingham-businessassociation.org or email contact@bellinghambusinessassociation.org.

BARKOctober Fest Dog Costume Show

The Bellingham Lions Club and Happy Tails Market will be hosting a BARKOctober Fest Dog Costume Show on Sunday, October 19th at 12 pm. Costume Judging starts at 1 p.m. at the Bellingham Middle School, 130 Blackstone St., Bellingham.

Prizes will be given in several fun costume categories, with a Top Prize for Costume Best in Show. The event will also include vendors for pets, a pet photographer and raffles.

All donations and proceeds will go to pet charities.

The suggested donation for this event is \$5.

Questions? Email: romitlog@gmail.com

Multicultural Festival Committee Members Wanted

Bellingham Public Library is planning to host Bellingham's first Multicultural Festival. With the assistance of the community, we hope to turn this into an annual event. We are actively seeking members of the community that represent a variety of cul-

tures and reflect the diversity in our community. If you are interested in learning more about the committee and what is involved, please contact Library Director Bernadette Rivard at brivard@bellingham.org, (508) 657-2776.

From the Town Clerk's Office...

You may have seen the commercials for elections in surrounding communities this coming November, and that can understandably create some confusion. Based on Bellingham's open town meeting form of government, our local elections are held in June. As of now, there are no elections scheduled until then. We're already working on putting that election together, and there will be several local positions on the ballot. If you're interested in learning more about the seats

available or the process of running for office, please reach out! We'd be happy to tell you about appointed board positions as well. Participation in municipal government is welcomed - from holding a position to attending meetings. As Margaret Mead said: "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

Per MA General Laws, all our meeting notices are posted on the

board outside town hall, which is available 24/7. Most meetings are listed online at www.bellinghamma.org and many are recorded and posted as well. Please consider getting involved and sharing your talents in whatever way you can. Best wishes for a safe and happy fall! We'll see you at our Annual Fall Town Meeting on November 19th!

Amy Bartelloni
Town Clerk

St. Blaise Seeks Donations for Christmas Fair

St. Blaise is seeking donations of gift cards or services from Bellingham's business community. These will be used as raffle items at the St. Blaise Christmas Fair on December 6th, 9 a.m. -3 p.m. Gain publicity while supporting the parish and the community, as this annual event brings together folks from Bellingham and surrounding communities for a day of fun and games for all. You may even enjoy new customers coming in for services because they won the raffle!

We greatly appreciate donations of gift cards from anyone. Since one of the raffle items will be a handmade apron covered in scratch tickets of varying amounts, donations of scratch tickets are also requested and appreciated.

In addition to raffles, we will also have the Country Store, handmade crafts, home baked goods, games with prizes for kids, and games with prizes for adults, too. Our amazing Cafe workers will be ready to serve you from

10 a.m. to 2 p.m. featuring delicious hamburgers, hot dogs, salads, and mac n' cheese, just to name a few. Our Country Bake Shop will have homemade pies, cakes, cookies, and breads in individual and family-size portions.

Everyone is invited to visit the Island of Misfit Toys and say hi to Rudolph!

For more information or questions you can contact Sue Garten, suegarten25@gmail.com.

Hope to see you there!

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BEF

continued from page 1

be lifelong learners. The grant cycle opens up to educators each spring.

The BEF has awarded over \$290,000 in grants to the Bellingham school district since its inception in 2011. According to BEF President, Kristina Mounsey, last year, with help from generous “sponsors and participants of our events, we were able to award a total of \$9,430 for the following grants:

- Specific Language First Communication iPads to support students both visually and verbally who have difficulty communicating.
- Mobile TVs to help increase student engagement within the social emotional curriculum
- Classroom Ukuleles- foster creativity and expression through music.
- Fine Motor Library provides fine motor boxes for teachers to check out for use in classrooms to help develop fine motor skills.”



The BEF Halloween Dash not only is great fun, but it helps Bellingham Educational Foundation support teacher initiatives in the schools. Photos used courtesy of BEF.

Mounsey, who’s been president of BEF for the last four years, has found supporting teacher initiatives to be a rewarding endeavor. “When you see success with things that we’ve funded and they become either part of the regular curriculum or part of a club you see improves year after year, it’s really cool to see, like, we started that!” says Mounsey, who was happy to witness one of these initiatives, flexible seating, get its start in her son’s classroom. Re-

quests for flexible seating, including bounce balls, standing desks and even pedals under desks became so prevalent, due to their success, that, eventually, they were moved into the school budget.

Similarly, BEF’s funding of coding robots a few years ago helped form an entire program at the high school level, and later, a robotics unit and club for third graders run by Stephanie Godino. “It first started at DiPietro, and BEF then extended their funding to Stall Brook. This is our second year at Stall Brook,” says Godino. “It’s gotten so much popularity that, this year, the BMS PTO stepped up and funded a LEGO robotics program for 4th and 5th

grade.”

“We want to fund things that go along with the district’s initiatives, too,” says Mounsey, explaining that the BEF does work with the school district, meeting with school administration and welcoming their input on proposals.

“Ultimately, the projects we’re trying to fund are the extra stuff, the supplemental and innovative,” says Mounsey.

In addition to funding for teacher grants, the Bellingham Educational Foundation could also really use volunteers.

“There are eight of us, but we’d love to grow that number this year. In recent years, we have definitely seen a decrease in vol-



Runners, walkers and strollers are encouraged to get creative with their costumes!


unteers and general participation” says Mounsey. She hopes the 5K will grow a little bit each year, attracting participants as well as volunteers.

“We’re trying to create something that can be done year after year,” says Mounsey, pointing out that most (90%) of the money made through the Halloween 5K comes from sponsors. “Our reach is so big that it’s really important, and we appreciate all the support we get,” says Mounsey.


For information on volunteering, sponsoring or registering for the Halloween Dash (\$35 per runner/walker, \$20 for Bellingham Schools staff and students), visit belledfound.org.

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BBA Halloween Trunk or Treat Stroll October 25 on Town Common

The Bellingham Business Association is looking to make Halloween even bigger and better this year on Saturday, October 25, from 5:30-7:30 p.m. at the Town Common (rain location: Bellingham Memorial Middle School).

Local businesses will display decorated pumpkins and creatively decorated trunks and tables for kiddos to trick-or-treat. We will dress up, and we hope you do, too!

This is a very well attended event, great community participation and simply a whole lot

of FUN!! Please share with your friends to join us as well, creative or not.

You don’t have to be a BBA member to host a trunk or table, although we would encourage you to join the group.

Please reach out to: contact@bellinghambusinessassociation.org with any questions regarding the event!

Please like and follow the BBA Facebook page @BellinghamBusinessAssociation. Find the event page at <https://www.facebook.com/share/1AdEuCBMRT/>.

VFW Cmdr. Calnan Appointed National Aide-de-Camp

By J.D. O'GARA

On September 8, 2025, at the Bellingham Select Board meeting, State Rep. Mike Soter recognized VFW 7272 Commander Kevin T. Calnan with a national appointment from the Veterans of Foreign Wars to the honorary position of National Aide-de-Camp to the Commander in Chief. Only one recipient is chosen per state.

The Bellingham VFW 7272 also noted to Bellingham residents last month on its Facebook page that it is NOT currently involved in any phone or mail fundraising drives.

Some of the upcoming events at the VFW include:

- **The 7th Annual BBQ Smoke Off**, Saturday, October 4th at 2 p.m. includes BBQ, live music, 50/50 & raffles and a lot of fun! Tickets will be available at the post, from a member, or at the door for \$25 each. All proceeds benefit Bellingham VFW 7272 & its Auxiliary, both of which support all veterans and the local community.
- **Trivia Night**, every Thursday night, 8 p.m.: Enjoy an evening of fun, competition, and prizes with Game Show Parties of Boston! Bring along your pals and your smartphone to participate.



VFW 7272 Commander Kevin T. Calnan was recognized by Rep. Mike Soter and the Bellingham Select Board last month for his national appointment from the Veterans of Foreign Wars to the honorary position of National Aide-de-Camp to the Commander in Chief, an honor bestowed on only one individual in the state.

Photo by John Keeler.

- **Open Mic Night**, second and last Wednesday of the month, 7:30 p.m., All of the community is invited.
- **Coffee & Donuts with Veterans**, last Saturday of the month (October 25), 9 a.m.-11 a.m.

VFW Post 7272 is located at 940 S. Main St. in Bellingham. Follow them on Facebook at VFW 7272 Bellingham MA.

Children's Museum of Franklin Open for Business



Flanked by family members, Erin Gallagher, left, and Meg Hagen, right, founders of the newly opened Children's Museum of Franklin last month celebrated the ribbon cutting of their dream space, an inclusive

regional museum for all children to learn and grow.

For more information, visit www.childrensmuseumfranklin.org or follow the museum on social media @childrensmuseumfranklin.

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Back by popular demand, another HALLOWEEN quiz!

Q1: Casper and his friends rent an Airbnb house in New Hampshire for Halloween weekend. Casper tries to cook his famous ghost white soufflé but accidentally starts a fire in the kitchen. Since Casper is away from his property, his liability insurance will not cover the damages.

Q2: Herman Munster sells his house to his son, Eddie, but plans to continue living there. Herman does not need to change the home insurance from his name to his son's, since he still lives at the residence.

Q3: Morticia Addams is in her house when she suddenly hears a loud BANG! She runs outside to see that her neighbor's tree fell on her recently purchased hearse. Not to worry, though, Morticia has comprehensive coverage on her auto policy, which covers falling objects damaging her car.

Answers: Q1 False. Q2 False. Q3 True

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

BY CHRISTIE VOGT
CONTRIBUTING WRITER

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



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

As a family-owned and operated company, Schadler says Affordable Junk Removal has lower overhead costs and is more accessible than national competitors. "I answer my phone 24 hours a day," he says. "I was on vacation in Italy and Portugal, and I was still answering my

phone on the beach. When you call us, you get me — not an automated machine!"

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

Business spotlight

During the business's early days, Schadler provided junk removal on nights and weekends when he wasn't busy working at a machine shop. Eventually, the business grew into a full-time endeavor, and the Schadlers invested back into the company with new equipment and techniques. "When I first started,



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

for example, we didn't have any tarps. I'm driving around and things are flying out of my truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.'"

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

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

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

The Schadlers say that Bellingham has been an excellent hometown for both Affordable Junk Removal and their Resellables shop, and they are proud to have many repeat customers and friends in the area.

One of the best parts of his job, Schadler says, is meeting and getting to know new people and developing relationships with returning customers. "We are really grateful for the repeat business and the chance to form connections with residents across the MetroWest area," he says.

To receive a free junk removal estimate, call (774) 287-1133 or visit affordablejunkremoval.com.

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How to dispose of yard waste.

- **Never dump** leaves, grass clippings or yard waste in wetlands or waterways. It is harmful and will hurt the environment!
- Keep paved roadways and storm drains clear of leaves. Do not blow across any roadways.
- Residents can utilize the yard waste area at the Town Recycling Center to dispose of leaves, grass clippings, brush & branches.
- NOTE: Residents can put out the leaf bags on the Saturday following their recycling weeks. For 2025, if your normal trash day is Mon., Tues., Wed. November 1st is your day. For trash days on Thurs. and Fri. your pick-up day is **November 15th**.
- Where can I buy leaf bags? Purchase them at most grocery stores and hardware stores.
- Home composting methods should be as far away from wetlands and storm drains as possible. Also consider using a mulching mower and leave on your lawn as a natural fertilizer.



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



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Open Enrollment 2026: Medical Plans & HSAs



Glenn Brown, CFP

Open enrollment is your annual opportunity to review and select the benefits that best fit your health and financial needs. Beyond medical insurance, you'll choose dental and vision coverage, life and disability insurance, tax-advantaged accounts (dependent care, commuter benefits), and retirement savings plans.

One area that often causes confusion is deciding between traditional medical plans and High Deductible Health Plans (HDHPs), along with their powerful partner: the Health Savings Account (HSA). Understanding how these work together can help you make smarter choices for 2026 and beyond.

Choosing the Right Medical Plan

Selecting a medical plan comes down to two basics:

- **Provider comfort:** Make sure you're satisfied with the in-network doctors and hospitals.

- **Cost expectations:** Review your historical annual medical expenses and consider whether you anticipate major changes.

If your expenses are generally low and predictable, an HDHP paired with an HSA can be especially attractive.

Why Consider a High Deductible Health Plan (HDHP)?

Lower premiums, higher deductibles: HDHPs typically have lower monthly premiums, but you'll pay out-of-pocket until you reach your deductible.

Potential cost savings: For healthy individuals and families who don't expect large medical bills, the premium savings plus HSA advantages often outweigh the higher deductible.

HSA eligibility: You can only contribute to an HSA if you are enrolled in an HDHP. This makes the plan an entry point to one of the most tax-efficient tools available.

Health Savings Accounts (HSA): Triple Tax Advantage

In 2026, contribution limits have increased:

- Individual: \$4,400
- Family: \$8,750
- Catch-up (age 55+): \$1,000

Why do HSAs stand out? Three reasons: contributions being federal, state, and FICA tax-free; withdrawals for qualified healthcare expenses are tax-free; and balances can be

invested for tax-free growth. No other account offers this "triple tax advantage."

Don't Miss the Free Money

Shockingly, more than half of eligible employees don't open or fund an HSA. That's surprising because many employers contribute \$500–\$2,000 per year to jump-start employee accounts. Contributing even \$1 per pay period can unlock hundreds or thousands in employer dollars.

Some companies reward healthy habits: for example, \$400 added to your HSA when you and your spouse complete annual physicals. Skipping this is like leaving free money on the table.

Real-World Tax Savings

Consider a family in the 24% federal tax bracket who spends around \$4,000 annually on out-of-pocket medical expenses. By funding those expenses through an HSA, they save about \$1,480

in taxes (federal, state of MA, and FICA combined).

Families in higher brackets gain even more. A household in the 32% bracket contributing the 2026 family maximum could save nearly \$3,900 in taxes.

HSAs as a Retirement Strategy

HSAs aren't just about today's medical bills—they can be a powerful long-term planning tool. Some families pay current medical expenses out of pocket and allow HSA funds to stay invested. Over time, this can compound into a substantial tax-free pool of money.

In retirement, HSA dollars can cover Medicare premiums, dental, vision, hearing aids, nursing services, and long-term care insurance. For early retirees, HSAs can even pay COBRA premiums to bridge coverage until Medicare eligibility.

The Bottom Line

Open enrollment is one of the most important financial

planning windows of the year. If you're eligible for an HDHP and HSA, weigh the trade-offs carefully, run the numbers, and don't overlook the employer contributions and long-term tax savings.

Learn more by connecting with your benefits coordinator or Certified Financial Planner.

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

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

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Municipal Spotlight**Bartelloni's Experience Key in Town Clerk's Role**

By KEN HAMWEY,
BULLETIN STAFF WRITER

Amy Bartelloni spent 6½ years in the Town Clerk's office in three different capacities before taking the reins in June as Bellingham's Town Clerk.

The 48-year-old Bartelloni worked for four years in a part-time role, then was Assistant Town Clerk for two years before filling in as Acting Town Clerk for six months.

"I learned so much in my previous years in the clerk's office, especially since the job is constantly changing and much of the knowledge is learned institutionally rather than in a manual," Bartelloni said. "There's no substitution for on-the-job experience, something I've learned from my fellow town clerks, whose knowledge and help have been invaluable. I love this role, and this is where I feel I belong."

Since her election four months ago, Bartelloni has added some new procedures and plans to upgrade some existing policy.



Amy Bartelloni deals with a variety of duties as Bellingham's Town Clerk.

"My prime goal, however, is to improve communication and culture," she said. "In terms of social media, I want to focus on educating people in what we do and how the office and the town can come together. I want to partner with the senior center and the schools on our role in civic education. Another objective is to reorganize the office in the areas of licensing systems and records."

Two quick fixes include voting upgrades. Bartelloni ordered 400 additional clickers for Town Meetings and there are two new handicap-voting booths.

"We now have 800 clickers," she noted. "Though we usually borrow clickers from other towns for major meetings, there have been times we didn't have enough. This purchase will alleviate the need to borrow in the future. The handicap booths can now accommodate those in wheelchairs. We had the money in our budget for both."

Another change involves record-keeping. "We've implemented a system where records are now bound in a more cost-effective fashion," Bartelloni offered. "As Town Clerk, I must maintain physical records."

Mid-term election policy and election-worker training are areas where Bartelloni is aiming to improve.

"For mid-term (state) elections, I want to implement advanced opening and processing

of early votes," she emphasized. "It will save time, and the procedure is strictly overseen by the state. This procedure will allow envelopes to be opened in advance and tabulated at the election site. I also want to improve election-worker training. We have a new training manual and will conduct additional classes before the June town election."

It's obvious that elections and record-keeping consume lots of time for a Town Clerk. But, there are other functions and roles in a clerk's daily routine. Bartelloni, who also is a notary public and a justice of the peace, often signs personal documents for residents and even conducts marriages.

Here's a sample of other duties of Town Clerks:

- Census and election administration.
- Filing marriage intentions and certification.
- Keeping Town Meeting records.
- Notifying the Attorney General of by-law and charter changes.
- Keeping vital records (birth, death and marriage).
- Issuing business certificates and raffle permits.
- Issuing licenses for underground fuel storage.
- Posting public meetings.
- Keeping Planning Board and Zoning Board approved plans.
- Swearing in new town officials.
- Issuing dog licenses.

Besides Bartelloni, Bellingham's office includes David Wyatt, the Assistant Town Clerk, and Nancy O'Rourke, a part-time clerk. The office is open

Monday through Thursday from 8:30 a.m. to 4:30 p.m. and on Friday from 8:30 a.m. to 1 p.m. Bartelloni is also available by appointment after hours for marriage licenses, swearing in of town officials and weddings.

A native of Whitinsville, Bartelloni graduated from Northbridge High School before enrolling at Bryant University where she earned a bachelor's degree in history with a minor in political science. The mother of three early on worked for the Mass. State Racing Commission as a legislative liaison, and also for Dean College and the Bellingham Bulletin. She's authored eight books, served for nine years as a Library Trustee and formed a writers' group that has met monthly for the last eight years at the Bellingham Library. She also was a PTO volunteer and worked for a variety of political campaigns.

Bartelloni's favorite part of being a Town Clerk is meeting the public and assisting with their concerns. "I really like guiding people through marriage paperwork," she said. "And, I like the challenge of organizing office procedure and meeting new town officials and assisting them with anything they need."

Bartelloni lists several attributes she feels help a Town Clerk to be successful in the long run..

"It's important to have experience," she stressed. "Other key qualities are being organized, able to work with people in a team approach and to be patient and flexible."

Amy Bartelloni personifies those attributes, emphasizing, "Our hope at the Town Clerk's office is that no one leaves without a solution to their concerns, and that no one leaves without a smile."

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Making the Most of Medicare Open Enrollment



Todd Miller

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When you turn 65, Medicare becomes a vital part of your health care coverage. But signing up is just the beginning. Many people don't realize that Medicare isn't a "set it and forget it" program. In fact, you have the opportunity — and often the need — to review and adjust your coverage every single year.

The annual Medicare Open Enrollment period, which runs from Oct. 15 through Dec. 7 each year, is your chance to take a fresh look at your health care needs and make sure your Medicare plan still fits your life. Then you can determine whether your medical and prescription plans need to be switched or dropped.

Just like your health can change from year to year, so can Medicare plans. Insurance companies may adjust their coverage and costs or even discontinue certain plans entirely. By taking time during the open enrollment period to compare your options, you might discover a plan that saves money, offers better coverage or both.

As a reminder, you have several options when it comes to your Medicare coverage.

Original Medicare (Parts A and B) covers hospital stays and medical services such as doctor visits. Part A typically comes with no monthly premium if you've worked for at least 10

years. Part B requires monthly premiums — \$206.50 or more in 2026, depending on your income. They may also be copays and deductibles.

Medicare Advantage (Part C) offers an all-in-one alternative to Original Medicare. These plans are offered by private insurance companies. They often bundle together hospital, medical and prescription drug coverage. They may also include extra benefits like vision, dental and wellness programs that Original Medicare doesn't cover.

Medicare Part D provides standalone prescription drug coverage for those who stick with Original Medicare.

Medicare Supplement (Medigap) policies help cover the out-of-pocket costs that Original Medicare doesn't pay, such as copayments and deductibles.

When shopping for Medicare plans, there are several important areas you should consider to determine which options are right for you:

Out-of-pocket costs such as monthly premiums, deductibles, copayments and any other expenses Medicare doesn't cover. Sometimes a plan with a higher premium saves you money overall because of lower copays.

Prescription drug coverage deserves special attention. All Medicare plans for 2026 will include a \$2,100 cap on what you pay out of pocket for covered prescription drugs, up from \$2,000 in 2025. However, this cap only applies to drugs that your plan covers, making it crucial to verify your medications are included.

Your health care needs for the coming year matter too. Do you have surgeries planned? New health conditions to manage? You'll want to make sure your potential plan covers the care you expect to need.

Travel plans can also influence your choice. Original Medicare typically doesn't cover services overseas, so frequent travelers might want supple-

mental coverage for emergencies abroad.

If you don't make any changes during open enrollment, you'll likely be automatically reenrolled in your current plan for the following year, as long as it's still available and you continue paying required premiums.

Don't let your Medicare plan run on autopilot. Take advantage of the annual open enrollment period — between Oct. 15 and Dec. 7 — to ensure your coverage continues to serve you well in the year ahead.

For more information contact:
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O: (781) 652 - 9573 call or text
Todd.Miller@edwardjones.com

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The b.LUXE *beauty beat*

Color Me Autumn: Fall Color Trends Inspired by the Season

BY GINA WOELFEL

Can we just talk about how gorgeous it is outside right now? Walking through Choate Park in Medway or driving through any of our MetroWest neighborhoods is spectacular! The trees are on fire! Deep red sugar maples, oaks mixing chocolate and gold, and birch trees glimmer like perfectly placed highlights.

It's the kind of beautiful that makes you slow down and actually notice. And honestly? It got us thinking about this fall's hottest hair color trends.

At b.LUXE Hair and Makeup Studio, our clients are falling hard for autumn-inspired hair color, with the rich, dimensional tones that make our New England autumns so legendary. These seasonal hues feel both on-trend and authentically you.

The Brunette Takeover

This season, brunettes are absolutely having their moment! The **"Expensive Brunette"** trend is all about adding depth, dimension, and high-gloss shine to darker tones; a perfect choice for clients seeking that luxurious, high-end look without the high-maintenance upkeep. This movement towards more natural shades has inspired some irresistibly cute names along the way - think favorite drinks, desserts, and yes, even stuffed animals! Haven't you heard of **Teddy Bear Brunette?** This popular twist on the modern **"bronde"** trend combines a deeper brunette base with honey blonde babylights. This technique balances warm tones and gives a subtle glow and brightness to brown hair without crossing into blonde territory.



Brown Sugar Brunette is like your favorite fall latte - warm, inviting, and absolutely irresistible. This gorgeous mid-toned brunette delivers all the cozy vibes with its rich blend of caramel and maple highlights that glow like late autumn sunlight. It's sophisticated yet effortless, and will leave people asking what you've done to look so good.

Brownie Batter Brunette is the richest of our fall favorites - think molten brownie batter in all its deep, chocolaty glory. This stunning shade goes darker and more dramatic than Brown Sugar Brunette, with a luscious chocolate base that's pure indulgence. Warm caramel highlights are delicately woven throughout, creating a subtle glow rather than dramatic contrast, giving you that perfect low-maintenance luxury. Unlike the honey-kissed lightness of Teddy Bear Brunette, Brownie Batter embraces the deeper, more decadent side of brown hair. Its warm undertones radiate sophistication with just enough dimension to keep things interesting.

The Redhead Renaissance

Redheads are absolutely stepping out this season with shades that are anything but basic! What's really exciting is how dimensional red hair has become with multi-tonal effects that blend warm and cool undertones. No more flat, single-shade colors! The reds we're loving right now are all about complexity. And **Cherry Cola** is "the red" of the moment with a rich chocolate base and deep cinnamon highlights for a sophisticated, edgy look. **Sun-Kissed Copper** gives



classic ginger a luxurious upgrade with richer, warmer, more wearable tones that stand out without being overwhelming. And **Strawberry Blonde?** It's the sweet spot between blonde and red, with golden undertones that help warm and soften fair complexions.

Going For Gold (And Silver!)

Now, don't think our golden girls are sitting this autumnal party out! Even our most devoted blondes are embracing deeper roots and effortless grow-outs that stretch appointments longer - a total blessing during the holiday rush. Take for instance, **Butter Blonde**. This warm, creamy shade mimics the richness of melted butter - soft, dimensional, and naturally radiant. **Honey Blonde** gives you that perfect "just back from vacation" vibe without ever leaving town. Then there's Bronde - the holy grail of low-maintenance color that blends brown and blonde so beautifully, it looks like you were born with perfectly luminous hair. And if you're feeling adventurous, **Golden Silver** brings just enough edge with its gorgeous metallic shimmer.

Our gray clients can get in on the low-maintenance trend too! Instead of covering your grays, ask your stylist about Gray-Blending, a technique that blends lowlights and highlights with your gray hair. Think tortoise shell or mosaic tiles - beautiful hues working in harmony.

Here's a trend that's always in style: Healthy Hair! Have your stylist recommend shampoo, conditioner, and styling products that will keep your hair looking great longer.

Celebrate the Season

There's something so magical about the season ahead of us. Let's embrace the cozy vibes, keep things simple, and soak up all the fun these next three months have to offer.

Brunette, Red, Blonde or Silver, we're here to help you find your perfect shade!

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B.H.S Athletic Hall of Fame - Class of 2025

The Bellingham Athletic Booster Club "B.A.B.C.," in conjunction with the Bellingham Athletic Department is pleased to showcase our three contributors, five student-athletes, and the Super Bowl Champion 1998 Football team in the October and November editions of the *Bulletin*.

This month we are pleased to showcase **Michael Trudeau** ('81), Greg Smith ('94), Lisa Motroni ('95), and the 1998 Football Team captained by (alphabetically) Shawn Koulopoulos, Jon McGettrick, Sonny Milani, and Justin Prophet.

Michael Trudeau – epitomized the term student-athlete, graduating 5th in his class and being recognized as the recipient of the Scholar Athlete Award for the Class of 1981.

A strong shooting point guard, Michael captained the team and averaged 13 points and 7 rebounds per game in two varsity seasons on the basketball team where he was also named MVP. As a member of the baseball team, he would once again serve as captain where in three varsity seasons as shortstop, he maintained a batting average of .350 and be named a First Team Tri Valley League Allstar and Co-MVP during his senior year.

After graduating from BHS, Michael would attend the University of Notre Dame on a Naval ROTC Scholarship, walk-

ing on to the baseball team and playing all 4 years. Following an invitation to play Cape Cod League baseball after his junior year, he would lead the Fighting Irish in hits, average and home runs his senior year. Upon graduating from Notre Dame, he was commissioned as a Naval Officer.

Greg "Lenny" Smith graduated from BHS in 1994 and was a threat in three sports. On the gridiron, Smith (a three-year starter) threw 11 touchdowns as a senior for 581 yards while rushing for 357 yards, scoring seven more touchdowns on the ground. He would lead the Blackhawks to their first Super Bowl win in his senior year as a quarterback/corner back and team MVP.

A two-year starter in basketball, averaging 8.5 ppg as a senior, he would shine on the diamond being named the Tri-Valley League MVP in baseball his junior year where he was 9-1 as a pitcher with 75 strikeouts in 69 innings pitched along with an ERA of 1.92 with seven complete games in 11 starts. For his career he fanned 142 batters in 146 innings. At the plate, he would post a .408 average during his senior year and a .355 career batting average.

Upon leaving BHS, Smith would attend Assumption College, where he was a two-year starter and senior captain.

Lisa A. Motroni, BHS Class of 1995, began her varsity career as a freshman, having been brought up to the varsity squad during tournament play as a mere 8th grader. The four-year starter was Team Captain both her Junior and Senior years and would be named Tri-Valley League MVP during both the 1993 and 1994 campaign. Both the *Boston Globe* and *Boston Herald* recognized her as an All-Scholastic athlete. She was a Futures 18 and under national team member for 1993 and 1994, and a Bay State Games Silver Medalist in 1993 and Gold Medalist in 1994.

Lisa also excelled at Track where she was a Tri-Valley All-Star in 1994 and won the Silver Medal for the Javelin in the Class D Championship meet.

After graduation she attended Northeastern University and during her freshman year the team made it to the Final 4. Soon after graduating college, she returned to BHS where she was an Assistant Coach for the 1996 Division II state championship team and 1998 Team

which made it to the Division II Championship finals.

The 1998 Football Team is the second or four teams to be crowned Super Bowl Champions with the others being 1993 (HOF 2019), 2000, and 2001. Coached by Dale Caparaso (HOF 2021) and led by captains (alphabetically) Shawn Koulopoulos, Jon McGettrick, Sonny Milani, and Justin Prophet.

Two weeks into the 1998 season, no one would have predicted that this team would be Super Bowl contenders, particularly considering a 0 and 2 start with non-league losses to Algonquin and King Philip but the story quickly turned positive. After opening the Tri-Valley League schedule with a victory over Dover-Sherborn, the Blackhawks would roll through the league with nine consecutive victories including a 33-yard field-goal victory over Ashland with no time on the clock. The undefeated in league play represented a first for the football program.

The Blackhawks capped off their Super Bowl run with a

10-game winning streak and a dominant performance over South Boston 34 – 8.

In Memoriam...we mourn the passing of Bellingham's first Athletic Director, Mr. George Anderson (HOF 2018) and Coach David Gibbs (HOF 2023).

Next month we will showcase; Roger Guillemette (Hockey Coach 79-83), the father-son duo of Harold Maines (Contributor 60's-70's) and Kevin Maines (Football, Baseball, & Basketball, Class of 1974), Lisa Payne (Field Hockey, Softball, Class of 1987), and John Simpson (Basketball Contributor)

This will be the 5th induction class with the prior 4 coming in 2018, 2019, 2021, & 2023; showcased on bellingshamk12.com (see athletics * hall of fame). The Class of 2025 induction will be held on Friday, November 21 @ the Bellingham Coachmen's Lodge. Currently, a waitlist for tickets exists as we finalize inductee friends and family requests. Please email [Aley Thibault \(Alessandria.tbo@gmail.com\)](mailto:Aley_Thibault@alexxandria.tbo@gmail.com) if interested.



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Local Innovators Invent Game Changer for Wheelchair Mobility

By DAVID DUNBAR

Arav Tyagi and Antonio Marzoratti were “best friends” at Franklin High School several years ago, and both have been inclined toward careers in engineering. They worked together to make money by creating things to sell, like bracelets, glasses, and candy. And then one day in 2021, Marzoratti said, they decided to “create something bigger.” They came up with an idea of creating a way to electrify a wheelchair that did not have a motor.

“PAWE” – Portable Affordable Wheelchair Enhancer – was the result. It’s a 17-pound electric battery that can be attached to a standard wheelchair and enable users to find new freedom in their mobility.

Tyagi says, “All great companies seem to start in a garage or

a basement.” Tyagi and Marzoratti build their PAWEs in a garage. And they sold their first one to Rebecca Loverude who lives in Bellingham with her daughter and husband, who uses a wheelchair.

“We met Antonio and Arav at the Franklin Senior Center one year ago,” recalls Loverude. “We test drove the unit then and told them we were interested. We saw them again at our Bellingham Senior Center and test drove it again with the upgrades. The wheelchair improvement cost \$1,500. We love it.”

Tyagi and Marzoratti explain, “For the past four years, we’ve worked tirelessly to develop and refine PAWE, gathering insights from over 120 wheelchair users and working with industry experts, mentors, and medical professionals to

ensure our solution truly meets their needs.” They continue, “We’ve built PAWE not in a lab, but in the real world, side-by-side with the people who will use it.”

Loverude says her husband, Jeff, “can use the wheelchair without having to worry about modifying our vehicle to transport it, which would be needed with other heavier, electric wheelchairs. He also can use it with one hand. We are testing the current version, which is constantly being upgraded to meet the challenges we face with navigating it in our community.”

Marzoratti and Tyagi have named their company, Technotonin Industries which is a fusion of the words technology and serotonin (because it can play an important role in improving mood and overall well-



Antonio Marzoratti (right) stands with Co-CEO and Co-Founder Arav Tyagi with their Portable Affordable Wheelchair Enhancer (PAWE) at the Bellingham Senior Center. The battery, mounted on the back of the wheelchair, is lightweight and easily removable.

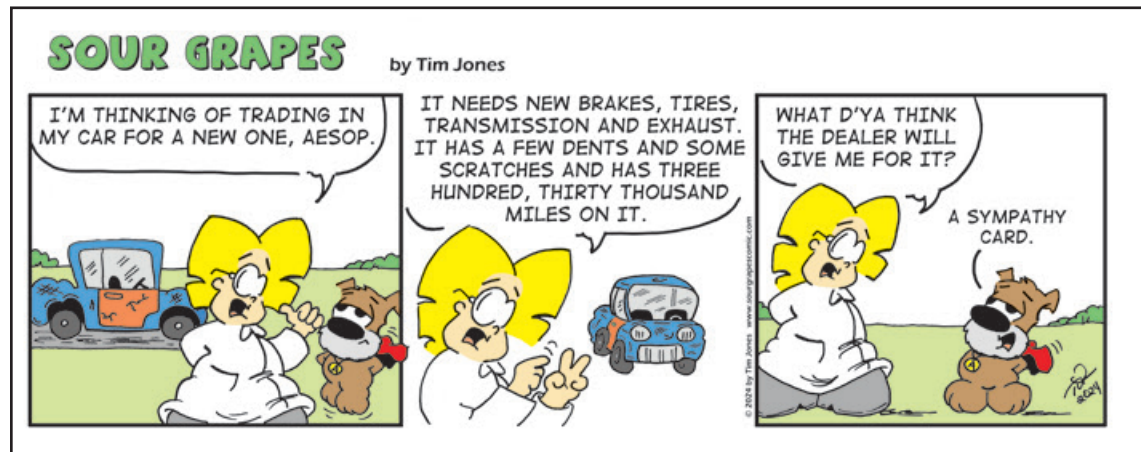
being). On their website – www.technotonin.com – they write, “At Technotonin Industries, we believe that mobility should not be a limitation, and through smart, user-centric solutions like PAWE, we are redefining what’s possible in assistive technology.”

The lightweight, rechargeable battery can power a wheelchair for eight miles on a single charge. It’s removable, so the wheelchair can easily fit into a car. The PAWE, which the inventors call a “recreational device,” can go six miles per hour and be driven over paved and unpaved surfaces. And its price tag of around \$1,500 is significantly less than a conventional electric wheelchair that can cost between \$5,000 and \$10,000.

Marzoratti says, “Some people think we’re crazy, and others think what we’re doing is really cool. Our parents are 100% on board.” They’ve done presentations at the Bellingham and Franklin Senior Centers and are relying on word-of-mouth and social media to get their story out. They’ll be doing more presentations to groups in the future.

Loverude says, “Antonio and Arav are energetic and passionate about what they do. We have enjoyed going through the testing process with them.”

You can learn more by visiting the website or emailing info@technotonin or calling (617) 410-6566.



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Notice to Gegory Charles Roosa and any and all parties in interest. In re: Tyler Joseph Roosa born on February 4, 2009. Case Number PJ25-002235. A Petition has been filed in the Rhode Island Family Court to terminate your parental rights. The Petition is scheduled for a hearing at One Dorrance Plaza Providence RI 02903 on October 28, 2025, at 9:00 AM. If you do not appear on October 28, 2025, at 9:00 AM an Order will enter terminating your parental rights to the child.

Richard Gaskell, Jr. and Thayer Gaskell
 Rebecca L. Goldman, Atty. for Petitioners
 51 Jefferson Blvd. Warwick, RI

Fighting Cancer One Step at a Time

By JUDITH DORATO O'GARA

On Sunday, October 5th, 20 residents from Bellingham will participate in the 2025 Jimmy Fund Walk presented by Hyundai.

Lifelong Bellingham resident Gary Bastarache is a veteran of the walk. He joins Jessica Carberry, Kristy Hargreaves, Susan Considine, Jaclyne Delarda, Daniel Mazzola, Anne Marie Smith, John Sasen, Mindy Esposito, Suzanne Wright, Salvatore Esposito and nine other Bellingham residents who will walk among thousands of others to raise funds to support all forms of adult and pediatric care and research at Dana-Farber Cancer Institute. The Jimmy Fund Walk aims to raise \$9.5 million this year in the effort to prevent, treat, and defy cancer.

“For 36 years, the Jimmy Fund Walk has been a cornerstone of support for lifesaving cancer research and patient care at Dana-Farber,” said Caitlin Fink, vice president of The Jimmy Fund. “Every participant contributes directly to advancing lifesaving

research and critically important cancer care. Walk Day is more than just an event—it’s a celebration of hope and the shared commitment of the Jimmy Fund community.”

“This will be my 34th year,” says Bastarache. “I love it. It’s just been an incredible partnership with the Jimmy Fund. We keep trying to raise as much money as possible; hopefully they find a cure for all types of cancer.”

When he began, Bastarache didn’t know anyone with cancer. He had always imagined running the Boston Marathon, but since jogging wasn’t for him, a friend suggested taking part in this event. “The first time I was like, yeah, I’m going to do this until I can’t walk anymore,” says Bastarache. For about the past 20 years, he has been part of a team that has raised about \$125,000.

Bastarache would come to know people with cancer in coming years, including friends and both of his sisters, survivors of breast cancer. Since 2010, the Jimmy Fund has also paired his team up with a Walk Hero each year. These cancer survivors



Gary Bastarache, of Bellingham, is shown here with his sister and his Jimmy Fund Walk team's Hero, Toni. Bastarache is one of 20 Bellingham residents taking part in the 36-year-old event to raise money for Dana Farber cancer research.

sometimes cheer the team on or even walk part of the way. Walkers are motivated by poster-sized photographs of Walk Heroes along the course as inspiration. “It’s a complete honor for us,”

Gary says, “When you’re out there on the course, they have heroes with boards, it’s incredible, and the walk staff are amazing.”

This year, his team’s hero is a 4-year-old girl named Toni. “She’s doing two to three days a week for the chemo,” he says, adding that kids with cancer “just want to be a kid.” Bastarache has stayed in touch with some past Jimmy Fund Walk heroes, including one boy from Lowell, now about 12, who recently collected bottles and cans for Gary’s team this year.

Gary himself is a familiar face at Bellingham VFW Post 7272, where he runs a year-round bottle and can drive for the effort. “Last year we made \$5,200,” he says, “This year it’s higher than that. I’ve had people stop by and say, ‘I had cancer.’ I find it rewarding.”

Bastarache has also held other fundraisers, such as a trivia night at PJ’s Bar & Grill last month, where he had Jimmy Fund swag to raffle off.

The Jimmy Fund Walk takes place along the famed Boston Marathon® course. While Basta-

rache prefers to walk the entire Marathon walk (from Hopkinton), participants have the flexibility to choose from four distance options which also include a 5K walk (from Dana-Farber’s Longwood Medical Campus); a 10K walk (from Newton); and a Half Marathon walk (from Wellesley). Walkers who prefer to participate virtually can complete their chosen distance from any location.

All routes will conclude at the Jimmy Fund Walk Finish Line Powered by Schneider Electric at Boston Common, by the corner of Charles and Beacon Street. Finish line activities will include a celebration with food, entertainment, and more.

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

To support Gary’s team, visit [Http://danafarber.jimmyfund.org/goto/Team_Defeat_Cancer_2025](http://danafarber.jimmyfund.org/goto/Team_Defeat_Cancer_2025)

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Stall Brook Accessible Playground Officially Opens

By JUDITH DORATO O'GARA

On Friday, September 12, 2025, Our PlayAbility, the grassroots organization which had been working to create a fully inclusive, accessible playground for children of all abilities, officially opened at Stall Brook Elementary School at 342 Hartford Ave, Bellingham.

Although the playground has been open to students since the beginning of the school year, Hallie Glassman, project organizer, noted that the ribbon-cutting felt “great, like a closing of a chapter.” The former Stall Brook teacher told the *Bulletin* that the project had come “full circle, because TJ, the student who really started this whole vision, was here and he got to play on it, and just to see how happy he was with his friends, it just feels really fulfilling, like all of the hard work we did over the last four years was worth it.” The children running around during the busy event, she said, speaks for itself.

Manny Toscano, who worked with Glassman to fundraise, said he was “super excited” at the



The people who made it happen: Organizers and donors gather for a photo at the brand new, fully accessible Stall Brook Elementary playground, with TJ, the student who inspired the idea, front and center.



As “Principal of the Day” after having won a raffle at the Stall Brook playground opening, first grader Riley Caramat enjoyed visiting classrooms, doing morning announcements, and lunch in the office.



Engineering, Regal Bellingham, TJS Healthcare Consulting.

Rep. Mike Soter attended the ribbon-cutting, offering a citation from the state to the organizers and his thanks to Amazon for their generosity. He explained to the *Bulletin* that his office was able to secure “earmarks to put toward design fees ... to soften the blows. I think the first one was \$25,000 and I think we actually had another through accessibility. This is just an example of what we need to do throughout our town.

“I’m very blessed, even in the town of Blackstone, which has two accessible playgrounds. We need make parks more inclusive for so many folks, so many kids. They don’t have the ability to get on a climb wall, don’t have the ability to get on a swing and things like that. We’ve got to make it so it’s (accessible) and that’s what drove this project and should drive all our projects. We have a lot of beautiful parks, and we’re really going to focus and work with our local officials like we did in Blackstone and try to get these things happening. And hopefully, revenue starts picking up in the state so we can ... it takes a village, and there’s a good group here, Our Playability.”

The Stall Brook playground features accessible surfacing, replacing traditional woodchips, ramps for wheelchair access, sensory panels that allow children of all abilities to play together, musical pieces, and a communication board.

The event also included raffles for the Stall Brook PTO, a table by Bellingham Scouting of America Troop 14, and a raffle for the children, in which first grader, Riley Caramat, got to be Stall Brook Principal for the Day.

opening. “This is great. I mean, look at all the kids out there having fun, using this. This was what it was all about, to make it inclusive for all the kids to be able to enjoy. We’re happy that an idea finally came to fruition, after three and a half, four years of a lot of persistence and trying to claw and scratch to get some donations from a bunch of people,” said Toscano. He thanked all supporters from the community and businesses for their “absolutely awesome, generous donations, and Amazon came over the top with that \$100,000 donation.”

Jerome Smith, Head of Community Engagement, Amazon New England & Canada told the *Bulletin*, “We focus on any kind of community where we have a large employee headcount or large operations networks. It’s important to us that the community that has welcomed us, that we give back.” Smith said he was extremely impressed by the passion of Our Playability organizers. “You just saw the passion,” he said, “They told me about all the touch-a-trucks, everything they were trying to do. I asked what the gap was, she told me it was \$100,000. I went back, talked to the leadership of the facility, and they were all in.”

Other gold tier sponsors of the playground include Imperial Cars of Mendon and Milford, The Hatch Group, Inc., MTP Communications, Inc., and A Cut Above Landscaping & Excavation. Silver tier sponsors include Pizzeria Uno, Asphalt



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Santa Foundation to Hold Annual Gala, Calendar Raffle this Month

JUDITH DORATO O'GARA

Forty years ago, Robert Sullivan began the Santa Foundation provide gifts for families in need at Christmas time, with the hope that, at least on Christmas Day, these families should feel like other families, receiving presents and maybe a little hope. The 501 c3 charity has since served over 30,000 families with gifts, toys, clothing and support to over 716 families in 2024

This month, the Santa Foundation, now located at 275 Washington Street - Suite A6 in Franklin, will hold its annual gala at the Franklin Elks Club, 1077 Pond Street, Franklin on October 3, 2025, from 6-10 p.m. A \$50 ticket includes live entertainment, one drink, a buffet dinner, a special gift and a silent auction with great prizes.

Starting October first, the Santa Foundation's annual calendar sale fundraiser will also take place. The \$20 purchase of a calendar enters the buyer into a daily raffle. These calendars will be available on the Santa Foundation website at www.sfjoy.org, as well as at a few brick-and-mortar locations around Franklin.



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 2025						1
Print & Layout Donated By						\$50
2 La Cantina Winery Wine Basket	3 Shop Local Stocking - \$100+	4 \$100	5 \$50 Gift Card	6 \$100	7 \$50	8 \$100 Gift Card
9 \$50	10 Home Improvement Stocking - \$100+	11 \$50 Gift Card King St. Cafe	12 \$50	13 \$50 Gift Card	14 \$500	15 \$100 Gift Card
16 \$50	17 Wake up Call Stocking - \$100+	18 \$100	19 \$50 Gift Card	20 \$100	21 \$50 Gift Card	22 \$50
23 \$50 Gift Card	24 Pampered Stocking - \$100+	25 \$50 Gift Card	26 \$50	27 \$100	28 \$50 Gift Card	29 \$500
30 \$100	Name _____ Phone _____ Address _____ Email _____					

Local Plumbing Company Announces Veterans Day Contest

G&C Plumbing & Heating has announced a Veterans Day Giveaway, in which one lucky deserving veteran from Bellingham or Franklin will receive a free brand-new water heater with professional installation. Nominations are due November 8th, visit www.GandCPlumbing.com to learn more.

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Top 10 Myths in Eye Care Debunked

By ROGER M. KALDAWY, M.D.

When it comes to eye health, misinformation can be more harmful than helpful. Many long-held beliefs about vision and eye care are based on outdated science or pure myth. Let's debunk 10 of the most common misconceptions to help you make smarter decisions about your eyes.

1. Carrots Will Fix Your Vision

Carrots contain vitamin A, which is essential for maintaining healthy vision—especially night vision. However, eating more carrots won't sharpen blurry eyesight or reverse vision problems like nearsightedness or farsightedness. A well-rounded diet with leafy greens, fruits, and fish is better for long-term eye health.

2. Reading in Dim Light Will Damage Your Eyes

Reading in low light may cause eye fatigue or temporary discomfort, but it won't permanently harm your vision. Your

eyes are working harder in dim lighting, which can lead to headaches or strain, but not lasting damage. A well-lit environment simply helps reduce fatigue.

3. Sitting Too Close to the TV Will Hurt Your Eyes

This myth has been around since the days of old box TVs. Sitting close to the television can lead to temporary eye strain, but it doesn't cause permanent eye damage. Children often sit closer because they can focus up close better than adults—but it's not a cause for alarm.

4. Wearing Glasses or Contacts Makes Your Eyes Dependent on Them

Glasses and contact lenses correct your vision; they don't change your eyes themselves. You may feel more dependent on them once you start seeing clearly, but the prescription doesn't "weaken" your eyes. Vision can naturally change over time, but that's not due to corrective lenses.

5. Blue Light from Screens is Damaging Your Eyes

The concern around blue light has led to a surge in "blue light glasses." But current research doesn't support the idea that blue light from screens causes permanent eye damage. What people often experience is digital eye strain—caused by staring at screens too long, not blue light itself. The 20-20-20 rule (every 20 minutes, look 20 feet away for 20 seconds) can help reduce eye fatigue.

6. Eye Exercises Can Cure Vision Problems

While exercises may improve focus or coordination in some rare eye conditions (like convergence insufficiency), they can't correct structural issues like myopia, hyperopia, or astigmatism. No amount of eye rolling or focusing drills will replace the need for glasses, contacts, or surgery when needed.



7. You Don't Need an Eye Exam if You See Fine

Even if your vision is perfect, regular eye exams are crucial. Eye diseases like glaucoma, diabetic retinopathy, and macular degeneration can develop silently, without noticeable symptoms. Early detection through routine check-ups is often the key to preserving sight.

8. Only Older Adults Need to Worry About Eye Problems

Age increases the risk of certain eye conditions, but eye health matters at every age. Children, teens, and young adults are increasingly affected by screen-related strain and dry eyes. Preventative care—like UV protection, a healthy diet, and annual eye exams—should start early and continue for life.

9. Sunglasses Are Only for Sunny Days

UV rays can penetrate clouds, meaning your eyes are exposed even on overcast days. Prolonged UV exposure is linked to cataracts and other serious eye issues. Look for sunglasses that block 100% of UVA and UVB rays—and wear them year-round whenever you're outdoors.

10. You Have to Wait Until a Cataract is "Ripe" to Remove It

This outdated notion comes from older surgical methods. To-

day's advanced cataract surgeries allow removal whenever the cataract interferes with daily life—no need to wait for it to "mature." In fact, early intervention can often lead to quicker recovery and better visual outcomes.

Misinformation can lead to unnecessary worry—or worse, delayed treatment. The best way to protect your vision is by staying informed, getting regular eye exams, and speaking directly with a trusted eye care professional. Clear vision is about more than just 20/20 sight—it's about making smart, evidence-based decisions to preserve your eyesight for life.

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Ladies of St. Anne Sodality began their new season last month by renewing their oath to St. Anne. Next month's meeting will be a covered dish dinner on October 9th.

Ladies of St. Anne Sodality Begin New Year, Welcome New Members

The Ladies began their new year with a Communion service in the Chapel where the Officers recited their oath to the Sodality and commitment to St. Anne, the mother of our Blessed Virgin Mary, grandmother of our Lord Jesus Christ, and our spiritual mother.

Our October 9th meeting will be a Covered Dish Dinner beginning at 6 p.m. in the parish hall. If you didn't sign up at the September meeting, please

email Rachel Morandi, firmoar-andi93@verizon.net, with what food item you will bring.

We are inviting all Bellingham women 18+ years to attend this dinner as our guests. Please stop in to learn a little more about our group and enjoy a meal and conversation. For more information you can contact Beverly Sherrill, (774) 291-1204, or Kathy Stofel, (508) 633-5355. We look forward to seeing you.



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Local Drive-Thru Drug Disposal October 25th

Effort 10 a.m.- Noon Part of DEA's National Prescription Drug Takeback Day

Time: 10 a.m.-noon

Date: Saturday, Oct. 25

Locations:

- SAFE Coalition, 31 Hayward St., Ste. 2C, Franklin
- Wrentham Fire Department, 99 South St., Wrentham

- Norfolk Police Department, 14 Sharon Ave., Norfolk
- Medway Town Hall, 155 Village St., Medway
- Millis Fire Department, 885 Main St., Millis

Accepted: Tabs/pills, lotions, patches, and liquids. No sharps.

October 2025 at Bellforge Arts Center

These free or low-cost events are happening soon!

CultureFest 2025

October 4, 10 a.m.-2 p.m.

Lantern Making Workshop Popup

Wednesday, October 8, 1-3 p.m.


FieldFest: Fall Music Showcase

Saturday, October 11, 3-6 p.m.

Fun at the 'Forge: Fall 2025

Saturday, October 18, 10 a.m. – 2 p.m.

For more information on these free shows or other low-cost ticketed events not listed here, visit www.bellforge.org/events.



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Loaves & Fishes Food Pantry Helping the Community

We'd like to shine a spotlight on the **need** in our community and the work that we do at Loaves and Fishes Food Pantry in Bellingham.

We had a young working father and his little girl at the food pantry recently. The father thanked us with tears in his eyes because now he was going to be able to feed his child.

A child in 1st grade was asked what he was going to miss the most while he was home for the summer. His written response was "I will miss the blue bags." The blue bags of food are sent home each Friday with students in need to help them get through the weekend.

We would like to share some information from our annual Greater Boston Food Bank, www.

gbfb.org, report: 11,172 patron visits from July 1, 2024 to June 30, 2025. This number includes close to 1,200 homeless individuals.

In a one-month time period, we're helping between 98 and 118 households; many of them returning every week. When you include all members of the households, the number increases to between 376 to 381 people receiving food assistance per month. With the highest number of households; close to 600 bags of food are being given out in one month.

The Loaves & Fishes Food Pantry is a part of the **Feeding America** network, through our membership in the Greater Boston Food Bank.

Food Pantry hours: 11 a.m. until 12:30 p.m. on Tuesdays. The Loaves & Fishes Food Pantry is located at 1158 South Main Street in Bellingham, MA.

Donations (food items & monetary) come from local businesses, community organizations and local individuals and church parishioners.

Spoonfuls, Inc. (<https://spoonfuls.org>) collects donated food from local grocery stores and delivers to us at no cost.

What we try to provide each week:

- frozen meat
- fresh produce
- dairy items
- cereal

- cans of tuna
- peanut butter
- breads and more...
- some personal hygiene products are also available

Items currently needed include:

"Hardy produce" fresh potatoes, carrots, onions, apples, canned beans, canned chicken, whole grains including rice, quinoa, and low sugar cereals. We can also use household products including toilet paper, paper towels, laundry detergent, hand soap and toothbrushes and toothpaste.

If you would like to donate food items, you can drop off with our volunteers on Mondays,

9-11:30 a.m. and Tuesdays, 9 a.m.-12:30 p.m. or before a weekend Mass (Saturday, 4 p.m. or Sunday, 7:30 a.m. or 10 a.m., **NON - PERISHABLES ONLY**).

More information is available on the Facebook page "Loaves and Fishes Food Pantry at Saint Blaise". You can also contact Sue Durkin by email at sdurkin@saintblaise.org or by calling (508) 966-2862. To give a financial donation please mail a check payable to Loaves and Fishes Food Pantry to St. Blaise, 1158 South Main Street, Bellingham, MA 02019. You can also visit www.saintblaise.org, click on **ONLINE GIVING** and choose the food pantry to donate.

The Fruits (and Veggies) of Their Labor

New Energy-Efficient Equipment Enhances Student Meals & Hands-On Learning at BVT

Upton, MA – At Blackstone Valley Regional Vocational Technical High School (BVT), every

new piece of equipment is more than just an upgrade—it's an opportunity to learn, innovate, and



Chef Eric Carlson, Director of Food Services at BVT, is standing in the walk-in cooler, holding a package of milk and a whole pineapple. Photos Courtesy of Blackstone Valley Tech

grow. Thanks to a Healthy Meals Incentives grant from Action for Healthy Kids, the Food Services program is now equipped with a state-of-the-art walk-in cooler and freezer tailored to its unique needs. This energy-efficient unit not only boosts safety and efficiency in their kitchen but also allows them to store fresh, local ingredients that support healthier meals for its students.

"With an increase in scratch cooking and the ability to store more fresh ingredients, we're able to prepare restaurant-quality meals that are both nutritious and delicious," said Chef Eric Carlson, Director of Food Services.

they LaJoie. From setting up refrigeration units to installing ductwork and electrical components, Lincoln gained invaluable hands-on experience with commercial-grade equipment.

"HVAC&R technicians are often called on to work with walk-in coolers and freezers in commercial environments," said LaJoie. "This was a perfect opportunity for a student to apply classroom knowledge in a real-world setting—right here on our campus."



Lincoln Shaw of Northbridge, a junior in the Heating, Ventilation, Air Conditioning & Refrigeration (HVAC&R) program at BVT, helped install the new system.

The benefits of this grant go beyond the cafeteria. Lincoln Shaw, a junior in the Heating, Ventilation, Air Conditioning & Refrigeration (HVAC&R) program, helped install the new system alongside instructor Mat-

As a Healthy Meals Incentives grantee, BVT is proud to partner with the USDA and Action for Healthy Kids to strengthen its school meal program.

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Library Resources of the Month – Online Courses/Tutoring

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

Before paying for a tutor, try out the library's subscription to Brainfuse/HelpNow, an online tutoring database. It provides live tutoring services for students of all ages and levels, including adults, with a wide range of academic needs - whether it's tackling a tough homework problem, mastering a particular topic, or writing a paper. Online tutors are available every day from 2 pm to 11 pm EST. Homework help is available in subjects such as math, science, reading/writing, social studies, as well as the PSAT/SAT, ACT, AP and state standardized tests.

MassLINKS Online Academy is a free Massachusetts state-

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

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

Transparent Language Online provides lessons and language learning for over 110 languages, including English as a Second Language (ESL) and American Sign Language. Interactive learning activities encourage learners to practice listening, speaking, reading,

and typing. There is also a section called KidSpeak for young learners of certain languages, which includes fun and engaging activities for children.

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

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

Universal Class offers hundreds of online continuing education classes facilitated by dedicated instructors sharing their knowledge on almost

any imaginable topic. There are lessons on topics from Accounting to Yoga and just about everything in between! Although these courses are designed for adults, many of them are appropriate for a variety of ages and there is a category of courses for homeschoolers.

The Great Courses includes over 250 unique courses to capture your curiosity or improve in areas you are passionate about. Courses are taught by award-winning, trusted experts in their fields. A broad range of subjects are covered, including science, mathematics, philosophy, history, literature, fine arts and music, travel, business, and personal development.

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

express your creativity, this is a great resource for you!

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

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

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

Bellingham Women of Today Fall Fundraiser Oct. 13 – Nov. 3

The Bellingham Women of Today (BWOT) is a non-profit volunteer organization that is dedicated to community service. This month, the group launches its annual Butter Braids fundraiser, a great way to prepare for the holidays while supporting good causes in your town. Please consider taking part in this charitable cause while stocking your freezer with delicious Butter Braids and Cake Rolls. All items are \$18.

Butter Braids: filling flavors: Raspberry, Bavarian Cream, Cinnamon, Apple, Strawberry Cream Cheese or Blueberry Cream Cheese. They are light and flaky with over 20 layers of pastry dough, made with 100% real butter, and natural ingredients. Easy to prepare for special occasions or any time; just thaw and rise overnight and bake the next day. Each 22oz. pastry serves 5-6 for breakfast or 10 for an evening sweet.

Cinnamon Rolls: thaw bake and serve

The Joyful Traditions Cake Rolls: flavors are Pumpkin, Chocolate Cream, Red Velvet Cake, Strawberry cheesecake, Carrot Cake and Lemon. Just thaw and they are ready to serve! The cost is \$18.00. The BWOT will be taking orders from October 13th to November 3rd.

You can place your order by sending item name, flavor and price to BWOT, PO Box 405, Bellingham, MA 02019. Include a check for payment made out to BWOT. Or email: bellinghamwomenoftoday@gmail.com

You can also check out our Facebook page and send a message, for a flyer and more information and to inquire about orders.

More information can be found at <https://tinyurl.com/BWOTButterBraids2025>.






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Franklin Rotary Club 9th Annual Car Show

October 4, 2025 – New England Chapel

The Franklin Rotary Club & New England Chapel are “Gearing Up” for their 9th Annual Car Show, slated for October 4, 2025, from 9:30 a.m. – 1 p.m., at the New England Chapel, 300 E. Central St., Franklin. Registration is \$20 per car, and entry is FREE to spectators. This show features: Food, Ice Cream, a Smores Fire Pit, Air-Conditioned Lounge, Indoor Restrooms, Raffles and a special Blessing of the Animals at 11 a.m. In addition, the Franklin Rotary Club is honored to have a special presentation of a Modified Mobility Van at 10 a.m. This car show welcomes vehicles of all types; Antique, Muscle, Classic, Custom, Motorcycles and out of the norm new cars! Trophies will be awarded at 12:30 p.m.

To register contact: Gary Convertino at gconvertino@cox.net

or John Power at john@pow-erpaintingplus.com

All proceeds to benefit Rotary Club of Franklin, MA community service projects. Learn more at <https://www.rotary.org/en/about-rotary>

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



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This year, the William Goodrich organ at Trinity Episcopal Church, Wrentham, is 200 years old. Originally built in 1825 for the Universalist Church in Providence, the organ has been at Trinity Church since 1915. To celebrate this milestone, the church is presenting three opportunities to hear this amazing instrument. All three events will be held at the church on Sunday afternoons at 3 p.m.

- October 26, 2025, Music Director Rick Duthe presents a lecture-demonstration "How Does This Thing Work?".
- November 9, 2025, prominent Boston-area organist Peter Sykes will present a

recital, preceded by a presentation about the organ's history and its builder, William Marcellus Goodrich by Matthew Bellocchio of Andover Organ Company.

- November 16, 2025, a Four-Person Organ Recital will be given by Lorna Russell, former Director of Music at Trinity Church, Philip Hall, pianist and substitute organist at the church, David Burnham, Director of Music at St. Gabriel's Church in Marion, Massachusetts, and Rick Duthe, Director of Music at the church.

Trinity Episcopal Church is located at 47 East St., Wrentham, Mass.

Bellingham Scout Troop 14 to Hold Open House October 4

Bellingham Scouting of America Troop 14 will hold an open house on October 4, 2025 from 11 a.m. - 2 p.m. at DelCorte Conservation Area on Pleasant Street in Franklin. Families are asked to RSVP at <https://form.jotform.com/252447267719164>.

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Bellingham Public Library News & Events for October

Please visit the library website, www.bellinghamlibrary.org.

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

Closed Monday, October 13th for the Columbus/Indigenous People's Day Holiday

Special Programs

Coming November 15th, 2nd Annual Local Author Expo

We are now accepting applications for our 2nd Annual Local Author Expo. The purpose of this Expo is to highlight the works of authors from Bellingham and our neighboring towns, as well as work of the members of the Bellingham Writers Group.

During the Expo each Author will have a 6-foot table to display their books and other materials. The Expo is an opportunity for you to sell your books, meet with local readers, and learn from other authors.

Here is the planned schedule for the day:

- 9-9:45 a.m. – Author Table Set Up
- 9:45-11:15 am – Public “Meet the Author” Time
- 11:15 a.m.-12:15 p.m. – Keynote by Stephen Puleo, author of *The Dark Tide and The Great Abolitionist*
- 12:15-1 p.m. – Lunch for author participants, sponsored by the Friends of the Library

- 1-2 p.m. – Marketing Workshop for authors facilitated by Stephen Puleo

The link to the application is on the Library Calendar on the November 15th date, or at this URL: <https://forms.gle/a76t-5e145w52DFwc9>

Monster Mason Jars - Wednesday October 15th at 10:30 a.m. and 4 p.m.

For families – Registration is required to help us plan supplies

Oh, The Horror! A Panel Discussion with Authors of Horror Fiction

Thursday, October 16th, 6:30 p.m.

Have you ever wondered how writers of dark fiction get spooky ideas? Come learn from a panel of New England-area Horror writers. Registration preferred.

Chat & Craft for Adults: Make A Cemeterium – Monday, October 20th at 6:30 pm

Come chat with others while making a Fall- or Halloween-inspired Cemeterium, a seasonal decoration with mini pumpkins, spooky animals, leaves, and more! All materials provided.

This program is made possible by support from the Friends of the Bellingham Public Library. For questions, contact Suzanne at salpert@cwmares.org. Registration required.

Friends & Family Fun Night – Thursday, October 23rd from 6-7:30 pm

With local author Phyllis Calvey and a 6:15 p.m. show by

Dennis the Magician

In celebration of National Friends of Libraries Week the Friends of the Bellingham Public Library are hosting a Friends & Family Fun Night. Enjoy a magic show, children's crafts, pumpkin painting, a story time with Bellingham author Phyllis Calvey, and a scavenger hunt with prizes and refreshments. *This program is supported by a grant from the Bellingham Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.*

Halloween Story Time and Costume Parade – Friday, October 31st at 9:30 a.m.

Come to the library dressed in your costume and join us for a Halloween story and craft with Bellingham author Phyllis Calvey, author of *Caterpillar's Search for the Perfect Halloween Costume*. We'll end our story time with some music and a parade around the library to show off your costumes and art. No registration required!

Ongoing Children's Programs

The Baby Bunch – Mondays 9-10 a.m., for infants 0-18 months and their caregivers

Ring a Ding – Mondays & Thursdays 10:15 a.m., For ages 0-5.

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

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

Lego Builders – Mondays 4:30 p.m. An open hour to build with Legos for Grades K to 3.

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. 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

After School Kids (ASK) – For children in grades 4-6. 2:25 - 4:45pm. The children walk to the library from the middle school and play video games, use the Chromebooks we provide, or their own, play board games and do arts and crafts. Registration is required; first-time applicants must sign-up in person. Contact Diane Nelson with any questions.

Teen Room Activities - For grades 7 to 12. Monday through Friday 2- 4:45 p.m. Stop by the Teen Room to use computers, play on the Nintendo Switch and Xbox, play board games and hang out with friends! No registration needed. *Program times may vary on early release days.

Adult Programs

Book Discussion Group – Generally meets the 1st Monday of the month at 6:30 p.m. In person or on Zoom. Contact library@bellinghamlibrary.org:

October 6: *Remarkably Bright Creatures* by Shelby Van Pelt

November 3: *The Heaven and Earth Grocery Store* by James McBride

December 1: *The Women* by Kristin Hannah

A Novel Idea book club for adults– Tuesday, October 7th, from 6:30-8 p.m.

This month, we are discussing *The Lion Women of Tehran*, by Marjan Kamalil. Please contact Diane Nelson at dnelson@cwmares.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 together. Conversations will be facilitated by a library staff member or volunteer. Drop in classes offered weekly on the following dates/times:

Monday, October 6th from 1-1:45 p.m.

Tuesday, October 14th from 6-6:45 p.m.

Wednesday, October 15th from 10-10:45 a.m.

Thursday, October 23rd from 5-5:45 p.m.

Fall Into Yoga

Tuesdays at 8:30 a.m. Starting October 14th. Check the library calendar to register.

Friends of the Library Monthly Meeting – Tuesday, October 14th at 7 p.m.

To attend email library@bellinghamlibrary.org for the Zoom link!

Needlecraft Night – Wednesdays from 6-8 p.m. – All skill levels are welcome. Please bring your own materials.

Library Board of Trustees Meeting – Thursday, October 9th at 7 p.m., Conference Room

Writing Group for Adults – Tuesday, October 21st at 6:30 p.m. Join us at the library or on Zoom! Listen to and share works of fiction or non-fiction. Reading limit is 9 minutes per reader, with a brief opportunity for positive, personal comments only. Contact Marjorie Turner Hollman at marjorie@marjorie-turner.com.

Bellingham Genealogy Club – Monday, October 27th from 6-7:30 pm.

Bring your laptop or use one of our Chromebooks on the fourth Monday of the month to work on your family history in the company of other family historians! Registration is preferred but not necessary. Now available through Zoom. Register to receive link.

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

Thursday, October 2nd at 2 p.m. – *Nuestra América: Stories of 30 Inspiring Latinas/Latinos Who Have Shaped the United States* with Smithsonian Educators

Thursday, October 9th at 7 p.m. – Online Author Talk: YA Fantasy with Leigh Bardgo

Wednesday, October 22nd at 7 p.m. – Online Author Talk: Finding My Way with Nobel Peace Prize Laureate Malala Yousafzai

Wednesday, October 29th at 2 p.m. – Online Author Talk: Historical Fiction Queen Philippa Gregory



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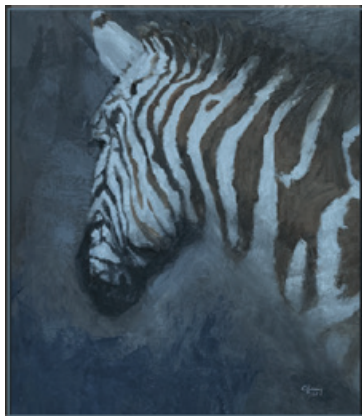


RECYCLE THIS PAPER

Franklin Art Association to Welcome Charlie Guay October 1st

The Franklin Art Association warmly welcomes the public to its next monthly public meeting at 6:30 p.m. on October 1. Our guest artist demonstrator will be Charlie Guay at the Franklin Senior Center, 10 Daniel McCahill St., Franklin, where he will be demonstrating oil painting with Cold Wax Medium.

Charles Guay's style is varied and ranges from representational images to abstract design. He received his BFA in Painting from UMass Dartmouth and continued his education by earning a MFA at Maine College of Art. Charles has been a featured artist for a variety of demonstrations and workshops in the local area. His work has been shown in New York, Maine and area galleries in Southeastern Massachusetts. His paintings can be found in many private collections in the US and Europe.



"Serene Stripes", oil and Cold Wax Medium, 17 3/8" x 22 3/16"

Charles Guay teaches classes in the local area, both virtually and in-person. He is also available for commissioned work. Contact him at:

- www.charlesguayart.com
- www.facebook.com/art-workcharles/



"Beachcomber", oil and Cold Wax Medium, 12" x 12"

- <http://instagram.com/charlesguayfinearts/>

The Franklin Art Association takes pride in offering a student scholarship yearly to a local art student wishing to continue their art career in art instruction after high school graduation.

Please join us at our monthly meetings. Refreshments are offered at our meetings during intermission.



"West 11th", abstract, oil and Cold Wax Medium, 24 13/16" x 28 9/16"

Bellingham Fire Department to Hold Open House

The Bellingham Fire Department will hold an open house on Saturday, November 1st, from 10 a.m. - 1 p.m. at the Bellingham Fire Station, 28 Blackstone St., Bellingham. Come on down to:

- Meet your firefighters/paramedics!
- Explore new fire trucks!
- Watch hands-only CPR demos!
- Learn home fire safety!
- Enjoy some coffee, donuts, and pizza with the firefighters!

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Beautiful Weather for St. Blaise Vendor Fair

Saturday, September 13th, a beautiful fall day, was the stage for the St. Blaise Vendor Fair. Thirty-six vendors set up tables and canopies over various unique crafts and products.

Grandma's Attic, a long-running annual flea market, was busy all day. Bargain hunters were drawn to the garage area to find that perfect (for them) item...one man's throw away is another's treasure! Also, each year we see more kids learning that it doesn't necessarily need to be new to be enjoyed.

At 8 a.m. when the Fair opened, the Brotherhood of St. Joseph the Worker was ready, serving homemade scones and strata, coffee and donuts and at 10:30, lunch items. Everyone appreciated the delicious food, especially those who had been there since 6 a.m. setting up.

The Ladies of St. Anne, located near the dining area, had various delicious sweets to take home to share. Patrons sat in the dining area had several round tables where patrons could sit



Member of Brotherhood of St. Joseph the Worker serving lunch. Photos by Debbie Swain



Lots of goodies were available at the Ladies of St. Anne bake table.

and share a meal and talk with friends, old and new. Early afternoon, the ice cream truck arrived for all the kids (big and small) to select an ice cream novelty treat.

Three raffles were set, one for a handmade quilt, a 50/50, and 36 vendor items. Each vendor donated one of their items from their stock. Each item was as-

signed a box for the raffle ticket to be inserted. Fair goers purchased 26 tickets for \$10 and placed their tickets in the boxes for the items they wanted to win. You didn't have to be present to win. At 2 p.m. when the Fair closed, winning raffles were called and prizes given out or winners were notified. Andre Castonguay won

\$26 in the 50/50 raffle! The quilt will be raffled off at the St. Blaise Christmas Fair, so if you didn't get a chance to buy a ticket, no worries, you can buy one at the Christmas Fair, on December 6.

Thank you to all the volunteers who helped set up, clean up and worked in various areas throughout the day. It wouldn't

have been possible without you. A big thank you to all who participated in any way and the community who came out to enjoy the Fair. We are so blessed to have our St. Blaise parishioners and the Bellingham community support. No wonder it was such a beautiful, happy day!

Night of Remembrance on Town Common October 4th

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

Each Luminary bag (complete with battery-operated candle and glass weights) may be dedicated to whomever you would like to remember

that evening.

Luminaries can be reserved in advance; for which, forms are available at the Town Clerk's Office, the Library, and the Senior Center, or available the night of the event.

The cost for each bag is \$5 and may be taken home at the conclusion of the event.

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Understanding Antisemitism in 2025:

A Panel Discussion Scheduled for October 28

On Tuesday, October 28, join State Representative Jeffrey Roy (D-Franklin), Rabbi Rachel Putterman of Temple Etz Chaim, and Reverend Kathleen McAdams of St John Episcopal Church for a panel discussion regarding antisemitism in the current moment. The event will take place at 7 p.m. at Franklin High School.

Rep. Roy will moderate the panel discussion which will include the following:

- Jeremy Burton, CEO of the Jewish Community Relations Council of Greater Boston;
- Rabbi Rachel Putterman, Temple Etz Chaim in Franklin;
- Dr. Miri Bar-Halprin, Director of Trauma Training and Services at Parents for Peace and a lecturer at Harvard Medical School;
- Mike Rubin, Uxbridge High School Principal and President of Temple Etz Chaim;
- State Rep. Simon Cataldo, Co-Chair of the Special

Massachusetts Committee on Combating Antisemitism; and

- Rev. Kathy McAdams, Saint John Episcopal Church, Franklin

This community conversation will address the history of antisemitism, experiences of antisemitism today, and communal responses to antisemitism including the work of the Special Commission and public school curriculum requirements.

Occurrences of antisemitic incidents have dramatically increased over the past five years, including in our community, especially since the outbreak of war on October 7, 2023. According to the Anti-Defamation League New England (ADL), there were 438 antisemitic incidents in Massachusetts in 2024, a nearly threefold increase from 152 antisemitic incidents in 2022.

There will be time at the end for the panelists to answer questions from the audience.

This event is open to the public.

Commonwealth Awards Bi-County Collaborative Over \$420K to Strengthen Literacy across Grade Levels

Walpole, MA — Bi-County Collaborative is pleased to announce that it has received more than \$420,000 in competitive state grants to expand access to high-quality English Language Arts (ELA) instruction and professional development for teachers.

BICO was awarded \$294,000 through the state's PRISM II grant program to support early literacy instruction in grades K-3, and an additional \$127,500 through the PRISM III program for literacy instruction in grades 4-12.

These substantial awards, part of the Healey-Driscoll Administration's multiyear investment in literacy education, will allow BICO to purchase brand-new, high-quality instructional materials for students in all grade levels and provide extensive professional development for educators.

"This funding is transformative for our Collaborative," said Ann Buckley, the Professional Development and Curriculum Specialist for BICO. "It ensures

our students have access to rigorous, high-quality instructional materials, while also giving our teachers the time, resources, and coaching they need to strengthen instruction. Ultimately, it's about equity and making sure every student, regardless of background or disability status, has access to the same level of opportunity."

With the PRISM II grant, BICO will roll out HMH Into Reading as its new K-5 ELA curriculum. The PRISM III grant will fund the adoption of Study-Sync for grades 6-12. Both selections were made last year after a collaborative vetting process involving BICO educators, with support from the Department of Elementary and Secondary Education (DESE) and its high-quality instructional materials curriculum evaluation networks.

The grant funds will also cover costs for staff participation in professional development and curriculum planning, including substitute coverage and teacher stipends for work beyond the school day; support instructional

coaching from The New Teacher Project; and provide long-term investment in curriculum materials, with funding supporting a four-year adoption cycle.

Through these initiatives, BICO will strengthen early literacy instruction, enhance high school literature studies, and close achievement gaps by ensuring equitable access to world-class materials and teaching practices.

"These grants represent a significant investment in our students and educators, and we are extremely grateful to the Healey-Driscoll Administration for this funding," said Executive Director Jeanne Sullivan.

Bi-County Collaborative programs address the needs of students with Autism, Communication, Emotional, Health, Intellectual, Neurological, Physical Impairments, and Specific Learning Disabilities in of twenty (20) member school districts in Bristol, Norfolk, and Worcester counties, including Bellingham and Franklin.

Gobble, Gobble! The Franklin Turkey Trot is Back!

Franklin, MA — Get ready to run, walk, and give back! Registration is now open for the annual Franklin Turkey Trot, a family-friendly fun run to benefit Franklin Food Pantry held on Thanksgiving morning, Thursday, November 27, 2025, at 8 a.m.

All levels and abilities are welcome to join in this community event. Participants can look forward to a light breakfast, raffle prizes, and medals for each age bracket after the run – and **NEW this year** – a prize for best costume! All proceeds from the event will directly benefit the Franklin Food Pantry.

Event Details:

- **What:** Franklin Turkey Trot

- **When:** Thursday, November 27, 2025, at 8 a.m.

- **Where:** Start and finish from The Church of Jesus Christ of Latter-day Saints, 91 Jordan Road, Franklin, MA 02056

Registration:

- Register Online at www.franklinturkeytrot.org, in-person at 91 Jordan Road, Franklin, MA, on November 26, 2025, from 7 to 9 p.m., or on race day from 6:30 to 7:30 a.m.
- **Early Bird:** \$25 until October 13
- **Standard:** \$30 after October 13

- **Swag:** Race shirts are available for purchase online through October 30, 2025, or in-person at bib pick-up and on race day (while supplies last)

Sponsorship opportunities are also available. Last year, nearly 1,000 people participated in the Franklin Turkey Trot. Businesses interested in gaining valuable name recognition while supporting the Franklin Food Pantry can contact Jen Johnson at jjohnson@franklinfoodpantry.org.

The Franklin Food Pantry extends a special thank you to The Church of Jesus Christ of Latter-day Saints in Franklin for hosting and helping to organize this event.

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First Universalist Society in Franklin Welcomes New Youth Group Advisor

The First Universalist Society in Franklin (FUSF) is happy to announce that Emily Steltzer is joining their staff as a Youth Advisor. Emily, who holds a master's degree in history from the University of New Hampshire, currently teaches history at the high school level. Originally from the United Kingdom, Emily, who has international teaching experience, is curious, creative and fun, as well as rigorous in her intellectual pursuits, including her commitment to Unitarian Universalist values. This past summer Emily led a church service that incorporated her love of improvisation as a teaching and learning tool. As youth group advisor, Emily will coordinate activities for middle school and high school youth groups.



emphasize teamwork, creativity, and joy. She looks forward to combining her camp leadership background with her teaching experience to support young people in building friendships, exploring their values, and developing their voices.

Ms. Steltzer resides in Franklin with her husband and two children. In addition to her classroom teaching, Emily has spent the past few summers working in the camp world, where she has led programs that

On Sunday, October 5th, join FUSF lay leaders, Donna Williams, Katie Nunes, Lea MacNider and Vicki Coates, as they explore how to live intentionally, how to use one's core beliefs to

achieve clarity as to which path to take to move forward, and where to invest precious time.

The First Universalist Society in Franklin (FUSF) is a Unitarian Universalist Welcoming Congregation located at 262 Chestnut Street, Franklin. Our Minister is Reverend Beverly Waring. For more information, visit FUSF.org, email info@fusf.org; or call (508) 528-5348



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CHILD FIND

It is the responsibility of the Local Education Agency [LEA] to identify any child ages 3 through 21 who may have a disability who is either a resident of the LEA or who attends a private school within the geographic boundaries of the LEA. This also includes children who reside in the LEA who are homeschooled, as well as children ages 3 through 21 who are not yet enrolled in school.

The LEA is also responsible for the evaluation of those students to determine if they are eligible for special education or related services under federal and state law.

The LEA is also committed to identifying children before their third birthday in order to provide early intervention services for three and four-year-olds with disabilities. If you have questions or concerns regarding your child's development and would like to have your child screened, please call the Bellingham Public Schools Student Services office at 508-883-1706 for assistance in setting up an appointment.

If you suspect that your child may need an evaluation to determine eligibility for special education services from the LEA, you may request an evaluation, at no cost, through the LEA Special Education Office. Please contact the school or :

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Cummings Foundation Awards MassBay \$75K

Funds Aimed at Expanding Career Pathways for English Language Learners and Students in Need

Framingham, Mass. - MassBay Community College has been awarded a \$75,000 grant from the Cummings Foundation to expand programs for English Language Learners (ELL) and disadvantaged students in career certificate pathways for high-demand fields. MassBay was one of 150 nonprofit recipients of the \$30 million grant program.

The Cummings Foundation grant will support MassBay students sharpen their English skills and transition into career-focused training programs that align with regional workforce needs. This initiative addresses critical workforce shortages in MetroWest by training people in roles that are urgently needed and have career stability including working with the aging population and people with mental health issues, as well as meet the

constantly growing need for Information technology and cybersecurity support.

The Cummings Foundation (<https://www.cummingsfoundation.org/>), established by Bill and Joyce Cummings, is one of the largest private foundations in New England and focuses its philanthropy in the Greater Boston area. The grants are awarded to nonprofit organizations in a wide variety of causes, including human services, education, healthcare, and the environment. To date, the Cummings Foundation has awarded more than \$600 million to local organizations.

For more information about MassBay's Corporate Partnerships, Workforce Development and Community Education programs, visit www.massbay.edu/workforce.

Franklin LGBTQ Alliance October Events

Spooky Movie Night

Thursday, October 2nd from 6:30 - 8:30 p.m. at Franklin TV and Radio, 23 Hutchinson St.

Join us as we watch the 1991 Addams Family movie. Come in costume and bring a blanket! Popcorn and candy will be provided.

Brunch with Non Scene Friends

Saturday, October 4th from 10 a.m. -12 p.m. at

Mak's Roast Beef, 451 West Central St.

Enjoy great food with great friends at Mak's!

Queer Book Club

Wednesday, October 15th from 6:30 - 8:30 p.m. at Franklin TV and Radio, 23 Hutchinson St.

This month we will be reading and discussing Light from Uncommon Stars by Ryka Aoki. This book is available in print, as an e-book, and as an audiobook.

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Sports

Pingeton to Be Inducted into Leicester Hall of Fame

By KEN HAMWEY,
BULLETIN SPORTS WRITER

Bob Pingeton, who coaches golf and girls' basketball at Bellingham High, will be inducted into the Leicester High School Athletic Hall of Fame on Friday, Nov. 28, at the Spencer Country Inn. The event gets underway at 5:30 p.m.

The 52-year-old native of Leicester graduated in 1991 and was a three-sport star for the Wolverines, playing quarterback in football, guard in basketball and a pitcher-centerfielder in baseball. During his interscholastic career, he earned 10 letters, was named the top weekly player 12 times by the *Worcester Telegram and Gazette* and was selected as the school's top athlete as a senior.

Competing in the Southern Worcester County League (SWCL) at 6-feet, 160 pounds, Pingeton was a two-time captain in basketball and baseball.

The statistics he achieved in football include 14 touchdown passes and five rushing TDs as a senior. A two-year starter, he was mobile and did his share of scrambling as he led Leicester to a 6-4 record his senior season.

A point guard in basketball who also played on the wing, Pingeton averaged 17 points a game as a sophomore, but his scoring average was 15.5 as a junior and 14 as a senior, primarily because he played mostly at point guard those two seasons. However, he averaged six assists a game as a senior and ended his four-year varsity career with 950 points, almost making it to the 1,000-point club. He was a key player in helping Leicester get invited twice to play in the legendary Clark Tourney and also in the State Tournament.

On the diamond, Pingeton batted third and hit .310 during a four-year varsity career. As a junior pitcher, he compiled a 4-4 record but his 1.80 earned-run average led the SWCL.

"I'm thrilled and honored to be selected for the Leicester Hall of Fame," Pingeton said. "I was surprised, and I never expected to be chosen 34 years after graduation. It's great that people remember what I achieved. I'm proud of my high school career."

Pingeton labels himself as "a finesse player in basketball and baseball but an aggressive com-



BHS Coach and Franklin resident Bob Pingeton will soon be a member of Leicester High's Athletic Hall of Fame.

petitor in football." He relied on speed and quickness and a high sports IQ in all three sports. He said his skills in the three sports could have been better, but playing three sports kept him busy from August to July. After the school year ended, he played three years of Senior Babe Ruth baseball.

Pingeton has two favorite memories as a Wolverine at Leicester High.

"As a senior competing against Prouty High of Spencer

on Thanksgiving, I threw one touchdown pass for 20 yards and ran for a 47-yard TD after a fake handoff, giving us a 20-7 triumph. A second TD run was nullified because of a penalty. That was my last high-school football game."

Pingeton's other top memory was as a senior playing against Grafton in basketball.

"We were down by 12 points in the final quarter, but I got 10 points in the final 2½ minutes and scored the winning basket at the buzzer on a full-court lay-up," he recalled. "There were about five seconds left, and we called a timeout. The pass went to a player at the free-throw line, and I was a decoy in the corner. I took a pass to the sideline, went the length of the court and scored at the buzzer. I had good speed and outran the coverage."

After high school, Pingeton majored in business management at Nichols College and played three years of basketball, two seasons of baseball and one year of football.

The 52-year-old Pingeton has a common-sense approach to coaching and competing.

"Winning is important but reaching one's potential is vital," he said. "When players hit their competitive peak, then winning and enjoyment follow. "And, valuable life lessons can be learned from athletics. I want

players to learn how to overcome adversity, become resilient, and lead on and off the court. Our goal is to become a team that trusts, respects and is accountable to one another."

When Pingeton coached at Franklin High, his golf teams won two league titles, and his girls' tennis team won the first league championship in school history in 2024. He also coached as an assistant in boys' basketball.

And, after three seasons of directing Bellingham's girls' basketball team, he's got the hoop program heading in the right direction. The team failed to qualify for tourney play in his first year, but the Blackhawks earned playoff berths the last two seasons and finished with an overall record of 12-12 last winter. He's rebuilt that program by starting out with two wins, then four triumphs after his second season.

Pingeton, a married Franklin resident for 26 years with two daughters, is in his second year as Bellingham High's golf coach.

"The keys to becoming a formidable team are having players with competitive fire, a coachable nature and passion for the sport," he offered. No doubt that the standards his coaches set at Leicester High, especially the late George Albro, prepared him well for coaching in very competitive leagues.

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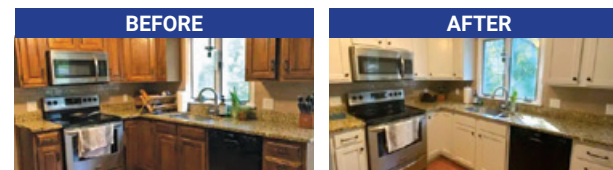
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Sports

New Coach Sees Grit, Promise in BHS Field Hockey Team

By KEN HAMWEY,
BULLETIN SPORTS WRITER

When a new coach arrives, there usually is some time needed for a smooth transition. Kerry Cowell is in her first year as Bellingham High's field hockey coach, and so far, her Blackhawks are off to a slow start, losing their first four matches.

"Despite our record, I could not be more proud of this team — truly," Cowell said. "We have a lot of room for growth, but the girls demonstrate how coachable and gritty they are with each and every game and practice. I'm confident that the future of Bellingham field hockey is bright."

The 45-year-old Cowell played field hockey and ran indoor track at Ashland High and later played field hockey at Bridgewater State where she majored in elementary education. At Medfield High, where she's been on the faculty for 23 years, Cowell was a varsity assistant and a jayvee field-hockey coach for six seasons.

"My coaching philosophy is about more than just teaching field-hockey skills," she explained. "It's about developing well-rounded young women who embody the values of teamwork, passion, resilience, and dedication. Focusing on lifting each other up, loving the game, staying in shape, being competitive, and dedicating ourselves to continuous improvement, we will not only find success on the field, but also build character and life skills that extend far beyond the final whistle."

Last year's team finished the regular season at 6-13-1 then bowed to Ipswich, 2-1, in two overtime periods in the opening round of the Division 4 Tournament.

Listing a tourney berth as "a realistic goal," Cowell's intensely focused on player development and team chemistry.

"My goal is for us is to be a competitive team in the Tri Valley League," Cowell said. "By using the talents of each individual player, I'm hoping to build a team that is versatile in positioning to give us depth for

game-time needs. We have a lot of new, upper-class players who are helping us bridge some gaps and keep everyone's legs fresh for more explosive plays. Qualifying for the tourney is a realistic goal that we will strive for."

Nine players graduated from last year's team, but Cowell has a nucleus that has strengths. "We've got an excellent group of athletes who are extremely coachable and eager to learn and improve," she said. "And, we've got a great group of seniors to mentor our younger athletes."

The BHS captains are all seniors and they include Grace Kelley (defense), Izzy Acuna (midfield/forward), Ashley Kamin (forward) and Hayley Higgins (forward).

"Grace has been playing field hockey since elementary school with the Ladyhawks program," Cowell noted. "Dedicated to the sport, Grace is a compassionate leader who's eager to give to her teammates the caring mentorship that she received as a younger athlete. She'll play anywhere on the field, because she's always looking to help where there is a need."

Acuna has played field hockey since 8th grade. "Izzy is a positive and supportive teammate to all the players," Cowell said. "Whether she's cheering the jayvee players or uplifting the girls around her during drills or conditioning, she is a joy to be around."

Kamin has been playing field hockey since elementary school with the Ladyhawks program.

"Ashley has helped recruit players," Cowell noted. "She recognizes the importance of fostering a connection with the Ladyhawks program and volunteers time helping the youngest players in Bellingham. Ashley was on the varsity as an 8th grader and continues to grow her skills each year. She's eager to learn and develop as a player and athlete."

Higgins also competed at the elementary school with the Ladyhawks. "She's been an instrumental leader during the offseason as the new coach torch was being passed. The girls on



Coach Kerry Cowell with her four captains, from left, Ashley Kamin, Grace Kelley, Hayley Higgins, and Izzy Acuna.

the team look up to Hayley and follow her lead."

Junior goalie Megan Skarin is a key on defense.

"She's one of the fastest and best-conditioned athletes on our team," Cowell offered. "That will help Megan go the extra mile this season. She's a natural leader who is in perfect position to help guide our team. She's vocal about what she needs when she's in net."

Junior Ella Park is a center defender. "Ella plays with a tenacity and grit on the field," Cowell said. "It's obvious that she puts in the time and effort in the off-season and is completely locked into field hockey. She will be a major contributor on defense and during offensive corners."

Sophomores Shannon Marino and Mila Choquet will handle midfield duties..

"Shannon is by far the fastest player on the field no matter who we're facing," Cowell said. "Her stick skills have really developed. Her endurance is endless, and I know that she will be unstoppable as a midfielder, because she's already showing us that no matter how much she runs, she can keep going. Mila is in excellent condition and ready to play as a starter. She's composed and always makes good decisions under pressure."

Chloe Goodwin is a freshman who can play midfield or defense.

Cowell credits Erin McKenzie for her work at the youth level with the Ladyhawks program and she also appreciates her husband (Sam) for his efforts with the middle school team.

BHS has a jayvee team that's coached by Moira Phillips.

"Moira's natural rapport with the girls has made her an asset to the program," Cowell said. "We have a group of talented 9th and 10th graders who will be 'swing' players between varsity and jayvee. They will be instrumental in helping our younger players grow while building their own field-hockey skills."

Cowell is acutely aware that the Blackhawks still have a lot of work to do. She's focusing on more conditioning, tighter stick skills, more communication on the field, and more effective passing. "The girls are hungry and willing to put in the time, and I want us to pay attention to all the little details each and every day."

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Sports

New BHS Girls' Soccer Coach Brings Experience, Aims for Playoffs

By KEN HAMWEY,
BULLETIN SPORTS WRITER

Melanie Henrich has a lengthy background coaching youth soccer players, and if her success and technique at that level can be duplicated in an interscholastic setting, then the Bellingham girls' soccer program is in good hands.

The 45-year-old Henrich has replaced Kate Howarth, who resigned as Bellingham High's coach after a 5-13-1 record last year that earned the Blackhawks a berth in the Division 4 Tournament where they were eliminated by state champ Sutton, 4-1.

Henrich has been associated with the Bellingham Youth Soccer Association for 19 years and coached for 15 years in age groups that ranged from 5-17-year-olds. She also coached players in Grades 3-7 for five years at the Norfolk Forekicks facility. In Bellingham, she served for six years on the youth association's board of directors.

Henrich also played soccer for four years at Walpole High where she was a captain as a senior.

The mother of two daughters has a bachelor's degree from Worcester State, works in occupational therapy management and has lived in Bellingham for 20 years. She stepped up at the last minute to fill the Blackhawks' coaching vacancy.

"My daughter (Alyssa) is a senior captain, and I didn't want the program to dissolve," she said. "I know all of the seven seniors on this year's team. So far, I've enjoyed coaching at the varsity level, and I'm leaving the door open for a return."

At the Bulletin deadline, the Blackhawks had a 1-2 record. Their victory over Millis in their opener was the first time in five years that BHS defeated Millis, and it was the first time in the last five years that the Blackhawks won their first game of the season.

Henrich, however, is acutely aware that her 17 players are young, the squad lacks depth, and there is no junior varsity team, but she sees key strengths, which have led her to make qualifying for the state tourney her top priority.

"That's my No. 1 goal," she said. "And, we can achieve that objective by improving the culture. Players have to be accountable, prepared for practice and games, and rely on a strong work ethic. Other goals include improving on a daily basis and to be competitive in both the Tri Valley League's Large and Small Divisions."

Henrich likes what her players have demonstrated so far.

"We lost five seniors to graduation, and all five were starters," she said. "But, we have 12 players back who have varying degrees of experience. Our soccer IQs are good, and our younger players are developing in that aspect. We've got some skilled players, the girls are very coachable and



Seven seniors are competing for Bellingham High's girls' soccer, and they include, from left, Gigi Denisi, Lilli McGilvray, captains Chloe Colman, Alyssa Henrich, and Lilly Casey, and Caroline Noyes, and Ava Bryant.

our team chemistry is a plus."

The Blackhawks' trio of senior captains, who were elected by their teammates, include Chloe Colman (center midfielder), Alyssa Henrich (defender) and Lilly Casey (striker).

"Chloe leads by example and is always prepared," Henrich said. "Her endurance is exceptional, she's strong on defense, and her passing ability leads to scoring opportunities. She also has speed and quickness and lots of experience. Alyssa is another experienced player and more of a vocal leader. She's tenacious on defense, has good field vision, anticipates well and has good endurance. Lilly is a strong finisher at the net, drives the ball hard in the box, and has good endurance, speed and quickness."

Senior Lilli McGilvray, one of last year's top scorers, is a veteran striker. "Lilli has tremendous speed towards the net," Henrich said. "A left-footed competitor, she can take advantage from the left side. She's highly skilled, is adept at receiving the ball and is always on the move."

Sophomore Liz Glynn has developed into a very capable goalie. Last year, she started nine games, had a shutout against Ursuline, and helped the Blackhawks stay in the hunt for a tourney berth by keeping the score against powerful Dover-Sherborn to a 5-2 loss. "Liz is our anchor on the field, directing our defense in good fashion," Henrich said. "She's a fine decision-maker, knows how to cut the angles, is aggressive and moves quickly."

Senior Caroline Noyes and juniors Ava Higgins and Katherine Mendez are top-notch defenders.

"Caroline has an intuitive sense of breaking up plays as they develop," Henrich offered. "A center defender, she's got good field sense and tackling ability, and makes good decisions. Ava has experience as an outside defender and is able to contain an on-coming offensive opponent. Her speed and stamina are excellent. Katherine is a three-year veteran who's good under pressure. She also knows how to shut down an on-coming attacker."

Rounding out the starting lineup are junior Abby Azzinaro (defense), freshman Khloe Leroux (midfielder) and eighth-grader Teagan Cinquegrano (midfielder). "They're all coachable, have speed and quickness, are skilled and have good instincts," Henrich said.

Henrich relies on a competitive philosophy of winning, developing potential and making sure her players enjoy their athletic endeavors. "It's important for players to develop their skills and for me to create an environment to have fun."

Henrich also enjoys seeing players learn life lessons through sports. "Some great lessons are how to overcome adversity and be resilient and to learn how to be a good leader and a good teammate. Other key lessons are to communicate well, build a strong work ethic, and be willing to accept responsibility and be accountable."

Henrich's on-field style will focus on control and possession. "We'll be patient, pass crisply, move the ball and work to capitalize on our opportunities," she emphasized, all necessary ingredients to help reach the goal of securing a playoff berth.

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Sports

BHS Football Team Bows to Woburn & Ashland

By KEN HAMWEY,
BULLETIN SPORTS WRITER

The Bellingham High football team once again is off to a slow start, going 0-2 after losses to Woburn and Ashland. But, before writing the Blackhawks off for a post-season playoff berth, remember what coach Dan Haddad's forces accomplished the last two years.

The 2023 team, which personified mental toughness and resiliency, rebounded from an 0-3 record to winning six straight, then finishing their year by beating Norton to clinch the Tri Valley League's Small Division championship. The Blackhawks ended that season at 7-4.

The 2024 squad, which finished 8-3, won its last seven games after a 1-3 start. The players and coaches never allowed a lethargic beginning to dampen their season. They captured the program's second straight TVL Small Division crown.

Whether the current edition can regroup and overcome a pair of difficult losses remains to be seen.

A 7-0 loss at Woburn raises questions about the Blackhawks' offense. "We haven't scored in two matchups," Haddad said.

"We were shut out in our scrimmage against Holliston and failed to score against Woburn. We got into the red zone five times against Woburn but missed opportunities. We had sustained drives that we didn't finish and missed open receivers."

Woburn's Mason Doherty scored in the first quarter on a 31-yard pass from junior quarterback Alden Wood giving the Tanners an opening-day triumph.

The Blackhawks' junior quarterback, Cam MacGregor, went 8-for-15 passing for 45 yards and junior halfback Mason Alger had 17 carries for 74 yards.

Although BHS is young and inexperienced (12 seniors graduated), its effort, especially on defense, was admirable. The Blackhawks are a Division 6 team, and the Tanners compete in Division 3.

Haddad lauded the special-teams play of sophomore kicker Anthony Barrasso, senior linebacker Wyatt Callery, and junior defensive tackle Jacoby McCarthy. "Anthony flipped the field for us," Haddad said. "His kickoffs and punts gave us great field position."

Haddad concluded that "we need to fix our offense."

Against Ashland, a TVL Large Division team, the Blackhawks left their fans with more concerns and more questions, losing to the Clockers, 19-13, in overtime.

"We've got to get the offense fixed and even though our defense has been effective it made mistakes at crucial times," said Haddad, "We had an 11-minute drive in the first quarter that didn't yield any points and an off-side penalty in overtime hurt our chances. Our problem isn't about effort, it's about knowing how to finish and learning how to win. We're not taking advantage of the opportunities our opponents are giving us."

The Blackhawks' scoring came on Alger blocking a punt and recovering it for a touchdown in the first half and MacGregor's 25-yard TD run in the second half.

Haddad liked the play of Callery, safety Sam Sullivan and cornerback Ryan Adams on defense, and he again praised Barrasso's effective kickoffs and punts.

"We haven't found our identity, yet," the coach concluded. "We're facing a big challenge this year, and we've got to figure it out."

The Blackhawks will have to regroup at home for their next four games — against Westwood, Dedham, Millis and Dover-Sherborn.

VOLLEYBALL

A 3-1 record is a satisfying way to start a season, but coach Steve Mantegani's BHS volleyball team was close to an unblemished beginning.

BHS opened its 2025 campaign as a Division 3 team and defeated Millis, Medway and Medfield. The 3-2 triumph over Medfield came against last year's Division 3 champs, and that matchup could be a preview of the combatants in the D-3 tournament come November.

But, when BHS hosted Attleboro in its fourth game, it knew the Division 2 powerhouse would be a formidable opponent. The

Blackhawks played hard, got to the fifth set but lost the last five points and bowed, 16-14. Attleboro remained unbeaten at 5-0.

"We had our opportunities against Attleboro, but didn't capitalize," Mantegani said. "We lacked energy in the sets. We lost, but they're a strong team. We're still looking for consistency after our first four matches. When we beat Medfield, we came back from an 0-2 start and won the next three sets."

Mantegani had high praise for Val Nolan, Mia Milani and Sophia Soto.

"Val is the rock, an all-around player who does everything well," he said. "Mia is dynamic on offense, and Sophia has demonstrated that she's one of the best liberos in the state with her ability to pass and play defense."

BHS, which lost in the state finals the last two years in Division 4 to Ipswich, was hoping to get starting setter Jacobi Houston back into the lineup. She was recovering from a concussion.

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Bellingham Senior Center Upcoming Events

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Medicare Annual Election Period discussion: Join us as a Blue Cross Blue Shield of Massachusetts representative unravels your options on Tuesday, October 28, at 2 p.m.

50+ Job Seekers: Every month, Career Coach George Armstrong is at the Center and ready to help you find a great new job.

Spiritual Book Club: The Club meets via Zoom on Mondays at 9 a.m. Discussion will be about Quantum Healing by

Deepak Chopra. Please call host Josie Dutil at (508) 657-2705 to join or for more information.

Coffee & Conversation: Tuesdays at 9:30 a.m. On October 7, Joe Laydon, our new town manager will be the special guest.

Boston Walk: Join Rita McCarthy on Tuesday, October 14, at 7:30 a.m. at the Senior Center as she prepares to lead us through the Boston Commons and the beautiful Boston Gardens then onto Commonwealth Avenue viewing the many historic monuments and statues along the way. Lunch will be at Eatly in the Prudential.

Learn to Paint: Join Amy

Adams on Wednesday, October 8, at 1 p.m. \$25 per person; everything you'll need will be provided. No painting experience needed. Please call the Center to reserve your spot.

October Birthday Party: For those born in October - October 23 and the dinner will be lasagna.

Protect Yourself from Scammers: Friday, October 24 at 1 p.m. Robin Putnam from the State Office of Consumer Affairs and Business Regulation will lead a discussion on a variety of consumer-protection topics. Please call ahead.

Lake Williams Walk during peak foliage season, Marlborough, MA: Thursday, October 9th, at 11 a.m. 1.5-mile-long

trail. After the hike, picnic lunch at Ward Park. There is no bus service for this walk. If you would like to volunteer to drive those who may need a ride, please contact Lisa Loo (508) 657-2714.

New Hope: October 3, 1 p.m., speakers from the non-profit will talk about myth busting around domestic violence, signs of abuse, how to respond, and identifying services. Free, but please call ahead. (508) 966-0398 More information at www.new-hope.org

Fuel Assistance: Be on the lookout for your LIHEAP (Low Income Home Energy Assistance Program) renewal application from SMOC. Once you receive it in the mail, please call

Lisa Loo at the Senior Center to schedule your appointment. Appointments for any new applications for the 2025 - 2026 fuel assistance season will begin in October. The fuel assistance season runs from November 1st, 2025, through April 30th, 2026.

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

Senior Center's 3rd Annual 60th Birthday Party: October 2, open to Bellingham residents born in 1965

Coming November 1: The 20th annual Craft Fair at the Senior Center, 9 a.m. to 3 p.m.

Coming November 8: Veterans Dinner, 5 p.m. - veterans eat free. The dinner will be spaghetti and meatballs.

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CALENDAR

October 1

Franklin Art Association meeting, 6:30 p.m., Franklin Senior Center, 10 Daniel McCahill St., Franklin, guest artist Charlie Guay to demonstrate cold wax medium

October 2

Virtual Author Talks – 2 p.m. – *Nuestra América*: Stories of 30 Inspiring Latinas/Latinos Who Have Shaped the United States with Smithsonian Educators, Bellingham Public Library, to register for these talks, go to: <https://libraryc.org/bellinghamma>.

Franklin LGBTQ Alliance Spooky Movie Night, 6:30-8:30 p.m., Franklin TV and Radio 23 Hutchinson St., Franklin, join us as we watch the 1991 Addams Family movie. Come in costume and bring a blanket! Popcorn and candy provided.

October 4

The 7th Annual BBQ Smoke Off, Saturday, October 4th at 2 p.m., VFW Post 7272, 940 S. Main St., Bellingham, BBQ, live music, 50/50 & raffles and more, tickets available at post, from members or at door, \$25. Proceeds to Bellingham VFW 7272 & its Auxiliary.

Franklin Rotary 9th Annual Car Show, 9:30 a.m. – 1 p.m., New England Chapel, 300 East Central St., Franklin, free to public, food, raffles and a special Blessing of the Animals at 11 a.m., special presentation of Modified Mobility Van at 10 a.m., \$20 to register car for show; contact Gary Convertino gconvertino@cox.net or John Power john@powerpaintingplus.com

Millis Library Book Sale, 9 a.m.–1 p.m., Millis Public Library, 961 Main St., Millis

October 5

Millis Library Book Sale, 1–3 p.m., Millis Public Library, 961 Main St., Millis

October 6

Book Discussion Group –6:30 p.m. in person or on Zoom, Bellingham Public Library, 10 Blackstone St., Bellingham, Contact library@bellingshamlibrary.org, *Remarkably Bright Creatures* by Shelby Van Pelt

October 7

A Novel Idea book club, 6:30-8 p.m., Bellingham Public Library, 10 Blackstone St., Bellingham, please contact Diane Nelson at dnelson@cwmar.org, *Lion Women of Tehran*, by Marjan Kamalil. If interested.

October 9

Ladies of St. Anne Sodality meeting, 6 p.m., St. Blaise Parish Hall, 1158 S. Main St., Bellingham, Covered Dish Dinner in the parish hall. Please email

Rachel Morandi, firmoarandi93@verizon.net, with what food item you will bring.

Virtual Author Talks – 7 p.m. – Online Author Talk: YA Fantasy with Leigh Bardgo, Bellingham Public Library, to register for these talks, go to: <https://libraryc.org/bellinghamma>.

October 14

Yankee Quilters Meeting, 6:30 p.m. social meetup; 7 p.m. meeting, Emma's Quilt Cupboard and Sewing Center, Horace Mann Plaza, 319 E. Central St., Franklin. All welcome

October 15

The Shawna E. Shea Memorial Foundation, Inc. presents award-winning Worcester poet John Edward Keough, 6 p.m. Milford Town Library, 80 Spruce St., Milford

Queer Book Club, 6:30 - 8:30 p.m., with Franklin LGBTQ Alliance, Franklin TV and Radio 23 Hutchinson St., Franklin, *Light from Uncommon Stars* by Ryka Aoki

October 16

Oh, The Horror! A Panel Discussion with Authors of Horror Fiction, 6:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham

The Shawna E. Shea Memorial Foundation, Inc. presents award-winning Worcester poet John Edward Keough, 6 p.m., Uxbridge Free Public Library, 19 North Main St., Uxbridge

Strive to Thrive Benefit: Bringing Power to the Patient, 6 p.m., Marilyn Rodman Performing Arts Center, 1 School St, Foxboro, FUNdraising, food, drinks, live music), featuring leaders from MGB Cancer Center and survivor voices tickets: <https://mrpac.art/tickets?pg=selectevent&eid=163025&edid=0>

October 18

FREE Community Concert featuring Eric Christensen, 7 p.m. Franklin United Methodist Church, 82 West Central Street, Franklin

October 19

Bellingham Educational Foundation 3rd Annual BEF 5K Halloween Dash, 9 a.m., DiPietro Elementary School, Bellingham, run, walk or stroll, \$35 registration, \$20 BPS students & staff, visit www.belledfound.org

Bellingham Lions BARKOctoberfest Dog Costume Show, BMS, 130 Blackstone St., Bellingham, Sugg. Don. \$5

October 20

Chat & Craft for Adults: Make A Cemetary, 6:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, registration required, email salpert@cwmar.org

October 21

Writing Group for Adults, 6:30 p.m. Bellingham Public Library, 100 Blackstone St., Bellingham, or on Zoom. Listen and share works of fiction or non-fiction. Contact Marjorie Turner Hollman marjorie@marjorieturner.com.

October 22

Virtual Author Talks – 7 p.m. – Online Author Talk: Finding My Way with Nobel Peace Prize Laureate Malala Yousafzai, Bellingham Public Library, to register for these talks, go to: <https://libraryc.org/bellinghamma>.

October 23

Friends & Family Fun Night, 6-7:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, with local author Phyllis Calvey and a 6:15 p.m. show by Dennis the Magician, supported by Bellingham Cultural Council

October 24

"Laughter on the 23rd Floor" by Neil Simon, performed by Millis Community Theatre, 7:30 p.m., Millis High School, 245 Plain St., Millis

October 25

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

Bellingham Business Association Trunk or Treat Stroll, 5:30-7:30 p.m., Bellingham Town Common, come dress up and trick-or-treat at BBA member tables.

"Laughter on the 23rd Floor" by Neil Simon, performed by Millis Community Theatre, 7:30 p.m., Millis High School, 245 Plain St., Millis

October 28

Understanding Antisemitism in 2025: A Panel Discussion, 7 p.m., Franklin High School

October 29

Virtual Author Talks – 2 p.m. – Online Author Talk: Historical Fiction Queen Philippa Gregory, Bellingham Public Library, to register for these talks, go to: <https://libraryc.org/bellinghamma>.

October 31

Halloween Story Time and Costume Parade, 9:30 a.m., Bellingham Public Library, 100 Blackstone St., Bellingham

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