



Bellingham BULLETIN

Vol. 31 No. 12

Bellingham's Favorite Hometown Newspaper

November 1, 2025

Stall Brook PTO Shoe Drive Raises Over \$1K for Weekend Backpack Program

Over 10% of Elementary School's Students Use this Assistance

By JUDITH DORATO O'GARA

2025 pairs of shoes, weighing 2665 pounds. At 40 cents per pound, that amounted to a very successful shoe drive on the part of the Stall Brook PTO this year!

Led by Stall Brook PTO Mom Jamie Spillane (and, formerly, PTO member Christine Whitfield), the shoe drive ran from mid-April to mid-June at the elementary school. The nonprofit organization Funds2Orgs then paid the school a total of \$1,066, which will help feed hungry students on weekends through the PTO's backpack program.



Billy, 6 and Jack, 2 pose in front of Stall Brook Elementary's shoe collection, which yielded over \$1,000 for a weekend backpack program for hungry kids.

BACKPACK
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Keeping Local News Alive and Communities Connected

By JENNIFER RUSSO

For the first time in our newspaper's history, the cost of postage has surpassed the cost of printing. On average, mailing services have increased in price by over 7% in the last couple of years. While the USPS may require this operationally, it does underscore the growing financial challenges facing local journalism today. Paper, ink, fuel, and distribution costs have all risen sharply in the past year, and while we've absorbed those increases for as long as we could, we now find ourselves at a turning point.

Despite these challenges, one thing hasn't changed: our commitment to providing free, local news that keeps our communities informed and connected.

Local journalism is not just about headlines — it's about people. It's about the high school team's championship win, the opening of a new family business, the celebration of a lifelong volunteer, and the coverage of town meetings, and ensuring that every story is told.

When you open your community newspaper, you read about your neighbors, your schools, and the heartbeat of your area. You're seeing your community reflected in print - its triumphs, challenges, and spirit. Local news brings people together, fosters accountability, and preserves the stories that make each town

DONATION
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BACKPACK

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Teresa O'Brien, the parent who runs the backpack program, calls this drive "the most amazing shoe drive I've ever seen!" She said Spillane was "a saint" for storing all of the shoes at her home.

"It was our pleasure to do, but it took up probably half of our house," laughs Spillane, adding shoes were in her garage, in the living area, and in one of her children's bedrooms up to the ceiling.

The volunteers traveled as far as Rhode Island to pick up shoes. "One of us would go grab them on our time and our gas and happily do it," says O'Brien, who says, moving forward, the PTO will run the shoe drive annually.

Collected shoes "don't just go to landfills," Spillane adds. Fund2Orgs distributes them to micro-entrepreneurs in third world countries. "They asked us to have a good mix in each bag. If it was going to trash, they wouldn't have cared," she says.



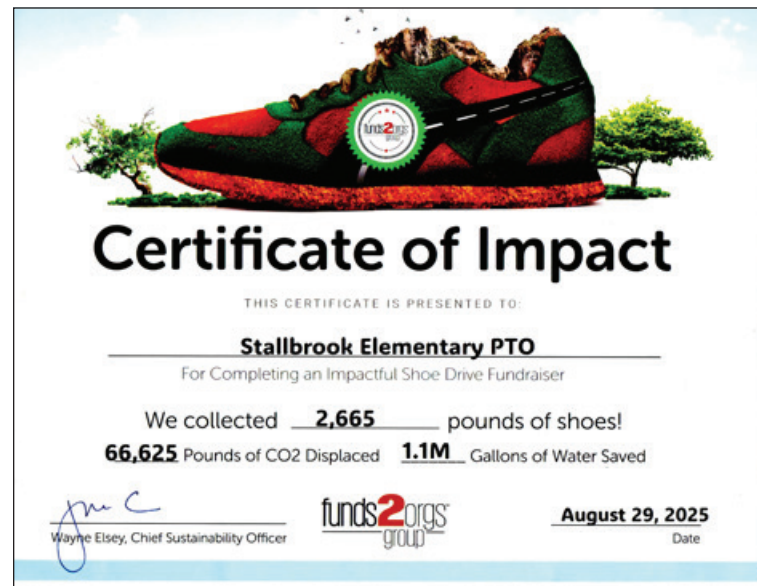
In the photo from left to right: Victoria O'Brien (first grade), Teresa O'Brien, Billy Spillane (first grade), Jamie Spillane, Jack Spillane and Nurse Jean!

The Stall Brook Elementary School Backpack Program, which is a year old this month, currently serves 25 children in pre-K through third grade. O'Brien explains that the small school used to have a little food pantry that "died during COVID," until she and Whitfield "brought it back to life last year."

Thanks to the shoe drive and donations from Loaves and Fishes Food Pantry and parents, the Stall Brook PTO hasn't had to use any of its funds toward food for the backpack program, although it does provide the knapsacks.

Only Stall Brook's school nurse, Jean, knows the identity of the children who receive the Friday backpacks, which are filled with breakfast items, snacks, fruit and meal items, always shelf stable.

Although the students are anonymous, the PTO volunteers are given a list of the children's and their sibling's birthdays, and they send special birthday packs out at those times. Families receive a disposable cake pan, cake mix, frosting and sprinkles, and a couple boxes of candy for the child of honor. Feedback, from a survey, was very positive.



"They all were very appreciative of the birthday backpacks," O'Brien says, referring to a survey she sent out. "Not everyone has the money for the cake, but everyone deserves one. They're kids. Their peers are having cake, their peers are having a treat on their birthday, and it's also about making them feel part of the community. They're equal to their friends."

O'Brien points out that the number of students in need of the weekend backpack program is significant. She admits that the shoe drive was a lot of work for Jamie, Christine and herself, but says, "The community has shown up, and we've been able to do it a whole year. This is 10% of our students that need this

help, which is a very big number. Prices are going up, and sadly, we only have this in Stall Brook," she adds, "If you have a kid in any of the other schools, you're not getting this help. That makes it hard on families with multiple kids."

Spillane and O'Brien both hope more volunteers will help the backpack program continue and perhaps, even expand. If you would like to learn more, email stallbrookbackpackprogram@gmail.com or visit the backpack program's website, https://stallbrookbp.my.canva.site. If you would like to donate to the Amazon Wishlist, visit https://tinyurl.com/Stall-BrookBP.

"We have a dream of one day having it be a Bellingham-wide thing," says Spillane.

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Jennifer Schofield

Editor

Judith Dorato O'Gara

Send Editorial to:

bellinghambulletineditor@gmail.com

Advertising Director

Jen Schofield 508-570-6544

jen.schofield@localtownpages.com

Creative Design & Layout

Michelle McSherry Kim Vasseur Wendy Watkins

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A Gift of a Backpack, with a Side of Hope

Backpack Effort at Bellingham Senior Center Aims to Give Homeless Neighbors Some Comfort

By DAVID DUNBAR

If you're homeless in our area, one thing you could probably use is a backpack... especially one filled with warm socks, warm gloves, hats for men, and maybe even a gift certificate or two.

At the Bellingham Senior Center, Council on Aging Chair Kay Page and Bellingham Elder Service Group President Jim Fitzpatrick collected and gave

away 28 filled backpacks last year. "It was a very uplifting moment," says Page. And they're doing it again this year.

The effort began when a Bellingham resident came to the annual Yard Sale last year at the Senior Center and talked with both Page and Fitzpatrick. She

GIFT

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At the Senior Center, from left, are Kay Page, Eva Gamache and Jim Fitzpatrick. Some of the items put into the backpacks can be seen in the photo.

Advertisement for Coldwell Banker Realty featuring Michelle Sebio Savje. Text: "The housing market may be frightening - but the buying/selling process doesn't have to be SCARY! Call today to learn more!" Contact info: Michelle Sebio Savje, 508-561-4257.

Taste of Bellingham November 5th

Bellingham Senior Center, at 40 Blackstone Street in Bellingham, will host the 18th Annual Taste of Bellingham this year, scheduled for 6-8 p.m. on Wednesday, November 5, 2025. Tickets are \$10 before November 4th, or \$15 at the door (first come first serve, limited capacity. Attendees are asked to bring a donation for the local food pantry.

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

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

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

From the Town Clerk's Office...

You may have heard that the warrant for November's Fall Annual Town Meeting, to be held November 19, 2025, has been posted and is available for viewing at the Clerk's office and/or online at www.bellinghamma.org/384/townclerk. If you've ever wondered what a warrant is, you're not alone. The Secretary of State's office has published a "Citizen's Guide to Town Meetings," (reposted on the Town Clerk's website), which defines a "warrant" as simply listing the meeting's time, place, and agenda. In this case, the meeting will be held at the Bellingham High School auditorium beginning at 7:30 pm, and your presence and participation is welcomed and encouraged! Generally, the purpose of Town Meeting is to set salaries

for elected officials, appropriate money to run the town, and vote on the town's local statutes, which are called bylaws. While special Town Meetings are occasionally called for specific purposes, Bellingham's Town Meetings are held in May and November each year.

In other news, here in the office we've been busy certifying signatures on citizen's petitions. Those are the sheets you sign (often outside local businesses) which propose changes in state law, and this year there are approximately 47 of them! For this step of the process, each petition must get 74,574 verified signatures statewide. (That number is 3% of the votes cast for Governor in 2022). At press time, we've received approximately 600 pages and 2,000 verified

signatures, but not all the proposals will make it on the ballot. There are still a number of steps petitioners must go through, but if each requirement is met, you could see these questions on either the November 2026 Ballot (proposed state laws) or the November 2028 Ballot (proposed constitutional amendments). A list of petitions can be found on the Attorney General's website at <https://www.mass.gov> under "voting" then "filing initiative petitions."

As always, if you have any questions please send us an email at townclerk@bellinghamma.org or call us at (508) 657-2830. See you at Town Meeting!

Amy Bartelloni
Town Clerk

DONATION

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unique. Without it, those small but powerful connections risk being lost.

Advertising revenue has always been a vital source of support for our papers, and we are deeply grateful to the local businesses that continue to support us. But as printing and mailing costs rise to historic levels, advertising alone can no longer carry the full weight of production. We recognize that our small businesses are facing similar pressures, and we would prefer not to raise advertising rates too much. Instead, we're turning to you — our readers — for help.

This November, we're launching our annual **Support the Newspaper** campaign. Every donation,

no matter the size, helps offset the rising costs of printing and distribution, ensuring that your paper remains free, local, and delivered right to your doorstep or mailbox. Your contribution isn't just helping to print pages — it's helping to keep civic engagement alive, preserving our community history, and giving a platform to local voices that deserve to be heard.

We are endlessly thankful for your readership, your trust, and your belief in the value of local journalism. For decades, this paper has been honored to share your stories, celebrate your milestones, and champion the spirit of our towns. With your help, we can continue to do so for many years to come.

Please consider a donation, in any amount. To contribute to our community news, please visit

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Thank you for your support. We have been honored to be a part of your community, and we are excited to continue to bring you the news and stories that matter to you each month.



GIFT

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— who wants to remain anonymous — asked about collecting backpacks that could then be distributed by a friend of hers to local homeless people. Why does she do this? "Because I have a heart!" she says.

The friend (also anonymous) has been cooking and delivering soup, raincoats, sweaters and more in "blessing bags" for several years. The two met on Facebook.

And so began the effort at the Senior Center to get backpack donations plus items to put inside each one. "People have been bringing in items all year," explains BESG Vice President Eva Gamache. Page adds, "Monetary donations are needed, too. We can purchase \$5 gift cards to Dunkin Donuts among other things."

BESG President Fitzpatrick adds, "This is an unbelievably worthy effort, and we are very thankful that we are not the ones receiving the backpacks. Giving them out brings tears to our

eyes. We're making an impact on someone's life that is desperately needed."

"Our thanks to everyone," says Page, "and especially to those who have been giving all year long." And Gamache adds, "To see those backpacks go out the door is just amazing."

If you would like to contribute, please bring items to the Senior Center by Thursday, November 6. If you miss the deadline, you can bring items to the Center any time. For more information, call the Center at (508) 966-0398.

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Municipal Spotlight

12th Annual Veterans Day Ceremony Slated for Nov. 11

By KEN HAMWEY,
BULLETIN STAFF WRITER

Bellingham's 12th annual Veterans Day program is scheduled for Tuesday, Nov. 11, at 11 a.m. at the Bellingham Public Library.

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

"Although our country has been experiencing challenging times, we must not forget the service and sacrifice of Bellingham veterans, past and present," said Jim Hastings, a Marine veteran who's been the Chairman of the Memorial and Veterans Day Committee for the last 18 years. "On Nov. 11, we can pause, reflect and honor their service, courage and commitment."

Bellingham Scouts of America will post the colors, and the Oliver brothers will perform patriotic songs. The Pledge of Allegiance

will be recited before an opening prayer by Baron Rodrigues, Pastor of the First Baptist Church of Bellingham.

Three speakers will be featured — Bellingham's Matthew Linehan and Karl Johnson, who both served in the Army, and the keynote speaker, Command Sergeant Major Jeremy Bunkley of the Natick Soldier System Center.

Linehan is a retired U.S. Army Major who graduated from B.C. High and has bachelor's and master's degrees from Norwich University. An infantry officer, his duty assignments included 2nd Brigade Combat Team 1st Cavalry Division at Ft. Hood Texas, 2nd Infantry Division at Camp Casey S. Korea, 10th Combat Aviation Brigade 10th Mountain Division Fort Drum N.Y., the 8th Military Police Brigade, Schofield Barracks, and Special Operations Forces Liaison Element and Partnership Cell for NATO Special Operations Component Command — Afghanistan among many others.



MATTHEW LINEHAN



KARL JOHNSON



JEREMY BUNKLEY

Some of Linehan's career highlights include: company commander for Echo Company, 3-10 general support Aviation Battalion, 10th CAB for the deployment of 100 combat ready support soldiers as well as executive officer for more than 3,000 personnel of the 401st Army Field Sustainment Battalion — both in Afghanistan.

He has held leadership and staff positions as an officer at many levels, such as platoon leader, company commander, battalion executive officer, Brigade S4 and at the 2-Star HQ levels. He has trained, manned, and equipped soldiers and units throughout his career and worked in many different countries, including South Korea, Japan, Germany, Kosovo, Ro-

mania and three combat deployments to Afghanistan.

Linehan, who is the father of three sons, moved to Bellingham in 2023 with his wife Jennifer. He now works at Hanscom Air Force Base as a Logistics Management Specialist for the Air Force Life Cycle Management Command.

Linehan's major awards include Bronze Star Medal, Meritorious Service Medal, Defense Meritorious Service Medal, Meritorious Service Medal, Army Commendation Medal, Army Achievement Medal, NATO Medal, Airborne Badge, and the Combat Action Badge.

Johnson is a retired U.S. Army Master Sergeant from Needham who began his military career in 1987 and retired honorably in 2022. Throughout his service, he

demonstrated outstanding leadership and dedication across a wide range of assignments and deployments.

Johnson, whose duty stations included numerous sites, attended Mass. Bay Community College, Endicott College, and Northeastern University. He served as a Non-Commissioned Officer with expertise in logistics, armor, ordinance, and military instruction.

Throughout his career, Johnson held leadership and staff positions, including squad leader, platoon sergeant, detachment sergeant, truck master, senior instructor, and chief instructor. He also served in key opera-

CEREMONY
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CEREMONY

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tional roles such as Battle NCO, S3 NCO, and NCOIC of Brigade Operations. He earned four combat patches during his service, representing the 197th Infantry Brigade (Separate), 24th Infantry Division, 1st Cavalry Division, and 4th Infantry Division.

Some of Johnson's deployments included serving as an M1 Abrams Tanker in Germany during the Cold War and in Operation Desert Storm. He deployed to Baghdad in 2006-2007 during the troop surge when he served as a Battle NCO in Brigade Operations. He also trained and mentored thousands of soldiers and prepared multiple units for combat and real-world logistical operations. He frequently activated for state and regional emergencies, providing logistical and transportation support during natural disasters, public safety incidents, and high-impact events.

Johnson has received numerous awards, medals, and citations in recognition of his service and achievements.

Johnson, who is medically retired from his position as sergeant with the Needham Police Department, moved to Bellingham in 2007 and is married to Margaret Johnson, a fellow Army

veteran and current Adjutant of VFW Post 7272.

CSM Bunkley was born and raised in Rome, N.Y., and joined the Army in 2004. He attended Basic Combat Training and Advanced Individual Training at Fort Jackson, S.C., and served as a human resources information systems management specialist until 2008, when he reclassified his military occupational specialty to become a public affairs broadcast specialist.

CSM Bunkley has served as promotions clerk, reassignments clerk, Arrival/Departure Airfield Control Group, audio/visual team leader, squad leader and platoon sergeant, Public Affairs Operations, social media and command information chief (U.S. Military Academy at West Point), U.S. Army Training with Industry fellow (National Football League), Public Affairs first sergeant, chief, and senior enlisted advisor.

CSM Bunkley deployed four times, two in support of Operation Enduring Freedom and a rotational tour in support of Atlantic Resolve.

CSM Bunkley, who has a bachelor's degree in communications from Thomas Edison State University and is a graduate of the U.S. Army Airborne School and the U.S. Army Air Assault School, has continued his education with courses beyond his degrees.

His awards and decorations include the Defense Meritorious Service Medal (with one Oak Leaf Cluster), Meritorious Service Medal (with six Oak Leaf Clusters), Joint Service Commendation Medal, Joint Service Achievement Medal, Army Commendation Medal (with three Oak Leaf Clusters), Army Achievement Medal (with four Oak Leaf Clusters), U.S. Army Parachutist Badge, U.S. Army Air Assault Badge, Royal Thai Army Parachutist Badge, and Noble Patron of Armor. The married Natick father of two sons also received the 2017 SGM Dawn Kilpatrick Memorial Scholarship and the Army Public Affairs Association 2018 Master Sgt. Marcia Triggs Award for Excellence.

Retired school teacher Lori Fafard and teachers at the Memorial School encouraged students to write essays about veterans, and the three winners will honor veterans by reading their essays at the ceremony, and the Veterans Day Committee will also distribute military coffee mugs to all Bellingham veterans in attendance.

State Representative Mike Soter will make remarks, and Fr. David Mullen, pastor at

St. Brendan Church will offer prayer before colors are carried outdoors, where Pastor Rodrigues will offer a prayer at the wreath presentation.

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


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1. Yes, apartment insurance includes liability and medical payment coverage.
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Blackstone Valley Technical Institute Launches Under Steele's Leadership

Upton, MA – Superintendent-Director Anthony E. Steele II is pleased to announce the launch of a new initiative that supports the pursuit of lifelong learning through high-quality evening programs for adult learners. Blackstone Valley Regional Vocational Technical High School is proud to serve as the home of the newly established Blackstone Valley Technical Institute (BVTi).

BVTi is currently enrolling students and seeking qualified instructors. Grant funding is available for eligible students, along with flexible payment plans. For more information, visit www.valleytech.k12.ma.us/bvti.

Rebuilding Self-Confidence, One Wig at a Time

By JUDITH DORATO O'GARA

Heather Cohen has always loved making women feel beautiful, but the owner of B.LUXE Hair and Makeup Studio lights up when she talks about her latest professional focus, making high-quality realistic wigs for women with hair loss and not only helping them feel beautiful, but whole, again.

"There's nothing I would rather do than be here working on the wigs. I loved my business as a whole since the day I opened it," says Cohen, "but the impact I make on hair loss clients far exceeds anything I thought I would be able to do for people."

The stylist herself felt the upheaval of hair loss four years ago, when a medication she was on caused her own hair to fall out. Not only was it personally devastating, but since her career centered around beautiful hair, succumbing to baldness was simply not an option. That was when she began her several years-long research process.

Cohen estimates she's spent thousands of dollars researching different vendors and materials for her specialized wigs. Since her salon caters primarily to Caucasian women, her wigs are created for that demographic, although, she explains, she learned a lot from a huge black women's hair industry, where wigs are accepted as mainstream. She also learned how to

find ethically-sourced hair.

"I don't want to get involved with anyone who is taking advantage of somebody who economically might be struggling, and they're paying them \$2 for their thick, beautiful ponytail. If you see a wig that's inexpensive, the hair is not being ethically sourced or, it did not come from a human head, or they're getting what we call 'drain hair,'" she says.

Cohen is upfront about the cost. "A custom human hair wig can be anywhere from \$1,000 to \$4,000, and it really does depend on the length," she says. That's why Cohen undertook training to receive the correct credentials for a National Provider Identifier (NPI) number, so her clients can use insurance and health savings accounts (HSA).

"There are reasons for hair loss where your health insurance will actually help pay for a cranial prosthetic, which is a really cool word for a wig," she explains.

The entrepreneur spends a lot of time networking with health care providers to build her client base. Others have discovered her through social media support groups and word-of-mouth.

Krista Sirignano found Cohen through a friend, after struggling for decades with alopecia.

"Heather really knows her stuff when it comes to wearing

wigs or any type of hairpiece. She took so much time and care with me until we found the perfect fit that made me feel comfortable and really good about myself," she says.

Rhonda Parker, whose hair had also thinned due to medications, had tried synthetic wigs, but "after seeing how really beautiful and natural the human hair toppers and wigs looked on, I decided to go that route. On my way home from B. LUXE I stopped by my daughter's house, and she thought my hair looked beautiful, not even realizing it was a topper. As I am always self-conscious, that was the best feeling ever!"

"I always tell people when you first wear alternative hair, it's like exercising a muscle. The more you do it, the easier it gets," says Cohen. "And nobody knows, because nobody is as critical of you as you."

This niche takes commitment, however.

"You can't dabble in wigs," says Cohen, "It's all or nothing, because my wig clients truly need a partner. They need to be able to call me on Friday morning and say, 'I can't get this wig on right. It's crooked. I need to come in today,' and I have to be available to them. You really need to make the decision that you're going to leave the chair behind."

Someday, though, Cohen hopes to train stylists, and by



Heather Cohen, owner of b.LUXE Hair & Makeup Studio in Medway, is passionate about helping women with hair loss come out of hiding.

2026, she envisions her own brand of wigs, noting, "I feel like I've definitely cracked the code on like what feels comfortable, what feels good, what looks natural, and what stays on, and I want to be able to create that line and be able to give it to everybody."

Cohen has employed her new skills for breast cancer organizations such as the Susan B. Komen Foundation (www.komen.org), and the Gloria Gemma (www.gloriagemma.org).

This month, she'll work with Runway for a Cause (<https://>

runwayforacause.org), currently planning its annual NYC fashion show.

Cohen feels immense reward from her new career focus, receiving a sense of giving back.

"Working with hair loss clients and giving them back that level of self-confidence makes me feel like I'm paying the universe back for all of the good that has happened to me," she says, "It's really amazing to help people just feel better and know they don't have to hide."

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For many people, fall brings an important opportunity: open enrollment. While it may not sound as exciting as planning for the holidays, taking a careful look at your workplace benefits now could save you hundreds or even thousands of dollars next year.

Open enrollment is the period when you will choose your medical and other workplace benefits for the year ahead. Most employers hold it in the fall, with elections taking effect in January. Once the window closes, you usually can't make changes unless you experience a major life event like marriage, divorce, the birth of a child or when a dependent has become an emancipated adult.

While it may be easy to simply renew last year's choices, that could be a costly mistake. Your employer's plans, providers or costs may have changed. It's also possible your own circumstances are different than they were a year ago — for example, if you had a baby, got married or expect new medical needs. Taking a fresh look helps ensure your benefits match your life today.

Here are a few tips for navigating open enrollment.

Compare health plans carefully. Employers often offer more than one health, dental or

vision option. Look at differences in provider networks, prescription coverage and premiums. If you and your spouse both have coverage options, compare plans across employers. Just be mindful that some companies charge a fee if you enroll a partner who has their own workplace coverage. Many plans offer wellness discounts on monthly premiums based on your personal health condition.

Check your life insurance. Many employers provide a base level of life insurance, with the option to buy more. If your family has grown or your financial responsibilities have increased, now is the time to make sure you have enough coverage to protect your loved ones.

Consider disability coverage. A short-term disability plan can help cover income gaps for up to 12 months during recovery from surgery, illness or childbirth. Long-term disability insurance offers protection if you're unable to work again for an extended

period up to age 65. Ideally, coverage should replace up to 60% of your pre-tax income.

Understand supplemental options. Some employers also offer accidental death and dismemberment (AD&D) insurance. While it can provide peace of mind, remember that it's not a substitute for life or disability insurance, since it only covers specific accidents.

Take advantage of tax-friendly accounts. Flexible spending accounts (FSAs) and health savings accounts (HSAs) let you use pretax dollars for eligible medical expenses. If you have young children or other dependents, ask whether your employer offers a dependent care FSA to help offset care costs. Note that these are use-it-or-lose-it, so contribute only what you expect to spend every year. HSAs, available with high-deductible health plans, are more flexible, since unused funds roll over from year to year and can even serve as long-term savings.

Review your retirement savings. While your retirement plan usually isn't part of open enrollment, this is a good time to revisit it. Make sure you're contributing enough to earn your employer's match. Small increases can make a big difference over time.

Open enrollment may not be the most thrilling item on your fall to-do list, but it could be one of the most important. Taking a little time now to review your employee group benefits could give you greater financial security and extra savings throughout the year.

For more information contact:

Todd Miller
O: (781) 652 - 9573 call or text
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McKeown Honored with Appreciation Award from VFW

By DAVID DUNBAR

“Congratulations!”
“Well deserved, my friend.”
“No surprise you got this.”
“Quite the honor and recognition.”
“Wicked pissah!”

These are a few of the 69 comments about a recent Facebook posting that also got 124 likes and loves. Here’s the posting by Tina McKeown, the senior vice president of the Auxiliary at the Bellingham VFW:

“Last night, I was caught off guard and so surprised to receive an appreciation award from the members of VFW 7272 Bellingham MA for all that I do for veterans and our community. I am so grateful for all the members, our Auxiliary and all the patrons and friends that support all the events by myself and our amazing Auxiliary! This is such an honor to me to receive this award but want you all to know none of it is possible without all of you! Our supporters truly make the magic happen!”



Auxiliary Senior Vice President and longtime supporter, Tina McKeown, was awarded the 3rd Annual Appreciation Award by Post 7272. From right, Commander Kevin T. Calnan, Vice Commander Steve Shea, and Quartermaster Chris Condon presented her with a plaque in recognition of her unwavering support of Post 7272 and veterans’ organizations throughout the year.

The Auxiliary is a group of volunteers that organizes and puts on a variety of fund-raising events and activities for the local VFW post and some community organizations.

Post Commander Kevin Calnan said about McKeown, “She has a very kind heart and is always looking to do something good. The work being done by her and the Auxiliary, plus by the post, complement each other and make Bellingham a better place to live. She is a positive force in our lives, and this recognition is well deserved.”

He adds, “Tina’s hard work, generosity, and commitment to our mission do not go unnoticed. She embodies what it means to serve with heart, and we are so grateful for everything she does for our veterans and our community.”

McKeown is putting together free dinners for “everyone who doesn’t have a place to go” for Thanksgiving and Christmas. She’s also working on a brand-new project called the Veterans’ Appreciation Ball on November 15 from 6-10 p.m., at the Bellingham VFW Post. “It’s a sit-down dinner and dancing. Free to vets; \$20 to others who’d like

to attend and support the Post.”

In the past, she helped with the Memorial Day Parade (this year, she made 650 patriotic trinkets to hand out), various raffles held at the Post, and community events that included not just vets. “I have a lot of help from the Auxiliary,” she says.

Last Thanksgiving, McKeown volunteered to help the Woonsocket, RI, VFW post put on its annual dinner. “We met a husband and wife who were alone and had an open bag on an empty chair next to them,” she recalls. “They were filling it with food to take with them. We told them they didn’t have to do that, and that we’d give them additional food.”

McKeown, who lives in Bellingham with her husband, was introduced to the VFW years ago in Natick when her grandfather, a veteran of World War 2, brought her to the Post. “It’s an honor to help veterans,” she says, and adds, “I was made for this!”

Folks who would like to join the Auxiliary (you don’t have to be a veteran) can visit the Post at 940 South Main Street in Bellingham for more information.

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*Your Money, Your Independence***Use November to Finalize Year-End Success and Plan for 2026****Glenn Brown, CFP**

November is a pivotal month for financial planning — the time to measure progress, make final strategic tax decisions for 2025, and prepare for 2026. Wait until December, and your finances might get lost somewhere between pumpkin pie and ugly holiday sweaters.

Here's what you do now to stay in control.

1. Review Your Planning Goals

Have you met savings and investment targets? Paid down debt? Improved spending habits? Reviewing your progress helps identify what to accelerate before December 31 and where to focus in 2026.

2. Tax Planning Strategies

November is ideal for evaluating tax opportunities while there's still time to act.

- Does a Roth conversion or switching future 401(k) contributions to Roth make sense?

- If converting, what's your projected 2025 tax bracket, and how much room remains before moving up a bracket?
- Are you or a grandparent planning to gift more than \$19,000 to a child's 529 Plan?
- Are you self-employed and opening a Solo 401(k)? The plan must be created by December 31, though contributions can be made until your 2026 tax-filing deadline.

Regulatory Update & Gifting: The OBBA Act of 2025 made many TCJA provisions permanent, including lower income tax brackets and the higher standard deduction, so the expected 2026 "rate reset" won't occur. Some temporary provisions — like higher SALT deduction limits and expanded child/education incentives — phase down later. Consider whether realizing income, Roth conversions, or charitable deductions in 2025 could improve your long-term tax plan.

The annual gift tax exclusion remains \$19,000 per recipient for 2025, and the federal lifetime gift and estate tax exemption rises to \$15 million per individual starting January 1, 2026. The top estate and gift tax rate stays 40%.

3. Open Enrollment and Workplace Benefits

Open enrollment is your yearly chance to review benefits:

- Does your health plan still meet your needs?

- Should you fund an HSA or FSA for pre-tax medical savings?
- Do supplemental life, disability, or dependent care benefits make sense?

Use Your FSA Before It Expires: FSAs are "use-it-or-lose-it." For 2025, employers may allow up to \$660 to carry over into 2026, or a 2½-month grace period—not both. If you don't use it, it's gone — unlike that leftover Halloween candy you somehow keep eating through March.

4. Evaluate Your Investment Portfolio

Review your asset allocation and rebalance if needed. Diversification across asset classes — not just equities — helps manage risk.

If nearing retirement or expecting major expenses, plan how to access funds efficiently. Tailor your strategy by account type (taxable, traditional, Roth, HSA) to balance liquidity,

growth, and tax efficiency.

5. Cash Flow & Emergency Savings

Review cash flow and savings. Retirees using a Bucket Strategy should replenish cash to cover short-term income gaps over 2–3 years. Working individuals should maintain 3–4 months of liquidity and access to credit (e.g., HELOC) for unexpected expenses.

6. Don't Forget Your RMDs

For 2025, the Required Minimum Distribution (RMD) age remains 73. Inherited IRAs from non-spouses after 2019 require annual RMDs within the 10-year rule. Penalties have been waived through 2025 but take effect January 1, 2026.

Conclusion

November is a month for reflection, gratitude, and preparation. Reviewing finances now can set you up for a stronger

2026 — and help you avoid that awkward moment when you realize you splurged on "holiday gifts" for yourself.

If you're unsure where to start, connect with your Certified Financial Planner® to finish 2025 strong and position yourself for success in the year ahead.

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

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

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The b.LUXE *beauty beat*

A Season of Gratitude

BY GINA WOELFEL

b.LUXE Owner Heather Cohen on What's Inspiring Her this Fall...

November always makes us pause and reflect on what we're thankful for, not just in life, but here at b.LUXE. What started as a dream has grown into something bigger than all of us could have imagined, and that's because of the people who show up every day.

When you enter the salon, you'll see over 35 women who genuinely, wholeheartedly support and respect each other. There's laughter, collaboration, and real encouragement. Clients feel it the moment they walk in.

Our Team - The Heart of b.LUXE

"What makes our team special isn't just talent, it's how we show up for each other," says Heather. "Jumping in to help during a busy Saturday, celebrating wins, or problem-solving together when challenges arise, there's a genuine care that runs through everything we do. It's the kind of environment where everyone feels valued, and that energy radiates to every person who walks through our doors."

When asked to pinpoint one thing she's especially proud of, Heather told me, "Watching our team work and grow together to help the junior staff and apprentices become confident stylists and estheticians. We don't refer to our clients as 'mine' or 'yours', we take care of every client together. That spirit is what makes this place so exciting."

Behind the Scenes

Running b.LUXE takes a village, and Heather knows she has the right people at the helm. "Angie, our salon manager, is the glue that holds everything together," she says. "She somehow manages to coordinate a million moving parts while keeping our front desk team in sync so no client ever feels overlooked. I really don't know what I'd do without her!"

"And speaking of our front desk team, you know how some people just have that gift of making you feel welcome the second you walk in? That's them," says Heather. "They keep things running smoothly even when we're completely slammed. The whole b.LUXE experience starts right there at the front desk, and we

mean it when we say we'd be lost without them."

A Salon That Gives Back

"From the beginning, I wanted b.LUXE to be more than a place to get your hair done, I wanted it to be somewhere people grow, learn, and feel supported, and that includes giving back to the community," says Heather. "This year, we've continued supporting organizations like PAWS New England, The Medway Food Pantry, Franklin Food Pantry, Stairs for Troops, The Santa Foundation, Gilly's House in Wrentham, The Hummingbird Foundation, and many of our surrounding towns' sports teams and school programs. We also fund our yearly scholarship with The Martello Institute of Beauty in Cancun, Mexico, covering two full cosmetology tuitions. Being the helping hand that helps future stylists pursue their dreams has always meant a lot to me."

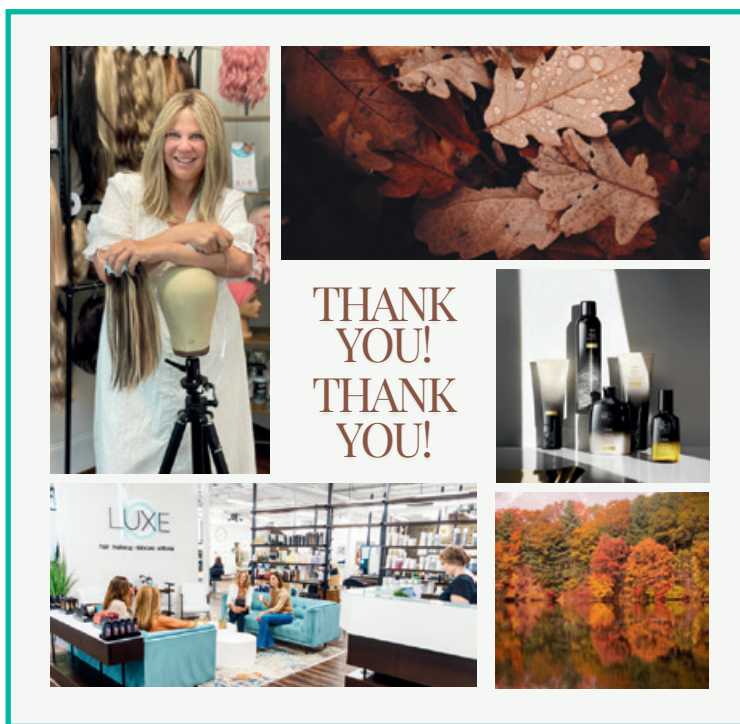
Wigs and Toppers: A Mission Close to My Heart

"Of everything at b.LUXE, our Wigs and Toppers program has really become something special to me," says Heather. "After my own hair loss during rheumatoid arthritis treatment, I knew I wanted to help others going through the same thing. This year, we partnered with organizations like the Susan G. Komen Foundation, Gloria Gemma Breast Cancer Foundation, Dana-Farber Cancer Institute, and hospitals across Boston to help women facing medical or age-related hair loss."

She continues, "Recently, I had the honor of being nationally featured on NBC News for this work. Seeing our mission recognized across the U.S. was humbling, and honestly a bit surreal. But the real reward is still sitting with a client, hearing her story, and helping her feel like herself again." Heather often tells her team, "Hair is never just about looks, it's about confidence, dignity, and feeling whole again."

Our Clients and Community

"To our clients: thank you for trusting us," says Heather. "You share your wedding days, your



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fresh-start cuts, your vulnerable moments, and everything in between. That trust means everything to us."

She continues, "I also want to give a huge shout-out to Medway and our surrounding MetroWest communities. We're so lucky to be part of a town that truly supports local businesses and shows up for each other. From our amazing neighbors here at the Medway Mills to fellow business owners who cheer us on, to the people who stop by just to say hello, this community has embraced b.LUXE in ways I never expected. You've celebrated our wins, referred your friends and family, and made us feel like we truly belong here. That kind of support doesn't go unnoticed, and we're so grateful to call Medway home."

"And if you haven't heard yet, we're running our most popular special, now through the end of the year: Buy 3, Get 1 FREE on all retail products. Stock up on your favorites or get a head start on holiday gifting!"

Heather adds, "This holiday season, we're proud to support The Santa Foundation, and we'd love your help donating to families in need. Scan the QR code above for their donation link. I'm so grateful for each of you. Thank you for being part of this journey and making b.LUXE what it is today."

With gratitude,
Heather Cohen
Owner, b.LUXE Hair and Makeup

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Pete's Bluebird Sign to Go to Highest Bidder!

By JENNIFER RUSSO

When Billy Coniaris' father came over from Greece and began Pete's Bluebird (first known as the Bluebird Inn), he may not have realized that it would become one of the most iconic restaurants in Bellingham for 82 years.

Residents would go in for their signature sirloin steak, grilled to perfection on the same boiler, their delicious chicken wings, a burger, or some grilled cheese. Everyone knew to get there early, because once the steaks were gone for the day, that was it. When the restaurant was sold in 2022, following some struggle due to the pandemic, people of Bellingham and nearby towns mourned its loss.

Now, the iconic Pete's Bluebird restaurant sign is up for auction, so one lucky winner could be its new owner, proudly displaying it at their own home or business!

Interested in owning this piece of Bellingham history? This is a sealed auction bid, which means you simply fill out the bid form,



make an offer, and put it in a sealed envelope, which is then sent to our Town Clerk. The envelopes will be opened at the Bellingham Historical Commission meeting on November 17th, and the highest offer takes the sign home!

The proceeds from the auction for the sign, donated by Mr. Coniaris himself, will go toward the Bellingham Historical Commission to provide more research and education about Bellingham's rich history. All bids must be received by noon on November 17th.

Find the bid form and more information here: <https://www.bellinghamma.org/Document-Center/View/4145/Petes-Auction-Form>

Good luck!

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Proceeds from the auction to benefit the Bellingham Historical Commission

Bellingham Fire Department to Hold Open House Nov. 1

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.

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The Show Must Go on for BHS Drama Club

Student Production of Peter and the Starcatcher November 21st & 22nd

The BHS Drama Club is back in full swing, and full costume, after a hiatus in 2022 and 2023. Under the direction of Parae-educator Sarah Dube, Drama Club Advisor, about 18 Bellingham High School students, including two Bellingham home

schoolers, will perform *Peter and the Starcatcher*, by Rick Elice, on November 21st and 22nd.

Dube was offered her position last year, after applying for a different job, she says.

"I have been performing across New England since I was

six, (with) off-Broadway credits and regional credits on resume. It was my whole life for awhile," says the 25-year-old. Dube has a bachelor's in Communications and English and is studying for her master's in Theatre Education.

"This is my first time directing officially," says Dube, "It's been a learning experience for me as much as it has been for my kids."

Dube chose *Peter and the Starcatcher*, which she calls "the back story of Peter Pan," because she thought it would resonate with audiences, and because her crew of young actors this year "are really funny. They're really good at comedy, and this was a show I felt they could really shine in that aspect, but which also would really push them to expand on those skills."

The two stars of the production are ninth graders that Dube worked with last year. Ava Ramirez plays "Peter," and Charlotte Anderson plays "Molly."



Members of BHS Drama Club rehearse a scene from *Peter and the Starcatcher*, which they will perform on November 21st and 22nd.



Young BHS Drama Club Advisor Sarah Dube is directing these 18 students. "It's been a learning experience for me as much as it has been for my kids," she says.

"They're just the most driven, determined students. Both have a deep passion or theatre, both work incredibly hard, both take on really any opportunity presented to them. Charlotte is part of the leadership board, and they're also both in the process of being inducted into the International Thespian Society, the honor society for high school drama. It's a really cool organization I was also involved in in high school, so I'm really excited to see my students go through that process as well."

Other members of the cast include: Angelina Chann "Black Stache," Mackenna Preve, "Smee/Greggors," Trevor Verdone, "Lord Aster," Lillian Ansell, "Prentiss," Felix Tuntungian, "Ted," Lani Gomes, "Mrs. Bumbrake," Aida Robinson, "Alf," Briar-Rose MacNeil, "Gremkin/Sanchez," Cyrus Steman, "Mack/Fighting Prawn," Grace Shea, "Bill Slank/Hawking Clam," Anna Steman, "Teacher," Avery Donovan, "Captain Scott," and Seth Pierce, Julianna Gerraughty, Isabella Underwood, Alice Teixeira, and Anna Steman "Ensemble."

In addition to the cast, is Stage Manager Govardhini Damodaran and Assistant Stage Manager Linh Giang, as well as members

of crew that paint and build props, work on the sets, help with costumes and work on marketing.

"During the show, we have a run crew backstage which helps everything move smoothly," says Dube, "and then the students who run sound and the light board." Other departments in the school also get involved, she says, with the art department helping build sets and the marketing class helping spread the word.

"This year, now that people know that we are here and established, we've had a lot of members of the community show their support even this early into the school year, which is really exciting," says Dube, who wanted to extend her gratitude to PJ's Bar & Grill for a recent fundraiser donating 20% of a night's profits. "There are a lot of local businesses in that same area that have offered their support for the drama club. It's wonderful," says Dube.

All these young thespians need now is an audience. You can watch the BHS Drama Club perform *Peter and the Starcatcher* on Friday, November 21st at 7:30 p.m. and on Saturday, November 22nd at 1:30 p.m. Tickets are \$5 for students, \$10 for adults.



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Bellingham Scouts “Scouting for Food” Drive November 8th

BY GRAYDON WEBB

Though the weather outside may spell otherwise, Autumn has officially arrived, and with it, the annual Scouting for Food drive is underway! Hosted by the Bellingham Cub Scouts, Troop 14 and Pack 118 are coming together once more to collect non-expired, non-perishable foods for those in need. This year, the drive will benefit the local Loaves and Fishes Food Pantry of St. Blaise Catholic Church, located at 1158 South Main Street in Bellingham.

The Loaves and Fishes Food pantry is part of the Feeding America network, through a partnership with the Greater Boston Food Bank. As their website states, “each year the Loaves and Fishes Food Pantry serves hundreds of individuals and families in need in our local community.” At the direction of Sue Durkin, Loaves and Fishes provides food to over 100 households every month, in total reaching over 300 individu-

als. One of the volunteers, Bev Sherrill, tells us the Food Pantry strives to “support the people in need within our community and... provide healthy food to them on a weekly basis.”

Listed on the Loaves and Fishes website are several items the Pantry is most in need of.

Healthy alternatives like whole-grain cereals and gluten-free items are essential, as well as canned fruits, vegetables, and soups. Even personal hygiene products and household items can be donated, from soaps to detergent to toilet paper. Every little bit helps, and the St. Blaise Pantry aims to help the locals as best as they can.

The local Scouts’ food drive comes to Bellingham each year around Thanksgiving time, and St. Blaise is no stranger to the

holiday. Their Food Pantry offers a “Thanksgiving Basket program,” and during Christmastime, they work with the community through an Adopt-a-Child program, ensuring those less fortunate can enjoy the spirit of the holidays, thanks to local donations.

Speaking of the Thanksgiving Baskets, Sue Durkin tells us the Pantry is especially looking for “traditional sides” at this time, like stuffing, cranberry sauce, gravy, or canned veggies.

We spoke with Sue about what the annual Scouting for Food drive means to St. Blaise, “It’s wonderful to know that we can rely on the Boy Scouts, Cub Scouts and Girl Scouts to run a food drive for us every November. It helps us to get ready for our busiest time of the year (November and December) when



Again, please make sure all donated goods are not expired, and non-perishable. The Scouts will also be accepting supermarket gift cards in any denomination, provided they are clearly labeled with the donation amount.

As for daily operations, the Loaves and Fishes Food Pantry is open every Tuesday from 11 a.m. to 12:30 p.m. They also accept donations on Mondays, 9-11:30 a.m., and Tuesdays 9 a.m. - 12:30 p.m., respectively, as well as before weekend Masses at the church. Non-perishable donations will be collected by volunteers, but anything perishable like frozen meat or fresh produce should be brought straight to the Food Pantry itself.

Thank you to Amanda of Pack 118, as well as Sue Durkin and Bev Sherrill for helping us spread the word on this community event!



requests for help are always the highest. It’s heartwarming to see the kids and parents so dedicated to supporting us in our mission to reduce hunger in our community.”

This year’s Scouting for Food drive will occur on Saturday, November 8th from 9 a.m. to 2 p.m. They will be setting up multiple drop-off locations around town for donations.

The Market Basket on Hartford Ave, and the Stop & Shop on Pulaski Boulevard will be available, as well as St. Blaise Church itself on South Main St.

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Exsultet! Plans Two December Concerts

Exsultet! A Celebration of Voices will hold two December concerts, the first to take place on Friday, December 5, 2025 at 7:30 p.m. at the Christ Lutheran Church, 113 Union St., Natick, and the second on Sunday, December 7, at 2 p.m. at the First Congregational Church, 725 Washington St., Holliston. Tickets are \$20 for general admission, \$15 for students and seniors, and free for children aged 12 and under. Visit www.exsultet.us for more information.



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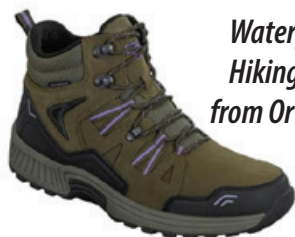
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A Successful Return for Harvest Fest 2025

By KEN HAMWEY,
BULLETIN STAFF WRITER

Harvest Fest 2025 was a dynamic success.

The family-focused event, which was making a comeback at the Bellingham Town Common after a five-year absence, played host to a happy crowd on Saturday, Sept. 20.

The town's two Baptist Churches — First Baptist Church and Bible Baptist Church — organized the day's activities that featured 58 vendors who offered a variety of products. Children enjoyed rides, face painting, a



Children got their chance to go on a bouncy obstacle course during Harvest Fest activities at the Bellingham Town Common.



Fifty-eight vendors participated at Harvest Fest in Bellingham where plenty of jewelry was on display.

bouncy obstacle course, a karate exhibition, a corn-hole tournament, a sack race, egg race and a three-legged race. A Christian band provided music during the four-hour entire event.

Harvest Fest began in 2017. Brought back after COVID-19 forced a hiatus, it aims to help feed the needy. After expenses (police detail, permits, entertainment costs, etc.), remaining funds, a sum of \$2,000 has been designated for food pantries, along with all the non-perishable food-items that were donated.

"When COVID happened, churches shut down, then struggled to regain attendance," said Pastor Baron Rodrigues of the First Baptist Church. "We didn't have the people or the funds to continue with Harvest Fest. During the pandemic, I saw cars lined up at St. Blaise Church's food pantry and realized how many people were suffering. My heart was burdened. That's when I felt that a family day was needed to meet the needs of our community."

Sponsors included Imperial Cars, Our Town Publishing (Bell-

ingham Bulletin), the Bellingham VFW, Middlesex Savings Bank, Cook Valley Farm, Unibank, Mass. Armament, Dean Bank, WMRC Radio, Pearls Candy and Nuts, Muffin House Café, LifeFunction, Franklin Rail Trail, Whole Foods, Butler & Sons Tree Service, Medway Café, Brian's Country Greenery, Town Pizza & Café, and the Bellingham Lions Club.

Michael Carrier arrived at Bible Baptist Church in 2022 as its 32nd pastor, and he was delighted to participate in his first Harvest Fest.

"We want to extend our heartfelt thanks to all of the volunteers, sponsors, vendors, and our Select Board for coming out and making this year's Harvest Fest such a tremendous success," he said. "It truly was a community effort, and every helping hand made a difference. Above all, we give praise to Jesus Christ, our Savior, who guided each step of preparation and blessed the day beyond measure."

Pastor Rodrigues echoed similar praise. "We're thankful for all the volunteers and the vendors

and sponsors who partnered with us to provide fun and also help the needy in the surrounding communities. It's about having fun, but also about those in need. That's the prime focus."

Both churches have been fixtures in Bellingham for a lengthy stretch.

The First Baptist Church, which was founded in 1737, played a key role in America's fight for independence. Its meeting house was a focal point where pastors met to plot their fight for religious freedom, and its second pastor was Noah Alden, a descendant of John and Priscilla Alden of Plymouth Colony. Alden later became a religious adviser to President John Adams.

Bellingham Bible Baptist Church began 150 years ago when Noah J. Arnold and Varnum J. Bates gathered with a small group of believers above their grocery store on Maple Street. These men laid the spiritual foundation of what would become the North Bellingham Baptist Church in 1867. Thanks to a generous land donation by Deacon D.A. King, the current building was completed and dedicated in March 1908. Thirty-one pastors served faithfully before Pastor Carrier was called in 2022.

The date for next year's Harvest Fest will be Saturday, Sept. 26, with a rain date of Oct. 4.

Fliers promoting Harvest Fest put this year's event in perspective: "Bring the whole family for a day filled with laughter, excitement, and unforgettable memories."

"Praise God, our mission was accomplished," Pastor Rodrigues concluded.

Santa Foundation Celebrates 40 Years, Its Renewal, and a Future of Giving

Dick Timmons, of the Santa Foundation, felt he kept an important promise last month, following a successful celebration and fundraiser for the 501 c3 organization that has served over 30,000 local families with gifts, toys, clothing and support since it began in 1985.

“When I looked out over the sold-out 40th Anniversary Gala, I knew there would be one big man looking down with a smile on his face . . . as Bob Sullivan lay in his bed knowing he would be leaving us soon, surrounded by his loving wife Elaine and family, he looked at me and whispered, ‘Please keep the Santa Foundation going!’

“It was in 2019, followed by COVID that not only shook the Santa Foundation, but the country. We survived but needed to relocate and get some additional help! We have now relocated and added key people like Joe & Pam Formosa, Karla Boudreau and Cindy and Patrick Timmons playing larger rolls! We are now in a much better place, looking forward to many more years of helping local families in the over 20 communities we serve,” said Timmons.

Board member Karla Boudreau kicked off festivities, thanking “the Elks, our entertainers (Ken Barney and Mirror’s Edge), florists (Flower’s and More, Luna’s Flower Shop, Black Opal Florist and Designs by Lorraine), and bakers (Muffin House, Twist

Bakery, and Wright’s Dairy Farm) for their contributions” to the evening, an “incredible team of volunteers,” and those in the community who partner with the foundation to bring the magic of Christmas to “countless deserving children and their families.”

The event included a beautiful Christmas tree door prize with handcrafted ornaments and Meme’s stockings, handcrafted ornaments for attendees, and a wide range of raffles donated by various businesses and organizations.

Later, Pat Timmons, whose grandfather was Robert Sullivan, gave a toast celebrating how the Santa Foundation’s “hard work always transforms into something beautiful: joy.”

Later this month, the Santa Foundation will place Giving Trees at various locations around town. Tags on the trees represent the wishes of a member of a family in need, and those with generous hearts are encouraged to take a tag and fulfill a wish to help neighbors enduring tough times feel the joy and comfort of the holiday season. Giving Trees will be located at:

- Advanced Auto, 45 Pulaski Blvd. Bellingham
- Grove Street Auto, 79 Grove Street, Franklin
- James Breakfast & More, 850 Franklin St., Wrentham
- King Street Cafe, 390 King St., Franklin
- Middlesex Bank, 1000 Franklin Village Drive, Franklin
- Norfolk Credit Union, 194 Main St., Norfolk
- Postal Center, 279 E Central Street, Franklin
- Postal Center, 9 Medway Rd., Ste. C, Milford
- Postal Center, 14 Milliston Rd., Millis
- Salon Elan, Inc., 9 Summer St., Ste. 102, Franklin
- Franklin Tile, 168 Grove St., Franklin
- Mak’s Roast Beef & Breakfast, 451 W. Central St., Franklin



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

- Franklin Police Department, 911 Panther Way, Franklin
- Medway Police Department, 315 Village St., Franklin
- Norfolk Fire Department, 117 Main St, Norfolk
- Wrentham Police/Fire Department, 89/99 South St., Wrentham
- Douglas Police Department, 29 Depot St., Douglas



- Norfolk Sheriff’s Department, 200 West St., Dedham

For more information on the Santa Foundation, visit www.sfjoy.org.





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What It Is and How to Treat It

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

Glaucoma is one of the leading causes of preventable blindness, affecting millions of people worldwide. Often called the “silent thief of sight,” glaucoma usually develops slowly and without symptoms. By the time people notice vision changes, significant and irreversible damage may already have occurred.

So, what exactly is glaucoma, and how is it treated today? Let’s take a closer look at this common but serious eye condition—and the many advanced treatments now available.

What Is Glaucoma?

Inside your eye, a clear fluid called aqueous humor circulates to nourish tissues and maintain healthy pressure. Normally, this fluid drains through tiny channels. In glaucoma, those channels become blocked or don’t work properly. Pressure builds up and damages the optic nerve—the cable that carries visual signals from your eye to your brain.

The most common type, called open-angle glaucoma, de-

velops slowly over time. Other forms, like angle-closure glaucoma or normal-tension glaucoma, are less common but can also cause vision loss.

How Is Glaucoma Detected?

Because glaucoma often has no warning signs, regular eye exams are essential. Your eye doctor can measure your eye pressure, examine your optic nerve, perform a visual field test, and use imaging (like OCT scans) to look for early damage. Detecting glaucoma early is the best way to preserve your vision.

Treatment Options

The main goal in treating glaucoma is to lower eye pressure and protect the optic nerve. Fortunately, there are now many options—from simple eye drops to sophisticated laser and surgical procedures.

1. Eye Drops

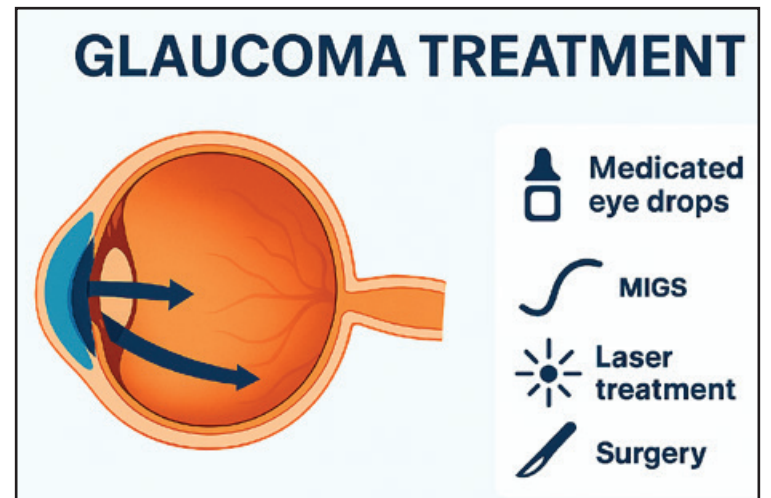
Eye drops are usually the first line of defense. They either help your eye drain fluid better or slow down its production.

- **Prostaglandin Analogs** (like latanoprost, bimatoprost,

and travoprost): These are among the most common and effective glaucoma drops. They’re typically used once a day and can lower eye pressure well. Some patients may notice red eyes, longer eyelashes, or a slight darkening of the iris or eyelid.

Now, there’s an exciting new advancement: **iDose TR**—a tiny injectable device placed inside the eye that slowly releases medication over many months, so patients don’t have to use daily drops. Another long-lasting option is **Durysta**, a biodegradable implant that steadily delivers medicine inside the eye. These treatments reduce the burden of daily drop use and help maintain consistent eye pressure.

- **Beta Blockers** (like timolol): These reduce the eye’s fluid production. They’re effective but can sometimes cause fatigue, slower heart rate, or breathing issues in patients with asthma.



- **Alpha Agonists** (like Brimonidine) and **Carbonic Anhydrase Inhibitors** (like Dorzolamide): These drops also lower eye pressure in different ways, though they can cause dryness, mild stinging, or allergic reactions in some patients.

- **Trabeculectomy:** This surgery creates a new pathway for fluid to drain from the eye.
- **Aqueous Shunt or Tube Implants:** These use small drainage tubes to help fluid leave the eye safely.

For those who struggle to remember daily drops or experience side effects, these new sustained-release options are changing how we manage glaucoma and are quickly replacing drops as first line of treatment:

2. Laser Treatment (SLT)

Selective Laser Trabeculoplasty, or SLT, is a gentle, in-office laser procedure that helps the eye’s natural drainage system work better. It takes only a few seconds, is painless, and can lower pressure just as well as daily drops for many patients. SLT is safe, repeatable, and eliminates the need to remember medications (drops)—it’s a great choice for many patients. SLT is quickly replacing drops as first line treatment for glaucoma.

3. Minimally Invasive Glaucoma Surgery (MIGS)

For patients needing more pressure reduction—or those already having cataract surgery—MIGS procedures are an excellent option. These involve placing tiny stents or micro-devices (like the iStent, Hydrus Microstent, or Xen Gel Stent) to improve drainage through small, self-sealing incisions. Recovery is usually quick, and the risks are lower than with traditional surgeries.

4. Advanced Glaucoma Surgeries

In more advanced cases, or when other treatments aren’t enough, traditional surgeries can achieve stronger pressure control.

Although these procedures require close follow-up, they remain highly effective for patients with advanced glaucoma, however they are risky procedures.

In Summary

The good news is that glaucoma care has advanced tremendously. From effective drops and innovative implants like iDose TR and Durysta, to gentle laser treatments and modern microsurgeries, we have more tools than ever to protect your sight.

The key is early detection and ongoing care. Regular eye exams allow your doctor to catch glaucoma before it causes permanent damage and to tailor treatment to your specific needs.

At Milford Franklin Eye Center, we are committed to offering the latest advancements in glaucoma care, including iDose TR. We are proud to have performed one of the first iDose TR procedures in New England at our Cataract and Surgery Center of Milford. As a leader in advanced eye care technology, we are thrilled to be among the pioneers of this groundbreaking treatment. Our surgery and surgeon were featured in a segment broadcasted on Channel 5 TV. We are available for second opinions and dedicated to providing world-class outcomes.

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

In the October edition of the *Bulletin*, you were introduced to 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.

This month we showcase five additional Blackhawks who will be inducted into the Hall of Fame on Friday, November 21st @ The Bellingham Coachmen's Lodge

The 2025-26 hockey season will mark the programs 47th year and it all began with **Roger Guillemette**. He would prove to be the perfect choice to launch Bellingham High School's hockey program in 1978 bring immediate success and leave a lasting impact. In just four years as head coach, he led the Blackhawks to 45 victories including an historic playoff appearance at the Boston Garden in 1979. His leadership turned a brand-new team into a competitive force, highlighted by an impressive 15-5-1 record in just their second season. Although he credited the program's early success to strong youth development and a talented, coachable group of players, his time at Bellingham remains a defining chapter in the school's athletic history.

Lisa Payne was one of Bellingham's most accomplished multi-sport athletes, excelling in field hockey, track, and softball. She led the school to its first state championship in field hockey in 1985 as a standout goaltender with 16 shutouts in 25 games. A captain and TVL all-star in all three sports, Payne won back-to-back state titles in shot put, set a league record with a throw of 41 feet, 6½ inches, and placed 6th at nationals in 1987. She was named a *Boston Globe* All-Scholastic Athlete that same year. A strong softball player, she was known for her hitting and catching. After graduation, she played both field hockey and softball at the University of Rhode Island on scholarship. Her success and versatility set a high standard for future Blackhawk athletes and remains a proud part of the school's sports legacy.

John Simpson played a vital behind-the-scenes role in the rise of Bellingham High School basketball, laying the foundation for future success through his work with the town's youth program. In 1979, he helped resurrect and lead the Bellingham Youth Basketball League, creating a pipeline of talent that would ultimately contribute to the school's first state championship in 2003. A tireless volunteer

with a strong work ethic, Simpson ran the league for 11 years, impacting countless young athletes. Though he avoided the spotlight, his dedication continues to be honored, almost 50 years later, through the annual John Simpson Award, given to the high school team's most dedicated player.

The father-son combination of **Harold and Kevin Maines** round out this year's class. Harold Maines was a tireless advocate for Bellingham's student-athletes, dedicating decades to supporting youth and school sports across the community. As Co-Founder and President of the Bellingham High School Touchdown Club, and longtime President and Coach of the Bellingham Falcons, he helped build the foundation of local football. A 16-year member of the Bellingham School Committee, he was instrumental in the approval and expansion of sports and arts programs, including hockey and indoor track, always championing opportunities for student growth. Beyond the boardroom, Harold gave his time as a coach and officer for Bellingham Little League and Senior League, held the down markers at BHS football games for over a decade, and officiated baseball, soccer, and

basketball at the high school and college levels. His unwavering support and leadership made a lasting impact on generations of Bellingham students both on and off the field.

Kevin Maines was a remarkable three-sport athlete, earning an astounding 11 varsity letters across football, basketball, and baseball at BHS. A four-year starter in both football and baseball and a 3-year contributor in basketball, he was named team captain five times and team MVP in all three sports. As a versatile football player, he starred as quarterback, defensive back, punter, kicker, and returner—passing for over 1,000 yards three times and rushing for over 500 yards twice—while making history as the first to lead BHS to a non-losing season in 1971. On the baseball diamond, he

led the league in home runs his junior and senior seasons and posted standout averages using only wooden bats, while excelling defensively with a perfect fielding percentage over three years. After graduation, Kevin continued to give back to BHS as a football assistant and later as head coach of the Indoor Track program, demonstrating his lifelong commitment to Bellingham athletics.

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). Currently, a waitlist for tickets exists as we finalize inductee friends and family requests. Please email Aley Thibault (Alessandria.tbo@gmail.com) if interested.



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Bellingham Lions Club Announces Festive Lineup of Holiday Events

The Bellingham Lions Club is excited to kick off the holiday season with a series of community events designed to bring joy, connection, and festive cheer to residents of all ages.

Santa Ride Around Town, Friday, November 28 – Sunday, November 30

Santa Claus will be making his way through Bellingham neighborhoods over three magical evenings. Families are encouraged to check the Lions Club's Facebook page for detailed route information.

Questions or concerns? Please message us directly through Facebook.

Senior Lunch at the Bellingham Senior Center, Saturday, December 6

The Lions Club invites local seniors to a warm and welcoming holiday lunch at the Bellingham Senior Center.

To reserve a spot or for more information, please contact the Senior Center at (508) 966-0398.

Annual Holiday House Decorating Contest

Throughout December

Get ready to light up the town! Residents are encouraged to participate in the annual Holiday House Decorating Contest. Judging will take place in December, with winners announced later in the month.

Full contest details will be available in the December edition of the Bellingham Bulletin and on the Lions Club Facebook page.

The Bellingham Lions Club is proud to continue its tradition of community service and holiday celebration. We look forward to seeing you at these events and sharing the joy of the season together.

Santa Is Coming to Bellingham!

Once again, Santa will take to the streets of Bellingham with the Bellingham Lions on:

- Friday, November 28
- Saturday, November 29
- Sunday, November 30

A photographer will be on hand to capture festive photos with Santa for a \$5 donation to the Loaves and Fishes Food

Pantry. Of course, everyone is welcome to take their own selfies with Santa too!

Below is the list of stops Santa will be making around town. You can follow his progress in real time on the Bellingham Lions Facebook page, where the elves will be posting updates with approximate arrival times at each location.

Santa will have donation boxes on board his sleigh for families who wish to contribute to the Loaves and Fishes Food Pantry and help support those in need this holiday season.

Any questions please message us through our Facebook page. We look forward to seeing you there and spreading holiday cheer throughout Bellingham!

Friday November 28th	Saturday November 29th	Sunday November 30th
Starts from 28 Blackstone Street (11:00 AM)	Starts from 28 Blackstone Street (11:00 AM)	Starts from 28 Blackstone Street (11:00 AM)
Thayer Rd / Brookside Rd	Susan Ln & Sharon Ave	Debra Ln
Bellwood Cir & Mendon St	20 Lizotte Dr	46 Saddleback Hill Rd
Main Ave & 4th Ave	Elaine Cir (cul de sac)	12 Saddleback Hill Rd
115 N. Main St (Oakwood Apts) (Pull in and turn around)	6 Ernie Dr (cul de sac – pull in and turn around)	Roberta Ln & Steven Rd
151 N. Main Street	37 Deer Run Rd	Lynn Ct (cul de sac)
The Charles (Formerly Jefferson)	Muron Ave & Pinegrove Ave	Silver Ave & Brion Rd
Pual Rd & RuthEllen Rd	12 Pine Acres Dr	Candlelight Ln & Silver Lake Rd
Stella Rd & Sheila Dr	24 Rakeville Cir	70 Highridge Rd (Sportsmen Side)
Annmarie Dr & Caroline Dr	9 Fairway Dr	11 Rhodes Way
Caroline Dr & Lisa Ann Dr	11 Acorn St	11 Highridge Rd
Lisa Ann Dr & Theresa Dr	Essex St (behind Grumpy's)	33 Park St
Lisa Ann Dr & Nason St	45 Elvira St	323 Maple Brook Rd
Nason St & Bruce Rd	Bellstone Dr & Elm St	161 Mechanic St (The Curtis)
20 Monique Dr	Laurel Ln & Little Tree Rd	161 Mechanic Street (The Curtis) (Stop in front of Main Office)
15 Walter Morse Rd	40 Fox Run Rd	70 Stonehedge Rd
Barret Ln & Hixon Rd	51 Park St	33 Raw Ave
7 Phillip Dr	33 Whitehall Way (Front of Mailboxes)	John Alden Rd & Plymouth Rd
Cedar Hill Rd & Arrowhead Rd	Partridge Tr & Pheasant Hill Rd	Plymouth Rd & Arapahoe Rd
4 Cedar Hill Rd	Indian Run Rd & Buffy Rd	Arapahoe Rd & Apache Rd
Rawson Rd & Sagamore Rd		10 Caryville Crossing
13 Deerfield Ln		



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McGovern Introduces Bill to Improve School Meals, Expand Nutrition Options for Kids

WASHINGTON—Today, U.S. Representative James P. McGovern (D-MA), Ranking Member of the House Rules Committee and a nationwide leader in the fight to end hunger and improve nutrition, introduced legislation permanently increasing the federal reimbursement level for school meals to help address funding challenges, enhance nutrition, increase access to locally grown food, invest in our school food professionals, and support expanded services like afterschool snacks and breakfast in the classroom.

The *Healthy Meals Help Kids Learn Act* permanently increases the federal reimbursement level for all free, reduced-price, and paid-rate school meals by 45 cents for every lunch served and 28 cents for every breakfast served, with a yearly adjustment.

For full text of the bill, visit https://mccgovern.house.gov/uploadedfiles/school_meals.pdf.

St. Blaise Prepares for "Island of Misfit Toys" Fair, Dec. 6

The St. Blaise Island of Misfit Toys Fair committee held a fundraiser in September where members of the community used various items to make unique works of art similar to the Christmas tree pictured here. The Holy Crafters were also in attendance that night. This is a group of St. Blaise parishioners who, just like Santa's elves, work most of the year making unique gifts to be sold at the annual Christmas fair. The Holy Crafters made several variations of designs on canvas using beads, buttons, stones, jewelry and other items which will be sold in the Country Store at this year's Fair.



The Country Store features many of the types of products you'll find in a typical New England country store, including candy, textiles, Christmas wreaths and decorations, gift baskets, etc. The Island of Misfit Toys Fair, December 6, from 9 a.m. – 3 p.m., to be held at St. Blaise hall, 1158 S. Main St., Bellingham, will also feature a craft table with handmade Christmas decor, tree ornaments, and water bottle holders, to name a few. There will be games for adults and kids, great food from the Cafe which will be open 10 to 2 p.m., and homemade sweet

treats from the Country Bake Shop. There will be several raffles going on throughout the day.

Any donations of gift cards and scratch tickets from people and businesses in the community

to be used as prizes in various raffles at the Fair will be greatly appreciated.

LiveARTS String Quartet Returns to Franklin for Classical Masterworks Program

Franklin, MA - The Franklin-based LiveARTS String Quartet is pleased to announce that it will appear in concert on November 16, 2025, at 3 p.m. at the Franklin Historical Museum, 80 West Central St. in Franklin. Admission to the concert is free, with voluntary donations at the door gratefully accepted.

The program will include masterworks by Mozart, Beethoven, and Brahms, offering a rich and engaging experience for music lovers.

Founded in 2009 by violist Donald Krishnaswami, the LiveARTS String Quartet features some of the Boston area's finest professional string players. The members of the Quartet include Gregory Vitale and Katherine Winterstein, violins, Donald Krishnaswami, viola, and guest cellist Emmanuel Feldman.

Born of Franklin's popular LiveARTS concert series, the group served as the organization's string quartet-in-residence from 2009 until LiveARTS' dissolution in 2025. For twenty-

five years, LiveARTS brought world-class classical chamber music performances to the Franklin community. Now operating independently, the LiveARTS String Quartet is working to build a regular season of exceptional live performances to audiences in Franklin and other southwestern suburbs of Boston, maintaining the high artistic standards established during its time with LiveARTS.

Those who are excited at the prospect of the LiveARTS String Quartet growing out of the foundation that LiveARTS built, are encouraged to become pioneer donors, helping establish the LASQ as a permanent presence in the community. Visit <https://tinyurl.com/LiveArtsString4> to donate, or contact Donald Krishnaswami at liveartsma@gmail.com.

Join the LiveARTS String Quartet in concert on Sunday, November 16, 2025, at 3 p.m. at the Franklin Historical Museum, 80 West Central Street, Franklin. Admission is free, with voluntary donations gratefully accepted at the door.

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Erin Herrick
508-523-6782



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Kick Off the Holidays November 7th with BWOT!

The Bellingham Women of Today (BWOT) are excited to invite you and your friends to an enjoyable evening at the third annual Quarter Auction. The event will take place on Friday, November 7th at the Bellingham Senior Center. Admission includes a set of auction paddles for just \$5.

Throughout the evening, guests will have the opportunity to browse display tables hosted by local vendors and crafters. Each vendor will contribute items for the quarter auction. In addition, there will be door prizes, raffles, and a variety of snacks and drinks available for purchase.

- Doors open at 6:30 p.m. for paddle purchases, vendor and crafter displays, raffles, and the snack table.

- The auction and door prize drawings will begin at 7 p.m.

This event is a great opportunity to jumpstart your holiday shopping and support local businesses. Some of the invited vendors and crafters include:

Pampered Chef, Thirty-One Bags, Crafty Chris Homemade Crafts, Bunny's Boxes, K&C Creations, Kelly's Closet. Lisa's Bead Blooms Floral Designs, Jordan's Body Care, Harley's Heart, Tupperware, and more. We've

got a great mix of returning favorites and new vendors this year — so whether you're coming back or joining us for the first time, there'll be something new to enjoy.

Proceeds from the Quarter Auction will benefit BWOT's local charities and projects, including scholarships for Bellingham High School Seniors.

BUTTER BRAIDS

Stock your freezer with delicious Butter Braids and Cake Rolls while supporting the Bellingham Women of Today. Just in time for the holidays, we will be placing an order for Butter Braids by 11/3/25 so that we will have the orders delivered to us by 11/10/25. This year there are 6 different Butter Braids and 6 different Cake Rolls to choose from, as well as their classic Cinnamon Rolls. These include Strawberry Cream Cheese Butter Braid, Cinnamon Butter Braid, Apple Butter Braid, Blueberry Cream

Cheese Butter Braid, Raspberry Butter Braid, and the Bavarian Creme Butter Braid. The cake rolls include Pumpkin Cake Roll, Chocolate Creme Cake Roll, Red Velvet Cake Roll, Strawberry Cheesecake Roll, Lemon Cake Roll and Carrot Cake Roll. The cost for each item is \$18. Please email us at bellingham-womenoftoday@gmail.com or you can reach out to us on our Facebook @ Bellingham Women of Today.

Santa Is Coming to Bellingham

Get ready for some holiday cheer! Santa will be visiting Bellingham on Saturday, December 13th. The Bellingham Women of Today (BWOT) is organizing a special event with Santa, so be sure to mark your calendars and save the date. More details about the event will be shared soon.

In addition, BWOT will once again coordinate the "Letters from Santa" program this year.

This cherished tradition allows families to receive personalized letters from Santa Claus himself, sent directly from the North Pole.

Invitation to join BWOT

The Bellingham Women of Today is a nonprofit civic organization that has been serving Bellingham and surrounding communities and charities for over 30 years. Our meetings are held once a month on the 2nd Monday of each month between September and June. We meet at the Bellingham Police Station in the conference room at 7:30 p.m. We are always looking to increase our membership. Please feel free to check us out at either of our next two meetings on Monday November 10th and Monday December 8th.

If you have any questions, please email us at bellingham-womenoftoday@gmail.com or you can reach out to us on our Facebook @ Bellingham Women of Today.

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Ladies of St. Anne Plan Bake Sale, Yankee Swap and Christmas Gala

Over 30 members of the Ladies of St. Anne enjoyed a buffet of homemade entrees and desserts and wonderful fellowship following the business portion of their meeting on October 9th, as they talked about happenings and events in their lives and the community.

The next Ladies' bake sale will be on November 1 and 2, after all Masses at St. Blaise. We hope you will stop by to purchase some homemade cakes, pies, cookies or breads. Funds raised will support the Ladies of St. Anne Scholarship Program given each year to graduating high school students, full-time college or technical school students who are members of St. Blaise.

November 13 is the Yankee Swap meeting, which begins at 6 p.m. in the St. Blaise Parish Hall. Ladies are asked to bring a wrapped Christmas-themed gift costing no more than \$25 (but, please, no food or sized clothing). Word on the street is Mrs. Claus will be there to MC the festivities...get ready to LOL!

The Ladies will gather for our Christmas Gala on December 11, 6 p.m., at Willowbrook Restaurant, in Mendon, Mass. A buffet dinner including Steak Tips, Chicken Parmesan, Fish, vegetables, rolls, salad, coffee, tea and dessert is offered at \$40 per person. Please contact Ann-Marie Lavalley-Kell, (508) 488-8528 or Monique Boucher, (508) 566-3736, by November 30 to sign up to attend or for information.

Bellingham PD among Five Departments Receiving Justice Assistance Grants

Boston, MA – State Representative Michael J. Soter has announced that the five communities within his district—Bellingham, Blackstone, Millville, Medway, and Uxbridge—have been awarded a combined total of \$102,338 through the Edward J. Byrne Memorial Justice Assistance Grant (JAG) Program.

The JAG Program, which is administered in Massachusetts by the Executive Office of Public Safety and Security’s Office of Grants & Research (OGR), provides critical funding and seed money to support a broad range of activities aimed at preventing and controlling crime based on local needs and conditions. These funds will be used by the local police departments to support areas such as law enforcement, prevention and education programs, and technology improvement programs.

The total awards secured by the five towns are:

- Bellingham Police Department: \$30,000
- Uxbridge Police Department: \$30,000
- Medway Police Department: \$18,000
- Millville Police Department: \$12,738
- Blackstone Police Department: \$11,600

Rep. Soter emphasized the critical importance of these funds in supporting local public safety operations. “Bringing home over \$102,000 in assistance for our local police departments is a major victory for our district,” said Soter. “This funding ensures that Bellingham, Blackstone, Millville, Medway, and Uxbridge can invest directly in the specialized equipment, technology, and prevention efforts necessary to enhance public safety, without imposing a burden on local taxpayers.”

Local police chiefs across the district echoed Soter’s remarks, highlighting the meaningful impact this funding will have on their departments and communities. Bellingham Police Chief Ken Fitzgerald expressed his gratitude, stating, “We’re grateful to the Office of Grants and Research and to Representative Soter for their support through the Byrne JAG program. Thanks to Sgt. Mark Auld’s strong grant work, this award funds a critical capital item that strengthens our service to residents—while doing so in a fiscally responsible way that reduces long-term costs for Bellingham taxpayers.”

BVT Admissions to Hold Open House November 12

Upton, MA – Blackstone Valley Regional Vocational Technical High School (BVT) will hold an Admissions Open House for prospective students and their families on Wednesday, November 12th, from 5:30 p.m. to 8 p.m. No registration is needed.

The evening is an opportunity to tour the state-of-the-art facility located at 65 Pleasant Street in Upton and meet staff members who will be on hand as a resource to answer questions about academics, student support services,

student activities, and the admissions process.

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

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

About Blackstone Valley Regional Vocational Technical High School (BVT):

Blackstone Valley Regional Vocational Technical High School serves the towns of Bellingham, Blackstone, Douglas, Grafton, Hopedale, Mendon, Milford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge.



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Wanted—Snow Angels!

If you are interested and available to help an elderly or disabled neighbor in need with snow removal this winter, please call the Bellingham Senior Center at (508) 966-0398 to be on the volunteer list. The Snow Angels program is a voluntary snow removal service for seniors and people with physical disabilities living independently. The program's goal is to help bring together residents who want to keep their driveways, sidewalks, and cars clear, but are physically unable to do so, with volunteers who want to help their community.

Franklin Newcomers 50th & Final Craft Fair, November 8th

Come support local artisans in your community and local non-profit organizations by attending the Franklin Newcomers & Friends 50th Annual Craft Fair. This will be the last year the Franklin Newcomers, which is disbanding, will hold this event. Next year, they will pass the torch to Rotary Club of Franklin, MA.

Our juried Craft Fair will be held Saturday, November 8th from 9 a.m. to 3 p.m. The Fair

will be located at Tri-County High School, 147 Pond Street in Franklin. There is a \$3 entry fee for anyone over 12 years of age.

We typically showcase close to 70 Artisans. In addition, you'll find our bake and raffle tables located near the entrance. All proceeds are donated to local charitable organizations. Also, we will accept donated items for the Franklin Food Pantry at the entrance.

Did You Know?

From Purchase to Checkout: How Libraries Acquire & Lend Digital Titles

A recent survey indicated that 33% of those who read books consume them in both physical and digital formats. An additional 9% only consume books in digital formats. An advantage to digital formats is their often-instantaneous delivery and portability. But have you ever wondered how the library acquires and lends digital items? It is not as simple as "buying the book" like we do with physical copies of items we lend.

Libby—Through the Libby app patrons can access eBooks and eAudio. The library pays a flat fee for each eAudio or eBook and items are available for patrons to borrow either one at a time for a set period (typically one or two years) or for a set number of checkouts. When that time or checkout limit ex-

pires, if the library wishes to keep the copy in our electronic collection, we must purchase it again! Many Libby titles limit library checkouts to the number of digital copies that the library or consortia owns, therefore there can often be wait lists, sometimes lengthy ones for best sellers. In addition, libraries typically pay a premium to purchase these titles. As noted in a recent report from the American Library Association, "libraries are typically required to pay 3–4 times the consumer price for an ebook or audiobook license of a popular title, even if that license later expires." (<http://bit.ly/4q4YRr7>)

Hoopla—Hoopla works a bit differently. It is a pay-per-use model (typically \$2–\$4 per use). With Hoopla you can check

out eBooks, eAudio, and comic books, music, and video in electronic formats with no wait—titles are always available! For our library, there is a six-item per month limit on borrowing with Hoopla.

Unlike checking out a physical book, if you don't have the time to read digital books when you check them out, there is a cost to the library. Future available checkouts may be diminished, or a per-item checkout cost is applied. Because of this different pay/use model, we ask that you please keep this in mind when making your digital selections. If you have any questions about checking out or using digital books, please ask a staff member—we are here to help!

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2025 AltWheels Fleet Day Successfully Leads in Sustainable Transportation

Norwood, MA – The 22nd annual AltWheels Fleet Day, held on Monday, October 6 at the Four Points by Sheraton in Norwood, celebrated another milestone year in advancing sustainable transportation solutions. With over 350 attendees representing 30+ fleets from 16 states, this year’s event continued its tradition as one of the nation’s premier forums for fleet managers, policymakers, and clean transportation innovators.

The 2025 conference featured two dynamic-MCs — Scott Bradley, Director of Sales and Strategy Partnerships at Pioneer

e-Mobility, and Sejal Shah, Lead Program Manager at National Grid — who guided the day’s sessions. Attendees engaged in a full day of keynote presentations, panels, and networking, along with the popular Lunch With Experts sessions and Ride & Drive vehicle showcase featuring 29 advanced technology vehicles.

Next year’s AltWheels Fleet Day will take place on Monday, October 5, 2026 in Norwood, MA.

For more information visit <https://www.altwheels.org/>.

Franklin Turkey Trot Gets Thanksgiving Day Up & Running

Franklin, MA —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. Participants can enjoy 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.

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.

Enjoy Photography? Check Out Stony Brook Camera Club

The Stony Brook Camera Club meets in-person and/or virtually on Thursdays at 7:30 p.m. from September to June. In person meetings are held at the Anglican Church of the Redeemer, 195 Main Street, Franklin, Mass. Our meetings feature speakers, competitions, image studies, and discussions of general interest. We also sponsor a number of photography activities and workshops throughout the year.

SBCC includes and welcomes members of all abilities.

Highlights for November include “Digital Apps for Planning Photo Shoots,” with Paul Nguyen, on November 13th, an Image Study with Ray Guillette on November 20th and a number of competitions.

See our website: stonybrookcc.com for a calendar of events and membership information.

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Bellingham Public Library News & Events for Events for November

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

Holiday Closings

Closed Tuesday, November 11th for the Veterans Day Holiday

Closing at 1 p.m. on Wednesday November 26th for the Thanksgiving Holiday

Closed Thursday, November 27th for the Thanksgiving Holiday

Open regular hours Friday & Saturday Thanksgiving Weekend.

Special Programs

Town of Bellingham Veterans Day Ceremony – Tuesday, November 11th at 11 a.m.

Even though the library is closed to the public, on Veterans Day we will be hosting the town's Veterans Day Ceremony. The ceremony is coordinated by the Bellingham Memorial & Veterans Day Committee.

The Art of Pysanky Ornament Workshop - Wednesday, November 12th from 6-8 p.m.

Come and learn the Ukrainian Easter Egg technique as we create ornaments for the holidays! Explore the colorful world of Pysanky (Ukrainian Easter Egg) as you learn this wax-resist technique handed down through generations of Eastern Europeans. You will draw wax lines on an egg and layer dye colors to make your own unique creation. No experience necessary. This is a class for adults only, as candles are used. No children will be allowed in the room. Registration is required as space is limited.

2nd Annual Local Author Expo - Saturday, November 15th from 9:30 a.m. to 2 p.m.

We invite the Bellingham Community to our 2nd Annual Local Author Expo, highlighting the works of authors from Bellingham and our neighboring towns, as well as work from

members of the Bellingham Writers Group. Space is still available for authors to sign up. The link to the application is on the Library Calendar on the November 15th date, or at this URL: <https://forms.gle/a76t-5e145w52DFwc9>

Here is the planned schedule for the day:

9:45-11:15 a.m. – Public “Meet the Author” Time

11:15 a.m.-12:15 p.m. – Key-note 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

3:30-5 p.m. – Special Children’s Author Program with Mr. Steve, see the library website for details!

There will be food, fun, and prizes, join us!

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.

Dino-vember Dig – Tuesday, November 18th from 10:30 - 11:30 a.m.

It’s Dino-vember! Come crack open dinosaur eggs and discover hidden fossils with us!

For families - Please register to help us plan materials.

Ongoing Children’s Programs

STEAM Saturday – Saturday, November 1st at 11 a.m.

The Baby Bunch – Mondays from 9-10 a.m., ages 0-18 months and caregivers

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

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

Sensory Story Time – Tuesdays at 10:15 a.m. (no session on November 18th) ages 2-5 of all abilities (younger siblings always welcome). Please register for each session.

Lego Builders – Mondays at 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. If you are interested in joining, those in grades 2-4 should contact Melissa Denham, mdenham@cwmar.org

ham@cwmar.org, grades 5-7 should contact Amanda Macclure, amaclure@cwmar.org, and grades 8-11 should contact Diane Nelson, dnelson@cwmar.org. Check the library calendar for details.

Adult Programs

Book Discussion Group – Generally meets the 1st Monday of the month at 6:30 p.m. Attend in person or on Zoom. Contact Suzanne at salpert@cwmar.org.

Our upcoming titles and dates are:

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, November 4th, from 6:30-8 p.m.

Monthly group book discussion with light refreshments. This month, we are discussing *The Heart’s Invisible Furies*, by John Boyne. If interested, please contact Diane Nelson at dnelson@cwmar.org

English Conversation Groups

No classes this month. Stay tuned for new schedule coming soon!

Fall Into Yoga

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

LIBRARY

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LIBRARY

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Friends of the Library Monthly Meeting – Wednesday, November 5th at 7 p.m., please note the date change.

Join us online for the monthly Friends of the Library meeting on Zoom. To attend email library@bellinghamlibrary.org for the Zoom link!

Needlecraft Night – Wednesdays from 6-8 p.m. All levels welcome, bring your materials.

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

Writing Group for Adults – Tuesday, November 18th at 6:30 p.m. Join us at the library or on Zoom! Writers, readers, listeners – come join us! Local area writers Amy Bartelloni and Marjorie Turner Hollman welcome you to hear what local writers are working on and share what you are working on. Works of fiction or non-fiction are welcome. Reading limit is 9 minutes per reader, with a brief opportunity for positive, personal comments. Contact Marjorie Turner Hollman at marjorie@marjorieturner.com.

Tuesday Fiber Arts & Other Crafts – alternating Tuesdays, this month only on November 25th, from 6-7:45 p.m. Love to knit, crochet or do other arts and crafts? Stop by!

Bellingham Genealogy Club – Monday, November 24th from 6-7:30 p.m., Attend in person or on Zoom! Bring your laptop or use one of our Chromebooks. Using the library's free resources, get help tracing your tricky ancestors from the other members. Registration is required; all registrants will receive an email with the Zoom 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.

Wednesday, November 5th at 2 p.m. – Community, Power, & the Search for Indigenous Identity with Journalist Joseph Lee.

Thursday, November 13th at 7 p.m. – The Search for Truth & Persistence of Love Across Time with novelist Amanda Peters.

Tuesday, November 18th at 2 p.m. – Unlock the Secret Language of Connection with Supercommunicator Charles Duhigg.

Multicultural Festival Committee Members Wanted

The 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 cultures 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.

Friends of the Library Program Supply Wish List – The Friends of the Library have created this Amazon wish list of supplies they routinely purchase for library programs. Can you assist by purchasing one of these items from the Wish List? Many are under \$10! <http://bit.ly/3KJiV2i>

Bellingham Senior Center Upcoming Events

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

COA Craft Fair: Saturday, November 1, at the Senior Center, 9am-3pm.

Annual Veterans Dinner: November 8 is our annual veteran's dinner where we honor all veterans who served our country and made it what it is today. Veterans eat free and all others pay \$10. All of this goes to the charity The December 5 fund.

Monthly Birthday Party: November 20, so you must sign in by November 14. The dinner is pot roast. The November party is a combination of birthdays from November and December so if your birthday falls on one of those two months, this is your month to sign up for it.

Egg Art: Pysanky are raw eggs that are decorated using an ancient wax-resistance method. Join us on Wednesday, 11/19, at 1 p.m. to decorate one. Presenta-

tion is supported by a grant from the Bellingham Cultural Council.

Coffee & Conversation: Every Tuesday at 9:30 a.m., nearly two dozen folks gather to have coffee (and maybe a pastry) and converse about interesting topics. New town manager Joe Laydon will attend the first Tuesday of each month; special guest on Tuesday, November 18, will be Bellingham Town Clerk, Amy Bartelloni.

Spiritual Book Club: The Club meets via Zoom on Mondays at 9. Discussion will be about Quantum Healing by Deepak Chopra. Please call host Josie Dutil at (508) 657-2705 to join or for more information.

Ukelele Lessons: Want to learn how to play the ukelele? Join us on Tuesday, November 25 at 2 p.m., for the first of six

hourly classes on the instrument. \$90 for all six group sessions; \$80 for a Mahogany concert ukulele and a book to keep. Minimum of five attendees needed. Please reserve your spot by calling the Senior Center.

Hopedale Walk: Pack a lunch and join us for a 2-3 mile walk around Hopedale Pond. Thursday, November 13, at 11 a.m. Meet at the Hopedale Street parking lot.

Bellingham Lion's Club FREE Sit-Down Lunch: At the Senior Center Saturday, December 6 from noon to 1 p.m. Enjoy a turkey luncheon, pie for dessert, drinks all from the popular restaurant PJ's. And there will be raffles, prizes, and, perhaps, a visit from Santa.

Please call the Senior Center at (508) 966-0398 to reserve your spot. Seating is limited.



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Thimble Pleasures Quilt Guild Biennial Quilt Show March 14th & 15th

The Thimble Pleasures Quilt Guild is pleased to announce that its biennial quilt show will be held on Saturday and Sunday, March 14th and 15th, 2026 at Blackstone Valley Regional Vocational Technical Show in Upton, Massachusetts. The Guild has selected "Creating Comfort" as their show theme. This theme reflects not only the members' love of quilting but also reflects the guild's mission and fundraising efforts.

Over 200 member quilts as well as guild challenges and round robins will be on display. Also included at the show will be a special raffle quilt, the Quilters' Boutique, raffle baskets, and local area vendors. Any local area vendor wishing to participate in the Guild's show should contact Deb Hudgins by mail at TPQG, P.O. Box 447, Mendon, MA 01756.

The guild has chosen "Home Base" as the show's special fun-

draiser. All funds raised through the sale of items at the special fundraiser table will be donated directly to Home Base. Home Base is a Red Sox Foundation dedicated to healing the invisible wounds of veterans, service members, and their families through clinical care, wellness, education and research. The 2026 show is being chaired by Gina Brooks, Donna Hopkins, and Val Ogilvie.

Franklin LGBTQ Alliance Events for November

Friendsgiving

Thursday November 6th from 6:30 p.m. to 8:30 p.m. at Franklin TV and Radio 23 Hutchinson Street, Franklin

Join us as we have our very own friendsgiving! If you would like to bring a side dish or dessert, please bring an ingredient list due to food allergies.

Queer Book Club

Wednesday November 19th from 6:30 p.m. to 8:30 p.m. at Franklin TV and Radio 23 Hutchinson Street, Franklin. Join us as we discuss *Myra Breckenridge*, by Gore Vidal. This book is available in print, as an ebook, and as an audiobook.

Dispose of Your Leaves Properly This Year

Don't blow, sweep or dump leaves, grass clippings and yard waste into streets or storm drains. Leaves in storm drains create blockages which can cause flooding. Leaves contain lots of natural fertilizer which can pollute our rivers and streams. So PLEASE mulch, compost, or use other proper disposal methods. For more tips go to Thinkbluema.org.



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Honoring a Veteran's Sacrifice

Michael Shain, Franklin resident and founder of Thanks to Yanks, proudly displays a prized family heirloom -- The Medal of Liberty, presented by the Commonwealth of Massachusetts to the Family of Seaman First Class Harry Baram, United States Coast Guard Reserve, who gave his life in the line of Duty on December 17th, 1942, when the US Coast Guard Cutter "Natsek" capsize during an ice storm and claimed all 24 souls aboard. Shain is Baram's great nephew.



Photo by The Shain family

One Hour of 168

Sunday, November 16, 2025, 10 a.m., FUSF

Amid busy schedules and constant demands, the one hour a week we spend together in worship shapes our perspectives and strengthens our bonds throughout the remaining 167 hours. Please join us as FUSF member Peter Dennis leads a discussion celebrating this hour as a unique opportunity for reflection and growth, both individually and as a loving community.



Peter Dennis is a member of FUSF. The author and sales consultant works at Babson College as Senior Director for Babson's Professional & Executive Education. *The First Universalist Society in Franklin (FUSF), 262 Chestnut Street, Franklin, is a Unitarian Universalist Welcoming Congregation. Our Minister is Reverend Beverly Waring. For more information, please visit Fusf.org, email info@fusf.org or call (508) 528-5348.*

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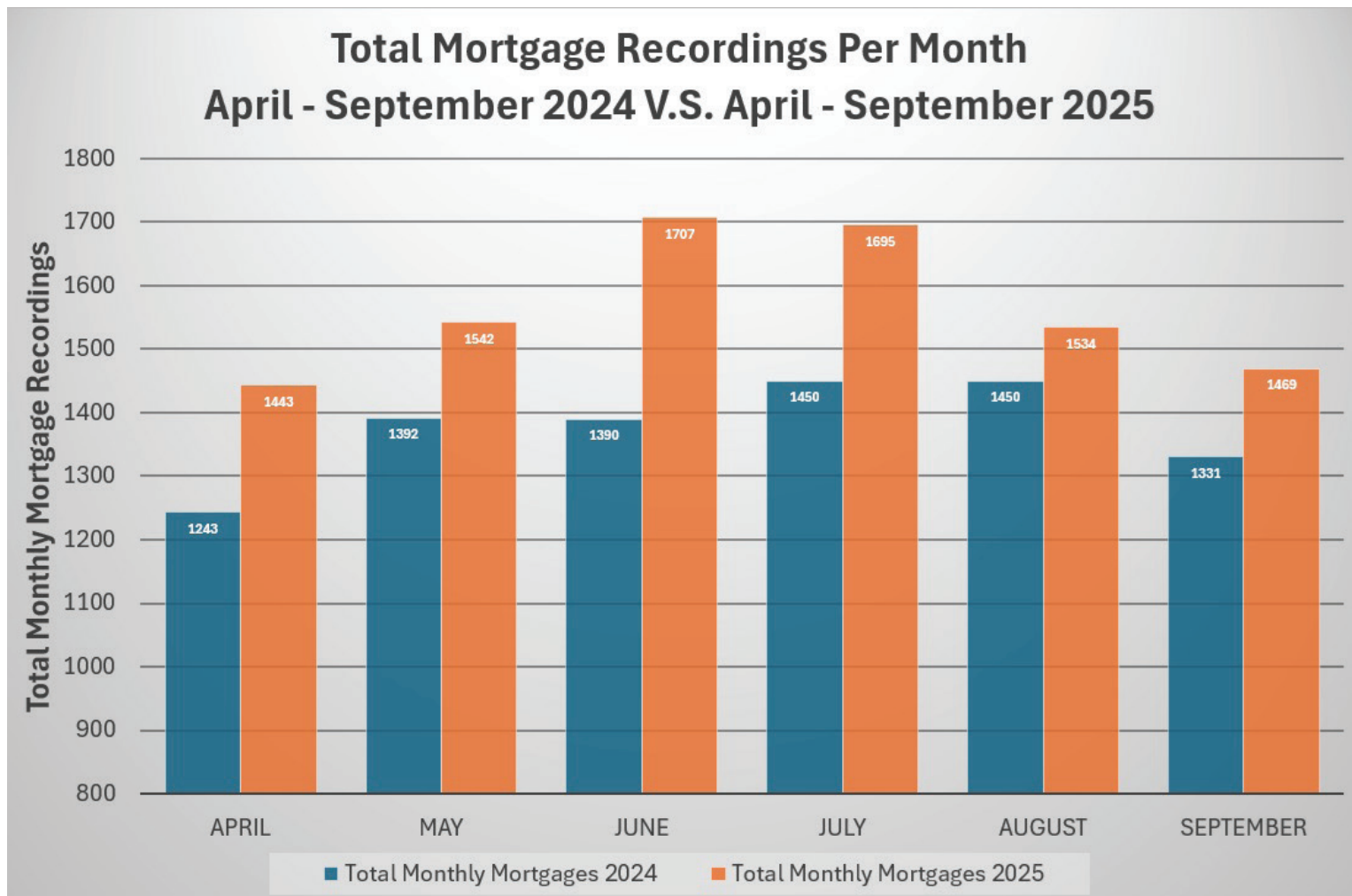


Norfolk County Real Estate Dips from August, Still Up from Last Year

Dedham, MA – Norfolk County Register of Deeds William P. O'Donnell reported that real estate activity in Norfolk County continued its upward trend in September 2025. The Norfolk County Registry of Deeds recorded a total of 9,511 documents in September 2025, an 11% increase from September 2024, but a 5% decrease from August 2025.

“The increase in overall document recordings compared to last September is a strong indicator of continued engagement in the real estate market,” stated Norfolk County Register of Deeds, William P. O'Donnell, “... Although it must be noted that the increase in September of 2025 was less than that of August 2025.”

The total number of deeds recorded for September 2025, which includes both commercial and residential real estate sales and transfers, was 1,396, up 7% from September 2024, but down 10% from August 2025. Looking at just real estate sales, 684



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properties were sold in September, representing a 5% increase compared to the same time last year.

“The year-over-year growth in property sales shows that the market remains active,” noted Register O'Donnell.

In addition to increased deed recordings, lending activity also saw growth. A total of 1,469 mortgages were recorded in September 2025, up 10% from September 2024, though down 4% from August 2025. The total dollar amount of mortgage indebtedness recorded in September was \$1,286,464,631, a 61% increase compared to the \$797,674,694 recorded in September 2024.

The average sale price of commercial and residential properties in September 2025 was \$967,211.86, an increase of 1% from September 2024, and a 6% decrease from August of this year. The total dollar volume of commercial and residential sales in September was \$661.6 million, a 5% increase compared to September of last year.

“The slight increase in average sale price compared to last year may reflect increased demand and competition in certain area communities,” noted

Register O'Donnell. “However, it is encouraging to see values holding steady ...”

Foreclosure activity in September 2025 remained low. There were 6 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, down from the 7 recorded in September 2024. Additionally, 23 notices to foreclose were filed, a decrease from the 28 notices recorded in September of last year.

“I would urge anyone struggling to pay their mortgage or who knows someone who is struggling to contact one of the non-profit organizations listed on our website, www.norfolkdeeds.org,” said O'Donnell.

The Norfolk County Registry of Deeds continues to partner with local non-profits such as Quincy Community Action Programs (617-479-8181 x376), NeighborWorks Housing Solutions (508-587-0950), and the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400 to assist residents in need.

For more information on the Norfolk County Register of Deeds, visit www.norfolkdeeds.org.

Kick Off November at Bellforge's 'Do Good Day'

Good Vibes, Great Causes, Presented by Young Families Advisory Council November 1st

Bellforge's Young Families Advisory Council presents: "Do Good Day: Good Vibes, Great Causes" — a day dedicated to giving back and lifting up our community, all in one meaningful, joy-filled experience.

Join us at Bellforge in Medfield, Mass. for this one-stop opportunity to make a difference. Donate clothing, food, and books, recycle responsibly, and bring your old Halloween pumpkins, mums, and plants to be composted. You'll have the chance to support a variety of local causes—all while embracing the spirit of gratitude and

community. Enjoy music and delicious bites from local food trucks as you give back in a fun, intentional way.

What to bring:

Attendees are encouraged to bring the following donation items to support a variety of causes.

- Stuffed animals – new or gently used and cleaned
- Coats, gloves/ mittens – adult size
- Toiletries – unopened, any size (including hotel/travel size)

- Gift cards for food – any amount to Dunkin Donuts, McDonalds, grocery stores located in Boston
- Old pumpkins/ mums (to be composted)
- Food donations – shelf stable, unopened, unexpired and not jumbo size
- Items most needed: jelly/ jam (12 or 18 oz), Oatmeal packets (plain, maple brown sugar, or apple cinnamon), hearty soup (chicken or beef), Kraft macaroni and cheese

- Holiday gift donation requests:
- New or like-new decorative pillows
- New/ unopened Chapsticks, lotions, nail polish, soft socks, candy
- Books to exchange/donate
- Sanitary pads (including incontinence underwear) or tampons
- New Underwear (with tags or original packaging)
- New and gently used bras
- Rinsed plastic bottles (such as 1- or 2-liter soda or juice containers)

Young Families Advisory Council

Kate Bingham, Astrid Burns, Kristen Careau, Lisa Chin, Chris Dagesse, Jennifer Debin, Meredith Flannery, Zoe Friend, Amy Gilmore, Kate Heffernan, Jenny Kennedy, Russ Kiser, Alexis Murphy, Cecilie Pope, Erica Shom, Leah Walczak Hampton

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Sports

Resilient BHS Football Squad on a Winning Track

By KEN HAMWEY,
BULLETIN SPORTS WRITER

Bellingham High's football team started the season with a lethargic offense and an 0-2 record, but that all changed in Game three against a heavily favored Westwood squad that was 2-0 and featured a dynamic passing attack. The Blackhawks posted what might be the upset of the year in the Tri Valley League by trouncing the Wolverines, 34-12.

Previously, the Blackhawks lost to Woburn, 7-0, and Ashland, 19-13. But, after those setbacks, they've won three straight.

"The players got tired of losing close games," said BHS coach Dan Haddad. "We were trying to figure things out in our first two games. But, we settled down and played great against Westwood. They came at us with size and a dazzling offensive attack, but our guys battled and played so well in all three phases of the game. We needed a victory like that."

Running back Mason Alger scored on the Blackhawks' first play, scampering 63 yards for a

quick 6-0 lead. The junior back scored another TD on a seven-yard run in the second quarter and before the half ended, BHS was ahead, 20-6, after a 64-yard pass by quarterback Cam MacGregor to Sam Sullivan.

Two TDs in the second half sealed the victory. Wide receiver JJ Piselli scored on a 25-yard reception and MacGregor finished off the fireworks with a 40-yard run.

MacGregor had 214 total yards, a rushing TD, and two TD passes. Alger carried the ball 11 times for 118 yards and two TDs while Piselli had two catches for 70 yards and one TD.

"Sam Sullivan had a superb effort on defense," Haddad said. "He and Wyatt Callery set the tone defensively. Sam's hits were all clean, and he's truly a textbook tackler. Cam's athletic ability is starting to show, and he's working to be a dual threat — passing and running."

"JJ had a big third-down catch, and his TD grab was incredible. He's got good moves, good hands, and his work ethic is phenomenal. And, Mason is



BHS coach Dan Haddad is cautiously optimistic about his football team.

a shifty runner who's learning how to run at the varsity level. He works hard every day."

One amazing statistic was the breakdown of Bellingham's 138 plays. Twenty-eight were on offense, 15 were on special teams and 95 were defensive. "We scored so fast and that's why our defense had the majority of the plays," Haddad said. "Our defense showed great resilience and endurance."

BHS-DEDHAM

The momentum created after the Blackhawks triumph over Westwood continued in their next game — a 42-0 rout of Dedham that left Haddad's squad with a 2-2 record and a two-game winning streak at home.

On offense, Alger was the star of the game, scoring three touchdowns on runs of 2 and 22 yards in the first quarter and a 10-yard scamper in the third period. He finished with 176 yards rushing.

"Mason is gaining more confidence every game, and he is starting to figure out what his strengths are," Haddad said.

The rest of the TDs came on a seven-yard run by junior

tailback Bryson Nicholson in the second quarter; a 10-yard run by sophomore Jaxen Elder in the third period; and a two-yard run by freshman Tyler Hayward. Sophomore kicker Anthony Barrasso had a 23-yard field goal and three extra points.

"Jaxen has been a great asset, giving us a power runner," Haddad noted. "But, what I'm most impressed with is the offensive line and its dominance against Dedham. Jacoby McCarthy, Sam Elliot, Colin Tran, Will Lahousse and Markus Whittaker Sprah owned the line of scrimmage."

The shutout over Dedham was welcomed in a big way.

"Beating Dedham was a great home win after losing such a heartbreaker to them last year," Haddad said. "The bad taste was still in the players' mouths, so that was all the fire we needed. Everyone is believing in each other right now. Having a bye week before facing Millis will help us heal for the big Tri Valley League push."

Haddad lauded the dynamic work of his defense that stopped the Marauders who entered the game with a 2-1 record and victories over Cardinal Spellman and Boston Tech.

"Wyatt Callery had five tackles, JJ Piselli got an interception, Brock Barry and Ryan Adams each had three tackles, and Lahousse registered a sack," Haddad said. "They were solid in shutting down Dedham's offense."

BHS-MILLIS

The Blackhawks recorded another shutout in their third home game — a 35-0 victory over Millis. BHS hiked its overall record to 3-2 and has a three-game winning streak that includes two shutouts.

The outcome was never in doubt after halftime when the Blackhawks led, 21-0, on touchdowns by Alger (five-yard run), Callery (one-yard run), and Piselli (one-yard run). The other two TDs came on a 35-yard run by Alger in the third quarter and Piselli's 35-yard reception in the final period.

Both teams entered the contest with 2-2 records, but BHS made it a one-sided game early on, thanks to solid efforts on both offense and defense. Haddad cited Callery and Elder on defense. Callery had 4 tackles, one fumble recovery, one sack and one tackle for a loss. Elder turned in 4 tackles, one fumble recovery and one tackle for a loss.

"On offense, Alger and Piselli had outstanding games," he said. "Each had two TDs, and MacGregor was so consistent and solid in the win."

The three-game winning streak no doubt has created momentum, but Haddad knows his squad "still has some work to do."

"Our defense is really playing well," he emphasized. "They're working so hard, and they are improving every week. Their compete level is tremendous, and we take no one and nothing for granted. These players show up every day to work and improve. Really proud of them but we still have half the season to go."

POWER RANK

BHS was No. 8 in the power rankings before its win over Millis, but that likely will change as it moves into the heart of the TVL Small Division schedule. "Games against Dover-Sherborn, Medfield and Medway could impact that ranking tremendously," Haddad said.

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Sports

BHS Captain & All-Star Nolan Has One Prime Goal —

A Volleyball State Title

By KEN HAMWEY,
BULLETIN SPORTS WRITER

Bellingham High's Val Nolan isn't afraid to say what's on her mind, especially when the topic is about the Division 3 state volleyball championship.

The outside hitter's No. 1 pre-season goal for the Blackhawks was specific — "To win the state title because it's been difficult to lose in the finals for the last two years."

Ipswich, which has won four straight state crowns in Division 4, denied BHS from winning championships in 2023 and 2024.

"We were disappointed after losing twice," Nolan said. "We're motivated to bounce back and believe this is our year even though we're now in Division 3. Winning it all this time is realistic because our players are experienced, skilled and promote team chemistry. And, we know what to expect."

Bellingham coach Steve Mantegani is acutely aware of Nolan's intensity and desire to finish her five-year varsity career as a state champ.

"Val will be a key to our success as we head into the tournament," he said. "Her calm, lead-by-example approach will be helpful to keep the younger players focused on what we need to do to go far in the playoffs."

The senior has had a spectacular career. She's been a two-time captain, a three-time Tri Valley League all-star, a Boston Globe honorable mention all-star, and last year was on the Division 4 all-tourney team. She's also experienced one TVL Small Division championship.

Last year, the outside hitter had some dynamic statistics — 240 kills, 227 digs and 78 aces with a 92.3% serve percentage. At the Bulletin's deadline the Blackhawks had a 12-2 record (12-0 in the TVL) and a power ranking of No. 2. And, after 14 matches, Nolan had 137 kills, 45 aces, and 117 digs.

Nolan's calm style is spiced with consistency and composure.

"It's important to stay calm, because the game is fast-paced and difficulty often occurs," she noted. "Good placement is needed, and I look to hit toward spots where our opponent is vulnerable. Volleyball requires a strategic effort and high energy and preparation are musts. You can never celebrate too soon."

The 5-foot-8 native of Bellingham started playing volleyball at age 12, and, for the last six years, has also competed at the club level.

As a captain, she leads by example, communicating effectively and being supportive. "I like to focus on helping younger players because they're the team's future," she emphasized.

Nolan's most memorable game was last year's 3-1 triumph over Millbury in the Final Four. "That win enabled us to play in the state final, and all of the players competed at a high level," she said. "The energy was high and I had 12 kills, 23 digs and a 94.4 serve percentage."

Serving as a captain twice and earning three TVL all-star nods are no doubt top thrills. "I'm honored to be a captain," Nolan offered. "It shows I'm respected. And, as far as the all-star notice goes, I thank my teammates who made that possible. They always push me in practice." She gives high credits to teammates Jacobi Houston (setter), Mia Milani (outside hitter), and Sophia Soto (libero), three other captains, as well as Aubrey Callery (middle hitter).

Nolan also has high praise for her coach.

"I've been with coach Mantegani for five of his 10 years of coaching," she said. "He's very passionate about the program. He checks in on us even in the off season and he cares about our success on and off the court. He has very high expectations of us, and holds us to a high standard. I like that, because I have very high expectations for myself and my team."

Nolan's all-star status extends to the academic arena. The two-



Val Nolan's athletic ability and technical skills enable the National Honor Society student to soar and score on a volleyball court



time National Honor Society student has a GPA of 3.97. She plans on majoring in marketing or psychology and will play volleyball in college at Virginia Wesleyan.

Calling her parents (Andy and Janna) role models, Nolan relies on a competitive philosophy that focuses on reaching one's potential and enjoying athletics. "If those two aspects are in play, then winning will be the by-product," she offered.

Sports have taught Nolan some valuable life lessons. "Athletics teach how to overcome adversity, to be resilient and how to lead," she said. "Being responsible and accountable can be learned and time management is also a key lesson."

Earlier in the season, the Blackhawks showed resilience when they trailed Medfield, 2-0, but rallied for a 3-2 triumph on the road. Medfield is the defending Division 3 state champ and could face BHS in the playoffs.

"We knew that match carried some weight," Nolan said. "We were energetic, stayed focused and didn't panic. The key to capturing the state title is to play with energy, be disciplined, healthy and fully prepared."

Nolan's coach knows she personifies all those attributes.

"Val loves volleyball," Mantegani said. "She's a hard worker who enjoys everything about the sport — practice, games, and just being around the team. She's a great leader who always smiles. On the court, she's a great competitor. A tremendous defensive player over the last couple of years, she's become a force at the net. She never gets down and has a very high vol-

leyball IQ. I would take 100 Vals if I could."

Besides volleyball and the National Honor Society, Nolan is a two-year participant in the Best Buddies Program, an organization that helps special-need students. "

Val Nolan is a very dedicated and devoted student-athlete — in so many ways.

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Sports

Bellingham Youth Football is Going to Get Showcased

By JUDITH DORATO O'GARA

They do a calendar raffle and Super Bowl Squares in January, sometimes sell popcorn or donuts, have had face painting and Punt, Pass and Kick games to raise a few dollars, but this month, Bellingham American Youth Football and Cheer dares YOU and your whole family to gather 'round the ring to witness Showcase Pro Wrestling in the spirit of fun and fundraising for their cause. The family-friendly event is scheduled to begin Saturday, November 15 at 7:07 p.m. at the Franklin Elks Lodge, B.P.O.E. 2136 located at 1077 Pond Street, in Franklin.



Don Vega, a 20-year veteran of the ring, former SPW Heavyweight champion and member of the New England Pro Wrestling Hall of Fame is scheduled to appear at the Showcase Pro Wrestling event on November 15th for Bellingham American Youth Football and Cheer.

Showcase Pro Wrestling, based in Woonsocket, RI, has been helping groups raise money throughout Massachusetts, and Rhode Island for over 17 years. Many members of the Showcase roster have appeared on televised events for WWE, AEW, and TNA programs. Scheduled to appear in Franklin:

- SPW heavyweight champion Notorious Rambo Godfrey
- The popular Sons of Liberty Champion Alex Raided from Ponce Puerto Rico who has been wrestling for several years and is a mainstay in the Puerto Rican company IWA (International Wrestling Association)
- SPW Tag Team Champions "The Consistent Ones" AZ and Matt Michaelson, whose motto is "win if you can, lose if you must, but always cheat." AZ has appeared on WWE, AEW, and TNA (total Nonstop Action) programming.

- The team known as "Higher Education," Christopher Spratt and The Damian, dropouts fueled by partying and herbal tea. These surprisingly technical wrestlers who work well together hope to upset The Consistent Ones for the tag team titles.
- Brother Moon Revan
- Exotic Jay Evans, a flamboyant wrestler from Provincetown who has appeared on WWE's Monday Night Raw, along with the Living Doll, Annabelle
- The Evil Doctor Williams
- High flying Logan Maccia
- Superstar Shawn Candido
- The popular Danny Cabral



Head Coach Kevin Tame, Jr., Assistant Coach Matt Valcorba, Assistant Coach Chris Kerkhoff, and Assistant Coach Fred Adams are shown here with their Bellingham American Youth Football and Cheer players, who not only wore pink last month in recognition of Breast Cancer Awareness Month, but also won their game!



Watch out for the SPW Tag Team Champions "The Consistent Ones," AZ and Matt Michaelson, whose motto is "win if you can, lose if you must, but always cheat."

- "17 Jump Street" D-Rex, and his partner Picture Perfect Rocky
- Hall of famers Puerto Rican Punisher Don Vega
- Franklin's own Sgt. Muldoon
- Don Vega, a 20-year veteran of the ring, former SPW Heavyweight champion and member of the New England Pro Wrestling Hall

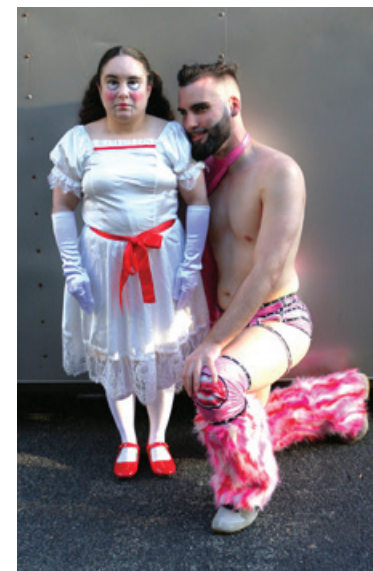
of Fame who has wrestled throughout New England and the Caribbean, having appeared on WWE programming several times.

Although some of the pro wrestlers have visited the Franklin before, Kevin Tame, Jr., Equipment Director and Grade 2 Coach explains this is the first time Bellingham American Youth Football and Cheer has chosen this fundraiser.

"All the board members talk about different ideas and what would be fun besides popcorn and donuts. We're trying to branch out and try new things," says Tame.

"The money goes to new jerseys, new equipment, flags for flag football, tackle dummies and helmets for tackle, the cones, whatever you need to play," adds Tame, "We even got a large Falcons inflatable tunnel that the boys run out of on home games."

Although Tame coaches a team of all boys, the organization is co-ed. All teams have 15-20 players. Following are the current teams, their age groups and their records at press time (mid-October):



Provincetown's own Exotic Jay Evans, who has appeared on WWE's Monday Night Raw, brings his sidekick, the Living Doll Annabelle.

- K-1 team (Flag) - Head Coach Erik Borgendale. Current record is 1-5.
- 2nd Grade team (Flag) - Head Coach Kevin Tame Jr. Current record is 5-0-1. Week 1 we played to a 0-0 tie vs Mansfield and then won 4 straight games.
- 3rd Grade team (Flag) - Head Coach Tim Galuza. Current record is 6-0.
- 3rd-4th grade team (Tackle) head Coach Quinn Fahey. Record is 0-6.
- 5th-6th grade team (Tackle) - Head Coach Mike Milani. Record is 1-5.

Tame says participating in youth football and cheer offers these children a chance to learn how to be athletes, and, especially, good team players. "They gain long-term friendships, just like in sports," says Tame, who tells his team, "We're a football family."

The event on November 15 will feature some of the best wrestling talent in the business today. Tickets for the event are \$20 available online at showcaseprorestling.com.

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Sports

BHS Runners Excel at Three Invitational Meets

By KEN HAMWEY,
BULLETIN SPORTS WRITER

The boys' and girls' cross-country runners at Bellingham High finished their league schedules with mixed results but they excelled at three invitational meets.

The girls were 1-4 in the Tri Valley League Small Division, and the boys finished 3-2. The girls beat Medway, and the boys, who were third in the conference, defeated Millis, Medway, and Norton.

"The boys had a tremendous season, improving on last year's 1-4 record," coach TJ Chiappone said. "Our 26 runners provided the necessary depth. We didn't have any seniors, so all of them could return next season. We had only 10 runners on the girls' squad. Although two of them — junior captain Jenna Dormady and eighth-grader Morgan Henshaw — placed in the top five at every league meet, we need more depth and more numbers to improve next year."

The invitational meets, however, are where six runners not only placed high, but also displayed tenacity and a strong competitive desire. For the girls, Dormady and Henshaw were dynamic.

In early September at the Highland Invitational in Attleboro, Henshaw was third out of 31 runners in the freshman race and Dormady was 10th out of 60 in open competition.

The BHS duo excelled later in September at the Ocean State Invitational at Goddard Park in Warwick, R.I. Henshaw competed in the 8th grade race and finished third out of 213 runners. Dormady also had a top-notch effort, finishing 23rd out of 249 runners in the varsity small school division.

On Oct. 11, the tandem again got high marks. Henshaw was fourth out of 210 runners in the freshman race at the Twilight Invitational at Falmouth, and Dormady was 20th in a field of 149 runners in the varsity small school race.

The boys competed at the same invitationals, and they had some quality placements.

At the Highland Invitational freshman race, Xavier Dupuis was 7th out of 55 runners, and the BHS boys finished third in the 8-9 grade competition.

Four boys enjoyed outstanding performances at the Ocean State Invitational.

Nathan Roderick, an 8th grader, was 8th out of 122 run-



Bellingham High had six medalists at the Ocean State Invitational in Warwick, R.I. They included, from left, Morgan Henshaw, Nathan Roderick, Xavier Dupuis, Joe Lussier, Liam Holden, and Jenna Dormady.

ners in the freshman race; Dupuis was 23rd and Joe Lussier was 25th in the freshman race; and sophomore Liam Holden, a first-year competitor, was 22nd out of 238 runners in the jayvee small division race.

In the Twilight Invitational, Dupuis was 7th out of 164 runners in the freshman race and

Roderick was right behind him, in 8th place. The boys' team managed a third-place finish in that competition.

"Our success at the invitationals for both the boys and girls can be attributed to mental toughness, good endurance and strategic racing intelligence," Chiappone said. "Our runners

did well towards the end of their races and finished strong."

The Blackhawks had two post-season meets remaining but both occurred after the Bulletin's deadline. The TVL Championship Meet was on Oct. 18 and the Division 3 State Meet was slated for Nov. 8.

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Register O'Donnell Announces 2025 Holiday Food Drive

November 12th through December 18th

Dedham, MA – Many individuals and families in Norfolk County are finding it increasingly difficult to afford basic necessities like food, especially during the holiday season, when the pressure to provide for loved ones intensifies. In response, Norfolk County Register of Deeds William P. O'Donnell is encouraging residents to support the Annual Registry of Deeds Food Drive, which begins Wednesday, November 12th and continues through Thursday, December 18th.

“There is no doubt that Norfolk County is a desirable place to live and work,” said Register O'Donnell. “However, many people who live in the communities of this county are facing challenging circumstances. This year, we have seen a growing demand for food assistance, and it is essential that we come together as a community to support those in need. By participating in the Annual Registry of Deeds Food Drive, we can make a meaningful difference this holiday season.”

According to the latest statistics from Project Bread, 37% of households in Massachusetts are considered food insecure. Rising costs for housing and groceries are key contributors to this troubling trend.

“Community donations are the lifeblood of the food pantry,” said Deborah Devine, Executive Director of the Ecumenical Community Food Pantry of Norwood. “Every can of soup or box of pasta donated provides lifesaving nutrition to our neighbors.”

The Greater Boston Food Bank reports that child-level food insecurity—where parents must reduce or alter the food their children eat due to financial constraints—affected 43%

of households with children in Massachusetts in 2024.

“As the holidays approach, the need for food assistance becomes even more urgent,” Register O'Donnell added. “Higher household expenses, including heating fuel and food costs, are placing additional strain on families. These rising costs disproportionately affect some Norfolk County residents, leaving them worried about how they'll meet their food needs. Let's be mindful this Thanksgiving that others may need our help.”

Donations of non-perishable food items can be dropped off at the Registry of Deeds, located at 649 High Street in Dedham, Monday through Friday between 8 a.m. and 4:30 p.m. A

donation bin will be available in the lobby. Suggested items include canned goods,

If you're unable to visit the Registry of Deeds in person, you can find a food pantry near you by visiting the Registry's website at www.norfolkdeeds.org.

To learn more about these and other Registry of Deeds events and initiatives, “like” us on Facebook at www.facebook.com/norfolkdeeds. Follow us on X and Instagram at [@norfolkdeeds](https://www.instagram.com/norfolkdeeds). In addition to its Dedham location, you can find the Norfolk Registry of Deeds at www.norfolkdeeds.org, or reach them at (781) 461-6101 or at registerodonnell@norfolkdeeds.org.

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CALENDAR

November 1

COA Craft Fair, Bellingham Senior Center, 9 a.m. - 3 p.m.

Bellingham Fire Open House, 10 a.m. - 1 p.m., Bellingham Fire Station, 28 Blackstone St., Bellingham, meet firefighters/paramedics, explore fire trucks, hands-only CPR demos, home fire safety education, coffee, donuts and pizza!

November 3

Book Discussion Group, 6:30 p.m. Bellingham Public Library, 100 Blackstone St., Bellingham. In person or on Zoom. Contact Suzanne at salpert@cwmar.org, *The Heaven and Earth Grocery Store* by James McBride

November 4

A Novel Idea: Book Club for Adults, 6:30-8 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, *The Heart's Invisible Furies*, by John Boyne. Please contact Diane Nelson dnelson@cwmar.org

November 5

Virtual Author Talks, 2 p.m., - to register for these talks, go to: <https://libraryc.org/bellingham>, Community, Power, & the Search for Indigenous Identity with Journalist Joseph Lee.

Taste of Bellingham, presented by Bellingham Business Association, 6-8 p.m., Bellingham Senior Center, 40 Blackstone St., Bellingham, \$10 before November 4th, \$15 at door; tickets from any BBA board member; at Bellingham Dean Bank, Bellingham Middlesex Savings Bank, Bellingham Public Library and Bellingham Senior Center

Friends of the Library Monthly Meeting, 7 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham

Franklin Art Association meeting, 6:30 p.m., Franklin Senior Center, 10 Daniel McCahill St., Franklin, featured artist Jossy Lownes

November 7

Bellingham Women of Today (BWOT) Third Annual Quarter Auction, 7 p.m., doors open 6:30 p.m. for paddle purchases, vendor and crafter displays, raffles, and the snack table, Bellingham Senior Center, 40 Blackstone St., Bellingham

November 8

Bellingham Scouting for Food Drive, 9 a.m. - 2 p.m., Market Basket, Hartford Ave, Stop & Shop, Pulaski Blvd., St. Blaise Church, South Main St., Bellingham Scouts to collect non-perishable, non-expired food and supermarket gift cards.

Franklin Newcomers & Friends Craft Fair, 9 a.m. - 3 p.m., over 70 juried artisans, bake & raffle table, \$3 ages 12+, free under 12, bring item for food pantry, more info. at <https://www.facebook.com/Franklin-NewcomersCraftFair/>.

November 10

Bellingham Women of Today meeting, 7:30 p.m., Bellingham Police Station conference room, 30 Blackstone St., Bellingham, bellinghamwomenoftoday@gmail.com or Facebook @ Bellingham Women of Today, all Bellingham women 18+ welcome

November 11

Bellingham Veterans Day Ceremony, 11 a.m., Bellingham Public Library, 100 Blackstone St., Bellingham

November 12

Blackstone Valley Regional Vocational Technical High School (BVT) Admissions Open House, 5:30 p.m. to 8 p.m., 65 Pleasant Street in Upton

The Art of Pysanky Ornament Workshop, 6-8 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, please register, ADULTS only allowed in room

November 13

Virtual Author Talks, 7 p.m., - to register for these talks, go to: <https://libraryc.org/bellingham>, - The Search for Truth & Persistence of Love Across Time with novelist Amanda Peters.

Ladies of St. Anne Yankee Swap meeting, 6 p.m., St. Blaise Parish Hall, 1158 S. Main St., Bellingham, Ladies are asked to bring a wrapped Christmas-themed gift costing no more than \$25 (but, please, no food or sized clothing). Word on the street is Mrs. Claus will be there!

November 15

2nd Annual Local Author Expo, 9:30 a.m. to 2 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, highlights work of local writers, public welcome to event, writers can sign up at <https://forms.gle/a76t5e145w52DFwc9>

Veterans Appreciation Ball, 6-10 p.m., at the Bellingham VFW Post 7272, 940 S. Main St., Bellingham, Free to vets; \$20 to others who'd like to attend and support the Post.

Bellingham Youth Football Showcase Pro Wrestling fundraiser, 7:07 p.m., Franklin Elks Lodge, B.P.O.E. 2136, 1077 Pond St., Franklin. Family-friendly event to raise funds for Bellingham Youth Football, tickets \$20, visit showcaseprowrestling.com

November 16

LiveARTS String Quartet concert, 3 p.m., Franklin Historical Museum, 80 West Central St. in Franklin, free

"One Hour of 168," special service led by FUSF member Peter Dennis, 10 a.m., First Universalist Society of Franklin, 262 Chestnut St., Franklin

November 18

Writing Group for Adults, 6:30 p.m. Join us at the library or on Zoom! Writers, readers, listeners - come join us! Local area writers Amy Bartelloni and Marjorie Turner Hollman welcome you to hear what local writers are working on and share what you are working on. Works of fiction or non-fiction are welcome. Reading limit 9 minutes per reader, with a brief opportunity for positive, personal comments only. Contacts Marjorie Turner Hollman at marjorie@marjorieturner.com.

Virtual Author Talks, 2 p.m., - to register for these talks, go to: <https://libraryc.org/bellingham>, - Unlock the Secret Language of Connection with Supercommunicator Charles Duhigg.

Dino-vember Dig, 10:30 - 11:30 a.m., Bellingham Public Library, 100 Blackstone St., Bellingham, family program, please register

November 19

Bellingham Fall Town Meeting, 7:30 p.m., Bellingham High School Auditorium, 60 Blackstone St., Bellingham

November 21

BHS Drama Club presents *Peter and the Starcatcher*, 7:30 p.m., Bellingham High School Auditorium, 60 Blackstone St., Bellingham, tickets \$5 students, \$10 adults

November 22

BHS Drama Club presents *Peter and the Starcatcher*, 1:30 p.m., Bellingham High School Auditorium, 60 Blackstone St., Bellingham, tickets \$5 students, \$10 adults

November 24

Bellingham Genealogy Club, 6-7:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, registration required

November 25

Tuesday Fiber Arts & Other Crafts, 6-7:45 p.m., alternating Tuesdays, *Bellingham Public Library*, 100 Blackstone St., Bellingham

November 27

HAPPY THANKSGIVING DAY

November 28

Bellingham Lions Santa Ride around Town, 11 a.m., see schedule in this edition of *Bellingham Bulletin* or visit Bellingham Lions Facebook page, photographer will be on hand for photos with Santa for \$5 donation to Loaves and Fishes Food Pantry

November 29

Bellingham Lions Santa Ride around Town, 11 a.m., see schedule in this edition of *Bellingham Bulletin* or visit Bellingham Lions Facebook page, photographer will be on hand for photos with Santa for \$5 donation to Loaves and Fishes Food Pantry

November 30

Bellingham Lions Santa Ride around Town, 11 a.m., see schedule in this edition of *Bellingham Bulletin* or visit Bellingham Lions Facebook page, photographer will be on hand for photos with Santa for \$5 donation to Loaves and Fishes Food Pantry

December 1

Book Discussion Group, 6:30 p.m. Bellingham Public Library, 100 Blackstone St., Bellingham. In person or on Zoom. Contact Suzanne at salpert@cwmar.org The Women by Kristin Hannah

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