



Bellingham BULLETIN

Vol. 32 No. 8

Bellingham's Favorite Hometown Newspaper

July 1, 2026

Ken Hamwey, in Memoriam

He wrote about the good

By JUDITH DORATO O'GARA

Ken Hamwey never missed a deadline, and he had a passion for telling a good story. Getting the word out about something or someone inspirational, conveying its importance, meant the world to him. That kind of drive, a level of investment scarcely seen in the world today, deserved your full attention. Our Town Publishing didn't just lose a sportswriter when we lost Ken Hamwey, we lost a lion-hearted wordsmith who cared deeply about the people he wrote about, and their moments of glory.

"Ken Hamwey was an amazing sportswriter and a consum-



Ken Hamwey
October 14, 1943 - May 25, 2026

mate professional," said Jen Schofield, owner of Our Town Publishing. "He was someone I truly enjoyed talking with, listen-

HAMWEY
continued on page 2

College-bound, Bellingham grad breaks barriers

By JUDITH DORATO O'GARA

Anthony D'Asti, a graduate of the Bellingham High School Class of 2026, recently made history as the first student in Bellingham High School's Special Education program to be accepted into college.

This fall, Anthony will attend the EXCEL Program at Bridgewater State University, a fully inclusive postsecondary program for individuals with intellectual and/or developmental disabilities. In fact, he was chosen for the program above a wait list over 50 students. Although the Bellingham School District partners with BSU, a Massachusetts Inclusive Postsecondary Education (MAIPSE) participant, no one from the town has ever have been accepted into the program.

Anthony feels excited about starting college life, crediting his parents, "Ms. Cadin, Ms. Trust and Coach Kerry" in helping him reach his highest potential in high school. He's looking forward to "meeting people, joining clubs, studying in college classes, and I'm looking forward to doing some sports," he says.

"I would say Anthony's post high school plan has really evolved since I've known him," says Anthony's teacher of three years, Sarah Cadin, adding, "I don't think his family initially thought that this was an option. This came up the last year and a half led by Anthony, who has advocated for himself, and that's a reflection of the growth I've seen in him. He is the first student I've had the privilege and honor of completing the recommendations and process



Anthony D'Asti, shown here as Co-Captain of the Bellingham High School Unified Basketball team, has set a new bar for students in Bellingham High School's Special Education program - college! Anthony will begin Bridgewater State University's EXCEL Program this fall.

for. It will be a significant shift for him, but I am confident he is up to the challenge, and that he has the tools to succeed and/or to ask for help when he needs it."

BARRIERS
continued on page 6

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HAMWEY

continued from page 1

ing to his stories, and his passion and dedication for covering high school sports was unmatched. He genuinely cared about the athletes, teams, and communities he wrote about, which was evident in his work.”

“Ken was very dedicated in getting the stories,” added Chuck Tashjian, who worked with Ken for many years as former publisher of Our Town Publishing, “He went above and beyond, especially with championship games. He really loved what he did. He loved writing, and he loved sports.”

“He just cared about the kids. If there was anything that stood out about him it was his passion for what he did ... He cared so much about making everyone look good, and that was such a good trait, and the way he’d remember things,” said Bellingham High School Football Coach Dan Haddad, who added both he and Ken were motivated by “love of the kids.” Student athletes Ken interviewed would tell the coach that Mr. Hamwey was “probably the nicest guy I’ve ever met.”

“What was unique about Ken was how he wanted to learn about me personally and what life experiences led me to where I am rather than other



In 2010, Ken received the Massachusetts Interscholastic Athletic Association (MIAA) Distinguished Friend Award.

reporters who would just ask about jobs and responsibilities listed on a resume,” says Bellingham Town Administrator Joseph Laydon, who says he truly appreciated this approach in

Ken’s regular Municipal Spotlight column for the *Bellingham Bulletin*.

Just 24 in 1967 when he entered the field of journalism, the young graduate of Natick

High and Babson College began his career at *Framingham News*, now known as the *MetroWest Daily News*, covering the small-town beat of Millis. Ken would get the opportunity of a lifetime a year later, covering the Celtics’ defeat of the 76ers in Philadelphia to win the Eastern conference one day after Dr. Martin Luther King, Jr. was assassinated. In a lifelong story of his own he’d often tell, the late, great Celtics coach and general manager, Red Auerbach, in fact, held up the press corps bus so young Ken could call in that story. Ken would move on in 1973 to the Pulitzer Prize winning *Providence Journal*, and after 35-plus years as the Night Sports Editor, he received a citation from the Rhode Island State Senate honoring his excellence as a journalist.

For many years, Ken would follow the trajectory of local sports heroes’ stories in a *MetroWest Daily News* column called “Yesterday’s Heroes.” In semi-retirement, Ken would continue to cover high school sports for local papers such as *Bellingham Bulletin* and *Local Town Pages* papers.

Ken was immensely proud of the recognition he received for his efforts. He was inducted into the Millis Athletic Hall of Fame in March 2022, and later, into the Bellingham Athletic Hall of Fame, and the Massachusetts Interscholastic Athletic Association selected him for its Distinguished Friend Award in 2010.

“High school sports lost a legendary storyteller with the passing of Ken Hamwey,” wrote Millis Athletics on X, “For nearly six decades, Ken dedicated his life to highlighting the

achievements of local student-athletes, beginning with his very first varsity football story in Millis back in 1967.” Dover Sherborn Basketball also lauded his “passion and dedication for covering sports in our area... RIP.”

Ken Hamwey once told Dan Haddad, “I want to write about the good.”

In his own life, Hamwey, the beloved husband for 36 years of Pauline A. (Allard) Hamwey and the late Martha (Loan) Hamwey, and the loving father of Travis M. Hamwey and his wife, Katie, aspired himself to be the best person he could be, volunteering time as a coach and library trustee, devoting himself to his faith, and valuing each individual with whom he interacted. He once told me how much it meant to him that his coverage of young athletes might help them make it into college. He had an energy that drove him to weave a story of pride and potential that would shine a light on and lift up his subject. He offered such respect that you wanted to rise to be worthy of it.

“Ken was kind, dependable, and always willing to go above and beyond. Even shortly before his passing, while battling illness and facing deadline pressure, he completed his last three stories—a testament to his remarkable work ethic and commitment to journalism,” said Schofield, adding, “He was a one-of-a-kind colleague and friend, who will be deeply missed by everyone in his Our Town Publishing family. His legacy will live on through the countless stories he told and the many lives he touched.”

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For larger buildings and businesses, conduct water audits to identify areas of leaks and potential water conservation opportunities.

Stall Brook students discover power of rhythm, practice, & teamwork

By JENNIFER RUSSO

Students at Stall Brook Elementary School recently experienced an unforgettable blend of music, movement, and life lessons during a special Drum Perks assembly presented by Mobile Ed Productions, Inc.

Led by Noah, a talented and engaging musician, the interactive program transformed the school gathering into a lively celebration of rhythm, teamwork, and personal growth. Throughout the assembly, students used their hands, feet, and voices to create percussion patterns while learning how music can bring people together and help build confidence, focus, and cooperation.

Drum Perks is a motivational team-building program that combines drumming and rhythm activities with important social-emotional learning concepts. Noah spoke about the three ingredients for excellent teamwork: always try your best, respect each other, and stay focused. The program also introduces students to musical traditions and rhythms from cultures around the world. On this day, the focus was on samba music.

Noah quickly connected with the stu-

dents through a combination of humor, encouragement, and musical talent. As students eagerly followed along with rhythm exercises, he challenged them to think about how music is a type of language that can be used to communicate emotions, and to think about different goals they have for themselves. Whether becoming a better reader, athlete, artist, or musician, Noah emphasized that improvement comes through practice and perseverance and demonstrated his learning of a special technique on the pandeiro (a Brazilian tambourine) as an example.

Drawing parallels between learning an instrument and achieving success in everyday life, he reminded students that no one becomes an expert overnight. Instead, growth happens when people commit to practicing, learning from mistakes, and continuing to work toward their goals.

The assembly kept students actively engaged from beginning to end, expressing themselves through music with



This Drum Perks assembly presented by Mobile Ed Productions, Inc. at Stall Brook Elementary was made possible by a grant from the Bellingham Cultural Council.



RHYTHM

continued on page 13

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The Town of Bellingham seeks residents to serve on Finance Committee

The Finance Committee's responsibility is to advise and make recommendations to Town Meeting on the town budget, and other financial matters.

Members must be available for evening meetings, once per week, varying from Mondays or Tuesdays, from March through the end of May for Annual Spring Town Meeting, and then again from September through November for the Annual Fall Town Meeting.

Interested candidates should provide a cover letter and resume to Joseph Laydon, Town Administrator at: jlaydon@BellinghamMA.org by Monday, July 13, 2026.

Help restore Bellingham's first fire truck!

By DAVID DUNBAR

What's 96 years old, originally donated for \$1, and now rests in a large garage in Bellingham?

The answer is: OO (which is even more puzzling). It is the Bellingham Fire Department's first fire truck, a 1930 Ford Model A, and is currently in need of restoration. The last restoration was done 57 years ago in 1969. Leading the fund-raising campaign is Rick Marcoux, a member of the Bellingham Historical Commission since 2020 and Chairman of the OO Restoration Committee. The six-member committee includes: Rick Marcoux, Fire Chief Bill Miller; Bernadette Rivard, Michael Boynton, Matthew Clark, and Jennifer Russo.

"We're just getting going," said Marcoux about the campaign, "and OO needs front to rear restoration including electrical, mechanical and a great paint job!" He's in the process of getting bids and eager to hear from companies who specialize in fire truck restoration or local businesses who have experience with antique vehicles.

So why is it called OO? "Not sure," smiles Marcoux. "It has been called OO as long as I can remember. Don't know who even called it OO first. It goes way back to Wasyl Kornicki." Kornicki was Bellingham's Fire Chief from 1932 until 1952.

Donated for \$1 a few decades ago by Kornicki, it went to the Station 1 Firefighters Association. When the Association was dissolved, OO was put in the care of the Historical Commission.

OO was responding to a chimney fire in the North end of town with Fire Chief George F. Grant onboard.



Rick Marcoux sits in the driver's seat of the 1930 Ford Model A fire truck. It's currently stored in a large garage owned by Green Site Services of 25 Forge Parkway, Franklin, Ma. A campaign is underway to raise money to restore the truck, which was the first one owned by the Town of Bellingham.



You can help support the project by buying one of these patches for \$10 at the Ernest A. Taft Jr. Historical Museum or the Bellingham Public Library.

The response time had to be at least 15 to 20 minutes, one way. (Chief Grant became ill and passed away in March of 1932 after a battle with flu and pneumonia. His passing made him the First Line of Duty Death in the Bellingham Fire Department.)

For the past five years, the fire truck has been stored in a climate-controlled garage to help it avoid additional deterioration. Brothers Matt and Tom Clark "have been very generous in giving us good space inside for OO."

"We have one restoration estimate," explains Marcoux, "that the cost will exceed \$80,000. We will be securing other estimates and ensuring that the scope of the project will make OO road-worthy

and able to be used at local parades, Touch-A-Truck events, and most importantly, for funerals for public safety servants." So far, he has received about \$10,000 in donations.

Marcoux is hoping to get the restoration complete in time for the fire department's 100th anniversary in 2030.

If you'd like to support the restoration efforts, there are several ways to donate.

Commemorative Patches. These are \$10 each and can be purchased at the Ernest A. Taft Jr. Historical Museum or the Bellingham Public Library.

Cash or Check Donations. They can be made at the Museum (3 Common Street

near the Town Hall) during regular business hours (Tuesdays & Saturdays 9:30 a.m. to 12:30 p.m.).

Other donations including cash and checks are gratefully accepted and visit <https://www.bellinghamma.org/943/Fire-truck-Restoration-Committee> for a donation form to accompany your donation or call 508-966-5838 to learn more. You can also email your questions to history@bellinghamma.org

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BBA gives scholarships, annual awards

By JUDITH DORATO O'GARA

At their June meeting at Lowell's Restaurant, the Bellingham Business Association awarded both their annual \$1500 scholarships as well as recognized the 2026 Unsung Hero.

bands, festivals and mentoring. She spent her summers as a camp counselor and is passionate about community service and giving back to her community.

Mitchell Sullivan also has a love for music, having been



Mitchell & Nina Sullivan, BBA's 2026 scholarship recipients, are shown here with BBA President Kerry Pickering Photos used courtesy of Bellingham Business Association. Find them on Facebook.

This year, the organization noted it had several qualified applicants, which made the decision a difficult one. The two recipients chosen were seniors from Bellingham High School, Nina Sullivan and Mitchell Sullivan.

Nina Sullivan will attend Northeastern University in the fall, majoring in Mathematics and Business Administration. She also plans on getting her Master's degree and is looking forward to Northeastern's co-op program where she can intern in different areas of her field before choosing her specific job.

Nina spent her high school years heavily involved in the music program participating in marching, jazz, and concert

a drum major for the marching band and a musician in the jazz band and his church band. Volunteering is important to Mitchell, who has volunteered for MICCA and his church as well as running trash pickups. He has spent his summers working at the Blackstone Valley Boys and Girls Club.

At the University of Massachusetts, Lowell in the fall, Mitchell, who also plans to get his master's will be majoring in Plastics Engineering, with an interest in material sustainability and the environmental impact of plastics on the environment.

SCHOLARSHIP

continued on page 20

Bellingham 4th of July Celebration 2026

Please join the Town of Bellingham for food, fun & fireworks. Music will include Bellinghammered, Traveller: The Chris Stapleton Experience, and Pieces of Eight, starting at 5 p.m. at Bellingham Middle School. Fireworks at 9:30 p.m. Raindate July 11.

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From the Town Clerk's office...

Thank you to all who participated in the June 2 Local Election, from the candidates who put themselves out there, to the poll workers who work so hard to make our elections run smoothly, as well as Police and DPW. It truly does take a village. 3,234 residents voted in the election, representing 23% of our registered voters.

We had many questions about what makes an "inactive voter." Put simply, it means we have not received your census. After you are made inactive (and notified), if you do not vote in two consecutive federal elections, you will no longer be registered to vote. You may still vote if you are inactive, you will simply have to show ID.

Per MA law, that inactive list is run in June, so if we haven't received your 2026 census, you'll be receiving an "inactive voter" card shortly if you haven't already. If you still reside in Bellingham, simply sign and date the form and send it back to assure you stay on the voter rolls. If you have moved, please provide the

address and sign the card so we can remove you from the voter rolls. You will have to reregister in your new town.

Also, if you wish to vote by mail in the September Primary and November State Election, you must fill out an application to do so. Those applications must be filled out yearly, and they can be found on our website at www.bellinghamma.org, or you may request one through the Secretary of the Commonwealth's portal at <https://www.sec.state.ma.us/divisions/elections/elections-and-voting.htm>. This year the state will be sending out postcard applications as well. They come directly from the Secretary's office, but must be sent back here to Bellingham if you wish to receive a ballot by mail.

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

Thank you,
Amy Bartelloni
Town Clerk

BARRIERS

continued from page 1

Anthony is no ordinary student. He was senior year Vice-President, Co-Captain of the Bellingham High School Unified Basketball team, part of Best Buddies and the positive Differences Club, and Captain of the Unified Basketball Team, who was also awarded the Blackhawk Award on Senior Awards Night. He also recently competed in the Special Olympics Massachusetts Summer Games (swimming) at the Harvard University Athletic Complex.

"I've known Anthony many years as his baseball coach with the Challenger Program, and then he's been on the BHS unified basketball team. He's one of my star players, a fabulous athlete and a great team player," says Kerry Farrell, President of the BYBI- and moving force coach of Bellingham Challenger League, who describes Anthony as the perfect candidate for the EXCEL program. "I'm not surprised. He's going onto do great things, because he has a great attitude. He's always looking to do better, get better. I know he was always practicing all the time for basketball. He's a true 4-star athlete, one of my best leaders. I know he's going to do great at BSU, because he will reach out to meet people, and he will always look

to see how to do the next great thing."

Anthony will be enrolled in the Partnership Program at BSU, with a focus on the history of Western Civilization the first semester. In addition to baseball, basketball and swimming, he also likes to go to the YMCA, and he will ski this winter as part of the Massachusetts Special Olympics. He also enjoys racing RCA cars and camping and expects to get a job while at Bridgewater.

"Anthony has achieved a truly monumental milestone," wrote Cadin in a letter to BHS colleagues, continuing, "This accomplishment reflects not only his hard work, but also the collective impact of his family, teachers, faculty, service providers, paraeducators and administrators who have supported him along the way."

"I really couldn't be more thrilled for Anthony, for his family, and for the town of Bellingham, to have a student accepted into this program," Cadin told the *Bulletin*. With budgetary concerns at the town level, she says, "This should reflect strongly for the town, that we have a neurodiverse student representing us outside the community in a college setting. It reflects strongly on the special education programming we do have at Bellingham High School."

For more information about the MAIPSE program, visit <https://www.mass.edu/maipse/about/about.asp>.

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Margaret had saved diligently for decades. Every paycheck, a portion went toward her retirement account. Then, the day finally came: she retired. Suddenly, the hardest part wasn't the saving. It was learning to spend.

If that sounds familiar, you're not alone. Many retirees find the shift from building savings to living off them emotionally difficult, even when they've planned carefully. Here are five smart strategies that can help you feel more confident about what's ahead.

Give yourself permission to spend conservatively. Your retirement plan likely assumes a certain annual spending amount, with increases each year to account for inflation. All else being equal, the lower those initial withdrawals, the longer your money will last. A financial advisor can help you set up portfolio withdrawals personalized to your goals and situation. Feel free to give yourself permission to spend those amounts, knowing there's intention behind them.

For many retirees, the challenge isn't math — it's mindset.

After years of being rewarded for saving, spending can feel like doing something wrong. It can help to reframe withdrawals as a paycheck you've already earned. For example, using your monthly distribution to cover travel, hobbies or time with family isn't indulgent; it's the purpose of the plan you built. Connecting spending to your values can make it feel more natural and sustainable.

Do be sure to review your spending regularly and don't forget to set aside funds for annual expenses like taxes and insurance.

Keep some cash on hand. A general rule of thumb for retirees is to keep about 12 months' worth of withdrawals in a separate account for spending and another three to five years' worth in short-term, fixed-income investments. This cushion can allow your stock in-

vestments time to recover from a market downturn, reducing the need to sell investments when markets are down. That said, holding too much cash carries its own risk, as your portfolio may not grow fast enough to keep pace with inflation. So, while some cash is good, you'll also want to remain invested in assets with more growth potential to help your portfolio last through retirement.

Review regularly. Retirement can last 25 years or more, and even the best-laid plans need updating along the way. Review your financial strategy at least once a year or after any major life change.

Stay flexible. Even small adjustments to your spending can have a big impact on how long your money lasts. Retirees who hold off on spending increases in years when their portfolio declines are often able to

stretch their savings further than those who increase withdrawals each year for inflation regardless of market performance.

Making the switch from saving to spending takes both careful planning and a genuine shift in mindset. A financial advisor can help you build out an effective approach to switch from saving to spending, and work with you so you can fully enjoy the retirement you worked so hard to reach.

For more information contact:

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Bellingham Garden Club of MA beautifies town

Consistent with our Mission to beautify community spaces, the *Bellingham Garden Club of MA* has annually each Spring maintained Daigle Way and this year also added another garden project by providing planters, flowers and a plaque in memory of our friend, Denis Fraine at the NEW DPW location on Depot Street.

It is such a joy to see our community adorned and we welcome anyone that would like to join in membership or to help support the Bellingham Garden Club's core Mission through donation!

You can find out more about us and helpful garden tips on our "**Garden Tea Talk.**" podcast on **Spotify** or **iHeart** podcast monthly or our website.

Please also see our website to donate or to download an enrollment application at:

bellinghamgardenclubofma.com.



Rep. Soter Honors Daniel Letourneau at 2nd Annual statewide Military Appreciation Day

BOSTON, Mass. – State Rep. Michael Soter proudly honored Daniel Letourneau of Bellingham at the 2nd Annual Military Appreciation Day ceremony held in the Massachusetts State House’s historic House Chamber.

Hosted by the Executive Office of Veterans Services (EOVS) in collaboration with the Massachusetts Legislature, the event recognized the contributions of veterans, active-duty service members, and military families from across Massachusetts. The ceremony featured remarks from Governor Maura Healey, Lieutenant Governor Kim Driscoll, Veterans Services Secretary Eric Goralnick, Veterans Services Deputy Secretary Andrea Gayle-Bennett, Senate President Karen Spilka, and a keynote address by Brig. Gen. George ‘Chris’ Hackler.

“I’m proud to recognize Daniel Letourneau for his military service and his de-

cadates of selfless community leadership,” said Representative Soter. “From his service in Vietnam and his volunteer work with The Moving Wall to his tireless efforts establishing a memorial fund at Boston Children’s Hospital, Daniel’s contributions reflect the strength, resilience, and dedication of our local military community. I’m honored to celebrate him at this statewide event”.

Daniel Letourneau, who has resided in Bellingham since 1975, is a Vietnam Veteran who remains deeply engaged in the local community. He is an active member of the VFW and served as a volunteer for The Moving Wall during its exhibition in Bellingham. Beyond his military service, he has dedicated decades to helping others through Saint Blaise Church

LETOURNEAU

continued on page 27



ABMI-TV Concerts on the Grass 2026

BELLINGHAM TOWN COMMON

Wed., July 1, 6-8 p.m., Kids’ night with *Wayne Polash* and *Trevor the Games Man*

Sponsored by Bellingham Town Common Trustees

Wed., July 8 6-7 p.m., Free pony rides. *Back Pages* (classic rock) 6:30-8:30 p.m.

Wed., July 15, 6-7 p.m., Free pony rides. *Westwood Swing Band* (big band) 6:30-8:30 p.m.

Wed., July 22, 6-7 p.m., Free pony rides. *Morse Code* (classic rock) 6:30-8:30 p.m. **Sponsored by Middlesex Savings Bank**

MENDON TOWN BEACH

Wed., July 29, 6:30-7:30 p.m., Free Pony Rides. *Marc Berger Band* (Americana) 6:30-8:30 p.m.

Sponsored by Middlesex Savings Bank

Wed., Aug. 5, 6:30-7:30 p.m., Free Pony Rides. *Vinyl Echo* (power trio) 6:30-8:30 p.m.

Wed Aug 12, 6:30-7:30 p.m., Free Pony Rides. *Alexander’s Jazztime Band* 6:30-8:30 p.m.

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Also, when you’re helping your parents water the yard, make sure not to water the plants too much—remember that a little sprinkle goes a long way!

Check Back Each Month for more Helpful Ways to Save!

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Your Money, Your Independence

Ignore at your peril: Why fund a Trump Account for your child



Glenn Brown, CFP

Save yourself the political angst, as I'm going to educate as a fiduciary on why you should open and fund a Trump Account for your child. Let me repeat: "educate as a fiduciary."

Building generational wealth via disciplined investment, forward-thinking tax planning, and unapologetic pragmatism shouldn't be partisan. Parents and grandparents need to look past political branding and understand this financial opportunity starting July 4 through the U.S. Treasury via IRS Form 4547, then deployed to major institutions, including Schwab, Fidelity, and Vanguard.

Reality Beyond Reels

Media outlets and social influencers are hyper-focused on flashy elements: the narcissistic naming, Michael Dell's \$6.25 billion gift, and the one-time \$1,000 newborn cash seed funded by the U.S. government for 2025-2028.

This noise has millions of parents completely ignoring the program, assuming their older children aren't eligible or out of political disdain. What a massive financial planning error.

The truth is any U.S. citizen under 18 with an SSN qualifies for a parent or grandparent established Trump Account. The real opportunity is investing up to \$5,000 annually tax-deferred, which transitions directly into a Traditional IRA in the child's name at age 18. Free of spending restrictions, this complements a 529 plan.

Doing 10-year-old math

Say you have a 10-year-old and max contribute \$5,000 prior to each December 31 deadline until they turn 18. Your total out-of-pocket investment over those eight years is \$40,000.

Treasury mandates require these funds to be placed in di-

versified, low-fee index funds mirroring benchmarks like the S&P 500 (which has averaged 10.5% historical annual return since its 1957 inception). Assuming a 10% annualized return over that eight-year window, this 10-year-old's account grows to \$62,897 by age 18—meaning \$22,897 is investment growth.

The age-18 IRA handoff

At age 18, regulations dictate the account must transition directly into a Traditional IRA under the child's control. Because your original \$40,000 in contributions was made with after-tax dollars, it carries over into that Traditional IRA as a non-deductible basis, meaning the principal can eventually be withdrawn tax-free. Why is this important?

The Roth conversion strategy

Instead of leaving this IRA to compound for a massive tax bill down the road, the optimal wealth-building move at age 18 is a full Roth IRA conversion. As a student entering adulthood with little to no earned income, they can exploit their standard

deductions and baseline federal tax brackets to effectively neutralize the conversion tax.

Due to pro-rata rules governing Roth conversions, your 18-year-old will owe ordinary income taxes only on the converted growth portion (\$22,897) on their own tax return, not yours.

Consider an 18-year-old Massachusetts student with zero personal income:

- **Federal Tax:** Standard deduction shields the first \$16,100 of growth. The rest falls into the 10% bracket, resulting in a \$680 tax bill.
- **State Tax:** Massachusetts applies its \$4,400 personal exemption, then levies its flat 5% tax for a \$925 obligation.

For \$1,605 paid in taxes, this Massachusetts 18-year-old has converted the entire \$62,897 into a Roth IRA. So, what now?

A \$3.4 million Roth IRA by age 60

If this Roth IRA is left untouched to compound at 10% annually with \$0 further added, the account will swell to over \$3.44 million by age 60—en-

tirely tax-free upon distribution.

The truth is \$3.4M today isn't the same as \$3.4M in 50 years. However, by demonstrating the power of compounding through incremental investment, you lay the behavioral foundation for your child to keep saving and investing during their career.

Ignore at your own peril, but be prepared in 20 years for: "Mom, Dad, what happened? Why didn't you choose to do this?"

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

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

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Ladies of St. Anne Memorial Mass



The Ladies of St. Anne is closing out the 2025-26 year and honored our deceased members during the 10 a.m. Mass on June 14. Gloria M. At Ryan and Suzanne (Sue) T. Bouffard who died this past year, pictured below, were honored. Family members were invited to join Sodality members in remembering these Ladies. Following the Memorial Mass, a collation was held with a light brunch served in the Parish Hall. All parishioners were invited to celebrate the lives of Sue and Gloria. Photo used courtesy of Ladies of St. Anne

BYBA 2026 Summer Nights

Join Bellingham Youth Basketball coaches and board members, as the BYBA community proudly hosts our 2026 Summer Nights program with the intention of informal meet ups for boys and girls going into grades 4-8 to come on down to the outdoor courts at BMS and work on their craft with friends while enjoying the beautiful evening weather!

The program is informal and free to Bellingham residents to come down and play! Join us! We'll have basketballs if you need one, but feel free to bring your own as well! Bring some hydration!

The 2026 Summer Nights will run for the five Wednesdays in July: 7/1, 7/8, 7/15, 7/22 & 7/29. 6-7:30pm each session.

*Pending weather.

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The b.LUXE *beauty beat*

Your Summer Beauty Capsule: less fuss, more fun

By GINA WOELFEL

Summer has exactly zero patience for complicated beauty routines. Neither do we!

That's why we created the **b.LUXE Summer Beauty Capsule**, a collection of services and products designed to help you look polished and confident all season long.

From low-maintenance hair color and beach-proof lashes to glowing skin and simplified routines, we've rounded up our warm-weather favorites.

Think of this as your cheat sheet for an easier summer. Less time getting ready. More time enjoying everything that makes summer, summer.

Lash Lift and Tint: the best decision you'll make before you hit the beach

No mascara. No smudging. No standing in a beach bathroom trying to fix what the ocean already ruined. And no going without the look of thick, full lashes! A lash lift and tint works with your natural lashes, lifting, curling, and deepening them so beautifully that you will genuinely forget you are not wearing a thing. Results last six to eight weeks, which in summer math translates to basically the whole season. It's easy to see why this service is a summer staple for so many of our guests.

Brow Tint: five minutes, a whole summer of payoff

Pair your lash lift and tint with a brow tint and your face is simply done for the day. Defined brows have a remarkable way of pulling everything together, and

this quick service delivers weeks of low-maintenance payoff. It's quite possibly the most underrated five minutes you will ever spend in the studio.

Waxing: because summer is too short for shaving

Summer was made for spontaneous plans, not daily shaving. Professional waxing offers weeks of smooth skin without reaching for a razor. Few services deliver such a big payoff with so little upkeep. Brows, lip, chin, arms, legs, bikini, you name it. One appointment and you're free to enjoy every spontaneous sundress moment the season has in store.

Low Maintenance Hair Color: sun kissed without the upkeep

If your current color requires a standing appointment every few weeks, summer is gently suggesting you reconsider. Balayage and softly blended highlights are everything warm weather hair color should be: beautiful on day one, even more beautiful as they grow, and wonderfully low demand. Our color specialists will work with your natural tones to create something that looks as though the sun itself did the work (and only you'll know the truth!)

Air Dry Products: your blow dryer has earned a vacation

Nobody should be standing over a heat tool when it is 85 degrees outside. The right air dry products change everything, enhancing your natural texture, taming frizz from humidity,

and turning what used to be a frustrating hair day into a rather good one. Wavy, curly, or somewhere wonderfully in between, our stylists will match you with exactly the right products and send you home with simple techniques that work. Your hair and your sanity will both benefit.

The Power of 3 Facial with dermaplaning: because your skin deserves a moment

Our Power of 3 Facial is a results-driven treatment that combines dermaplaning, a customized brightening peel, and a soothing mask. Together, these three services gently remove dead skin cells, fine vellus hair, and surface buildup that can leave skin looking dull. Sun exposure, humidity, and heat are not exactly your complexion's best friends, making this treatment the perfect summer reset.

The result? Smoother, fuff-free, radiant skin with no harsh chemicals, no downtime, and no discomfort. Even better, your skincare products absorb more effectively, helping you get the most from your at-home routine.

If you're curious about professional skincare but aren't sure where to begin, this is an excellent place to start. Our skincare team is always happy to answer questions and help you find the treatments that make the most sense for your skin.

Tinted SPF by G.M. Collin: never face the sun without it

If daily SPF is not already part of your routine, we say this with complete affection: it needs to be! G.M. Collin's tinted sun



we've got your summer beauty capsule

protection is an award winning industry favorite that earns every bit of its reputation. It evens your skin tone, softens imperfections, and protects you from harmful rays all in one effortless step. It's the kind of product that makes you wonder what you did without it!

Ready to build your Summer Beauty Capsule?

Your Summer Beauty Capsule does not have to include everything on this list. It just has to include what works for you. And the b.LUXE team is here to help.

If you're not sure where to start, our team is always happy to help. Visit us at b.LUXE Hair & Makeup Studio in Medway or learn more at bluxe.com.

Because summer should be

spent making memories, not standing in front of the mirror. b.LUXE Hair and Makeup Studio, Medway. Visit us at bLUXE.com or call 508-321-1624

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Bellingham High School announces 50+ year reunion for alumni

Event welcomes graduates from 1976 and earlier; new website and Facebook group launched

The Bellingham 50+ Reunion Committee has officially announced plans for its next multi-class reunion, set for Sunday, September 20, 2026, at the DoubleTree Hotel in Milford, Massachusetts. This gathering, which takes place every three years, welcomes all who graduated from or attended BHS fifty or more years ago, along with their guests. The tradition began in 1988 as the "Fifties Reunion" and has grown to include all eligible classes from across the decades.

This year's event will run from 3-9 p.m., featuring music from the high school years, a full buffet dinner, cash bar and opportunities to reconnect with old friends.

Alumni from the classes of 1976 and earlier are invited to attend, and registration is now available online at the committee's new website: bellingham50.org. Attendees can also update their contact information on the site to ensure they receive future communications.

For alumni who prefer to register by Mail, please send your check payable to **BHS 50+ Reunion**, along with your name while at BHS, current last name (if different), address, email address (for your registration confirmation) and guest name and mail to:

BHS 50+ Reunion, 22 Harbor Ave, Falmouth Ma 02540

The cost is \$60 per person.

The committee will continue to reach out via email and postal mail to alumni who have current contact details on file, ensuring everyone has a chance to participate.

To further connect classmates, the Reunion Committee has launched a new Facebook group, "Bellingham High School 50 Years Plus Reunion Bellingham, Massachusetts," where alumni can request membership and stay updated on reunion news and events.

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

SCAM! The Massachusetts RMV is alerting the public of a new text message scam which tells recipients they owe money for driving infractions. It says the recipient must immediately visit a fraudulent website to make payment. Don't! Delete!

Summer Bash BBQ, presented by Bellingham Senior Center and Briggs Property Maintenance: July 9, 4-7 p.m. Limit of 80 so call to sign up.

July Birthday Party: Fish n chips from Mickey G's—call to sign up by July 24.

Pure Fun, musical entertainment by David and Stephanie Ghioni: Friday, July 17, 3 p.m., Let us know you're coming!

Walking: Rita McCarthy will escort folks to Boston to see the International Tall Ships gathering, part of the Sail250@ celebrations for America's 250th. People

should be able to walk 3-4 miles for this one. Meet at Franklin Forge Park for an 8:10 a.m. departure. Lunch at a great Boston restaurant.

There's also walking every Wednesday at the Town Common from 10-11 a.m.

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

Backpacks for Homeless: Once again we will be collecting items to fill backpacks for homeless folks and we will have a list of items needed. If you can donate an item, it will be helpful and appreciated. Questions to Eva, Jim or Kay.

Spiritual Book Club: Via Zoom on Mondays at 9 a.m. We will be discussing "Ishmael," by Daniel Quinn. Please call host Josie Dutil (508) 657-2705 to join.

Band of Brothers: A group of men committed to supporting each other through life's ups and downs. Meet on the second Thursday of every month, 10 a.m.

Meditation, it's not what you think: Mondays and

Wednesdays 10:30 a.m. Each includes a guided meditation, a shorter personal meditation, breathing practice, and discussion. Please call (508) 966-0398 to sign up. \$3.

Café et Conversation: Join the group for conversations in French on Thursdays at 9 a.m.

The Philosophy Café: open discussion group led by Bryan Cafferky to share and explore important philosophical topics like truth, beauty, love, life's meaning, and existence.

Each month on the second Thursday.

Rainbow Café: Second Thurs. of every month at 2:30 p.m.

Make Joyful Noise! Come join us every Monday at 9 a.m. at the Senior Center. Come to relax and enjoy the music, or if you play an instrument, bring it, and maybe join in.

Combat Vets Support Group: If you're a combat veteran and would like to talk about your experiences with other vets, join us on Thursday, July 2, 10 a.m.

Don't trash clothes or household goods that neighbors can use!

BELLINGHAM, Mass.-Yankee Quilters, Inc., a non-profit guild of quilters which meets in Franklin, is holding a Savers Fundraiser as a benefit for our programs and outreach to those facing challenges. We are collecting 'softlines' (men's, women's, and children's clothes, coats, shoes, scarves, handbags, wallets, fashion accessories, belts, backpacks, etc. bedding, comforters, blankets, sheets, towels, linens, tablecloths, curtains, pillows, etc.) Books and Media (paperback, hard cover of all genres except encyclopedias or text books). Any media items need to be boxed separately.

We will be holding three drop-off dates for donations: Saturday, July 18th; Saturday, August 22nd and Saturday, September 12th from 9 a.m. to 12 noon each day. October

3rd is our final Savers drop-off date, so we will be loading a truck and leaving promptly at noon on that date. The drop-off location is Prime Storage, 302 Hartford Ave., Bellingham, MA 02019. If people need assistance with donations, please email yankeequilters11@gmail.com or call 598-657-4770 and we will do our best to either pickup donations or schedule other drop-off times.

Yankee members make quilts for Dana Farber, First Concern PRC and other non-profits. We use our tiniest scraps to make pet beds and keep fiber out of landfills. Our quilts are made with donated materials, however sometimes funds are needed for batting, used for warmth in the quilts or specific fabrics. This fundraiser also helps cover the cost of lectures to improve our skills.

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LIVING HEALTHY

Understanding macular degeneration:

Causes, symptoms, and new treatment options

By ROGER M. KALDAWY, M.D.

What is macular degeneration?

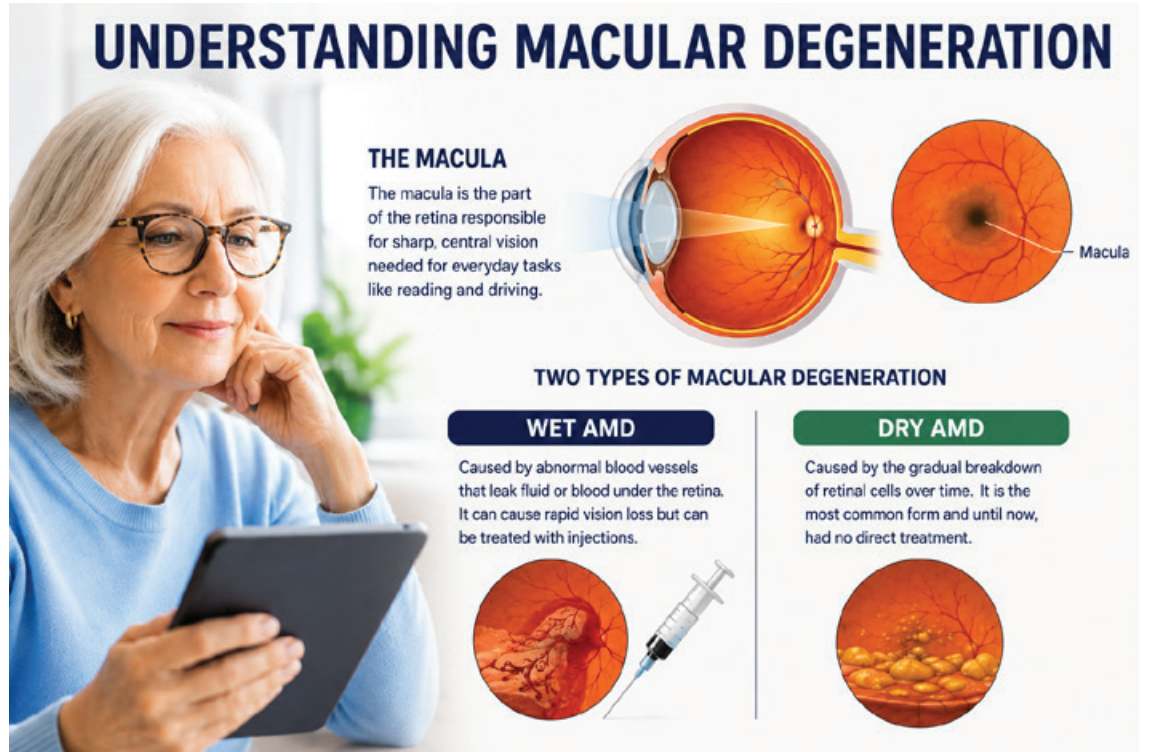
Age-related macular degeneration (AMD) is one of the leading causes of vision loss in adults over the age of 50. The disease affects the macula, the central portion of the retina responsible for sharp, detailed vision needed for reading, driving, recognizing faces, and performing daily activities. Although AMD usually does not cause total blindness, it can significantly impair central vision and reduce independence and quality of life if not diagnosed and treated early.

AMD develops from aging changes within the retina combined with genetic and environmental factors. Over time, retinal tissues become less efficient at clearing waste products,

leading to deposits called drusen beneath the retina. Several risk factors increase the likelihood of developing AMD, including advancing age, family history, smoking, high blood pressure, high cholesterol, obesity, ultraviolet light exposure, and poor nutrition. Because early AMD can progress silently, routine eye examinations remain essential for early detection.

Common symptoms of AMD

Patients with macular degeneration may experience blurred central vision, distortion of straight lines, difficulty reading, trouble recognizing faces, dark or empty areas in central vision, reduced color sensitivity, or an increased need for brighter lighting. Symptoms may develop gradually or suddenly depending on the type of AMD



involved.

There are two primary forms of AMD: wet macular degeneration and dry macular degeneration. Although both

affect the same part of the retina, they behave very differently and require different treatment approaches.

Wet macular degeneration: the more serious form

Wet AMD is less common but far more aggressive and dangerous. In wet AMD, abnormal blood vessels grow beneath the retina and leak blood or fluid into the macula, causing rapid and potentially permanent vision loss if treatment is delayed. Patients may suddenly notice wavy vision, blurred central vision, distortion, or dark spots that worsen over days or weeks. Because vision can deteriorate quickly, wet AMD requires urgent evaluation and treatment.

Fortunately, major advances in retinal medicine have dramatically improved outcomes for patients with wet AMD through the use of intravitreal injections. These specialized medications are injected directly into the eye and work by reducing abnormal blood vessel growth and leakage. These treatments have revolutionized wet AMD care and have helped many patients stabilize or even improve their vision.

At Milford Franklin Eye Center, patients with wet AMD have access to advanced retinal diagnostics and modern injection therapies using the latest evidence-based treatments

available today. Early diagnosis remains critical because time equals vision.

Dry macular degeneration: the most common form

Dry AMD accounts for approximately 85–90% of all cases of macular degeneration and progresses more slowly than the wet form. In dry AMD, retinal cells gradually deteriorate over time, leading to progressive central vision loss. Although it is generally less aggressive than wet AMD, dry AMD can still significantly affect quality of life and independence.

Traditionally, ophthalmologists often had difficult conversations with patients diagnosed with dry AMD because there was no direct treatment available for the disease itself. Patients were commonly told, “You have the dry form of macular degeneration. Unfortunately, there is no treatment available.” While vitamins, lifestyle modifications, smoking cessation, and monitoring could sometimes slow progression, there historically has been little available to directly target the disease process.

A new breakthrough: PMB therapy for dry AMD

That is now beginning to

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Bellingham fire cause undetermined but not suspicious

Fire officials urge smoke alarm testing and maintenance

BELLINGHAM, Mass. - The fire that claimed two sisters' lives in Bellingham does not appear suspicious, said Bellingham Fire Chief William R. Miller, Bellingham Police Chief Ken Fitzgerald, State Fire Marshal Jon M. Davine, and Worcester County District Attorney Joseph D. Early, Jr.

Bellingham firefighters rescued 68-year-old Patricia Cronin and 75-year-old Elizabeth Emery from the early-morning fire at 15 Temi Road, but both women later died at an area hospital.

"If you do one thing today, please check your home's smoke alarms to be sure they're working properly," said Chief Miller. "We don't want to see another family endure a tragedy like this one."

"People aged 65 and older account for more than half of this year's fire deaths, and investigators found working alarms at just one of those scenes," said State Fire Marshal Jon M. Davine. "Take a few minutes to check in with older friends, neighbors, and loved ones to see if they need help installing, maintaining, or replacing their alarms."

The Bellingham Fire Department, Bellingham Police Department, State Police fire investigators assigned to the State Fire Marshal's office, and State Police detectives assigned to the Worcester DA's office believe the fire most likely started in a first-floor bedroom at the rear of the home. Based on an examination of the severely

damaged structure, witness interviews, and other evidence, they believe the fire started accidentally but the exact cause is undetermined.

The Department of Fire Services' Code Compliance & Enforcement Unit located a 19-year-old smoke alarm in the basement, a badly damaged smoke alarm on the first floor, and no alarms on the second floor. While a neighbor's doorbell camera picked up the sounds of a smoke alarm before firefighters' arrival, the first personnel on scene did not hear them sounding.

Chief Miller and State Fire Marshal Davine said residents should have working alarms on every level of the home and that it's especially important to have them in each bedroom and in the hallway outside each bedroom. Test the alarms once a month to be sure they're working properly.

"If your alarms take alkaline batteries, replace the batteries twice a year when you change your clocks," said Chief Miller. "That's a great time to check the manufacturing date printed on the back of the device, but if you don't know how old your alarms are then check them today."

"Smoke alarms should be replaced after 10 years," said State Fire Marshal Davine. "When it's time to replace them, choose alarms with a sealed, long-life battery and a 'hush' feature. This makes it less likely that the alarm will be disabled in an emergency."

RHYTHM

continued from page 3

enthusiastic participation echoing throughout the room, and ended with each student excitedly playing a brightly colored bucket on the stage and following Noah's instructions to create a cool, collaborative song. By blending music, movement, and meaningful conversation, the program provided a memorable experience that reinforced lessons students can apply both inside and outside the classroom.

The event was made possible through grant funding and community support.

As Amy Youkilis, first grade teacher and PTO grant writer, shared, "The students and

staff at Stall Brook Elementary would like to extend our gratitude to the Bellingham Cultural Council and the Stall Brook PTO for their generous support of our Drum Perks assembly program. We are thankful to have been awarded grant funding that makes these enriching experiences possible for our students."

"Access to grant funding from the Bellingham Cultural Council has allowed us to provide meaningful opportunities for students to explore and appreciate different cultures through music, dance, and theater. Programs like Drum Perks are especially important for school-age children because they provide hands-on learning experiences that extend beyond the classroom," Amy says.

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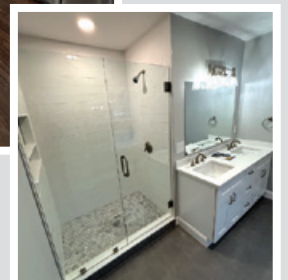
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Bellingham Democratic Town Committee News

Representatives of the Bellingham Democratic Town Committee were among the delegates to the 2026 Democratic State Convention, which was held at the DCU Center in Worcester on May 29 and 30. Representing the town were Lora Davidson, chair of the town committee, and members Nina Benjamin, Phil Devine, and Scott Britton. The delegates were able to network with Democrats from other towns and to browse the many exhibits sponsored by various political and civic organizations. They heard speeches from many of the state wide candidates for office who are running in the fall and participated in the votes to endorse their favored candidates and to place names on the September ballot.

Among the highlights of the speeches were calls for transparency and democracy (State Auditor Dianne DiZoglio), a particularly spirited speech about inclusivity and progressive democratic values (Sen.

Ed Markey), and a call for strong and energetic leadership (Rep. Seth Moulton). Attorney General Andrea Campbell described ongoing lawsuits against the Trump Administration, and Sen. Elizabeth Warren expressed outrage at government corruption. Finally, Secretary of State Bill Galvin discussed the value of voting and the importance of election integrity.

In a busy June for the committee, a number of events took place in and around town. The DTC co-sponsored a debate at Medfield HS among the many Democratic candidates for Norfolk District Attorney on June 17 at 7 p.m., at Medfield HS. The group also held its major fundraiser of the year, with proceeds going mainly to the scholarship fund, at the Summer Kickoff on June 18. This event fosters connections among local and neighboring Democrats and featured speeches by candidates and their representatives and a variety of refreshments. June wrapped up as usual with an outreach event when the



Bellingham Delegates to the May Mass. Democratic State Convention (L-R): Members Nina Benjamin and Phil Devine, Chair Lora Davidson, Member Scott Britton. Photo used courtesy of Bellingham Democratic Town Committee

committee hosts a Silver Sponsorship booth at the annual Bellingham PrideFest, held on the Common on June 27.

There will be no July meeting, but a special summer meeting is planned for August 18 in order to prepare for the upcoming primary and general elections. Meetings are held at Town Hall,

and all Democrats in town are invited to attend. For more information on the Democratic

Town Committee, please see our Facebook page, or call Pat Keppler at 508-966-0003.

EYES

continued from page 12

change with the emergence of PMB therapy, one of the most exciting recent advances in ophthalmology for dry macular degeneration. PMB represents a promising new treatment option that offers hope to patients who previously had limited choices beyond observation and supportive care. This innovative technology may help slow disease progression and preserve functional vision in patients with dry AMD.

Milford Franklin Eye Center is proud to be among the first practices in Massachusetts to offer PMB therapy and currently remains the only practice in the area providing this advanced treatment option for dry AMD patients. This reflects the practice's commitment to bringing state-of-the-art retinal care and innovative technology to the community.

On-site retina specialty care

Milford Franklin Eye Center is also proud to provide on-site retina specialty care through Dr. Alyse Richard, a highly trained retina specialist dedicated to the diagnosis and treatment of retinal diseases including dry and wet macular degeneration, diabetic retinopathy, retinal vascular disease, retinal tears, and other complex retinal conditions.

Dr. Richard combines advanced subspecialty expertise with compassionate, patient-centered care and is committed to helping patients preserve their vision using the latest evidence-based treatments available today. Having on-site retina specialty care allows patients to receive comprehensive retinal evaluations, advanced imaging, injections, monitoring, and ongoing treatment in one convenient location.

Early evaluation can preserve vision

Macular degeneration remains one of the leading causes of vision loss in older adults, but advances in retinal care are rapidly transforming outcomes for patients. Early evaluation and treatment can make a meaningful difference in preserving vision, maintaining independence, and improving quality of life.

If you or a loved one has been diagnosed with dry AMD, now is the time to learn more about this exciting breakthrough in treatment. Patients are encouraged to contact Milford Franklin Eye Center for immediate appointments and second opinions regarding this revolutionary new technology that is changing the future of dry macular degeneration care.

For more details, see our ad on page 12

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Thanks to local businesses for helping honor lost veterans

Dear Editor,
 We would like to publicly recognize the following local businesses that have donated their generosity, time, and effort in helping to beautify the War Memorial at the Town Common and the Memorial Squares throughout Bellingham:

HOME DEPOT - donated all 70 Mandevilla plants
 D & D MULCH & LANDSCAPING- donated all mulch needed along with their labor
 BRIGGS PROPERTY MAINTENANCE LLC - rebuilt the North Building War Memorial
 On behalf of our local veterans who made the ulti-

mate sacrifice, we THANK YOU for being part of our team in respecting and honoring our heroes. TAKE A BOW!
 Appreciatively,
 Lori Fafard and Members of the Memorial Day Parade/Veterans Day Committee



Representative Soter stands with Massachusetts voters in support of legislative audit

Rejects Democrat leadership proposal to water down ballot question

BOSTON – State Rep. Michael Soter (R-Bellingham) is standing in solidarity with Massachusetts voters who overwhelmingly endorsed the 2024 legislative audit ballot question, rejecting a proposal by Democrat leadership that would gut the initiative and block future legal challenges if the Legislature fails to comply with requests to turn over documents.

Rep. Soter opposed House Bill 5469, An Act promoting transparency and public access in state government, condemning the proposal for attempting to circumvent the will of the voters under the guise of providing more transparency. Instead, he said, the bill – which was released from House Ways and Means without any public hearings or input – gives the Legislature complete control over the audit process and provides no option for pursuing legal action to hold the Legislature accountable and force compliance with the ballot question, which was endorsed by 72% of the state’s voters.

House Bill 5469 codifies in

statute the parameters of a legislative audit process, but Rep. Soter criticized the proposal for sharply limiting what documents can be requested. These include the budgets adopted for the House and Senate and joint legislative operations; the commissioning and receipt of any official audit of either legislative branch or of joint legislative operations; the expenditure of legislative operating funds; and any monetary agreement entered into between either branch and a member, officer or employee. The audit is also limited to documents dating back to fiscal year 2021.

Soter pointed out House Bill 5469 explicitly states that “No court shall have jurisdiction to compel the production of records, to enforce any interview request or to adjudicate any dispute arising under an audit conducted pursuant to this section,” which he finds problematic.

Despite Rep. Soter’s opposition, House Bill 5469 was engrossed by the House of Representatives on a vote of 125-28 on June 3, but still requires the

Senate’s and governor’s approval to become law, which is not guaranteed.

Rep. Soter dismissed the latest proposal as just another blatant attempt by Democrat leadership to deny the will of the voters and to work around the law

while making it seem like the Legislature is being cooperative.

While House Speaker Ronald Mariano said he “hope(s) this legislation will put an end to protracted litigation,” Rep. Soter said the only reason that would happen is the bill’s prohi-

bition of any potential legal avenue for adjudication of disputes. The best way to avoid continued litigation, he said, would be for the Legislature to finally end its foot-dragging, respect the will of the voters, and immediately implement the 2024 audit law.

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Bellingham Public Library News & Events

For updates about library programs and services, please see the library website, www.bellinghamlibrary.org and click on Library Calendar & Events.

Closed Friday & Saturday, July 3 and 4 for the Independence Day Holiday

Special Programs - Celebrating America's 250th!

Iron in the Water with Adventurer in History Kiersten Marcil – Monday, July 6 at 7 p.m.

In this Zoom presentation, Kiersten Marcil, Author & Adventurer in History will be discussing Iron in the Water: How American Rebels Blocked British Control of the Hudson River. Before the echoes of gunfire at Lexington and Concord had faded, American rebels and the Crown were plotting and vying for control of the Hudson River. Register on the library calendar to get the Zoom link.

Colonial Crafts – Thursdays, July 9 and 23 at 4:15 p.m.

Celebrate the 250th anniversary of America's founding with different historical themed crafts! All ages. Please register.

Two Nerdy History Girls Discuss Everyday Life in 1776 – Monday July 13 at 7 p.m.

In this Zoom presentation the Two Nerdy History Girls, authors and bloggers Loretta Chase and Susan Holloway Scott, are here to answer all our burning questions about the 250th. Register on the library calendar to get the Zoom link.

The Black Experience of the Revolution with Historian Gracia Rich – Monday, July 20 at 7 p.m.

Zoom presentation by Gracia Collins Rich. Independent scholar,

author and avid reader, Garcia will discuss the extraordinary efforts of Black Americans, whose invaluable contributions during the Revolutionary War helped bring about U.S. Independence. Register on the library calendar to get the Zoom link.

America's 250th Anniversary Book Club – Tuesday, July 28th at 6:30 p.m.

"Hotel on the Corner of Bitter and Sweet" by Jamie Ford. Email Molly Garten atmgarten@cwmar.org with any questions.

Summer Reading Program

Check the library's calendar for details! *Thank you to Rockland Trust Charitable Foundation, the Bellingham Cultural Council, and the Friends of the Library for their support of our Summer Reading Programs!*

Special Summer Reading Programs for Children

This year's Summer Reading Program theme is "Plant a Seed, Read!"

Mini Masterpieces – Tues., 4 p.m.

Registration preferred.

The Write Stuff – Tues., 5:30 p.m. Grades 3-6, Registration required.

Summer Meals Lunch Program – Mon. & Wed. from 11:30 a.m. to 12:30 p.m.

Hockomock Area YMCA's free lunch program. Free lunch and activities for kids and teens. Ends August 12th.

Party for Freedom the therapy dog! – Mon., July 6, 5:30 p.m.

Joys of Nature – Tues., July 7 (2 sessions) Live animal program! Register for 10:30 or 11:30.

Nature Explorers – Wed., 11 a.m., Town Common, for families

Green Thumb Club – Wed., 1 p.m., for families, weather permitting

Special thanks to the Bellingham Community Garden for partnering with us. Registration required.

Book to Big Screen – Wed., 1 p.m.

Krafty Kids – Thurs., 1 p.m., for families, please register

Story Time Yoga – Fri., July 10 at 10:30 a.m., with Sprouting Tree Yoga, for families

Summerween Movie Night – Fri., July 10, 6 p.m. Don't forget blankets/pillows.

Music at the Blissful (Evan Haller) – Mon., July 13, 10:15 a.m., interactive, family show

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

Fri-Yay Open Play – Fri., July 17 and 31, 10:15 a.m., ages 0-5, Community Room

Science Heroes: Digging It – Fri., July 24, 10 a.m. Hands-on fun.

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

Adult Programs

Book Discussion Group – 1st Monday of the month at 6:30 p.m.

In-person or on Zoom. On July 6 we will be discussing "The Orphan Collec-

tor" by Eileen Marie Wiseman. Contact Suzanne at salpert@cwmar.org.

Tuesday Fiber Arts & Other Crafts – Tues., July 7 and 21, 6 p.m.

A Novel Idea: A Book Club for Adults – Tues., July 7, 6:30 p.m.

"Sky Daddy" by Kate Folk. Please contact Diane Nelson at dnelson@cwmar.org.

Needlecraft Night – Wednesdays at 6 p.m.

All skill levels. Please bring your own materials.

English Conversation Circles – Thurs., 6 p.m. Free. No registration necessary.

Library Board of Trustees Meeting – Thurs., July 9 at 7 p.m.

Friends of the Library Monthly Meeting – Tues., July 14 at 7 p.m.

Online 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.

- Small Towns and Big Secrets: In Conversation with Bestselling Author Karin Slaughter – Tuesday, July 14, 7 p.m.

- Migrant Heart: The Hidden Cost of the American Dream and Healing Through Storytelling – Thursday, July 16, 2 p.m.

- Power of Connection: Creating Lasting Friendships in an Increasingly Lonely World – Tuesday, July 28, 2 p.m.

Yoga – Kripalu Yoga for the Seasons: Summer – Tues. at 8:30 a.m., starting July 14

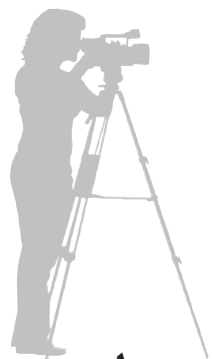
Registration required.

Writing Group for Adults – Tues., July 21, 6:30 pm.

To participate contact Marjorie Turner Hollman at marjorie@marjorieturner.com.

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BVT celebrates the Class of 2026



The Blackstone Valley Tech Class of 2026 at their Commencement Ceremony. Photo by BVT/Heather Best Photography

UPTON, Mass. – The Blackstone Valley Tech Class of 2026 Commencement Ceremony was held at the DCU Center in Worcester on May 26. The evening ceremony celebrated the accomplishments of its graduates with all the pomp, pageantry, and pride they so richly deserve. Superintendent-Director Anthony E. Steele II, encouraged graduates to embrace the future with confidence. “Carry with you the pride of your trade, the strength of your training, and the determination that brought you here,” said Steele. “Be bold, be brave, and remember that every great destination is built one step at a time.”

The Class of 2026 concluded their dual high school education, receiving both a diploma and a vocational certificate certifying mastery of competencies in their career-technical programs alongside a rigorous academic course of study.

Following are BVT Class of 2026 Bellingham graduates:

- Francesca Aquilino, Cosmetology;
- Jack Bird, HVAC/R;
- Gracie Clinton, Health Services (NHS/NTHS);
- Olivia Dalton, Biotechnology;
- Arianna DeFosses, Culinary Arts;
- Thomas Dias, Automotive Collision Repair;
- Evan Donlon, Information Technology;
- Audrey Drons, Painting & Design;
- Dylan Garrett, Electronics;
- Evan Gerrish, Advanced Manufacturing;
- Olivia Hall, Painting & Design (NHS);
- Alexandria Harris, Dental Assisting;
- Justyn Hayes, Information Technology;

- Gavin Jacobson, Electronics;
- Kaelynn Kennerknecht, Plumbing;
- Charlie Leighton, HVAC/R;
- Ericka Lizotte, Dental Assisting;
- Adeline Patete, Dental Assisting;
- Steven Richard, Automotive Technology;
- Jacob Rothschild, Automotive Technology;
- Nicholas Russell, Drafting & Design;
- MacKenna Scott, Advanced Manufacturing;
- Andres Silva, Engineering ;
- Alexander Todd, Automotive Technology;
- Mariia Voronina, Health Services (NHS);
- Madyson Voss, Painting & Design; and
- Justin Walsh, Biotechnology

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Franklin Food Pantry 'SNAP Match' doubles buying power at Franklin Farmers' Market

FRANKLIN, Mass. — The Franklin Food Pantry is sponsoring the SNAP Match program at the Franklin Farmers' Market, offering an unlimited, dollar-for-dollar match that doubles the purchasing power for Supplemental Nutrition Assistance Program (SNAP) recipients. Funded through grants and individual gifts, the SNAP Match program is a win-win for the local community. By effectively lowering the cost of farm-fresh produce, households experiencing food insecurity gain greater access to nutritious options. The program also supports local vendors and regional agribusinesses.

The Franklin Farmers' Market takes place every Friday from 2pm to 6pm, June through October, on the Franklin Town Common.

How the SNAP Match Program Works

Any household registered with SNAP, regardless of their resident town or state, can participate in the SNAP Match at the Franklin Farmers' Market.

Before shopping, SNAP recipients bring their SNAP EBT card to the Franklin Food Pantry booth. Shop-


pers tell the staff how much they would like to spend from their SNAP benefits. The representative swipes the SNAP EBT card and "matches" the chosen amount dollar-for-dollar in SNAP Tokens. For example, spending \$10 results in \$20 worth of tokens.

SNAP tokens can be spent just like cash with any SNAP-eligible vendor at the Franklin Farmers' Market. Franklin Farmers' Market SNAP tokens are exclusive to the Franklin Farmers' Market and SNAP tokens from other farmers' markets cannot be accepted.

For more information on the SNAP Match program, please visit the Franklin Food Pantry booth at the Franklin Farmers' Market, or contact the Franklin Food Pantry at 508-528-3115 or info@franklinfoodpantry.org.

To apply for SNAP benefits, please visit the Department of Transitional Assistance website.





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www.MassRenewables.net



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Did you know - summer reading for adults!

Did you know that the Bellingham Public Library is hosting Summer Reading for Adults? Summer Reading isn't just for youth! Make reading more fun (and lucrative!) by joining us for Summer Reading Bingo.

Summer Reading Bingo is for adults ages 18+. To play, simply stop by the library, get a Bingo Card, and start turning those pages! With categories such as "Reread an old favorite," "Read a celebrity book club pick," and timely categories, you'll have fun hitting BINGO!

Once you get a BINGO, bring your card to the library. You can then choose a free book from our Friends of the Library ongoing book sale. You will also be entered to win the Grand Prize of a \$50 Visa gift card. You can submit multiple cards throughout the summer and receive a free book for each card you turn in, but only one card will be entered to win the Grand Prize.

Summer Reading ends August 22. If you have any questions, contact Suzanne at salpert@cwmars.org.



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BVT Signing Day Celebrates Skilled Seniors

UPTON, Mass. – The Co-operative Education (Co-Op) program at Blackstone Valley Regional Vocational Technical High School (BVT) held its 6th annual Career Signing Day on May 15. The ceremony recognized the senior Co-Op and career placement students, who proudly announced their career or military plans and signed commitment letters to work with their employers after graduation.

Vocational Director Kerri Baltramaitis welcomed the soon-to-be graduates, parents, instructors, industry partners, and school administrators before highlighting each student's achievement in their trade area and the Co-Op program.



During the ceremony, students signed employment contracts with representatives from local companies, including A.S Jones, Adaptive Plumbing & Heating, AFDJ Contracting, Armed Services, Avenue Fifty, Back Bay Mechanical, Boots on the Ground Landscaping, Boston Lawnmower, Boston Volvo, Boucher Energy Systems, Bulldog Fire Apparatus, Capurso Electric, Control Point, Crothers Tire & Auto Repair, D.C. Bates Equipment, G&C Plumbing & Heating, Grasseschi Plumbing, J&P Truck and Auto, JTS Diesel Performance, Kevin Allen Carpentry, L.R Favreau Septic, Lavallee Systems, Marty's Auto Service, Medway Oil & Propane, Milton CAT, Nicks Landscaping, Northbridge Smiles, Notturmo Home Services, nVent, Pace Auto Service, RJM Custom Autobody,

Left: After graduating from BVT's Plumbing program, Kaelynn Kennerknecht of Bellingham will continue her employment with Notturmo Home Services.

Below: After graduating from BVT's Auto Technology program, Alexander Todd of Bellingham will remain employed with Bulldog Fire Apparatus.



The Class of 2026 produced record-setting Co-Op numbers, with 180 students participating in the program. Since March of 2025, students have worked more than 75,000 hours and earned a combined total of more than \$1.3 million in wages. The Co-Op experience is made possible through partnerships with a growing number of local businesses that support students each year, demonstrating the program's positive impact on the local workforce and community.

Rob Roy Hair Salon, Scott Cafrey Plumbing, T&J Plumbing & Heating, Tegra Medical, Top Notch HVAC, Valente Plumbing, Heating & AC, Waters Corporation, Wayne J. Griffin Electric, and Z&E Landscaping.

Career Signing Day reflects a growing upward trend of students pursuing employment over post-secondary education. These modern vocational students are heading directly into industry careers with high-skill, high-wage employment, while

continuing to build experience through full-time work and on-the-job training.

For more information about the school, the Cooperative Education program, and Sign-

ing Day, visit www.valleytech.k12.ma.us/signingday.

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SCHOLARSHIP

continued from page 5

The Bellingham Business Association has an annual tradition of honoring an individual as Bellingham's "Un-

sung Hero," who gives more than they take, takes action and is willing to sacrifice time and humility, with consistent excellence and team work and effort for the good of others. They are committed to a cause and do so with empathy.

This year, the BBA honored two groups of people rather than an individual, both The Council on Aging and The Bellingham Elder Service Group.



BBA's 2026 Unsung Heroes are The Bellingham Council on Aging and The Bellingham Elder Service Group. L-R: Council On Aging Board Member Tsune Roberts, Bellingham Elder Service Group's Eva Gamache, Vice President, BBA President. Kerry Pickering, BESG's Gail Milgram, Sunshine Lady, and BESG Board Member Linda Grohan

Healey-Driscoll administration launches early career resource website

BOSTON, MA — The Executive Office of Labor and Workforce Development, through the MassHire Department of Career Services, today announced the launch of **Start Your Career in MA**, a new online career resource designed to support early-career job-seekers and career changers with state-supported career tools, labor market information, job search resources, and professional development opportunities through a single, centralized resource designed to support career exploration in Massachusetts.

Free weekly virtual workshops will focus on resume writing, interview tips, LinkedIn and digital networking, soft skills, and job search strategies. More information on the workshops plus career search tools can be found at mass.gov/StartYourCareer.

The initiative is aimed at supporting early career job-seekers and those changing careers as they navigate the transition from education to employment and help them better understand opportunities across the state's labor market, including in-demand industries, occupations, and skills. This effort comes as Massachusetts' continues to see strong workforce participation and demand for talent across industries. The state's labor force participation rate among workers ages 25-54 reached 86.7%, its highest level in a decade, and there were more than 229,000 active job postings statewide as of May

2026. Both the website and virtual webinar series will introduce participants to MassHire Career Centers and additional workforce services available across the Commonwealth.

Webinar series coming up include:

LinkedIn: Make Your Digital First Impression Stand Out

Wednesday, July 15, 2026, 10-11 a.m.

Presented by MassHire Cape & Islands, this workshop will guide participants through building a strong LinkedIn profile, expanding their network, connecting with recruiters and hiring managers, and searching for jobs on the platform. <https://tinyurl.com/digitalimpression>

Soft Skills for Job Search: Why They Matter

Wednesday, July 22, 2026, 10-11 a.m.

Presented by MassHire Metro North, this session will help participants understand how communication, reliability, professionalism, adaptability, teamwork, and accountability can support success in interviews and in the workplace. <https://tinyurl.com/standoutsftskills>

Early-career jobseekers and career changers are encouraged to visit mass.gov/StartYourCareer to explore career resources, upcoming workshops, labor market information, and job search tools. Additional employment, training, and resources through the MassHire network at mass.gov/MassHire.



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SAFE Wins Major Harm Reduction Award

FRANKLIN, Mass. – SAFE Coalition’s Harm Reduction team won the first-ever Program Achievement Award for their ongoing efforts to serve the MetroWest community with lifesaving care. The award was presented by the Massachusetts Department of Public Health’s Bureau of Substance Addiction Services to recognize the team’s major contributions to the state’s harm reduction services.

SAFE’s team of three, led by Director of Harm Reduction Sarah Fleming along with Harm Reduction Coordinator Amy Young-Sadler and Harm Reduction Clinician Stephanie Nunes, was chosen for recognition from over 200 harm reduction and post-overdose outreach programs actively operating across Massachusetts.

The team was recognized for their success in migrating their outreach program from Justice Resource Institute to SAFE Coalition in Fall 2025. When their program faced the threat of closure, Fleming and her team worked closely with DPH to secure a move to Franklin-based SAFE without compromising service quality for their clients.

“We’re fortunate to live and work in a state that supports harm reduction efforts as much as it does,” says Fleming. “What has always uplifted my team is that no matter what the funding landscape looks like, harm reduction always finds a way. We remembered that harm reduction was a practice that started in rebellion and riots, continued underground, and often exists without any funding at all. Fortunately, there are true harm reductionists in our state leadership and in DPH who understand the need on the ground right now, and we are grateful for that support.”

SAFE’s harm reduction team currently serves 105 clients from the towns of Framingham, Marlborough, Hudson, and Natick with non-

judgmental, stigma-free support, from arranging safe rides to medical and court appointments to wellness checks, court advocacy, housing support, Narcan distribution, syringe exchange and more. Incredibly, the team provides all support by phone and in person, operating entirely in the field.

Harm reduction accepts behavior change as an incremental process rather than a single and instantaneous act. By treating people experiencing addiction with dignity and providing practical, life-saving tools to keep them alive and healthy, harm reduction seeks to minimize the negative physical and social consequences of drug use without requiring abstinence. These measures are proven to save lives and connect people to treatment without increasing drug use or crime.

“Harm reduction works because it meets people where they are, and it treats them with the dignity they deserve,” says SAFE CEO Jen Knight-Levine. “When we do this work in MetroWest, it sends a message that no one in our community is invisible. No one needs to go somewhere else to get help.”

For Fleming, the award offers an opportunity to draw attention to the way stigma imposes limits on the way we see people

who use drugs. “Harm reduction is a reminder to everyone that people who use drugs can still be incredibly skilled and have much to contribute,” she says. “I never forget that the first responders to an overdose are most often actually people who use drugs. They are far more knowledgeable and capable than the system gives them credit for, and they should always have a seat at the table.”

To learn more about SAFE Coalition, contact us at (508) 488-8105 or info@safecoalitionma.org



Brittni Riley at DPH along with Sarah Fleming, Stephanie Nunes, and Amy Young-Sadler of SAFE Coalition.
Photo used courtesy of SAFE Coalition.



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CALENDAR

July 1

ABMI-TV Concerts on the Grass 2026, 6-8 p.m., Bellingham Town Common, Kids Night with *Wayne Potash* and *Trevor the Games Man*. *Sponsored by Bellingham Town Common Trustees*

Franklin 4th of July celebration, Franklin Town Common, Carnival Hours: 6-10, Wrist bands: 6-10, Music: 6-10, 6 p.m.: Ricky Brennan, Jr., 8 p.m.: GQ & The Lady

July 2

Franklin 4th of July celebration, Franklin Town Common, Carnival Hours: 6-10, Wrist bands: 6-10, Music: 6-10, 6 p.m.: Garden of Hedon, 7:15 p.m.: Ozzie Tribute Band, 8:30 p.m.: The Zajac Brothers, Fireworks: 10 p.m.

July 3

Franklin 4th of July celebration, Franklin Town Common, Carnival Hours: 12-10, Wrist bands: 12-5, MEGAPASS: 12-10, Music: 12-10, 12 p.m., Two Guys Who Like Sharks, 1:30 p.m., Midnight Ride, 3 p.m., George Cross Project, 4:30 p.m., Attleboro School of Rock, 6:30 p.m., Full Circle, 8 p.m., Jeff Pitchell

July 4

Bellingham 4th of July celebration, 5 p.m., Bellingham Middle School, Fireworks 9:30 p.m.

Franklin 4th of July celebration, Franklin Town Common: 12-10 p.m. Mike Crandall Franklin Blues Festival, Carnival Hours: 12-10, Wrist bands, 12-5,

MEGAPASS: 12-10 , 12 p.m.: Ed Peabody & The Big Blue Thang, 1:15 p.m.: Cliff Taylor & The Undertakers, 2:30 p.m.: Neal & The Vipers, 3:45 p.m.: Mike Crandall Tribute Band, 5 p.m.: Sugar Ray & The Bluetones, 6:15 p.m.: Carl Ricci & 706 Union Ave. , 7:30 p.m.: The Darrell Nulisch Band, 8:45 p.m.: Richiman & Groove Nice

July 5

Franklin 4th of July celebration, Franklin Town Common, Carnival Hours: 12-6, Wrist bands: 12-4, MEGAPASS: 12-6, Music: 12-6, 12 p.m.: Jamie Barrett, a beloved Franklin singer, songwriter, guitarist and teacher, 1:15 p.m.: Padula Family Band, 2:30 p.m.: David Fields Band with Special Guest Diane Blue, 4 p.m., Beantown Swing Orchestra

July 8

ABMI-TV Concerts on the Grass 2026, 6-8 p.m., Bellingham Town Common, Free pony rides 6-7 p.m., *Back Pages* (classic rock) 6:30-8:30 p.m.

July 6

Book Discussion Group, 6:30 p.m., Bellingham Public Library 100 Blackstone St., Bellingham, "The Orphan Collector" by Eileen Marie Wiseman

Iron in the Water with Adventurer in History Kiersten Marcil, 7 p.m., Zoom presentation presented by Bellingham Public Library, Kiersten Marcil, Author & Adventurer in History, will be discussing "Iron in the Water: How American Rebels Blocked British Control of

the Hudson River." Register under library calendar at www.bellinghamlibrary.org

July 7

A Novel Idea: A Book Club for Adults, 6:30 p.m. Bellingham Public Library 100 Blackstone St., Bellingham, "Sky Daddy" by Kate Folk. Please contact Diane Nelson at dnelson@cwmmars.org.

Family Night at the Bandstand: American Swing with The Fantasy Big Band, 6:30 p.m., corner of Congress & Walnut Streets, Milford

July 9

Franklin Food Pantry Falmouth Road Race Team Fundraiser, La Cantina Winery (357 Union Street, Franklin, \$35 pp includes small bites, live music, chance to win giveaways

Franklin LGBTQ Alliance Ice Cream Social, 6:30 p.m., Franklin TV & Radio, 23 Hutchinson St., Franklin, bring your favorite ice cream to share, vegan options provided

July 10-11

Fairbanks Family in America's 125th Annual Family Reunion, Fairbanks House Dedham, 511 East St., Dedham, this year, a tribute to 111 known Fairbanks family members who served in support of the American Revolution. www.fairbanks-house.org

July 13

Two Nerdy History Girls Discuss Everyday Life in 1776, 7 p.m., Zoom presentation presented by Bellingham

Public Library, register under the library calendar at www.bellinghamlibrary.org, features authors and bloggers Loretta Chase and Susan Holloway Scott

Music at the Blissful (Evan Haller), 10:15 a.m., Bellingham Public Library, 100 Blackstone St., Bellingham, for families

July 14

Family Night at the Bandstand: The Claflin Hill Symphony, Summer Winds, 6:30 p.m., corner of Congress & Walnut Streets, Milford

July 15

ABMI-TV Concerts on the Grass 2026, 6-8 p.m., Bellingham Town Common, Free pony rides 6-7 p.m., *Westwood Swing Band* (big band era) 6:30-8:30 p.m.

July 17

Swing 440 - Gypsy Jazz Ensemble, 7 p.m., Niagara Hall, 8 Exchange St., Millis,, tickets at <https://tinyurl.com/Swing440niagara>

July 18

Celebrate Medway Day, 12-9 p.m., Choate Park, Medway, local business booths 12-5 p.m., family fun activities 2-9 p.m. followed by fireworks
Gazebo Players of Medfield present: The Taming of the Shrew, 5 p.m., Bellforge Arts Center, 45 Hospital Rd., Medfield, free but please register, www.bellforge.org

July 19

Gazebo Players of Medfield present: The Taming of the Shrew, 5 p.m., Bellforge Arts Center, 45 Hospital Rd.,

Medfield, free but please register, www.bellforge.org

July 20

The Black Experience of the Revolution with Historian Gracia Rich, 7 p.m., Zoom presentation presented by Bellingham Public Library, register under the library calendar at www.bellinghamlibrary.org.

July 21

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

Family Night at the Bandstand: Little Mahrud, Cool Jazz for the Summer Evenings! 6:30 p.m., corner of Congress & Walnut Streets, Milford

July 22

ABMI-TV Concerts on the Grass 2026, 6-8 p.m., Bellingham Town Common, Free pony rides 6-7 p.m., *Morse Code* (classic rock), 6:30-8:30 p.m. *Sponsored by Middlesex Savings Bank*

Summer Sounds with Soft Touch, Bellforge Arts Center, 45 Hospital Rd., Medfield, free but please register, www.bellforge.org

July 25

Tri-County Chamber Hot to Trot 5K, Registration 7 a.m., Race 8 a.m., VFW, 15 Milford St., Upton, sign up at <https://runsignup.com/Race/MA/Upton/Hot-toTrot5k>

SOUR GRAPES

by Tim Jones



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CALENDAR

July 25

Next Stop Comedy at Niagara Coffee Haus, 7 p.m., Niagara Coffee Haus, 8 Exchange St., Millis, <https://www.nextstopcomedy.com/events/niagara-coffee-haus-2026-07-25-7pm>

July 28

America's 250th Anniversary Book Club, 6:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, "Hotel on the Corner of Bitter and Sweet" by Jamie Ford
Family Night at the Bandstand, Jefferey Clayton and the PanNubean Duo! 6:30 p.m., corner of Congress & Walnut Streets, Milford

July 30

Rehearsal for Life presents The Gardener's Daughter, a new work by Mary Torpey and Cooper Evello, 8 p.m., Bellforge Arts Center, 45 Hospital Rd., Medfield, free but please register, www.bellforge.org

July 31

Reckless Comedy for Safe Recovery, 7 p.m. social hour, 8 p.m. show, First Congregational Church, 4 Congress St., Milford, sober comedy event with food and drinks, \$20 benefits church

Rehearsal for Life presents The Gardener's Daughter, a new work by Mary Torpey and Cooper Evello, 8 p.m., Bellforge Arts Center, 45 Hospital Rd., Medfield, free but please register, www.bellforge.org

Winter road relief funding in latest MA bill

BOSTON, MA – State Rep. Michael Soter (R-Bellingham) said the state will provide \$100 million in financial relief to cities and towns to assist with extraordinary snow, ice and winter recovery costs, under a \$1.56 billion supplemental spending bill that was recently finalized and enacted by the House and Senate on June 5.

House Bill 5470 allocates \$1.35 billion in surplus Fair Share surtax revenues and \$207 million from the General Fund to support a variety of education and transportation-related initiatives across the state. The final bill was negotiated by a six-member conference committee that worked to resolve the differences between earlier versions of the bill previously passed by the House and Senate.

Approved by Massachusetts voters as a constitutional amendment in 2022, the Fair Share surtax places an additional 4% surtax on income over \$1 million, taxing it at a rate of 9%. The revenue raised is to be used only for education and transportation purposes.

Rep. Soter highlighted language included in the final supplemental budget that will provide \$80 million in funding to all 351 cities and towns to help offset the costs communi-

ties incurred last winter for snow plowing; roadway preparation and salting; icebreaking; flooding; the reconstruction and resurfacing of roadways; damage repair from downed trees; and other unanticipated costs attributed to winter weather preparation or recovery. This funding will be distributed using a formula based on a community's total road mileage. Although the final distribution totals still need to be calculated by MassDOT, Soter estimated that it would provide approximately \$245,132.02 to Bellingham.

The supplemental budget also sets aside an additional \$20 million that will be made available to communities that experienced extraordinary weather impact costs compared to other areas of the state during the winter of 2026.

The supplemental spending plan also includes funding for local initiatives Rep. Soter secured for his district, including \$25,000 for Special Education Costs and \$50,000 for Security Infrastructure in Bellingham.

House Bill 5470 includes a total of \$794 million in transportation funding and \$558 million for education initiatives. It was signed by the Governor on June 12, 2026.

Outdoor summer concert series at HCA

Thanks to sponsor Dell Technologies, Hopkinton Center for the Arts (HCA) is once again offering its summer concert series on Friday and Saturday nights for the seventh year through July in its outdoor amphitheater. You only need your lawn chair, blanket, and picnic basket to enjoy an evening of rockin' good music. In case of inclement weather, concerts will take place in the HCA's air-conditioned performance space.

In addition, HCA offers a Sunday jazz series.

To make the arts more accessible to all, these concerts are on a pay-what-you-can basis, with a suggested donation of \$10-\$25. Following are upcoming performances this month:

Compaq Big Band, July 3, 2026, 6:30-8:30 p.m.

Simmer Down, July 4, 2026, 6:30-8:30 p.m.

Summer Sunday Jazz: Nate Aronow Nextet, July 5, 2026, 11 a.m. - 1 p.m.

According to Nancy, July 10, 2026, 6:30-8:30 p.m.

The Chris Fitz Band, July 11, 2026, 6:30-8:30 p.m.

Summer Sunday Jazz: Stoney's Wicked Din, July 12, 2026, 11 a.m. - 1 p.m.

Los Sugar Kings, July 17, 2026, 6:30-8:30 p.m.

The Racky Thomas Band, July 18, 2026, 6:30-8:30 p.m.

Summer Sunday Jazz: MetroWest Jazz Project, July 19, 2026, 11 a.m. - 1 p.m.

The Hip Shot Band, July 24, 2026, 6:30-8:30 p.m.

The Fat City Band, July 25, 2026, 6:30-8:30 p.m.

Summer Sunday Jazz: Subject2Change, July 26, 2026, 11 a.m. - 1 p.m.

Tin Street Groove, July 31, 2026, 6:30-8:30 p.m.

HCA is located at 98 Hayden Rowe St, Hopkinton.



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SPORTS

Bellingham Softball builds foundation under alum-turned-coach Parker

BY CHRISTOPHER TREMBLAY & MATT HYLEN, STAFF SPORTS WRITERS

Some three months ago before the high school softball season got underway, Bellingham head coach Courtney Parker was looking for a 14 wins season from her girls. Unfortunately, the Blackhawks didn't reach that goal; instead they went 11-7 and although not what they had hoped for, it was much better compared to the team's last few seasons.

The Bellingham softball team has set a nice foundation under the leadership of coach Courtney Parker.

A 2009 BHS graduate who went on to play at Merrimack College, Parker has spent this season building a culture rooted in resilience, connection, and the foundational values that shaped her own playing career.

Parker's path back to Bellingham started during the COVID-19 pandemic. "Bellingham softball has always meant a lot to me," Parker said. "It's been really special to give back to a program that helped



BHS Softball was looking for a better outcome, but they went further than they did last year, each year improving. Photo used courtesy of Courtney Parker

shape who I am. Being able to stand in that role now and impact the next generation of

players is something I take a lot of pride in."

Heading into the season, Parker said the goals were straightforward: compete every day, improve as a team, and build toward a strong post-season position. By her measure, the team has delivered.

"I think this group has absolutely met those expectations," Parker said. "They've put in the work, stayed committed, and continued to grow. There's always more we want to achieve, but they've built a really solid foundation."

With Bellingham's strength of schedule, the Hawks were able to secure a 10 seed in the Division 4 State Tournament and was looking to make a run through the postseason.

"Last year we were seeded 17 so we continue to move up each year," Parker said. "That has been our goal since we started: get better every day and we have certainly done that. Even though we didn't hit our goal of going 14-4, it was a big year for us."

Leading Bellingham into

the tournament was senior captain Jacobi Houston, a TVL All-Star who will be taking her talents to Regent University in Virginia Beach next year. Houston batted .446 with 25 hits, including getting her 100th hit against Millbury late in the season. She also had 3 home runs, 13 RBI and on the mound posted a 2.68 ERA with 53 strikeouts on the year. Technically she is a five-year player with Bellingham but is only a 4-year starter due to COVID cancelling a season.

"Jacobi has a lot of experience and is somebody that leads by example," Parker said. She has hustle, grit and focus."

Senior Ashley Kamin, who played second and third for the Hawks, was the team's leading hitter at the plate where she batted .536 with 37 hits on the season. Like Houston, she too was named to the TVL All-Star team. Kamin is another athlete that began starting for Bellingham since the eighth grade.

According to the coach, she is a super athletic individual and leads this team, despite not hav-

ing a C on her uniform.

Catcher Lilly Proler has suited up for each and every game this season for Bellingham behind the dish. Offensively she hit .345 with 29 hits and was a defensive rock behind the plate posting a .960 fielding percentage.

Much like Proler, sophomore Kaleigh Simpson also started every single game at shortstop for Bellingham this season. The second-year player has been super consistent, according to the coach, and is the most athletic individual she has ever coached. Simpson had a fielding percentage of .918 with only 5 errors, while batting .429 with 30 hits and 25 stolen bases.

Overall, the team's growth this year showed up most in how they handled adversity. "This group showed a lot of resilience throughout the season," Parker said. "We faced some tough teams and had to learn how to respond in big moments."

The culture and comradery the team developed over the course of the season was something Parker emphasized greatly, especially through the playoffs.

"One of the biggest take-aways is how much we've grown in terms of staying composed and playing together," Parker explains. "When we're at our best, we're playing as a complete team: strong defense, timely hitting, and supporting each other. That's exactly what we did in the playoffs, and the girls fought hard."

What sets this group apart from past Bellingham teams, in Parker's mind, is its chemistry. "This group is incredibly connected and spirited," Parker said. "They genuinely support one another, and that shows both on and off the field. There's a good balance of leadership and younger players stepping up, and they've created a culture where everyone

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SOFTBALL

continued on page 25

FUSF announces services

The First Universalist Society in Franklin (FUSF) is pleased to announce our Summer Sunday Worship Series each week through August 30th. All services start at 10 a.m. Afterwards, we invite you to stay for cookies and conversation.

July 12, 2026 - Hope & the Beloved Community
July 19, 2026 - Sustaining Hope in the Wake of Mental Health Concerns for Loved Ones

July 26, 2026 - The Resilience of Hope
The First Universalist Society in Franklin (FUSF) is a Unitarian Universalist Welcoming Congregation located at 262 Chestnut Street, Franklin. Our Minister is the 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.

SOFTBALL

continued from page 24

feels invested. That kind of chemistry is hard to teach, and it's something they've built together."

Beyond the team chemistry, Parker's coaching approach this season was shaped directly by her own experience as a player. "I'd describe my coaching style as demanding but supportive," Parker said. "I expect a lot from my players, but I also make sure they know I'm in their corner."

As the postseason intensified, the team's approach didn't change, but rather was sharpened. "The mindset definitely sharpens in the playoffs," Parker said. "The focus becomes even more about execution, staying present, and handling pressure. At the same time, we try to keep

things consistent: preparation, routines, and approach don't change. It's about rising to the moment, not changing who we are."

Though the playoffs did not go as hoped, the game of softball goes so much farther past the wins and losses. "I hope my players leave this program with confidence, resilience, and the understanding of what it means to be part of something bigger than themselves," Parker said. "Wins and losses matter, but the lessons they take with them are so much more important."

That exchange, Parker added, goes both ways. "My players have taught me just as much about adaptability, perspective, and the importance of meeting people where they are," Parker said. "Every group is different, and they continue to challenge me to grow as a coach."

Bellingham, Franklin Police seek charges following pursuit through multiple communities

BELLINGHAM and FRANKLIN, Mass.- On June 9, 2026, at approximately 8:52 a.m., Officer Dan Gavin attempted to stop a blue Ford Ranger on Pulaski Boulevard. The vehicle is known to officers as being commonly operated by Dominick Revell, 54, of Franklin. Revell, who has an extensive criminal history, has several active warrants for his arrest and a revoked driver's license.

The vehicle failed to stop, and a pursuit ensued, continuing into Franklin, where officers from the Franklin Police Department joined the effort. During the pursuit, stop sticks were successfully deployed on Grove Street in Franklin, deflating the vehicle's passenger-side tires.

Despite the damage, the vehicle continued traveling through Franklin, briefly approaching the Medway town line before ultimately coming to a stop on Pond Street in Franklin. During the pursuit, the vehicle struck several mailboxes. After stopping, the operator exited the vehicle and fled on foot. The suspect jumped over a fence, swam across a small river, and continued

into a wooded area.

Officers from the Bellingham and Franklin Police Departments established a perimeter and requested assistance from regional K9 teams and drone operators. K9 teams from the Milford and Millis Police Departments responded to assist, along with drone operators from the Bellingham and Franklin Police Departments. Officers were later able to locate the suspect and arrest him.

The Bellingham Police Department will be seeking an additional warrant charging Revell with Failure to Stop for Police, Reckless Operation, Operating After Suspension, Speeding, and multiple other motor vehicle violations.

The Franklin Police Department will be seeking an additional warrant charging Revell with several motor vehicle violations, including Leaving the Scene of Property Damage and Reckless Operation.

Revell appeared in Milford District Court on June 10, ordered held on cash bail for two counts but revoked bail in two earlier cases.

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Santa Foundation launches new scholarship initiative

Introducing the Bob and Elaine Sullivan Memorial Scholarship

The Santa Foundation is proud to announce the launch and administering of its newest community initiative: The Bob and Elaine Sullivan Memorial Scholarship — a scholarship program created to support graduating high school seniors who are pursuing careers dedicated to helping others.

This newly established scholarship initiative honors the legacy of Bob and Elaine Sullivan, whose lives reflected compassion, generosity, service, and dedication to community. Their commitment to helping others inspired countless people and continues to influence the values at the heart of Santa Foundation's work today.

Beginning in Spring 2027, the Foundation plans to administer these scholarships to graduating seniors who have demonstrated community involvement, compassion, and a desire to pursue careers in fields that support children, families, and communities. Eligible areas

of study may include education, healthcare, social work, mental health, public service, nonprofit leadership, and other helping professions.

"We believe that investing in young people who want to make a difference creates long-term positive change for our entire community," said Executive Director Pam Formosa, from Santa Foundation. "This scholarship is about more than financial assistance — it is about encouraging and recognizing future helpers, caregivers, mentors, and community leaders."

Community members, businesses, and supporters interested in contributing to the scholarship initiative may also donate directly through the Foundation's website. www.sfjoy.org/donate.

For more information about the scholarship initiative, upcoming fundraising events, or ways to support the mission, visit the Santa Foundation at www.sfjoy.org.

Bellingham Women of Today bestow scholarships

Congratulations to this year's scholarship winners. We were honored to present at the Bellingham High School Award night on June 3rd. Sydney Blackwell was awarded the Bellingham Women of Today scholarship and Tyler Dixon was awarded the Joanne Eisner Memorial scholarship. We received many applications this year. The BWOT would like to wish all the students in the Class of 2026 the best of luck in their next endeavors.

Membership and Upcoming Meetings

The Bellingham Women of Today is part of the United States Women of Today which is a non-profit, civic organization. Our members are dedicated to serving the community through education and fundraising, fostering friendships through social activities, and strengthening personal talents by offering Individual Development programming. The Massachusetts Women of Today has six chapters with over one hundred members. The US Women of Today organization is comprised of chapters across thirteen states, as well as Cyprus, Greece. All Women of Today members are bound together with a common goal, which is to leave the world a better place!

We are always open to new members. Anyone 18 years and older is welcome to join. Please feel free to check us out by attending our monthly meetings. We meet at the Bellingham Police Department in the conference room starting at 7:30 p.m. on the second Monday of the month from September until June. Message us for more information about our organization, at bellinghamwomenoftoday@gmail.com or find us on Facebook.



Here are the dates for our 2026-2027 meetings at the Bellingham Police station.

- Sept 14, 2026
- Oct 12, 2026
- Nov 9, 2026
- Dec 14, 2026 (meeting will be at one of our members houses)
- Jan 11, 2027
- Feb 8, 2027
- Mar 8, 2027
- April 12, 2027
- May 10, 2027

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When: Thursday, July 9, from 6 to 8 p.m.

Where: La Cantina Winery (357 Union Street, Franklin, MA)

Tickets: \$35 per person

Your ticket includes a complimentary beverage of your choice, delicious small bites, live music and a chance to win fun giveaways.

Space at the event is limited. Scan the QR or visit www.franklinfoodpantry.org to purchase your tickets, cheer on The Pantry's race team, and help make a lasting impact.



LETOURNEAU

continued from page 8

and the St. Vincent de Paul Society. Together with his wife, he also established a memorial fund at Boston Children's Hospital in memory of their granddaughter, Emily, which has raised tens of thousands of dollars for research and patient care.

"Military Appreciation Day is about recognizing the people across Massachusetts who step up to serve something bigger than themselves," said Governor Maura Healey. "Our veterans, service members and military families strengthen our communities every single

day through their leadership, sacrifice and commitment to others".

The ceremony recognized 138 honorees this year, each presented with an official Governor's citation and a challenge coin in appreciation for their service. House Speaker Ronald J. Mariano noted that this tradition reflects the Commonwealth's deep appreciation for those who "strengthen every corner of our Commonwealth".

Following the formal program, including the National Anthem performed by SGT Amy Fichera, honorees attended a reception donated by the Military Friends Foundation.

Franklin LGBTQ Alliance July events

Ice Cream Social

Thursday July 9, 6:30-8:30 p.m., Franklin TV and Radio Station, 23 Hutchinson St., Franklin. Bring your favorite ice cream to share with everyone, and come hungry! Vegan and non-vegan options will be provided!

Brunch with Non-Scene Friends

Saturday July 11, 10 a.m.-12 p.m., Mak's Roast Beef, 451 West Central St., Franklin.

Book Club

Wednesday July 15, 6:30-8:30 p.m., Franklin TV and Radio Station, 23 Hutchinson St., Franklin. Join our discussion on the novel "Iron Widow," by Xiran Jay Zhao!

Norfolk County Real Estate Activity Slows in May 2026

Dedham, MA – Norfolk County Register of Deeds William P. O'Donnell today released the real estate recording statistics for May 2026, which indicate a slowdown in real estate activity across Norfolk County compared to May 2025, with declines seen in several key indicators including sales volume, average sale prices, and mortgage activity.

The Registry of Deeds recorded 9,415 documents in May 2026, a 2% decrease compared to the 9,628 documents recorded in May 2025, and a slight 1% decrease from April 2026.

"May 2026 reflects a lower level of real estate activity compared to last year," noted Norfolk County Register of Deeds William P. O'Donnell. "While overall document recordings remained relatively stable, the year-over-year decline suggests a market that is adjusting to ongoing economic pressures and a limited inventory of available properties."

The total number of deeds recorded for May 2026, representing both commercial and residential real estate sales and transfers, was 1,462, a 2% decrease from the 1,494 deeds recorded in May 2025, but a 3% increase from April 2026. Looking at just real estate sales, 773 properties were sold in May 2026, representing a 6% decrease compared to May 2025.

"Although transaction volume improved over April of 2026, this spring market has not matched the level seen in May of 2025," stated Register O'Donnell. "Elevated interest rates and affordability challenges continue to restrict both buyers and sellers."

Lending activity also declined in May. A total of 1,511 mortgages were recorded in May 2026, a 2% decrease from the 1,542 mortgages recorded in May 2025, and an 8% decrease from April 2026. Total mortgage indebtedness was approximately \$1.25 billion, a 14% decrease compared to May 2025, but a 10% increase from April 2026.

"The decrease in mortgage activity, along with a significant drop in total mortgage indebtedness compared to last year, reflects a more cautious lending environment," stated Register O'Donnell. "Interest rates and overall borrowing costs remain key factors affecting financing decisions."

The total value of commercial and residential sales recorded in May 2026 was approximately \$926 million, a 19% decrease from the \$1.14 billion recorded in May 2025, but a 17% increase from April 2026. The average sale price for all property types was approximately \$1.19 million, a 14% decrease compared to May 2025, but a 4% increase from April 2026.

"While overall property values remain historically elevated, the decrease appears to reflect a combination of fewer high-value transactions, softness in the commercial real estate sector, and increased sensitivity to affordability among buyers," said Register O'Donnell.

For more information, visit the Registry's website www.norfolkdeeds.org, call 781-461-6101, or email registerodonnell@norfolkdeeds.org.

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Bellingham High School Operation Graduation 2026

On Friday, June 5th, the Bellingham High School Class of 2026 attended the annual Operation Graduation All-Night Grad Party at Urban Air Trampoline & Adventure Park. For over 30 years, the goal of this event has been keeping the recent graduates safe while having a memorable celebration the night following their graduation. The Operation Graduation Committee is made up of senior parents who volunteered their time the past year to plan and fundraise for this night. The committee would like to express our sincere appreciation to the parents, families, Bellingham School Administration and local businesses that donated their time and resources to make this night a huge success. Thanks to all the generous donations from the community and local businesses, the committee was also able to grant scholarships totaling \$5,550 to 16 deserving seniors as they embark on the next phase of their professional/educational journey.

WE WOULD LIKE TO EXTEND A VERY SPECIAL *Thank you* TO THE FOLLOWING SUPPORTERS THAT HELPED MAKE THE NIGHT POSSIBLE

Gold Sponsors			Platinum Sponsors		Diamond Sponsors
99 Restaurant	Country Marketplace	Perfectly Posh - Gale Doran	Bellingham Electric	Ostrander Insurance	Bellingham Youth Football & Cheer
Bandido's	Dairy Queen	Rosewood Restaurant	Bellingham Police Association	Piette Jewelers	Beth Sullivan Designs
Beef Barn	Flock & Flourish	Shear Bella Salon	Bellingham Sportsman Club	PINZ	The Delaney Family
Bellacure Nails & Spa	Georgia Nails	Stop & Shop - Bellingham	Bite Me Organic Mosquito Control	Texas Roadhouse	E.L. Harvey Waste Management
Bellingham Palace	Golden Nails	Stop & Shop - Franklin	Blackhawk Pizza	Top Golf	Harshaw Paving
Big Y	Goodstuff BBQ	Tastefully Simple - Kim Hughes	Bob's Discount Furniture	Urban Air	Hayward Advertising Group
Boston Bruins	Halo Beauty Salon	Tavolino	Honey Dew (S. Main St.)	Ve'Lace Bridal	New England Country Club
CinemaWorld	Italian Pizza & Grill	Trader Joe's	Jersey Mike's	VFW Post 7272	Norfolk County DA Michael W. Morrissey
Citizen Crust	Medium Lori Sheridan	Tupperware - Melissa Dettorre	Liz's Tavern	Worcester Red Sox	Point 32 Health
Coachmen's Lodge	Mass Barber	Vohn's Restaurant	Millerville Club		Representative Mike Soter
THANK YOU for the support of these local businesses, who provided monetary donations, partnered with us for fundraising, and provided us with gift cards and raffle items for fundraisers.					Worcester County DA Joseph D. Early