



Bellingham BULLETIN

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Bellingham's Favorite Hometown Newspaper

April 1, 2026

Former BHS All-Star Elliott Still Winning Championships – in Adult Softball

By KEN HAMWEY, BULLETIN SPORTS WRITER

Brenna Elliott competed intensely when she played three sports at Bellingham High. Her dedication and desire led to Tri Valley League all-star berths, school records and state championships in field hockey.

When her field hockey days ended in 1990, Elliott had 111 goals. At that time, she was No. 7 nationally for goals scored in a career.

Now, 35 years later at the age of 53, not much has changed. She's still a dynamic competitor, but instead of field hockey the 5-foot-6 Elliott focuses on adult

softball, playing in tournaments all over the country. She and her teammates play for a squad called "Shots Fired," a Rhode Island team whose name symbolizes line drives and home runs.

What Elliott and Shots Fired achieved from August to January is truly remarkable. Competing in the United States Senior Slow-pitch Softball Association, they won a National Qualifier (Eastern Championship) in Virginia, triumphed in the National Tournament in Las



Brenna Elliott proudly displays the World Series trophy in Las Vegas, Nev.

SOFTBALL
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Bellingham Letter Carriers to Join in Stamp Out Hunger Food Drive May 9th

Residents Asked to Fill a Bag for Mail Carriers to Bring to Loaves & Fishes Food Pantry

By JUDITH DORATO O'GARA

On Saturday, May 9th, Bellingham residents have an opportunity to support hungry neighbors and make donations to the Loaves and Fishes Food Pantry without leaving their house, thanks to the mail carriers from the Bellingham Post Office, who are participating in the 34th National Association of Letter Carriers Stamp Out Hunger Food Drive, the largest one-day food drive in the nation. Just fill

the distributed bag (or a different one if you didn't receive it) with non-perishable food, leave it by your mailbox, and your letter carrier will deliver it to the local pantry.

Although last year's collection was low, says Bellingham letter carrier Joe Desrosiers, because the Bellingham Post Office "was unable to secure funding to dis-

FOOD DRIVE
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SOFTBALL

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Vegas, then captured the World Series crown, also in Las Vegas. The team was a smashing success, winning what's known as the "Triple Crown."

All that was left was the Tourney of Champions in Florida. Shots Fired prevailed and won the "Grand Slam" of women's adult softball.

"To win the World Series and the other three tourneys is the frosting on the cake," Elliott said. "It's my top thrill in softball. I've never been on a team that's won all four. It's the ultimate prize – like winning the Super Bowl."

The World Series victory was very memorable and rewarding for Elliott. "It was the first time in my 35 years of softball that I was on a team that won the World Series," she said. "It's a difficult task, because the competition is elite. To win that event takes lots of hard work and sacrifice."

Elliott's batting average in

the four tourney games was top-notch. She hit .500 against Power Mix in the National Qualifier; .620 against Takin' Chances in the National Tourney; .654 against West Coast United in the World Series; and .681 against Get Dirty in the Tourney of Champions.

"I'm a line-drive hitter," Elliott emphasized, "but I occasionally hit a home run. I'm aggressive at the plate and rely on being consistent."

Elliott, who played the outfield and third base in the tourneys, isn't the only Bellingham link in Shots Fired's success. The team is sponsored by Antron Engineering, a Bellingham company that manufactures a variety of machine parts. The firm is owned by John and Lilly Kauker, who reside in Bellingham.

"Lilly is one of our pitchers," Elliott noted. "She's a quality hurler who's consistent, and she's also a very capable fielder. Lilly and John are very generous people."

Pitcher Nellie Gray of Woonsocket was another prime contributor. "Nellie started three of the Grand Slam games," Elliott offered. "She's a smart pitcher, has a good assortment, is a fine fielder and can hit for power."

The rest of the team is composed of players from Rhode Island and two from Maryland and North Carolina.

Shots Fired is coached by Pat Gordon of Rhode Island and managed by Nancy Santopadre. "Pat sets the lineup, gets

us into position and makes sure we're all playing to our potential," Elliott said. "He's a very capable coach. Nancy is also a player and she takes care of all the details necessary in the day-to-day operation of the team."

The energetic Elliott played field hockey, indoor and outdoor track, and softball at BHS. Her 111 career goals in field hockey and her 118 feet, 10-inch throw in the javelin are school records. The javelin throw was a TVL record but it since has been broken. Her two state championships in field hockey came in 1988 as a player and 1996 when she was an assistant coach for Joanne Paquette.

Elliott has been inducted into three halls of fame. In 2018 she was inducted into Bellingham High's Athletic Hall of Fame and inducted later into two softball halls of fame – the New England USSSA Association and the Rhode Island Slowpitch Softball Association.

Elliott works as a surgical/dental veterinarian technician at Greenwich Bay Animal Hospital in Rhode Island. She, her husband Jerold, and three sons live in Tiverton, R.I.

When competing, Elliott puts a high priority on winning. "Having fun and enjoyment and reaching your potential are important but winning matters most," she emphasized. "I have a fire within me that keeps me going. It drives me to test myself, and I'll keep playing until I can't physically continue."



Winning the Tournament of Champions Tournament wrapped up a "Grand Slam" effort for Brena Elliott and her Rhode Island teammates.

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FOOD DRIVE

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tribute bags for donations,” that problem has been rectified for 2026, he says, and hopes are many in the community will participate. In 2022, Bellingham letter carriers collected 3,000 lbs. of food for the pantry, in 2023,



Bellingham letter carriers have, in the past, delivered thousands of pounds of food to the Loaves & Fishes Food Pantry, although last year donations were down thanks to a bag distribution issue. This year, the need is high, and hopes are many will contribute food.

5,098 lbs., and in 2024, they collected just over 4,000 lbs.

According to a 2025 report published by Project Bread, in 2024, over one in three Massachusetts households were affected by food insecurity at some point during the year, about a million households. Food insecurity in the state has risen over the past five years, from 19% in 2019 to 37% in 2024.

Over the course of its 30-year history, the Stamp Out Hunger Food Drive has collected well over 1.9 billion pounds of food, thanks to a postal service universal delivery network that spans the entire nation, including Puerto Rico, Guam and the U.S. Virgin Islands. The need is great, but you can help.

Currently, more than 47 million Americans are unsure where their next meal will come from. More than 13 million are children who feel hunger’s impact on their overall health and ability to perform in school. Nearly 5.5 million seniors over age 60 are food insecure, with many who live on fixed incomes often too embarrassed to ask for help. Our food drive’s timing is crucial. Food banks and pantries often receive the majority of their donations during the winter holiday seasons. By springtime, many pantries are depleted, entering the summer low on supplies at a time when many school breakfast and lunch programs are not available to children in need.

Participating in this year’s Letter Carriers Stamp Out Hunger Food Drive is simple. Just leave non-perishable food donations in a bag by your mailbox Saturday, May 9, 2026, and your letter carrier will do the rest. Please help us in our fight to Stamp Out Hunger.

Happy Spring from the Town Clerk’s office!

A reminder to get your census and dog license forms in as soon as possible. We’re still missing quite a lot, and though licenses are due April 1st, fees will not apply until May 1st. After May 1st, a \$25 late fee will be assessed, so please get them in before then!

In the office, we’re busy preparing for the 2026 Local Election. Papers are now available to be pulled for the offices listed below. To “pull papers” means you’re requesting nomination forms – the first step to getting on the June ballot. If you’re interested in any of the below offices, come see us in the Town Clerk’s office and we will provide you with those forms. You’ll need to get 50 verified signatures by the date below to be on the ballot. Several people have pulled and returned papers already, and we are updating the website weekly.

Those papers will need to be pulled by Friday, April 10th at 1 p.m., and all papers will need to be returned, with signatures, by Tuesday, April 14th at 5 p.m. Please make sure you’re registered to vote by May 22nd for the Local Election, but the sooner the better. If you need to check your voting status, you may do so on the Secretary of the Commonwealth’s website at <https://www.sec.state.ma.us/voterregistrationsearch/> or call the office.

The Select Board has voted to approve Voting by Mail (no-excuse early voting) for the June

election. To receive a Vote by Mail ballot, you must complete and an application and return it to the Town Clerk’s office. Those applications can be found on our website at bellinghamma.org, or you can register online through the Secretary of the Commonwealth’s office. We take election integrity very seriously, and per Massachusetts law, each ballot is scanned as it goes out and when returned.

Meet the candidate events will be held at the Senior Center on May 19th at 10 a.m., and at the Bellingham Public Library on May 7th at 6 p.m., and all are welcome at both. Also, please save the date of May 26th for our Annual Town Meeting. The last day to register to vote for the Annual Town Meeting is May 18th.

Thank you, and as always please call us at (508) 657- 2830 or email at townclerk@bellinghamma.org with any questions. We’re looking forward to a smooth, safe election season!

Select Board, 2 positions, 3-year terms.

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Michael J. Hennessey (I)

Planning Board, 1 position, 3-year term

William F. O’Connell, Jr. (I)

Planning Board, 1 Position, 1-year term

No elected incumbent

Library Trustee, 2 Positions, 3-year terms

Laura M. Howard (I)

Macala Lamour (I)

Library Trustee, 1 Position, 1-year term

No elected incumbent

School Committee, 1 Position, 3-year term

Beverly Pierce

Housing Authority, 1 Position, 5-year term

Debra K. Sacco

Constable, 2 positions, 2-year terms

No elected incumbents

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

By CHRISTIE VOGT
CONTRIBUTING WRITER

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

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

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

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

Schadler says the company takes an environmentally responsible approach to disposal, recycling whenever possible and properly handling non-recyclable materials. "With four kids, sustainability is especially important to us," he says.

During the business's early days, Schadler provided junk removal on nights and weekends when he wasn't busy working at a machine shop. Eventually, the business grew into a full-time endeavor, and the Schadlers re-invested into the company with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving around and things are flying out of my truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.'"

Schadler says his wife Christine "was equally as involved" in getting the business off the ground. "She handled the back



end while I did the heavy lifting, all while she was working at EMC," he says. "Fast forward 21 years, and we both work full time, managing the company as well as other endeavors. Business is doing great; it has grown tremendously to include a fleet of trucks and dumpsters, and we've also been able to buy a pizza place, The Corner Market in Holliston."

In addition to delivering an in-demand service to the community, Schadler is appreciative that Affordable Junk Removal has helped provide a work-life



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

balance that suits his family. "It allows me to be able to do what I like doing and spend time with my kids," he says. "I'm home to see my babies play softball and be involved in their activities. We're also able to give back to the communities we serve."

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

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

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

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4th Annual Bellingham Business Expo April 11th at Bellingham Library

By JUDITH DORATO O'GARA

On Saturday, April 11th, the Bellingham Public Library will host its fourth Bellingham Business Expo, from 10 a.m. to 1 p.m., showcasing not only members of the Bellingham Business Association (BBA - www.facebook.com/BellinghamBusinessAssociation/), but also businesses that serve the Bellingham community or have a principal who lives in Bellingham. The event is free for both business participants and the general public, with a chance for a \$100 gift card door prize for attendees.

"This program is a partnership with the BBA," says Bernadette Rivard, Bellingham Public Library Director, explaining, "It started four years ago as a grant

program, post-COVID, to try to promote local businesses, to get them back on track. It's an opportunity for businesses to come to the library, have a table, talk to people about their business in a non-sales environment." Businesses, she says, get to meet and greet and establish a rapport with potential customers.

"Businesses can meet people in the community, hand out their swag. Some of them do raffles. The community can learn about what they do," says Rivard, noting that just getting acquainted with the community can benefit a business, even if it doesn't turn into an immediate sale.

"I met an overhead garage door company last year, and I have a garage door," says Ri-

vard, "It's not broken, but if I need one, I know where to go." Rivard feels the event will be successful if folks attend the open event, "meet one business and they say, 'Wow I didn't know that company existed, and they can do something for me.'" The event has drawn between 150-200 people each year.

Rivard says that the BBA has managed all of the correspondence and signup this year.

"They really wanted to run with it," she says.

By March 19th, about 30 businesses had signed up, although Rivard notes there was plenty of room for more, with a limit of about 45. Businesses signed up include realtors, banks, cleaning services, the YMCA,



the Bellingham Senior Center, landscapers, Tupperware, day-care centers and folks from the Franklin Bellingham Rail Trail Committee.

"We still have more room," Rivard said, at press time.

Outside the library, the Blackstone Valley Amateur Radio Club (www.w1ddd.org) will host a booth with all of their equipment. Attendees can stop by and talk with people all around the world. "They've done it all four years," says Rivard.

Last year, one of the landscaping companies also brought a big

truck they allowed families with little ones to climb aboard.

In addition, the Friends of the Bellingham Public Library (www.bellinghamma.org/347/Friends-of-the-Library) will provide breakfast-type refreshments such as coffee and donuts.

Although the official deadline was the third week in March, you can contact Sue Grady, BBA Secretary/Treasurer: contact@bellinghambusinessassociation.org, to check on space availability. The form is here at <https://tinyurl.com/4thBellinghamBusExpo>.

Bellingham Announces the Passing of Denis C. Fraine

On March 19th, the Town of Bellingham announced its regrets to inform residents of the "passing of Mr. Denis C. Fraine on Tuesday, March 17, 2026, following a courageous battle with cancer.

Denis dedicated more than 37 years of service in his role as Town Administrator to the Town of Bellingham. Those who had

the privilege of working with him knew firsthand his unwavering commitment to the community and its residents. He was a leader like no other, generously sharing his knowledge, experience, and passion with all he encountered.

Denis was unassuming, supportive, diplomatic, and approachable, all qualities that distinguished him

and earned the respect and admiration of colleagues, residents, and anyone who knew him."

If anyone would like to make a

donation to the Ed Fraine Memorial Scholarship Fund, they may do so via Venmo ([edfrainememorial](https://www.venmo.com/edfrainememorial)) or by check sent to 20 Pickering

Avenue, Bellingham, MA 02019.

The Obituary can be found here at <https://www.cartiersfuneralhome.com/obituary/denis-fraine>.

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Bellingham Community Garden Offers Place to Share Knowledge, Camaraderie

By DAVID DUNBAR

The Bellingham Community Garden, on Center Street at the SNETT trail, officially opened

for the season on March 21.

Scott Rice is entering his third season running the Garden and says, “We’re growing vegetables, sure – but more importantly,

we’re growing a community that people want to be part of. It’s a place where neighbors show up, lend a hand, and leave with a little more than they came with.”

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Garden Manager Scott Rice stands in the garden in front of the greenhouse examining a promotional piece about Creative Plot Engineering.

There are 40 individual garden plots, all spoken for, but Rice is working on opening up a few new ones. They are \$40 each for the season. Visit bellingham-communitygarden.org – to learn more, volunteer or submit an application for the 2027 season. If you would like to drop by the

garden, Rice is there most weekdays from 8 a.m. until noon.

“This spring,” explains Rice, “We’re focusing not just on planting, but improving shared spaces and strengthening the

GARDEN

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Spring Quiz

- 1. Jen & Nick are cleaning out their basement and notice some water damage. The water came across the ground surface and through a basement window. Their walls and carpet are damaged. Would their home insurance cover the claim?
- 2. Brooks & Katie discovered some staining on their ceiling from ice dams during the winter. Would their home insurance help cover the repairs?
- 3. Emma & Noel left their bedroom window open during a rain storm. The rain stained and warped the floor. Would their home insurance cover the claim?

Answers:

- 1: No, water coming across the ‘ground surface’ is consider flooding. Jen & Nick would need a flood policy to cover the damage.
- 2: Yes, water coming through the ceiling caused by an ice dam is covered.
- 3: Yes, rain water coming through the window and causing damage is covered.



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Bellingham Garden Club of MA Plans Workshop, Plant Sale

Bellingham Garden Club of MA will be offering a FREE Virtual Gardening Workshop. Potential gardeners can join in on Tuesday, April 7th, 7 p.m. or Saturday, April 11th, 11 a.m.

Explore those tips and tricks that successful gardeners use and know about to start off the growing season and to enjoy a beneficial harvest.

Register for one of the Zoom sessions at <https://forms.gle/xaBkxJ1Ubx4wLNc8> or visit bellinghamgardenclubofma.com.

The Bellingham Garden Club of MA will also again host its 5th Annual Plant Sale Fundraiser. Community residents and others can pre-order and purchase their plants for pickup at the Bellingham Farmstand, 200 Center St., Bellingham, with pickup on Saturday, May 9th, 2026, 10 a.m.-12 p.m. Local delivery is also available from May 10-14th. Visit the website, bellinghamgardenclubofma.com.

We have beautiful green variegated hostas, marigolds, fresh herbs, a delicious variety of vegetable seedlings and other lovely floral plants that we are selling supporting our mission to combat food insecurity and community beautification just in time for your spring planting and to support local!

Planning Finances is a Treat for Todd Miller's Clients

A visit with Edward Jones financial advisor Todd Miller can be especially sweet for his customers. They of course gain valuable guidance on how best to make their money work. But they often receive an additional tasty treat to take home: A jar of honey. And not just any honey. This honey is made by bees that Todd keeps in hives in his backyard. The buzzy hobby gives him the chance to be outdoors and spend time with his daughters Charlotte, 7, and Remy, 5, while staying close to home.

This combination of money and honey reflects Todd's treasured principle: Time and money are valuable assets and should be spent wisely. Todd believes you are "never too young" to start learning and thinking about finances.

Talking about money can be considered taboo, but Todd believes open conversations are crucial. Young people need honest, clear information, which he provides to his daughters even at their young ages. "I wanted to make sure they learn from me and not the crazy advice they could get from YouTube or Tik Tok."

He is following a family tradition. When he was 16 and started his first job, his mother insisted he invest a portion of each paycheck. "One of the most important things I had was time and she taught me the importance of making the



most of it."

A small amount invested at 16 can grow to a large nest egg that can make dreams come true. He shares those lessons with his clients. All ages can benefit from financial guidance, he believes. But the ideal candidate for his services is 10 to 15 years away from retirement. They may have a general idea of the long-term goals but they haven't formalized it and put it into a plan.

That's where Miller steps in. "We look at their full financial picture, their bills, taxes, what they are currently doing to work toward their goals. The key to doing well with your finances is to be flexible and more open to opportunities, be willing to build a successful plan."

Todd may have learned the value of money early in life but financial planning was far from his original career. After growing up in Hopkinton and graduating from Hopkinton High School, he received a bachelor's and master's degree in chemistry from Northeast-



Todd Miller with his wife Abbey and daughters Charlotte and Remy.

ern University.

He entered the military where he served as a military police officer. He later worked

as a chemist for five years. During this time he married his wife Abbey and began a family. As part of this life

transition, he worked with a financial advisor on tax planning, estate planning, creating a power of attorney and other financial tasks.

That advisor eventually invited him to be part of his business. Todd became a certified financial planner, a designation that allows him to "help my clients in the most ways and the best ways possible."

The Hopedale resident is looking forward to moving into a new branch office in Foxboro later this year.

That will allow him to grow even deeper roots in the Hopedale, Bellingham, Norfolk and Wrentham area. He already delivers free talks at local senior centers to help people become better educated in finances and investments and looks forward to expanding his community involvement.

"I get to help my community and get introduced to a lot of people in the area. I like reaching out to the community. It's very rewarding."

Todd Miller can be reached by call or text at (781) 652-9573 or by email at Todd.Miller@edwardjones.com.

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BWOT Annual Peeps Diorama Contest

The Bellingham Women of Today are once again sponsoring an Annual Peeps Diorama Con-

test! Grab a shoe box and some Peeps and start creating! Applications for children, individuals, or

groups are available by emailing us at or you can pick one up at the library. Drop off your Peeps

diorama at the Bellingham Public Library starting at 11 a.m. on Friday April 17th or Saturday April 18th until 3 p.m. Tables will be set up for the displays in the library's Cafe area, with application forms.

We are requesting a donation of a non-perishable item for Loaves & Fishes, our local food pantry.

Voting will begin the next week and end at noon on Satur-

day, April 25th.

Our next Bellingham Women of Today meeting will be on Monday April 13th starting at 7:30 p.m. in the Bellingham Police Dept conference room. We meet the second Monday of each month and are always happy to welcome new members.

For more information on any of the above, email bellingham-womenoftoday@gmail.com or find us on Facebook.

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There's Still Time to Sign Up for Energy Assistance

In the final weeks of the heating season, while we're still experiencing a colder-than-average season, Massachusetts residents are finding it increasingly more difficult to heat their homes as fuel costs continue to rise.

There is still time to apply for the Home Energy Assistance Program (HEAP), a critical resource that helps eligible households pay for winter heating costs. Applications run

through April 30th and will begin again in the fall.

The free statewide program assists eligible residents in covering heating costs, providing supplemental funding that allows eligible renters and homeowners to keep their homes safe and warm.

Bay Staters can learn more about eligibility and apply for HEAP by visiting mass.gov/heat.

GARDEN

continued from page 6

sense of community that makes the garden special. Our volunteers are currently working on several projects, including cleaning up winter debris, improving pathways, expanding access to the greenhouse with a new rear entrance, and reimagining what has been known as the 'picnic area' into a more functional and inviting gathering space that will accommodate about a dozen people."

There will be a Blackstone griddle and a big sink in the picnic area, so folks can gather for breakfasts or lunches. Rice is also looking into expanding the garden's role as a learning space, including the possibility of a youth-focused group or program that would give kids a hands-on way to learn about gardening, where food comes from, and just being outdoors.

The entire garden will be fully accessible for disabled visitors.

What's Rice's long-term vision for the garden? "To keep building on what we already have – a space that's productive, welcoming, and shared. If we

need to keep improving the common areas, bring in new people, and maybe expand into small events and workshops."

And what about volunteers? "They are everything," says Rice. He continues: "This is a community garden in the truest sense... nothing really happens until people step in and take part. That's why we've been encouraging folks to 'adopt a chore' and help spread the workload."

Reflecting on what makes the garden special, Rice says, "It's the people. We have a mix of experienced gardeners and first-timers, and everyone helps each other. It's not just about growing vegetables... it's about sharing knowledge, lending a hand, and building something together. There's a real sense of ownership and pride across the whole space."

And while we're on the subject of gardening, the garden at the Senior Center is opening this month. It contains 10, three-by-eight-foot beds that supply fresh, free vegetables to older adults in Bellingham all season long. If you would like to add a little more gardening to your day, please volunteer by calling the Center at (508) 966-0398.



Your Money, Your Independence

The Snow Has Melted—It’s Time for Financial Spring Cleaning



Glenn Brown, CFP

After a winter spent clearing snow and managing the elements, spring brings a welcomed shift. It’s time to open things up and clear out the old. Just as melting snow reveals what’s been hidden all winter, spring is also a chance to uncover areas of your finances that need attention.

Let’s discuss five areas for review to help ensure things remain organized, efficient, and aligned with your planning.

1. Review Beneficiaries

Work benefits, retirement accounts, and life insurance policies pass according to the beneficiary listed, not your will or trust. Studies show ~30% of Americans have outdated beneficiary designations, which can lead to unintended heirs or tax consequences. Life events such as marriage, divorce, births, or deaths can change your intended beneficiaries. Even with-

out major changes, it is wise to confirm that your accounts reflect your intentions.

2. Revisit Auto, Homeowners, and Umbrella Coverage

Homeowners coverage should reflect current replacement costs, auto liability limits should align with your assets, and umbrella insurance provides an extra layer of liability protection.

Rising property values and auto replacement costs naturally raise premiums, but some of the largest increases come after state-approved rate adjustments. While the state may approve a 3–7% increase, insurers can adjust individual policies within their pricing matrix. Examples of policyholders seeing 30–75% increases occur, even if nothing about their home, auto, coverage, or claims history has changed. Because of auto-renewal, most people simply accept and pay. Without shopping your options, you could end up paying far more than necessary.

3. Check Your Estate Plan

Estate planning is not a one-time task. Trusts, wills, powers of attorney, and healthcare proxies should be reviewed to ensure they reflect your current wishes and family circumstances.

While the federal estate tax exemption is roughly 15 million per individual, Massachusetts has a much lower exemption of 2 million, ranking it 49th in the United States. This makes state-

level planning especially important for residents.

Review also allows you to evaluate strategies such as lifetime gifting, trust funding, or charitable giving that may reduce state estate tax exposure. It is also essential to ensure that successor trustees, health care proxies, and other responsible parties have electronic copies of your documents, and that assets intended for a revocable trust are properly titled in the trust’s name. These steps help prevent delays, confusion, and unintended consequences.

4. Consolidate Old Retirement Accounts

Over 50% of Americans have multiple retirement plans still held at prior employers. Leaving accounts scattered can create unnecessary complexity, inconsistent investment strategies, and administrative inefficiencies.

Consolidating into a coordinated structure simplifies management, improves oversight, and makes it easier to rebal-

ance your allocations to align with your evolving goals and risk tolerance. Fewer accounts also allow for better investment alignment, lower fees, smoother required minimum distribution planning, and a clearer view of your overall progress toward retirement.

5. Declutter Accounts and Organization Systems

Just like a closet or garage, your financial life accumulates items you no longer use. Old bank accounts, unused credit cards, dormant investment accounts, and forgotten subscriptions create unnecessary clutter. Closing or consolidating accounts simplifies your administrative burden. Many find it helpful to consolidate to one primary bank account and one primary credit card, making it easier to reconcile expenses, track spending, and perform a cash flow analysis for the year ahead.

Minor Changes with Meaningful Impact

Financial spring cleaning

does not require major changes. It is about maintaining clarity, ensuring alignment, and reducing unnecessary complexity. Taking time to review these baseline areas strengthens your plan, improves organization, and provides confidence that your finances reflect your current priorities and goals.

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

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

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The b.LUXE *beauty beat*

The Secret to Healthier Hair Might Be... Your Scalp

When we talk about hair care, the conversation usually revolves around the hair itself. Shine. Volume. Color. The perfect cut.

But there's a quiet truth that hair professionals have always known and science continues to confirm: the real starting point for healthy hair is not the hair at all.

It's the scalp.

The scalp is skin. The same living, breathing organ that covers your face and body continues up over your head, creating the environment where every single hair strand begins. Yet most of us treat it very differently from the rest of our skin.

We exfoliate our faces. We moisturize our skin. We protect it from buildup and congestion.

Our scalp? It usually gets shampoo and conditioner... and not much else.

Dermatologists often describe the scalp as one of the most active skin environments on the body. It contains tens of thousands of hair follicles and a high concentration of oil glands that work continuously to protect both the scalp and the hair shaft.

Like the rest of our skin, the scalp sheds cells, produces oil, responds to its environment, and benefits from proper care.

When the scalp becomes congested with excess oil, product buildup, dry shampoo, or environmental debris, the follicles can become weighed down. Hair may appear flat, dull, or harder to style. Sometimes the scalp itself may feel dry, tight, or irritated.

Think of the scalp like the soil in a garden. When the soil is clean, oxygenated, and balanced, plants grow beautifully. When it becomes compacted or congested, growth struggles.

Hair is no different.

Why Scalp Care Is Trending

That realization has sparked a quiet movement in the beauty world: the rise of scalp care.

Across the country, salons are beginning to approach the scalp the same way skincare professionals approach the face.

Gentle exfoliation, cleansing, circulation stimulation, and hydration are becoming part of modern hair wellness.

The idea is simple. When the scalp is healthy, hair behaves better.

It feels lighter. It moves more naturally. It often appears fuller at the root because buildup is no longer weighing it down.

Many people are surprised to learn that scalp care can also influence how hair holds style or how long a blowout lasts. When follicles are clear and the scalp is balanced, hair tends to respond more predictably to styling.

A Closer Look at the Scalp Spa

At b.LUXE Hair and Makeup Studio in Medway, this philosophy has inspired a growing interest in scalp-focused treatments.

Our Scalp Spa Experience begins with a look at the condition of the scalp itself. Just as an aesthetician studies skin before recommending a facial, stylists evaluate what the scalp needs at that moment. Some clients benefit from gentle exfoliation, while others need hydration or circulation-focused massage.

The treatment includes a detoxifying scalp scrub, nourishing oil application, massage, cleansing, and a professional blowout. It's designed to address a variety of concerns ranging from dry, itchy, or oily scalp to clogged follicles, irritation, and hair that feels weighed down.

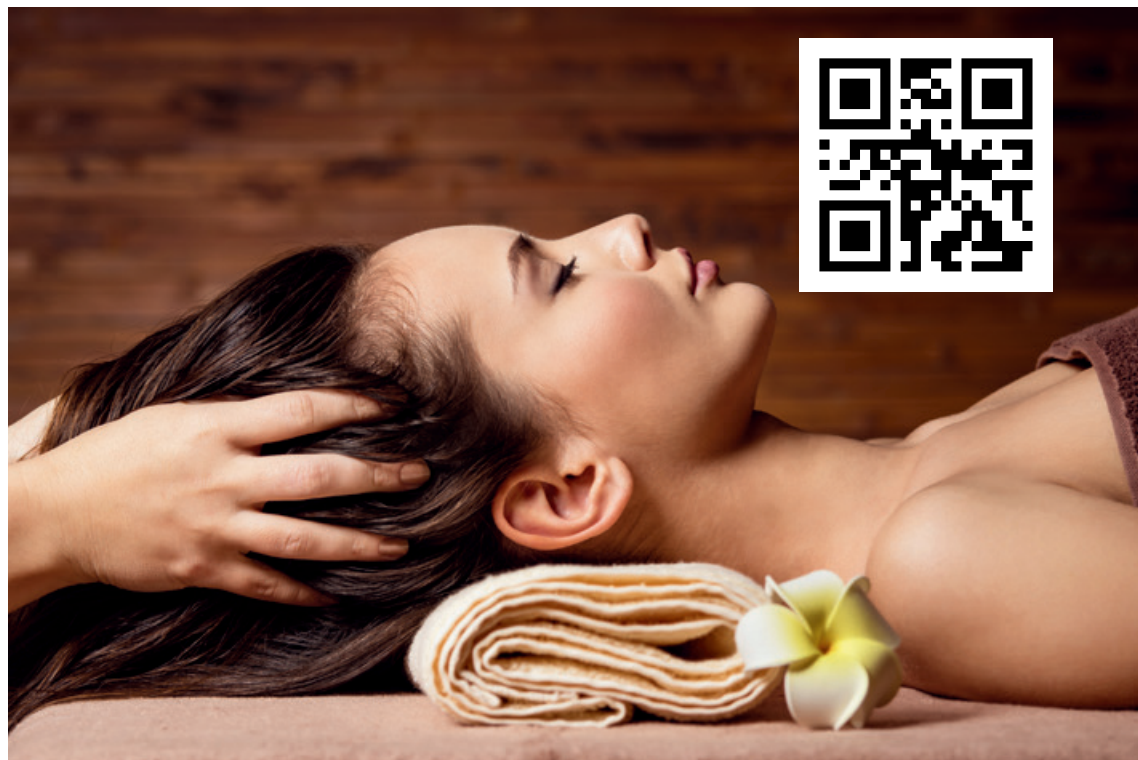
The goal is simple: restore balance.

Clients often describe the treatment as deeply relaxing, but the benefits go beyond relaxation. When the scalp is refreshed and clarified, the hair itself can feel noticeably different.

Lighter. Softer. More voluminous at the root.

The service concludes with a professional blow-dry, allowing clients to see just how well hair behaves when the scalp environment is reset.

What's interesting is that most people discover scalp care not because they were searching for it, but because they were try-



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ing to solve a hair problem. Hair that won't hold volume. Hair that feels heavy no matter what products are used. Hair that just doesn't seem to cooperate the way it once did.

Often, the answer isn't another styling product.

It's simply caring for the skin beneath it.

As more people begin to think of scalp health as part of overall hair wellness, this once overlooked area is finally getting the attention it deserves.

To help maintain results at home, b.LUXE also carries luxury scalp-care products from

Oribe and Kerasilk. These professional formulas are designed to gently exfoliate buildup, soothe irritation, and support the scalp's natural balance. When the scalp is treated with the same care as skin, the result is hair that feels lighter, healthier, and noticeably more vibrant.

Those curious about scalp health or wondering whether buildup, dryness, or irritation may be affecting their hair can speak with a stylist during a regular visit or consultation. Many people are often surprised to learn how much the condition of the scalp can influence the

way their hair looks and behaves.

After all, healthy hair doesn't begin at the ends.

It begins at the roots.

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Bellingham Operation Graduation to Host Spring Vendor Fair May 2nd

By JUDITH DORATO O'GARA

BHS Operation Graduation is busy working to make its goal of \$25K a reality in its 33rd year. The volunteer-led nonprofit group raises the funds for a safe,

all-night post-graduation party, held on the night of Bellingham High School commencement.

In addition to hosting this event, a portion of the funds raised go towards scholarships

for several graduating seniors. As Class of 2026 BHS OpGrad Executive Board member Sarah Doyle told the Bulletin last December, "The more money we raise, the more scholarship opportunities we are able to provide."

This month, the group is working on an Egg Your Yard fundraiser for Easter, where families paid (last month) for students to stuff and hide eggs in their yard the evening before Easter Sunday, this year falling on April 5, 2026.

On May 2nd, BHS OpGrad

will host its first ever Spring Vendor Fair, at the Bellingham Memorial School Athletic Fields, 100 Blackstone Street, Bellingham from 10 a.m. – 2 p.m., with a rain date the following day. (Rain date May 3rd)

Interested in being a vendor? Reach out to bhsvendorfair@gmail.com. Applications and payments must be submitted by April 3, 2026. Find the form at <https://tinyurl.com/BHSOpGradSpringFair>. At press time, over 70 vendors had signed up.

You can follow BHS Operation Graduation on its Facebook

page "Bellingham Operation Graduation 2026" at <https://www.facebook.com/profile.php?id=61577042586192>

You can also visit its website, at <https://sites.google.com/view/bhsopgrad/home>.

Those who would like to support BHS OpGrad can also make Venmo donations at any time @BHSOpGradMA

The Class of 2026 BHS OpGrad Executive Board includes Sarah Doyle, Lauren Bashford, Melissa Dettorre, Julie Childs, Jaclyn Higgins, and Beverly Pierce.

Bellingham Democrats Elect Delegates to May State Convention

On Saturday, March 14, at their caucus, the Bellingham Democratic Town Committee elected four delegates to the Massachusetts State Convention taking place in May in Worcester. The event was well attended, with candidates seeking election or re-election this year.

Five candidates for Norfolk County District Attorney spoke at the caucus, Djuna Perkins, Adam Deitch, Craig MacLellan, and Macy Lee, as well as a spokesperson for Greg Connor. Senator Ed Markey and Congressman Seth Moulton sent representatives, as did the Maura Healey/Kim Driscoll campaign. Colleen Brierley discussed why she is running for Register of

Probate, and Tom Melville talked about his campaign for State Representative in the 9th District. We also heard messages from Tamisha Civil for Governor's Council, and State Senator Becca Rausch.

If you wish to attend the convention and are a member of the following categories – disabled, underrepresented racial and ethnic groups, veteran, youth (16-35 years old), and LGBTQ+, you can still apply to be an ad-on delegate at www.massdems.org/caucus.

The Bellingham Democratic Town Committee meets the third Tuesday of every month at the Town Hall at 7 p.m.

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Living Healthy

Artificial Intelligence Is Transforming Eye Care

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

Artificial intelligence is rapidly transforming medicine, and ophthalmology is one of the fields experiencing its impact firsthand. For patients, this means eye diseases can be detected earlier, monitored more accurately, and treated more effectively. Although AI may sound futuristic, it is already integrated into clinics and hospitals, enhancing vision care and improving patient outcomes.

The Complexity of the Human Eye

The human eye is an intricate organ. At its core is the retina, a thin tissue layer containing millions of light-sensitive cells that convert light into signals the brain interprets as vision. Because the retina's structures are microscopic and delicate, early disease detection can be challenging. Even experienced ophthalmologists rely on advanced imaging technologies to identify subtle abnormalities.

AI as a Diagnostic Assistant

AI now assists doctors in analyzing these images in ways that were previously impossible. Sophisticated algorithms can review detailed scans of the retina and optic nerve, comparing them with thousands or even millions of other images. By recognizing patterns difficult for the human eye to detect, AI can help specialists identify early signs of disease, guiding faster and more accurate diagnoses. Importantly, AI does not replace physicians; it acts as a powerful assistant, helping ophthalmologists interpret complex data and make better-informed decisions.

Early Detection of Eye Disease

One major benefit of AI in eye care is early detection. Many conditions, including diabetic retinopathy, glaucoma, and age-related macular degeneration, can damage vision silently before patients notice symptoms.

By the time vision changes are apparent, disease may already be advanced. AI analyzes retinal images to detect subtle abnormalities that might otherwise go unnoticed. In some clinical settings, FDA-approved AI tools automatically screen for diabetic retinopathy, identifying patients who need specialist evaluation.

Accuracy and Consistency in Monitoring

AI also enhances accuracy and consistency. Imaging technologies such as optical coherence tomography (OCT) generate



highly detailed three-dimensional retinal images, enabling specialists to examine microscopic layers of the eye. AI algorithms can measure retinal thickness, detect fluid accumulation, and monitor optic nerve health with remarkable precision. This reduces variability in

interpretation and allows doctors to track even minimal changes over time, improving diagnosis and monitoring of glaucoma, diabetic eye disease, and macular degeneration.

Predicting Disease Progression

Advanced AI tools can also predict disease progression. By analyzing large databases of retinal scans and patient outcomes, these systems estimate which patients are at higher risk of vision-threatening complications. Predictive insights allow physicians to intervene earlier and tailor treatments more effectively, shifting care from reactive to proactive.

Expanding Access to Care

AI is expanding access to eye care as well. Tele-ophthalmology programs in rural or underserved areas enable patients to have retinal images captured locally, which are then analyzed using AI to determine who requires further specialist evaluation. This approach improves efficiency, reduces unnecessary travel, and ensures that serious conditions are not overlooked.

AI in Surgical Planning

AI is influencing surgical care, particularly cataract surgery. Advanced algorithms analyze detailed eye measurements, assisting surgeons in selecting the optimal lens implant for each patient. These tools improve surgical planning and increase the likelihood of excellent postoperative vision. At Milford-Franklin Eye Center, we integrate AI and advanced technology to deliver high-quality care. Our state-of-the-art retinal imaging systems detect disease early and accurately, while multiple OCT scanners provide extraordinary detail of the retina and macula, aiding in the diagnosis and monitoring

of macular degeneration and diabetic eye disease.

Milford-Franklin Eye Center and Technology

Every patient at Milford-Franklin Eye Center benefits from the highest level of our commitment to advanced technology. When it comes to glaucoma treatment, we were the first in the region to adopt the newest Direct SLT laser system, which uses advanced eye-tracking technology to track the eye during treatment and complete the procedure in about 1.2 seconds. Surgical care is equally advanced. Our accredited ambulatory surgery center in Milford was the first in the area to adopt the Unity cataract surgery system and offers laser-assisted cataract surgery. With our ORA system, we can verify lens implant power in real time during surgery to ensure the most precise visual results.

Commitment to you

Milford-Franklin Eye Center outcomes rival those of major Boston hospitals while keeping care close to home. We offer same-day emergency care, Saturday appointments, and a full-service optical shop with an on-site lab. Our QUAD A-accredited surgery center provides the highest level of safety and comfort, with anesthesiologists and IV sedation available for every procedure. Unlike practices performing office-based cataract surgery without anesthesia support, we ensure world-class care in a fully accredited facility.

The AI Revolution and Commitment to the Community

Living in the communities we serve, we remain dedicated to advancing ophthalmology through technology, AI, and patient-centered care. From early detection to precise surgical interventions, artificial intelligence is transforming vision care and helping patients preserve sight, improve quality of life, and access the best care close to home.

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Municipal Spotlight

Franklin Senior Center Offers Variety to Support Breadth of Aging Residents

By DAVID DUNBAR

Every day, about 125 older adults visit the Bellingham Senior Center. They come to take exercise classes, play games, attend informative presentations, enjoy breakfast or lunch, enjoy parties and free concerts, and, most of all, to meet and greet their friends.

Senior Center Director Josie Dutil says, "We will continue to evolve based on what our seniors want and need."

Last year, UMASS Gerontology conducted a Community Assessment Survey of 5,000 Bellingham residents over 55 to get their opinions of what must be done to make the town a place where folks want to "grow up and grow old." Recommendations came back for all town departments.

For the Senior Center: "Residents want programs that stimulate them physically, mentally, and intellectually. They would welcome extended hours on some days as well as weekend activities from time to time." Respondents also wanted meal offerings (breakfast and lunch), expansion of the Tax Work-Off program, and greater access to financial, health, and professional counselling.

"We have plans to add Thursday evening programming beginning April 2nd and will remain open until 7 p.m.," according to Senior Center Assistant Director Terri Graham. "The billiards room will be available; Attorney Amy Azza will have office hours the first Thursday of each month from 4-6:30 p.m. for free consultations and on the third Thursday of the month, we will host a Cancer Support Group from 4-5 p.m. We will also have Qigong offered each week at 6 p.m. Stay

tuned for more!"

"We are now managers of a restaurant, on top of duties running the Senior Center," explained Director Dutil. The Center, last year, began serving limited breakfasts and lunches. Now, breakfasts are available Tuesday, Thursday, and Friday mornings at 8:30 and lunches are available on Tuesday and Thursday at noon. Last month, 315 meals were served. "More men come to the breakfasts than any other activity at the Center," notes Dutil.

And a free lunch is served to members of the Diner's Club. "Come to the Joyful Cup Café and have ten \$5+ meals, and your next lunch is on us," says Dutil, adding, "We've given away a lot of free lunches!"

Chef Kelly Forestal came to the Center last summer after cooking at Dean College for 24 years. "I like our beautiful kitchen. I get great feedback from people... it's a great gathering place." The most popular items on the menu include chicken picatta, baked stuffed pepper casserole, French toast, and omelets.

"The Joyful Cup Café has created more volunteer opportunities at the Senior Center, creating meaningful ways for individuals to get involved," explains Graham. "These opportunities foster new friendships, strengthen community connections, and provide a renewed sense of purpose and belonging." If you'd like to volunteer or would like to share a bright new programming idea, contact Terri Graham at (508) 657-2710.

The Senior Center offers a Supportive Day Program which runs Monday, Wednesday, and Friday from 9 a.m. to 3 p.m. for \$60/day. The program's coordi-

nator is Marjorie Warnick, who explains, "Our program is designed to promote and enhance the social, physical, and cognitive skills of older adults. It is suitable for the memory impaired, those with physical limitations, or those who are isolated and homebound. It is an opportunity for caregivers to have a well-deserved respite, with the assurance that their loved one is in a safe and stimulating environment. It is designed to alleviate stress and provide support for the caregivers' families." To get on the waitlist or to find out more about the program, call Coordinator Warnick at (508) 657-2711.

An on-going project is the improvement of the Center's parking lot. "The state is providing funding towards the engineering of a new parking lot to accommodate the needs," says Dutil. She suggests if you're coming to the Center for a special event or on a day that's often busy, like Wednesdays with popular Bingo



In the new kitchen are (from left) Senior Center Director Josie Dutil, Chef Kelly Forestal and Assistant Director Terri Graham.

at noon, then please consider carpooling.

Some of the new programming includes a weekly meditation class, Thrive After Therapy for people to continue their supervised physical therapy, art and painting instruction, Veteran's

Service Office hours, "Senior Strong" exercise classes, and mental health tips.

You can visit the Bellingham Senior Center's Facebook page or call the Center at (508) 966-0398 for more information.

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FBRTC Present Celebrate Trails Day, April 25, 2026

Franklin, MA - Enjoy a brief walking tour on the Southern New England Trunkline Trail (SNETT). Learn the past history and plans for the future. A one-mile walk will be conducted on April 25 2026, starting at 12 p.m. (noon) at the Grove St Trail

Head Parking Lot, 234 Grove St, Franklin.

Celebrate Trails Day is a nationwide event coordinated by Rails to Trails Conservancy (RTC). The RTC highlights the social, health, transportation, and economic benefits of con-

ected trail networks across the United States. The Franklin & Bellingham Rail Trail Committee (FBRTC) will host a local celebration that includes a walk along the SNETT that emphasizes Franklin's unique railroad heritage, and the future eco-

nomical and civic value of the SNETT in our area.

Activity 1: STARTS at Grove St Parking Lot: 12 p.m. (noon)

An overview of the SNETT history by Joe Landry and Scott Mason - train historians / hobbyists

Activity 2: 1/2 mile walk to the Historic Wadsworth Homestead /Train Station

Brief talk by Joe Landry, Scott Mason, Sue Hehne & Sherine Hamade: MA DCR.

Activity 3: 1/2 mile return Walk Back to the Future to the Grove



St trail head Guest Speakers: Local town, state and FBRTC representatives will take a look into the future SNETT extension into Downtown Franklin.

Come join us on Celebrate Trails Day on the SNETT!

Light snacks and refreshment will be provided.

fbrtcommittee@gmail.com

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LoSA Baby Shower for Abundant Hope April 9th

At the Ladies of St. Anne March meeting, the Scholarship Committee announced that Ap-

Main St., Bellingham. Everyone in the community is welcome.

The April 9th meeting will be



In March, the Ladies played several cards of Bingo including single, double, and triple, crazy L, postage stamp, and diamond, while enjoying a great buffet of snacks and desserts! Winners walked away with scratch tickets and gift cards.

plications for the 2026 Scholarships will be available on March 15 at the doors of St. Blaise Church. All high school seniors or full-time college or technical school students who have not previously won this scholarship are eligible to apply. The Scholarship is for \$750 each, and multiple scholarships may be awarded. Applications must be received by May 10, 2026.

A reminder that the LoSA is guiding Stations of the Cross each Friday during Lent about 9:20, at St. Blaise church, 1158 S.

our Baby Shower for Abundant Hope and begin at 6:30 p.m. in the Parish Hall. Abundant Hope needs baby boy clothing and larger size diapers, but any baby clothing, shampoo, lotion, baby wipes, formula, blankets, etc. donation is greatly appreciated. We are also asking members to bring items to fill the Mother's Day baskets we will be raffling in May. Any item that you would love to receive is a great item to donate. We will be assembling eight baskets that night.

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Bellingham Program 2026
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Lace Up and Join the Rail Trail 5K Run & Walk on May 16th!

Get ready for a fun-filled morning of fitness, community, and celebration at the Rail Trail 5K! Scheduled for 9 a.m. on May 16th, this exciting event promises to be a memorable experience for all participants. Proceeds will benefit the SNETT trail enhancements and expansion, as well as local food banks. Parking will be available at Waters Corporation (210 Grove Street, Franklin), making it convenient and accessible for everyone to

join in the festivities.

The Rail Trail 5K is a unique race that starts and finishes at the Southern New England Trunkline Trail (SNETT) Grove St Trailhead and takes participants on a picturesque journey along the scenic rail trail. This event welcomes all fitness levels and ages, making it a perfect opportunity for families, friends, and community members to come together in a healthy and enjoyable way.

After the race, all participants are invited to participate in an exciting raffle for a chance to win some amazing prizes, as well as meet some local vendors.

“We’re thrilled to host the Rail Trail 5K with our partners Tri Valley Front Runners (TVFR), and bring our community together for a morning of fitness and fun,” said the race organizers. “It’s a great op-



portunity to enjoy the beauty of the rail trail, connect with fellow runners, and celebrate our shared love for an active lifestyle. We look forward to seeing everyone at the start line!”

Registration for the Rail Trail 5K is now open, and the first 150 participants who sign up are guaranteed a race shirt. To register and learn more about

the race, please visit the event website at <https://www.tri-valleyfrontrunners.com/fbrtc/fbrtc5K.php>

Those interested in becoming a sponsor can contact the FBRTC at fbrtcommittee@gmail.com.

For more information on the Franklin Bellingham Rail Trail, visit <https://www.franklinbellinghamrailtrail.org/>.

BVT’s FY27 Proposed Budget Approved by School Committee

Upton, MA – The Blackstone Valley Vocational Regional District School Committee approved the proposed FY27 budget on March 12, advancing a plan that emphasizes fiscal discipline, cost-saving measures, and continued investment in high-quality career and technical education. As a fiscally autonomous regional school District, all expenses are rolled into a single annual per-pupil assessment to its member towns, giving the District one “bite at the apple” each year.

As you review the FY27 budget report and consider your investment in BVT, you will see the proactive planning and strategic use of resources reflected throughout the document. While the state estimates that vocational

education should cost nearly twice as much as traditional education, BVT has consistently submitted budgets with per-pupil costs well below that estimate. Compared with its 25 sister vocational schools, BVT ranks in the bottom third for per-pupil expenditure, demonstrating financial efficiency without compromising educational quality. These metrics reflect a strong return on investment for its member communities.

In addition to benefits, salary and wage are typically the largest drivers of school budgets. This year, BVT achieved a modest 3.9% increase in employee health insurance benefits, well below the regional norm of 15–20% increases, which ultimately

becomes a major component of the budget. The School Committee and the Teachers’ Association worked amicably this year to settle the next three-year contract. The agreement includes increases well below the current regional norm of 11% and is estimated to save the District approximately \$2 million over its duration.

“I am grateful for, and happy to report, that we have fostered and maintained the working relationships and awareness that allow our system to continually

make adjustments to run more efficiently,” said Anthony E. Steele II, Superintendent-Director. “Whether it is negotiating benefits and contracts to contain costs or applying for grants and seeking donations to supplement revenues, everyone at BVT is rooted in protecting quality career technical education at mindfully efficient expense.”

In preparing next year’s budget, our goal is to keep BVT’s high-quality vocational education as affordable as possible while maintaining the programs

and supports our students need to succeed. That work also relies on the support of informed and engaged municipal partners like you. We appreciate your shared commitment to fiscal responsibility and educational excellence.

The proposed FY27 budget will be presented at 13 annual town meetings this spring, where it will seek community support. The full budget report is available for review on the school’s website at www.valleytech.k12.ma.us/fy27budgetreport.

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Amy Azza, Esq

Amy N. Azza, experienced attorney of 24 years, is accepting new clients for their estate planning needs for wills, trusts, powers of attorney and health care proxies.

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WHY YOU NEED A HEALTH CARE PROXY

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Bellingham Residents Prepare to Run Boston Marathon

When Paul Seaver takes his first steps at the 2026 Boston Marathon on Monday, April 20, 2026, it will mark nearly 13 years of keeping a promise to his father.

Seaver's dad died of ALS just two years after being diagnosed in 2011. Before he passed, Paul made a commitment: he would keep fighting the disease that took him. The 130th Boston Marathon is the next chapter in that promise.

Now a member of the UMass ALS Cellucci Fund team, Seaver's run represents both a deeply personal tribute and a public push toward progress against a 100% fatal disease is running as the group closes in on a powerful milestone — \$1 million raised to advance ALS research at UMass Chan Medical School. For 15 consecutive years, the team has turned Marathon Monday into momentum for research. This year, they're on the brink of making history.

Seaver's story is uniquely compelling: a Massachusetts native who grew up near Hopkinton,

now running the world's most iconic race in memory of his father; a son who followed his dad into coaching at the very same high school; and an advocate who has spent more than a decade raising money and awareness so other families don't face the same loss.

You can find out more about the UMass ALS Cellucci Fund team at [https://www.umassmed.edu/news/news-archives/2026/02/in-15th-year-umass-als-cellucci-fund-boston-marathon-team-runs-toward-\\$1-million-milestone/](https://www.umassmed.edu/news/news-archives/2026/02/in-15th-year-umass-als-cellucci-fund-boston-marathon-team-runs-toward-$1-million-milestone/).

Other Bellingham, Mass. residents are also planning to run in the Boston Marathon this month. According to the Boston Athletic Association, they include: Matt Billington, Shelle Edge, Daniel Grosso, Daniel Kurczy, Linda Lijeborg, and Ben Youkilis, as well as Christine Champagne and Robert Geromini, running as part of the Dana-Farber Marathon Challenge.

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

5th Annual Health Fair: Join us on Friday, May 1, for the Fifth Annual Health Fair from 10 a.m. – 1 p.m. The first 100 who sign up ahead of time will be able to order a FREE lunch provided by event sponsors Atria Draper Place and Cornerstone at Milford. Sign up by calling the Senior Center at (508) 966-0398. If you would like to volunteer to help set up and take down the Health Fair, please contact Terri Graham at (508) 657-2710.

Let's Walk! Join Lisa Loo for a walk along the Blackstone River in Blackstone on Thursday, April 16th at noon time. We will meet in the Canal Street parking lot. Lunch will follow at the Beef Barn in Bellingham. Please call (508) 966-0398 and let us know you'll be walkin'!

Veterans Services Office: The VSO will be available at the

Senior Center for questions on Thursday, April 9, at 1pm.

Coffee & Conversation: Every Tuesday at 9:30 a.m.

Spiritual Book Club: Via Zoom on Mondays at 9 a.m. Discussion will be about *The Courage to Go: A Memoir of the Seven Thousand Miles That Healed Me* by Emily Dobberstein. Please call host Josie Dutil at (508) 657-2705 to join.

Tech Connect: Bring your tech-related questions and concerns to the Center on Tuesday, April 7, at 1 p.m.

Rise Up Initiative: State Rep Mike Soter addresses food insecurity in his district with this free, sit-down luncheon at the Senior Center at noon on Thursday, April 2. And please call ahead to reserve your seat at the table.

Wanted - Pen Pals: 14 third graders, members of The Kindness Club at Stall Brook Elementary School, who would like to become pen pals with older adults. Ms. Monica Rigamonti is a teacher and runs the Kindness Club. Please call her at (508) 353-1937.

Senior Center Garden: Garden opening will be Monday, April 6, at 1 p.m. Volunteers are welcome!

AI-2026: Progress, Perils, and the Future of Democracy: In this one-hour presentation,

Henry Quinlan will explore both the promise and the peril of AI. Join us on Thursday, April 23, 6-7 p.m. for this talk at the Senior Center and co-hosted by the library. Please call ahead and let us know you'll be attending.

Downsizing: Discussion with Brian Wotton, a local Realtor, April 9 at 1 p.m. Please call ahead.

History of Local Farms: Larry Pearson will talk about the evolution of farms from self-sufficiency to commercial enterprises including Round Meadow Farm, Cedar Hill Farm, and Maple Farm Dairy. He'll also delve into the challenges faced by farmers. Friday, April 24, 1 p.m.

Meet the Candidates: Tuesday, May 19 at 10 a.m. Meet candidates for Bellingham's annual Local Election coming up June 2nd.

Life on a Whaleship: presented by the Nantucket Historical Association, supported by the Mass Cultural Council. Tuesday, April 14, 10 a.m. Please call (508) 966-0398 to reserve your seat.

Game Shows, Let's Play: with Kevin Richman, of Game Shows to Go, Thursday, April 16, at 1:30 p.m.

Learn To Paint: Join Amy Adams. Class provides all the supplies you'll need are included. Wednesday, April 8 at 1 p.m. \$25. Call to sign up.

BBA "State of the Town" Meeting April 8th, Business Expo April 11th

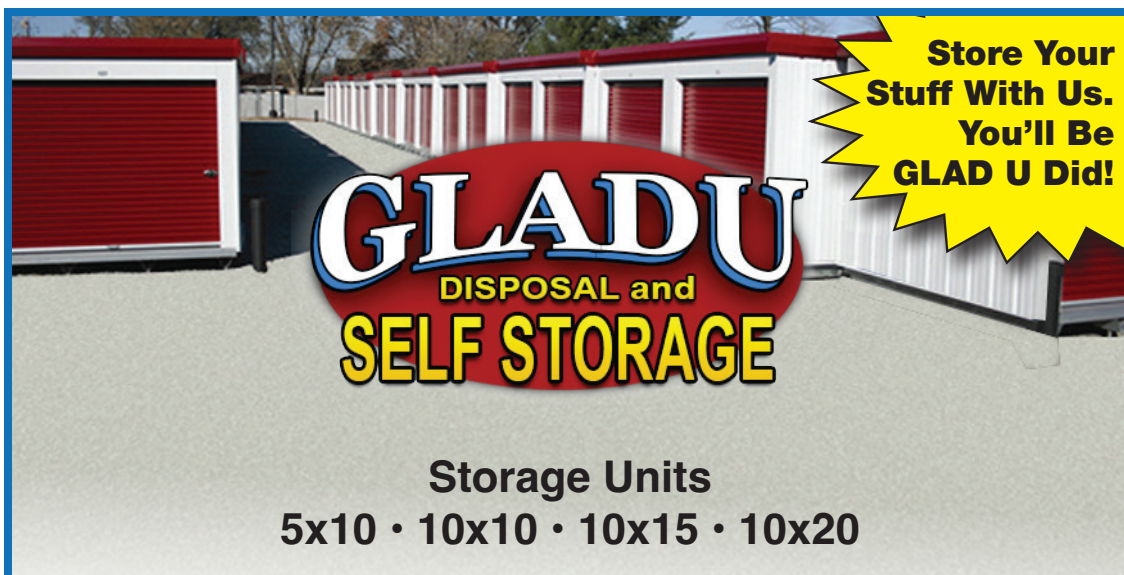
The Bellingham Business Association (BBA) is busy this month, with a meeting on April 8th at Bellingham Town Hall, in the main room from 6-8 p.m., with a theme of "State of the Town," with local town officials. It will also hold its nominations and elections for the BBA board.

BBA members will showcase their businesses at the Bellingham Business Expo at Bellingham Public Library on April 11th, from 10 a.m. – 1 p.m.

In February, the BBA conducted a type of 50/50 raffle called "Hearts for Hunger," a chance to win \$500. The result was a \$580 donation to Loaves &

Fishes Food Pantry at St. Blaise. Last month, on March 21st, the BBA organized Hunger Heroes Assemble, a fun game day for families with the same aim, to raise funds for the Loaves & Fishes Food Pantry.

Vendors are also being accepted now for the also preparing for Bellingham Pride Fest 2026, this year on June 27, 2026, from 11 a.m. – 3 p.m. Find the vendor form on the Bellingham Business Association's Facebook page or here at <https://tinyurl.com/BellPridefest26>.



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Transforming Biotech Curricula

BVT Students Benefit from Grant-Funded Tools

Upton, MA - Blackstone Valley Regional Vocational Technical High School (BVT) has been awarded a grant from the National Anti-Vivisection Society (NAVS) through its BioLEAP Classroom Grant program. The competitive grant allowed the school to purchase 10 life-size rat models for its Biotechnology program, eliminating the need for traditional animal dissection and equipping students with modern educational tools.

The male and female rat models are detailed anatomical replicas designed specifically for educational dissection. Each model features interchangeable reproductive systems, detachable organs—including the heart, lungs, liver, and intestines—and a numbered key to support student learning. These tools allow students to explore anatomy thoroughly without the use of real animals.

“The reusable models are

cost-effective, humane, and easy to manage,” said BVT’s Biotechnology Instructor Zoë Army, M.S. “Introducing our students to the accessible rat models allows them to gain early exposure to animal anatomy without the pressure of a full dissection. This approach supports student learning and engagement, while fostering curiosity in career paths where lab animals are important components.”

Fiona Comeau of Millbury, a sophomore in BVT’s Biotechnology program, recently used the model in class. She said, “I liked them a lot more than if we had an animal dissection, which I think is rather off-putting. I think we got a lot of useful information about identifying rat anatomy via the dissection model.”

“The dissection model made learning anatomy less stressful and more interactive, and it encouraged more discussion and participation,” said MacKenzie

Moran of Grafton, also a Biotechnology sophomore. “I would recommend that we continue using them for future classes.”

As part of the grant agreement, recipients are required to submit a video of the models in use. This requirement created an opportunity to collaborate with students in BVT’s Multimedia Communications program, who are producing a professional video for NAVS highlighting the benefits of the grant-funded models.

Joseph Bache of Hopedale, a senior in Multimedia Communications, participated in planning and filming interviews with Biotechnology students. “It was a great experience attending meetings, selecting equipment, and preparing interview questions to clearly communicate the purpose of the grant while keeping students comfortable on camera,” he said. “We used a Canon cinema camera on a tripod, an external clip-on microphone for clean audio, headphones for sound monitoring, and LED lighting to ensure consistent,



Blackstone Valley Tech Biotechnology Students (L-R): Ella Drumheller, MacKenzie Moran, and Fiona Comeau with reusable anatomical rat replicas designed specifically for educational dissection.

well-lit shots.”

“The on-camera interview gave me a chance to reflect on what I learned using the rat model and how it applied to our biotechnology work,” said Ella Drumheller of Douglas, a sophomore in the Biotechnology program. “The model reduced the anxiety of traditional dissection while building my confidence and understanding of rat anatomy, which will support my

future labs, animal-based co-ops, and science fair projects.”

Once completed, the video will be shared with NAVS and available on the school’s website.

The BioLEAP Classroom Grant is awarded by NAVS to help teachers purchase humane, non-animal models that replace the use of specimen dissection. The goal of the grant is to support excellence in science education without harming animals.

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CALENDAR

April 1

Franklin Art Association meeting, 6:30 p.m., Franklin Senior Center, 10 Daniel McCahill St., Franklin, guest artist Anne Wert

April 2

The Harlem Wizards, 7 p.m., Bellingham High School Gymnasium, tickets at <https://belledfound.org/>.

Virtual Author Talks, The History of the US Women Astronauts with Smithsonian Curator Valerie Neal, 2 p.m., – through Bellingham Public Library, to register for these talks, go to: <https://library.org/bellinghamma>.

April 3

Peter Cottontail's Eggcellent Adventure, 10 a.m., Franklin's Beaver Pond, 450 Beaver St., Franklin, egg hunt and face-painting, space limited, register at <https://franklinma.myrec.com>.

April 6

Book Discussion Group, 6:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, *All the Colors of the Dark* by Chris Whitaker. Contact Suzanne at salpert@cwmar.org.

April 7

A Novel Idea: Book Club for Adults, 6:30-8 pm., Bellingham Public Library, 100 Blackstone St., Bellingham, *The Midnight Library*, by Matt Haig. Contact Diane Nelson at dnelson@cwmar.org

Voice of Franklin Toastmasters, 7:30 p.m., Franklin TV, 23 Hutchinson St., Franklin, work on your presentation skills with a supportive group in Zoom or in person, <https://voiceof-franklin.toastmastersclubs.org>

Stony Brook Camera

Club meeting, 7:30 p.m., Zoom, Member competition, visit stonybrookcc.com for more info.

April 8

Bellingham Business Association "State of the Town" meeting, Bellingham Town Hall, includes discussion with town officials as well as nominations/elections for BBA board. Find "Bellingham Business Association" on Facebook for more details.

April 9

Ladies of St. Anne Sodality meeting 6:30 p.m., St. Blaise Parish Hall, 1158 S. Main St., Bellingham, baby shower for Abundant Hope, also ladies are asked to bring items for Mother's Day baskets to be raffled in May.

April 11

Bellingham Business Expo, 10 a.m.-1 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, meet local businesses, light refreshments, free

Opening of exhibit: Quattro Eroi Lodge 1414, the Franklin-based local entity of the Order Sons and Daughters of Italy, Franklin Historical Museum, 80 W. Central St., Franklin

Vance Gilbert, 7:30 p.m., Circle of Friends Coffeehouse, Franklin's First Universalist Society meetinghouse, 262 Chestnut St., Franklin, www.circlefolk.org

April 12

Second Sunday Speaker Series presents author and historian Stephen Puleo, 1 p.m., event in conjunction with 100th anniversary events for Quattro Eroi Lodge 1414, the Franklin-based local entity of the Order Sons and Daughters of Italy.

April 14

Virtual Author Talks, On Writing Action-Packed and Suspenseful Spycraft with Brad Taylor, 7 p.m., through Bellingham Public Library, – to register for these talks, go to: <https://library.org/bellinghamma>.

Stony Brook Camera Club meeting, 7:30 p.m., Zoom, "Black and White Photography" with Silvana Della Camera, visit stonybrookcc.com for more info.

Franklin LGBTQ Alliance Book Club, 6:30-8:30 p.m., Franklin TV and Radio, 23 Hutchinson St., Franklin. *Gender Euphoria: Stories of Joy from Trans, Non-Binary, and Intersex Writers* by Laura Kate Dale.

April 18

Peeps diorama at the Bellingham Public Library starting at 11 a.m. on Friday April 17th or Saturday April 18th until 3 p.m. Tables will be set up for the displays in the library's Cafe area, with application forms.

April 21

Bellingham Democratic Town Committee meeting, 7 p.m., Bellingham Town Hall, 10 Mechanic St., Bellingham

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

Stony Brook Camera Club meeting, 7:30 p.m., Zoom, "The Art of Photographing Trees and Woods" with Mark Bowie, visit stonybrookcc.com for more info.

Voice of Franklin Toastmasters, 7:30 p.m., Franklin TV, 23 Hutchinson St., Franklin, work on your presentation skills

with a supportive group in Zoom or in person, <https://voiceof-franklin.toastmastersclubs.org>

April 22

Virtual Author Talks: Lush Lyricism and Intimate Confessions with Miranda Cowley Heller, 2 p.m., through Bellingham Public Library, to register for these talks, go to: <https://library.org/bellinghamma>.

April 23

Friends of the Bellingham Library Book Sale, 12-7 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham

April 24

Friends of the Bellingham Library Book Sale, 10 a.m.-4 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham

April 25

Franklin Bellingham Rail Trail Committee Celebrate Trails Day, 12 p.m., 1-mile walk of Southern New England Trunkline Trail (SNETT) starting at Grove St Parking Lot of Franklin Bellingham Rail Trail in Franklin. Event includes overview of the SNETT, ½ mile walk to the Historic Wadsworth Homestead /Train Station with a brief talk by Joe Landry, Scott Mason, Sue Hehne & Sherine Hamade: MA DCR, and a ½ mile return Walk Back to the Future to the Grove St trail head as local town, state and FBRTC representatives discuss the future SNETT extension into Downtown Franklin. Light snacks and refreshments provided. fbrtcommittee@gmail.com

Junk or Gem: Collectibles Appraisal with Rick Keller, 9:30 a.m.-12:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, Registration required, find link in library calendar. NO weapons.

Friends of the Bellingham Library Book Sale, 10 a.m.-2 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, \$5 bag sale 12-2 p.m.

Franklin's 4th Annual Ladybug Trail Spring Walk, self-guided walk as early as 9 a.m., search for fiberglass ladybug sculptures connecting approximately 25 historical and cultural sites. Ladybug-themed activities at Dean College,

Franklin Public Library, Franklin Historical Museum and The Children's Museum of Franklin. Maps at Franklin Historical Museum, Franklin Public Library, Ferrara's Market, or The Little Shop of Olive Oils. Rain date 4/26

Boston Typewriter Orchestra Concert, 2 p.m., Franklin Public Library, 118 Main St., Franklin. Funded by Franklin Cultural Council, which is funded by Mass. Cultural Council

Norfolk Public Library 2026 Annual Book Sale, 9 a.m. to 3 p.m., Freeman-Kennedy School, 70 Boardman St., Norfolk, over 30,000 books in good to excellent condition, 50 cents to \$3

Electronics Recycling Day, 8 a.m.-12 p.m., First Congregational Church of Milford, 4 Congress St., Milford, items \$5-\$45 to recycle, no charge for cell phones, which will go to charity, hard drives wiped no additional charge

April 26

Moving from Grief to Justice, 10 a.m., The First Universalist Society in Franklin (FUSF), 262 Chestnut Street, Franklin

April 28

Stony Brook Camera Club meeting, 7:30 p.m., Zoom, New Member Showcase, visit stonybrookcc.com for more info.

April 30

Virtual Author Talks: On Writing Beloved Characters with Powerful Portrayals of Resilience, Conversation with Jason Reynolds, 7 p.m., through Bellingham Public Library, to register for these talks, go to: <https://library.org/bellinghamma>.

May 2

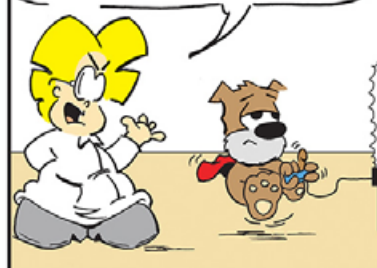
Bellingham Operation Graduation Spring Vendor & Craft Fair, 10 a.m.- 2 p.m., Bellingham Memorial School Athletic Fields, 100 Blackstone Street, Bellingham, Rain date May 3.

Charles River Chorale Spring Concert, 5 p.m., Medway High School, 88 Summer St., Medway, <https://our.show/crcspringconcert>

SOUR GRAPES

by Tim Jones

AESOP, I ORDERED A NEW GAMING CHAIR LIKE A WEEK AGO AND I STILL HAVEN'T GOTTEN IT YET!



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Bi-County Collaborative Hosts 'Very Hungry Caterpillar' Performance

Mansfield, MA - Students and staff in Bi-County Collaborative's (BICO) Preschool Developmental Learning Program

Sara Gustafson. The BICO cast and crew was led by Preschool Developmental Learning Program Teacher Allie



The cast and crew of *The Very Hungry Caterpillar*, performed by BICO's Preschool Developmental Learning Program in Mansfield. (Photo Courtesy Bi-County Collaborative)

recently worked together to plan a stage production of Eric Carle's classic children's book, *The Very Hungry Caterpillar*.

"The joyful, interactive performance showcased colorful costume changes, thoughtfully designed props and backdrops, and rich use of Augmentative and Alternative Communication (AAC), highlighting creativity, communication and teamwork every step of the way," said Program Director

Greve. BICO staff worked with students for weeks, creating props and costumes for the play.

In the classroom, the youngsters brought the story alive, with the help of the program's devoted educators. Some students utilized communication devices to read their lines. Each actor received assistance from a staff member as they entered the stage and played their parts.

About the Bi-County Collaborative (BICO)

BICO is a multi-purpose educational collaborative formed under the provisions of Mass. Gen. Laws c. 40, section 4E. Bi-County provides specialized educational programs for students ages 3-22, addressing the needs of students with Autism, Communication, Emotional, Health, Intellectual, Neurological, Physical Impairments, and Specific Learning Disabilities. Bi-County Collaborative consists of 20 member school districts in Bristol, Norfolk, and Worcester counties.

FUSF Presents "Moving from Grief to Justice" April 26, 10 a.m.

In a world where devastation is palpable every day, it is often difficult not to default to despair and fear. Though this despair is so present, there is hope in letting yourself grieve. Join Rev Jo Murphy, Executive Director for UU Mass Action, in investigating the importance of not defaulting to fear and despair, but to find space to grieve. She will explore moving from grief to justice work, finding joy and wonder in it all, sustaining ourselves and

our communities. The First Universalist Society in Franklin (FUSF) is a Unitarian Universalist Welcoming Congregation located at 262 Chestnut Street, Franklin. Our Minister is Reverend Beverly Waring. For more information about FUSF please visit our website at Fusf.org. You can also contact us at info@fusf.org or by calling (508)528-5348.

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Sports

Bellingham Athletes Commit to College Signing Day

By CHRISTOPHER TREMBLAY

In early February, the famous groundhog Punxsutawney Phil emerges from its burrow to let us know if spring is around the corner or if we are going to have to endure winter for another six weeks.

One month after the Pennsylvania rodent gave us his 2026 winter forecast, Bellingham High School was holding a college signing day to let us know which of their gifted athletes would be continuing to participate in their selected sport on the collegiate level following graduation this summer. Nine Blackhawks from five different sports took ink to paper to secure their future.

The sport with the largest contingency of athletes was soccer, with three boys (Jason Greenberg, Gabriel Jordao and Daniel Jordao) and one girl (Alyssa Henrich) moving on to play on the next level. Valerie Nolan and Aidan will be taking their volleyball skills to college, while Tyler Campbell (Wrestling), Isabella Acuna (Field Hockey) and Payton Young (Baseball) also signed letters of content to play their re-




Nine Bellingham High School athletes from five different sports signed up to play sports on the collegiate level on signing day. Photo by Lorelai Grant.

spective sports on the collegiate level next year.

Henrich, the only female soccer player, will be attending Fitchburg State University. She has been on the varsity squad since the eighth grade and began starting her freshman campaign.

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Blackhawk volleyball star Valerie Nolan was one of nine Blackhawk athletes at BHS college signing day. She committed to Virginia Wesleyan University. Photo by Lorelai Grant.

During this season, the senior captain was a Tri Valley League Honorable Mention All-Star, Blackhawk Award winner and team MVP. Bellingham was able to make the made playoffs for the first time in at least 10 years during her sophomore year and went to the round of 16 in the State Tournament for the first time ever her junior season.

Jason Greenberg will be attending Bristol Community College to continue his soccer career. He became a varsity starter his freshman year and although not a captain he was a true leader to the team on and off the field. During his senior season he posted 13 goals and 5 assists breaking the school record for the most goals in a single season.

Greenberg was named to the TVL All-Star as well as Eastern-Massachusetts All-Star team.

Another soccer player, Gabriel Jordao, will be heading to the University of Massachusetts Boston. Having only played one

Sports

Bellingham Softball Has Some Strength Returning this Season

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Last spring, the Bellingham softball team was able to go 8-10 (6-9 in the Tri Valley League) and earn themselves a 17 seed in the Division 4 State Tournament. Unfortunately, the Blackhawks lost to the number 16 seed Clinton 9-6 in the first round.

Although tryouts have yet to take place, Coach Courtney Parker knows that she is only losing one senior, her starting right fielder in Cassidy Leger from last year's squad.

"The goals coming into this year are to continue to build a program that continues to compete hard each and every day," the Bellingham Coach said,

"Hoping that we can also sustain an interest in the sport so that we can build on the JV level."

Parker noted that upon the arrival of COVID, six years ago, the sport has been done a disservice; the kids seem to have more options, and softball is not one of them. Historically, Bellingham has had both a JV and varsity team, but over the last few years, they have been hovering on the cusp of having two teams.

Despite not being into the try-out period yet, Parker does know what she has returning. Senior pitcher and middle infielder Jacobi Houston will be the team's ace in the circle. Last year as a junior, Houston pitched 66 innings for the Blackhawks and had 67 strikeouts. At the plate,

the power hitter, who will bat in either the three or four spot, hit .317 and will be taking her talents to Regent University in Virginia Beach, VA next year. According to the Coach, she is a well-rounded athlete that continuously competes, and the team rallies around her.

Junior Trista Corshia is another pitcher for Bellingham that will give the coach another option in the circle. She has been improving her pitching skills, and the team seems to feed off her positive energy when she is on the field. In the coach's mind, Houston is the number one pitcher right now, with Corshia seeing time, but things can always change.

Two other seniors whom

Parker will be looking to this year will be third baseman Ashley Kamin and outfielder Hayley Higgins. Kamin is an incredibly smart player that understands the game and is the leader of the team. She brings a versatility to the field and speed to the base paths, while Higgins brings that same speed and energy to the outfield. In addition to her speed, the outfielder has the ability to change the momentum of the game defensively and/or on the bases.

Lilly Proler will patrol the back of the dish for the Blackhawks. The junior catcher has been the mainstay behind the plate her entire varsity career and also brings a leadership role to the team. Megan Skarin can cover

a lot of ground in the outfield for Parker and brings an athleticism to her play. Sophomore Kaleigh Simpson shines in the field playing shortstop. As the team's leadoff batter, she creates pure chaos for the opposition once she reaches base. Parker noted that the sophomore is lethal running the bases.

Although Parker still has tryouts to go through and should have some new recruits, the main focus will be for whoever is on the team to be able to compete on a daily basis, work hard at practice and go out and play tough every single inning. If the Blackhawks athletes are able to do just that, then the Coach believes that the team should be able to give teams a run for their money.

SIGNING

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year of high school soccer, Jordao has played the majority of his soccer for the U17 Club soccer for New England Fútbol Club where he was named to the New England All Star Team in 2025.

Daniel Jordao, the final soccer player to be extending his career will be playing for Clarkson University. He also only played on season for Bellingham while also playing for U17 Club soccer for New England Fútbol Club.

Blackhawk volleyball start Valerie Nolan will be attending Virginia Wesleyan University after playing for the Bellingham varsity team the last five seasons. The two-time captain has been named to the TVL All-Star team 3 times in her high school career in addition to being a 2-time MIAA All-Tournament Team and Blackhawk Award Recipient. Nolan has been part of the State Finalist team twice and was a 2025 State Champion.

Aidan Gibbs will be attending Wentworth Institute of Technology where he, too, will also be playing volleyball. He has also played on the varsity team for five years while being named a two-time TVL All-Star that holds the record at Bellingham for most regular season assists (521)

accomplished during his sophomore season sophomore year, which was his first year being a setter for varsity team. This upcoming season, he will surpass the 1,000 career assists mark.

Payton Young will take his baseball playing to Norwich University. Having only played two years for Bellingham on the diamond he found his way into being named the team MVP and Team Ace with the most of his baseball career coming during his eight years of club baseball (Mendon Coyotes, GBG Foxboro, and Sluggers Fury Medfield).

Tyler Campbell will continue to wrestle for Roger Williams University next year. The 4-year varsity athlete was named captain his senior campaign. During his grappling career at Bellingham Campbell was a 4-time State qualifier, 2-time All-State qualifier and TVL All Star Honorable Mention. He has accumulated 107 wins in his career, which is the record for most wins in school history. He has also is a 2-time Cape-Cod Invitational Champion and has won the Wayland Holiday Tournament twice.

Isabella Acuna, who will be heading to Worcester State University to play field hockey, rounds out the Bellingham athletes that will be continuing to take their respective sport to the

next level. A senior captain and four-year varsity player received the team MVP award as well as the being the Heart and Soul

Award Recipient which recognizes dedication, leadership, and commitment to the team both on and off the field. She was also

named player of the week three times throughout the season and plays in a winter league during the off-season.

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Bellingham Public Library Upcoming Special Events

For updates, please visit www.bellinghamlibrary.org and click on Library Calendar & Events.

Closed, Monday, April 20th for the Patriots' Day Holiday

Special Programs

Bellingham Business Expo – Saturday, April 11th, 10 a.m. – 1 p.m.

Join us at our Annual Bellingham Business Expo! Many businesses bring freebies and giveaways, and the Friends of the Library provide light breakfast refreshments and offer a door prize of a \$100 Gift Card to one lucky attendee.

Register your business here: <https://tinyurl.com/4thBellinghamBusExpo>. This program is a partnership between the Bellingham Library and Bellingham Business Association.

Friends of the Library Book Sale

Thursday, April 23rd from 12 noon to 7 p.m.

Friday, April 24th from 10 a.m. to 4 p.m.

Saturday, April 25th from 10

a.m. to 2 p.m. with a \$5 bag sale between 12 noon and 2 p.m.

Junk or Gem: Collectibles Appraisal with Rick Keller – Saturday, April 25th from 9:30 am to 12:30 p.m.

Rick Keller, from Perfect Pastime 617, is offering a community-wide collectibles appraisal event. So, gather up all your Pokémon/sports cards/memorabilia, coins, watches, video games/consoles, comics, fine/broken jewelry, sterling silver, etc. to see if you have treasure or trash! Registration for a ten-minute time slot is required beforehand. Register on the library calendar. Registrants must supply photos of what they plan on bringing in well before the event. Please note that weapons of any type are NOT permitted during these programs. All violators will forfeit their timeslot with Rick. This program is partially sponsored by the Friends of the Library.

Bilingual Story Time (English/Portuguese) - Saturday, April 25th at 11 a.m.

Join us for Bilingual Story Time, a program for children

and families! Geared toward children ages 2-5; siblings welcome! Registration preferred but not necessary.

Bellingham Library's First Multicultural Festival! - Save the Date! Saturday, May 16th from 1-4 p.m.

With financial support from the Friends of the Library and the Bellingham Cultural Council, the Bellingham Library is hosting our first Multicultural Festival in May! We look forward to sharing with the community music, art, dance, food and more from cultures around the world. If you would like to share your knowledge or experience, please send an email to library@bellinghamlibrary.org with a short summary, and we'll be in touch. Keep an eye on the library calendar, website, and Facebook page for updates.

Henry Quinlan's New AI Talk for Seniors – Thursday, April 23rd at 6 p.m. – at the Bellingham Senior Center, 40 Blackstone Street, Bellingham, MA, 02019

AI is changing how we live – and it's not just for the younger

generation. In this clear and practical talk, Henry Quinlan explains what AI is, how it works, and how seniors can use it to stay informed, connected, and independent.

This is a joint program with the Bellingham Library and Bellingham Senior Center. Registration appreciated.

Adult Programs

Book Discussion Group – Attend in person or on Zoom. On April 6th, we will be discussing *All the Colors of the Dark* by Chris Whitaker. Contact Suzanne at salpert@cwmar.org.

English Conversation Circles

6 p.m. on the following days – April 2, 7, 9, 21, 23, 28, 30

10 a.m. on Saturday, April 25th

Join Thienne Rissatto to practice speaking English with other adult English language learners in a relaxed, comfortable place, and meet new friends as we learn by talking together. This is a free program – no registration necessary.

Tuesday Fiber Arts & Other Crafts – alternating Tuesdays, April 14th and 28th, from 6-7:45 p.m. Drop in!

A Novel Idea: A New Book Club for Adults – Tuesday, April 7, from 6:30-8 p.m. *The Midnight Library*, by Matt Haig. If interested, please contact Diane Nelson at dnelson@cwmar.org

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

All skill levels are welcome. Please bring your own materials. No registration necessary!

Library Board of Trustees Meeting – Thursday, April 9th at 7 p.m.

Friends of the Library Monthly Meeting - Tuesday, April 14th at 7 p.m. Zoom. To attend, email library@bellinghamlibrary.org for the Zoom link!

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

The History of the US Women Astronauts with Smithsonian Curator Valerie Neal – Thursday, April 2nd at 2 p.m.

On Writing Action-Packed and Suspenseful Spycraft with Brad Taylor – Tuesday, April 14th at 7 p.m.

Lush Lyricism and Intimate Confessions with Miranda Cowley Heller – Wednesday, April 22nd at 2 p.m.

On Writing Beloved Characters with Powerful Portrayals of Resilience, Conversation with Jason Reynolds – Thursday, April 30th at 7 p.m.

Yoga – Kripalu Yoga for the Seasons: Spring Thaw Slow Flow

Yoga meets on two Tuesdays

LIBRARY

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LIBRARY

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this month. Check the library calendar for dates/details.

Writing Group for Adults – Tuesday, April 21st at 6:30 p.m.

Writers, readers, listeners – come join us at the library or on Zoom, with local area writers Amy Bartelloni and Marjorie Turner Hollman. Contact Marjorie Turner Hollman at marjorie@marjorieturner.com.

Chat & Craft for Adults – Wednesday, April 15th at 6:30 p.m., Registration required Join us for this three-session exploration! Create a unique junk journal using many “found” materials--discarded books, magazines, paper, packaging, etc. This program is supported by the Friends of the Bellingham Library.

Friends of the Library Program Supply Wish List –Can you assist by purchasing one of these items from the Wish List? Many items are under \$10! <http://bit.ly/3KfjV2i>

Did You Know? Interlibrary Loan (ILL)

No library can hold everything a patron may want—not even the Library of Congress! If a patron requests an item that we don’t have here in Bellingham, we are usually able to get it from a partner library in our library system. Regular library users have typically experienced this at least once—library staff place a “hold” on requested items, and other libraries check their shelves to fill the request and send it to Bellingham.

However, there are times when one of our partner libraries does not have an item. In these cases, the library can initiate a state-wide request through the Commonwealth Catalog, known as “ComCat.” A librarian searches the ComCat interface for a library in Massachusetts that has the item. If a match is found and the library is willing to lend out the item, we submit the request. Items requested this way can take up to a week to receive here at our library.

In some cases, an item cannot be found anywhere in the entire state. We can then extend our search. These ILL requests are handled by a Reference Librarian, who uses a different request system to search for holdings across the country. We’ve found items for our patrons this way from as close as Rhode Island, and as far away as Oregon.

So, if you’re looking for an older or hard-to-find book, DVD, CD or other media, feel free to ask at the Circulation Desk for us to initiate a state or nationwide search.

Franklin Art Association Welcomes Anne P. Wert

The Franklin Art Association warmly welcomes the public to its next public meeting at 6:30 p.m. on Wednesday, April 1, 2026, at the Franklin Senior Center, 10 Daniel McCahill St., Franklin. Our artist demonstrator will be watercolorist, Anne P. Wert. The Signature Member of the New England Watercolor Society and Rhode Island Watercolor Society studied at Parsons School of design in Paris, she has a degree in Sociology and Education from the University of Richmond and

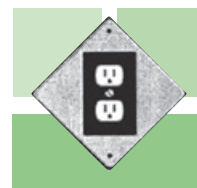
a certificate in Children’s Book Illustration from RISD. She is inspired by her travels around and living in coastal New England with work focusing mainly on landscapes. Trained in oils, she is captivated by the immediacy of watercolors. She teaches painting at several location in Rhode Island and Massachusetts.

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

Donations are welcome. The FAA is having an on-going raffle for the scholarship of local artist, Peg Munson’s seashore pastel artwork.

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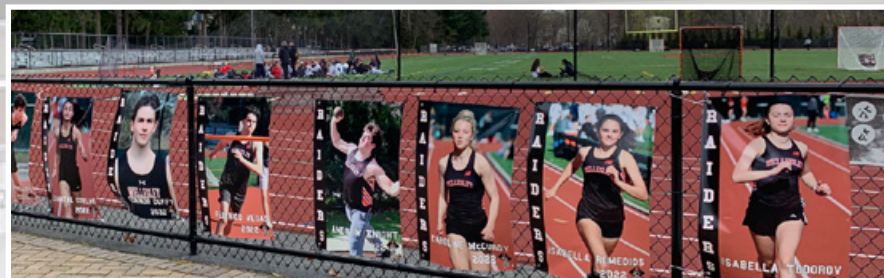


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