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Municipal Spotlight

Bellingham Veterans Services: Helping those who served access the support they deserve



Veterans Service Officer Warren "Art" Campbell and his VSO Assistant Maryhelen Hibben work to assist veterans with the benefits they've earned.

By JENNIFER RUSSO

For those who have served in the military, navigating the many benefits and resources available to veterans can sometimes feel overwhelming. Fortunately, Bellingham's Veterans Services office is there to help, offering guidance, assistance, and a friendly face to local veterans and their families.

Led by Veterans Service Officer Warren "Art" Campbell and his VSO Assistant Maryhelen Hibben, the office serves as a valuable connection between veterans and the state and federal programs designed to support them. Whether someone is seeking health care

benefits, financial assistance, educational opportunities, or simply has questions about what they may qualify for, the office is ready to help.

One of its primary responsibilities is helping veterans and their eligible family members identify benefits they may not even realize are available to them. These can include public assistance, housing support, education benefits, tax exemptions, and other resources. Campbell and Hibben help residents understand eligibility requirements, gather necessary

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Bellingham Veterans Day ceremony to honor service, sacrifice, and the stories behind the uniform

By JENNIFER RUSSO

Behind every military uniform is a story. A story of courage, commitment, sacrifice, and a willingness to serve something greater than oneself. Some of those stories unfold on distant battlefields, while others continue long after military service ends, through ongoing contributions to the communities veterans call home.

Originally observed as Armistice Day, Veterans Day traces its roots to Nov. 11, 1918, when fighting ended in World War I. In 1954, the holiday was renamed Veterans Day to recognize American veterans of all wars. Unlike Memorial Day, which specifically honors those who died in military service,

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Command Sgt. Maj. Jeremy W. Bunkley will be guest speaker at Bellingham's 13th annual Veterans Day observance at Bellingham Public Library on Nov. 11 at 11 a.m.



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Remembering Mike O'Herron

By THE BELLINGHAM
CONSERVATION COMMISSION

Recently Mike O'Herron, our friend and the chairperson of the Conservation Commission, passed after a brave battle with cancer. In his memory, we wanted to share the impact Mike had on conservation in Bellingham.

On the conservation commission, we are tasked with protecting the wetland resource areas in Bellingham through administration of the Wetlands Protection Act and our town bylaws. Since joining the commission around twenty years ago, Mike immediately dove into learning the ins and outs of these laws so he could better understand how projects met or didn't meet these standards. About 18 years ago, he participated in writing the Bellingham Wetland Bylaws, which provide more stringent protection for our wetland resource areas than the state laws do. Bellingham, like the rest of Massachusetts, has approximately 12% wetland cover. In our town, we have

a meandering portion of the Charles, multiple recreational lakes including Silver Lake and Jenks Reservoir, streams like Stallbrook and Peters River, and multiple certified vernal pools that are home to diverse wildlife and endangered species. It is estimated that Massachusetts has lost a total of 25-30% of its wetlands since the 1700's, and human encroachment and climate conditions pose a real danger to our remaining resource areas. Our town bylaws are critical in allowing us to protect our natural resources, recreational areas, and our drinking water supply from further wetland loss and degradation, so we are very appreciative of Mike's involvement in the process of writing these bylaws.

Mike's dedication to the environment was clear. Mike attended long meetings sometimes stretching past 11 p.m., early morning site visits where he hiked through trail-less woods to visit resource areas, and regular trainings and conferences to keep his education up to date. His in-depth knowledge of the

laws and environmental science gave him the ability to review projects and make sure they had the least amount of negative impact on our wetlands as possible. He reviewed each project in detail, asking thoughtful questions to assess each individual project's impact. And we can assure you, taking the time needed to review each project in minute detail is no small task.

However, Mike's impact stretched far beyond the Bellingham's wetlands. Mike also had an immense impact on the people he worked with.

Mike was a kind, warm, caring, and funny man. He could lighten the mood of a contentious meeting with a well-timed "Dad" joke, and he kept up spirits on cold and wet site visits with his signature puns. The application process for projects can be complicated and sometimes difficult to understand. Mike took the time to explain the process and make sure that applicants understood all of the information that they needed to know, and always took the time to gauge the understanding

and financial restrictions of each applicant. Mike also took the time to make sure that members of the public were always able to share their opinion about projects. The public meeting process was valued by Mike, and he made sure that all voices were heard, other commission

members included. Learning the ins and outs of projects and the guiding wetland laws is just as complicated for new commissioners and town agents as it is for applicants, and Mike's kindness and willingness to teach extended to all of the newcomers on the commission that came after him as well.

As conservationists, we know affecting positive change for the environment, or for a town of

18,000 people, can seem like an impossible task. However, as Mike showed us over his many years of service, one person acting with care and dedication can make a huge positive impact. Thank you for your many years of honorable service Mike, and we hope your rest is peaceful.



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Envisioning a connected trail

CMRPC & MAPC discuss possible Charles Headwaters Greenway with Bellingham residents, invite feedback through survey

By JUDITH DORATO O’GARA

What if... Every big idea begins with that question, and it was the one addressed at a meeting last month at Bellingham Public Library. On Thursday, October 15, 2026, Nathan Lewis, of the Central Massachusetts Regional Planning Commission (CMRPC) and David Loutzenheiser, from the Metropolitan Area Planning Council, along with Bellingham Conservation Agent Hannah Chace, met with members of the Bellingham community to discuss the vision and possibilities for a potential trail route along the Upper Charles River across Bellingham, Mendon and Blackstone. These two planning organizations received a \$100K grant from MassTrails to conduct a feasibility study for the “Charles Headwaters Greenway.” Chace explained to the Bulletin, “Our goal is to create a continuous trail, a shared use path, walking site, accessible path that connects from the SNETT Trail from Rhode Island to another trail that goes through Milford and Holliston. In between that, there’s an old railroad corridor we’re proposing to use as much as possible.” According to Lewis, the Charles Headwaters Greenway would build on the Mass

Department of Transportation (DOT) Priority Trail Network. The organizations are exploring possible trail routes to bridge the approximately 8-mile gap in ways that might incorporate access to commuter rail stations, have access points in each town and overcome physical constraints of the land, as well as gain rights of way through approaching private owners where need be. Part of developing this vision is engaging with community members, he explained. “We’re in the early stages of the project. We don’t even know if this is possible yet,” said Lewis, “It could involve some public (and private) land, some town-owned land. We’re trying to talk to all the stakeholders and abutters. This is a feasibility study – we don’t own all the land by any means.” Loutzenheiser presented community members with four different iterations of the proposed greenway’s route through Bellingham. The two groups will work with Bowman Consulting “to come up with one or two alignments” after analyzing the various corridor alternatives as well as potential costs. After looking at the four proposed routes, attendees were given the opportunity to comment on what they thought of each different suggested route.

Traffic safety, parking, right-of-way, drainage and erosion were some of the concerns those familiar with the area brought up. Are you a Bellingham resident? You can give your opinion, too. The feasibility study is scheduled to wrap up in June of 2027, and planners hope to hear from residents of these communities through a survey, open until Dec. 7. Find it, and more information about the potential project, at <https://arcg.is/1SKary6> or scan the QR code accompanying this article.



Nathan Lewis, from the Central Massachusetts Regional Planning Commission (CMRPC), talks with Bellingham residents about the vision for the Charles Headwaters Greenway, a potential trail through Bellingham, Mendon and Blackstone connecting the SNETT and the Milford/Holliston rail trails. Photos courtesy of David Loutzenheiser



This photo shows a portion of the land in question on which the trail could be built.

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VETERANS DAY

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Veterans Day recognizes all who have served, living and deceased.

More than a century after that first armistice, the importance of honoring veterans remains. Their stories are part of our nation's history, but they are also part of Bellingham's story, woven into its families, schools, and neighborhoods.

On Wednesday, November 11, Bellingham will come together to recognize those stories and the men and women who have lived them during the town's 13th annual Veterans Day ceremony. The program begins at 11 a.m. at the Bellingham Public Library and will bring together veterans, students, local officials, and residents for a meaningful tribute to those who have served.

Organized by the town's Memorial and Veterans Day Committee, chaired by US Marine veteran Jim Hastings, this year's



Bellingham Veterans Marine Cpl. Kelcey Kelly, Army Lt. Col. Mariann Fark and Marine Sgt. Richard Gaffney will share personal experiences on November 11.

ceremony will feature three Bellingham veterans who will share their personal experiences of military service, offering a glimpse into the dedication, commitment, and sacrifices that come with answering the call to serve.

Among them is Sgt. Richard Gaffney, who enlisted in the U.S. Marine Corps at just 17 years old. After completing basic training at Parris Island, South Carolina, he was sent to Vietnam at 18, ultimately serving two tours with Lima Battery, 4th Battalion, 11th Marine Regiment, 1st Marine Division. Following his military service, Gaffney worked for General Motors and Wrentham State Hospital.

Fellow Marine Cpl. Kelcey Kelly enlisted at 18, graduating from recruit training at Parris Island in 2014. She served with

the 3rd Medical Battalion in Okinawa, Japan, and later with the 1st Marine Logistics Group at Camp Pendleton, California. After completing her military service in 2018, Kelly continued her commitment to serving others through law enforcement. Today, she is a Bellingham police officer and the school resource officer at Bellingham High School.

Also sharing her story will be Lt. Col. Mariann (Richards) Fark, a 1998 Bellingham High School graduate whose military career began after earning her nursing degree from UMass Amherst. Commissioned as a second lieutenant in the U.S. Army Nurse Corps, Fark served in assignments throughout the country. She later earned a master's degree in nursing, specializing in women's health as a certified nurse-midwife,

and graduated from the Army Command and General Staff College. After more than two decades of service, she retired in June 2023 from Blanchfield Army Community Hospital at Fort Campbell, Kentucky.

Together, their experiences offer a reminder that military service takes many forms, from the front lines of combat to providing medical care, protecting others, and continuing to serve one's community.

This year's guest speaker will be Command Sgt. Maj. Jeremy W. Bunkley, who currently serves as Command Sergeant Major of U.S. Army Garrison Natick at the Natick Soldier Systems Center.

A native of Rome, New York, with more than two decades of service, Bunkley has served with some of the Army's most prominent organizations, including

U.S. Army Special Operations Command, the XVIII Airborne Corps, the U.S. Military Academy at West Point and U.S. Special Operations Command. His assignments have ranged from leading soldiers in public affairs operations to serving as a senior enlisted adviser, helping communicate the Army's mission and the experiences of those who serve.

His military career includes four deployments, two in support of Operation Enduring Freedom, one supporting Operation Iraqi Freedom and another supporting Operation Inherent Resolve. He also completed a rotational tour supporting Atlantic Resolve.

Among his many accomplish-

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documentation, and complete applications, all handled confidentially.

Among the programs available is Massachusetts' Chapter 115 veterans' benefits program, which provides needs-based financial assistance to eligible veterans and their dependents or survivors. Depending on individual circumstances, this assistance can help with medical expenses, home heating oil, emergency needs, and other essential living costs.

Eligibility generally depends on qualifying military service and discharge status, Massachusetts residency, and financial need as determined by the state's Executive Office of Veterans Services. Applicants may need military discharge documentation, such as a DD-214, along with financial records. Hibben helps residents navigate the forms and requirements, making what might otherwise seem like a complicated process much more manageable.

Massachusetts has a particularly long history of supporting its veterans, something Campbell is proud to share. He explained that the tradition dates back to colonial times when soldiers who served in conflicts such as the French and Indian War could receive land in recognition of their service. Over time, those early practices evolved into formal state laws, with veterans' benefits continu-

ing to expand and improve.

The office also assists with federal benefits through the U.S. Department of Veterans Affairs, including health care, disability compensation, pensions, education assistance, and burial benefits.

In addition to being a certified veterans agent, Campbell is an accredited veterans service officer through Vietnam Veterans of America. This accreditation allows him to assist veterans with preparing, presenting, and pursuing claims for federal benefits.

For veterans experiencing service-connected health conditions, that assistance can be especially important. Injuries, hearing loss, respiratory problems related to exposure to smoke or chemicals, post-traumatic stress disorder, and other physical or mental health conditions may qualify for VA disability compensation.

Pension programs may also provide financial assistance to eligible veterans and surviving spouses. Other benefits can include burial assistance and memorial markers, as well as certain state programs offering property tax exemptions, abatements, and annual annuities for qualifying disabled veterans.

"Disabled veterans could also qualify for property tax exemptions and abatements each year, and potential annual annuities," Campbell said.

Veterans Services can also help with one-time benefits, such as the Massachusetts Welcome Home Bonus for quali-

fying veterans, and assist in obtaining military records from government archives.

For veterans transitioning into civilian employment, the office can help connect military experience with new career opportunities, including job placement resources, apprenticeships, and education.

"There are so many skills that these men and women learn while in military service that can be applied to other jobs..." Campbell said.

Education benefits, including the Montgomery GI Bill, can help eligible veterans pursue additional training, college coursework, or other approved educational programs.

The office's work also extends to veterans facing urgent circumstances. For those experiencing homelessness, financial hardship, or an immediate need for food or shelter, Veterans Services can help access emergency resources, provide grocery cards, and work toward housing solutions.

Beyond benefits and paperwork, the department plays an important role in keeping Bellingham's veteran community connected.

"We also partner with local VFWs, the American Legion and the Norfolk Sheriff's Office, and some other agencies and are always looking for different things that may help veterans..." Hibben said.

That spirit of connection is reflected in informal gatherings organized for local veterans, including coffee meetups on the last Saturday of each month and pizza meetups on the second Wednesday, with no agendas or expectations. Local businesses and residents have begun contributing to these gatherings simply because they want to support those who served.

Veterans Services also participates in Bellingham's Veterans Day and Memorial Day programs and visits the Senior Center monthly to share information.

Perhaps one of the biggest challenges Campbell encounters is convincing veterans that they should take advantage of the benefits they have earned.

Campbell has a message for them:

"There are often situations where there are veterans who need services that don't seek

our help because they think there are others who need the help more than they do. It's very common, as they have lived their lives in service to others. But as a veteran, you already paid the premium. You already raised your hand and took an oath to defend the nation. If there's anything due to you, it's for you. The VA recognizes what is owed. Come in and see what may be available for the service you have already given."

Bellingham Veterans Services is located at 10 Mechanic St. Office hours are Monday from 1-4 p.m., Tuesday through Thursday from 10 a.m. to 4 p.m., and Fridays by appointment. For more information, call 508-657-2812.

Veterans and their loved ones experiencing a crisis can also reach the confidential, 24/7 Veterans Crisis Line by dialing 988 and pressing 1, or by texting 838255.

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2026 Harvest Fest sees turnout despite rain postponement

By DAVID DUNBAR

Harvest Fest is an annual event in Bellingham – held last month -- and put on by two Baptist Churches in town. The results are in and, despite a rain delay, more than 500 people showed up.

“It was a blessing,” says Pastor Baron Rodrigues of the First Baptist Church. “We’re a church that wants to help, and glad to provide a day of fun for families.” Pastor Michael Car-

rier of the Bible Baptist Church adds, “Both churches have a long-standing history of fighting for religious liberty, and Harvest Fest helps us carry out that mission by bringing hope and generosity to our community.”

Despite the heavy rain and having to push back the Harvest Fest for one week, there were two dozen sponsors and 43 vendors.

Food trucks were not available at the postponed Fest. “So,

we did the cooking,” smiles Pastor Baron. Pony rides were also cancelled, “but we had face-painting, karate, and all kinds of crafting,” Rodrigues adds.

Proceeds, after paying for police, permits, and other costs, go to three area food banks. St. Blaise’s Loaves and Fishes, the Franklin Food Pantry, and the Daily Bread Food Pantry in Milford each received \$3,400. Last year, they each got \$700.

What about next year?

“We’ll do it again,” says Pastor Baron.



Bellingham’s Harvest Fest, a collaboration of Bellingham’s two Baptist churches, saw 500 attendees and raised \$3,400 for each of three local food pantries. Photos used courtesy of Pastor Michael Carrier.

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From the Town Clerk’s office...

Thank you to our poll workers and residents for a successful two weeks of early voting for the November 3 State Election. We had many residents take advantage of our in-person hours, and many more choose to vote by mail. Final numbers will be available in next month’s Bulletin, but I’m confident we had a great turnout!

The State Election will be held on Tuesday, November 3 at the Bellingham High School gymnasium, located at 60 Blackstone Street from 7 a.m. to 8 p.m. If you arrive to vote and your statue is “inactive,” it simply means we did not receive your 2026 census, and we are mandated by state law to update our voter records every June.

You will simply need to fill out an affidavit of continuous residence at our “help desk,” and you will be able to vote. If you’d like to check your voter registration status, you may do so at the Secretary’s website or give the office a call. We can be reached at 508-657-2830.

The Annual Fall Town Meeting will be held Wednesday, November 18 at the Bellingham High School auditorium beginning at 7:30 p.m. A warrant may be found on the Town Clerk’s website. Happy early holidays to all! We’re looking forward to a smooth, successful State Election.

Amy Bartelloni
Town Clerk

Your Money, Your Independence

Spend it forward: In retirement 'someday' is the real risk



Glenn Brown, CFP

For anyone nearing retirement or just starting out in it, seeing the light at the end of the tunnel brings incredible excitement and gratitude. You worked decades for this moment.

Yet, as a Certified Financial Planner, I often witness a quiet paradox play out among diligent savers: they build a nest egg to secure their future, but when the day comes to actually enjoy it, their mindset doesn't change.

A recent *Bloomberg* article highlighted a trend: retired Americans are putting off fun out of fear of running out of money. Studies show over 60%

of retirees with substantial savings feel uncomfortable spending on pure enjoyment, while nearly 90% feel guilt over bucket-list purchases or travel.

Researchers call this the tension between FOMO (Fear of Missing Out on life) and FORO (Fear of Running Out of money). After decades of watching accounts grow, spending down principal triggers a loss reflex. But here's the truth many don't talk about: money delayed is often an opportunity denied.

The three phases of retirement

While gerontologists and planners traditionally stretch post-career phases out to age 75 and 85, my experience with clients shows these transitions happen sooner. Here is how those years typically unfold in practice:

- "Go-Go" Years (ages 60 to 72):** You have the health, energy, and mobility to hike, travel, or explore demanding itineraries.
- "Slow-Go" Years (ages 72 to 80):** Health slows you down slightly. Trips become simpler, closer to home, and less physically taxing.

3. "No-Go" Years (ages 80+): Life centers around home, routine, and medical care.

The biggest tragedy in retirement isn't spending a little extra in your early 60s, it's saving all your fun money for a phase when your body can no longer support the adventure. Spending it forward means funding your "Go-Go" years while you can fully experience them.

Cash flow analysis & scenario modeling

How do you overcome FORO without jeopardizing your future? Through interactive cash flow analysis and scenario modeling.

Instead of relying on static rules, dynamic modeling tests "what-if" scenarios side by side. For example, we can test adding an extra \$25,000 per year specifically for travel during your first 7 "Go-Go" years.

By modeling this \$175,000 front-loaded investment, you measure the actual delta on your total portfolio in your 80s and 90s. Because spending naturally dials back in the "Slow-Go" and "No-Go" phases, front-loading \$25K a year early on typically creates a surprisingly negligible

impact on long-term security. Seeing that tiny delta on paper provides the empirical proof (and emotional permission) to travel guilt-free.

Structured security: The strategic 3-bucket strategy

If scenarios make sense on paper but your stomach still churns, structure provides peace of mind. Segmenting wealth into 3 time-horizon buckets insulates your lifestyle:

- BUCKET 1: Cash (Years 1 to 3).** This covers the income shortfall or gap between income sources (Social Security, pensions, rentals, dividends) and actual spending. Keeping this gap in liquid cash insulates your planned lifestyle from market swings.
- BUCKET 2: Conservative Growth (Years 4 to 5).** Structured conservatively (like a 40/60 stock-to-bond allocation), this medium-term bridge earns modest returns while systematically replenishing Bucket 1.
- BUCKET 3: Moderate to High Growth (Years 5+).** Positioned for capital appreciation, this bucket fuels long-term needs, healthcare

inflation, or legacy goals (like passing tax-free growth in a Roth IRA to heirs).

When your short-term cash flow gap is secured in Bucket 1 and your legacy is compounding in Bucket 3, taking that dream vacation isn't "depleting wealth," it's executing a well-designed plan.

Give yourself permission to shift from a mindset of accumulation to one of fulfillment. You worked hard to earn your independence, now make sure you're around to enjoy it..

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

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

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Bellingham Garden Club of MA adds color to community



Consistent with our Mission in Community Beautification, the Bellingham Garden Club of MA helped to add some color to Wrentham Manor Housing Authority properties in Bellingham by making a beautiful FALL floral donation this October.

This also helps many of the residents who really enjoy seeing plants and flowers, and we are glad to do it.

In October, we kicked off the fall season with our new Garden Courses and online Workshops. Virtual garden courses begin this month. Please see our FB page for details.

<https://www.facebook.com/share/p/19P2U5xEMr/>

We look forward to continuing our Mission and in club growth.

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Bellingham Lions plan holiday activities

The Bellingham Lions will hold a Senior Lunch on Saturday, December 5. Folks can register at the Bellingham Senior Center.

This month, the Bellingham Lions Santa Ride will take place on Friday November 27, Saturday, November 28 and Sunday, November 29.

Watch for routes on our Facebook page!
<https://www.facebook.com/BellinghamMALions/>

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

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WHY YOU NEED A WILL

Wills can distribute your property, name an executor, name guardians for children, forgive debts and more. Having a will also means that you, rather than your state's laws, decide who gets your property when you die.

WHY YOU NEED A HEALTH CARE PROXY

A health care proxy is a document that names someone you trust as your proxy, or agent, to express your wishes and make health care decisions for you if you are unable to speak for yourself.

WHY YOU NEED A DURABLE POWER OF ATTORNEY

A Durable Power of Attorney provides extensive power to the individual who is assigned that role. Absent an appointed Agent in a Durable Power of Attorney, it would be necessary for a family member or loved one to petition the court to become the guardian over the incapacitated person.



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Bellingham student among Feehan seniors earning National Merit honors

Pictured, from left to right, beginning with the top row: Benjamin Davis, Jonathan Thomas, Calvin Giles, Rowan Poluvatzick, Jack Handren, William Sheehan, Vice Principal of Academics Mrs. Charlotte Lourenco, Emily Azzouz, Onyeka Moseri, Mackayla Creighton, Sophie Shaw, and Principal Mr. Sean Kane. Not pictured: Avi Amin.

Attleboro, MA – Vice Principal of Academics Charlotte Lourenco is proud to announce that 10 current Bishop Feehan seniors were recently named by the National Merit Scholarship Corporation as Commended Students and one, Benjamin Davis from Wrentham, MA, learned that he has been named a Semi-Finalist in the high-profile annual honors program.

National Merit honors represent the very highest performance on the junior year PSAT exam, which is offered to all Feehan students during the school day each Fall. Commended students represent the top 3% of test takers and semi-finalists are within the top 1% nationwide. More than 1.3 million students took the 2025 PSAT.

Feehan's 10 Commended

students include: **Sophie Shaw (Bellingham)**, Jonathan Thomas (East Walpole), Calvin Giles (North Attleboro), Rowan Poluvatzick (Cumberland), Jack Handren (Mansfield), William Sheehan (Wrentham), Emily Azzouz (Seekonk), Onyeka Moseri (Wrentham), Mackayla Creighton (Rehoboth), and Avi Amin (North Attleboro)

State Rep. Soter announces local funding

Boston, MA – State Representative Michael Soter (R-Bellingham) is pleased to announce that the Bellingham and Millville Police Departments have been awarded a combined \$51,633 in grant funding to support traffic safety programming in their communities.

The funding was awarded through the Executive Office of Public Safety and Security (EOPSS) and the Office of Grants and Research (OGR) as part of more than \$13 million

in traffic safety grants awarded across the Commonwealth.

The Bellingham Police Department has been awarded \$34,800, while the Millville Police Department has been awarded \$16,833. These funds will allow local public safety officials to address traffic safety needs within their communities and support initiatives designed to make local roads safer.

In addition, Soter announced Bellingham, Medway, and Uxbridge have been awarded a combined \$85,000

in grant funding to support career-connected learning opportunities and help students plan for their futures.

The Town of Medway has been awarded \$32,000, the Town of Bellingham has been awarded \$7,000, and the Town of Uxbridge has been awarded \$46,000 through grant programs supporting My Career and Academic Plan (MyCAP) and career-connected learning initiatives.

The family conversation your estate plan is waiting for



Todd Miller, CFP®

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Provided by Edward Jones

Finishing your estate plan is a big step, but failing to notify the people involved can lead to confusion and complications when it's time to use it. Since the events that bring those plans into action, such as an accident, serious illness

or hospitalization, rarely come with a warning, talking with your family about your estate plan before a crisis occurs can provide clarity and help reduce uncertainty, conflict and stress later.

Would your loved ones know what to do?

About half of Americans turning 65 today will need some form of long-term care, according to the U.S. Department of Health and Human Services. If you became unable to make medical or financial decisions, documents such as powers of attorney and advance directives can help ensure someone you trust can step in. Just as important is making sure your loved ones know those documents exist and where to find them. Without access to them, even close family members may be unable to access bank accounts, pay bills or make medical deci-

sions on your behalf without going through a court.

Who should be included in an estate plan conversation?

When you're ready to talk with loved ones, start with anyone named in a formal role in your estate plan, such as a financial power of attorney, health care proxy, trustee or executor. You may also want to include family members who are likely to be involved in your care or inherit assets. Think about the dynamics of your family as you plan the conversation. Some families are comfortable discussing everything together, while others communicate more effectively through smaller group discussions or one-on-one conversations.

What should your family know about your estate plan?

Start with your values and the goals behind your deci-

sions. Explaining what matters most to you can help family members better understand your wishes.

From there, review practical details, including who serves in key roles, where important documents are stored and how to contact your estate-planning attorney. You may also want to discuss your care preferences if you were to lose independence and any decisions that family members might find surprising. For example, if inheritances will not be divided equally, sharing your reasoning now may help prevent misunderstandings later.

Most importantly, leave time for questions. The goal is not to cover every possible scenario in a single meeting. It's to create understanding and give loved ones confidence about what matters to you.

If a single conversation feels overwhelming, consider breaking it into a few shorter discus-

sions over time.

Need help starting the conversation?

Many people worry about how family members will react or feel unsure about where to begin. A financial advisor can help you prepare for the conversation and, in some cases, facilitate it. Having a neutral third party involved can help keep discussions productive and ensure everyone leaves with greater clarity about your wishes.

For more information contact:
Todd Miller, CFP®
O: 781-652-9573 call or text
Todd.Miller@edwardjones.com

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Fallen leaves contain a natural element commonly found in lawn fertilizer, known as phosphorous. Because of this, leaves that fall on your lawn should **never** be dumped in a creek, stream, river or storm drain. Decaying leaves use up the water's oxygen that will harm aquatic life.

How to dispose of yard waste.

- **Never dump** leaves, grass clippings or yard waste in wetlands or waterways. It is harmful and will hurt the environment!
- Keep paved roadways and storm drains clear of leaves. Do not blow across any roadways.
- Residents can utilize the yard waste area at the Town Recycling Center to dispose of leaves, grass clippings, brush & branches.
- NOTE: Residents can put out the leaf bags on the Saturday following their recycling weeks. For 2026, if your normal trash day is Mon., Tues., Wed. **November 7th** is your day. For trash days on Thurs. and Fri. your pick-up day is **November 21st**.
- Where can I buy leaf bags? Purchase them at most grocery stores and hardware stores.
- Home composting methods should be as far away from wetlands and storm drains as possible. Also consider using a mulching mower and leave on your lawn as a natural fertilizer.



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



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Fall 2026

Wicked good quiche, and connections at Senior Center's Joyful Cup Café

By DAVID DUNBAR

"We felt at home... welcomed!" enthused one attendee at a recent Tuesday breakfast at the Joyful Cup Café.

The Café opened at the Bellingham Senior Center last July and currently serves breakfasts from 8:30 a.m. until 10 a.m. on Tuesdays, Thursdays, and Fridays and lunches from noon until 1 p.m. on Tuesdays and Thursdays. Meals range in price from less than \$5 to about \$10.

Items on the menus include BLTs, ham & cheese sandwiches, hamburgers and cheeseburgers; pancakes, breakfast sandwiches, eggs/omlettes, bacon, sausage, home fries and hash browns. And there are specials announced at the Café on a regular basis.

"The Café offers affordable comfort foods like shepherd's pie, beef stew, and American chop suey," explains Assistant Senior Center director Terri Graham. "But the Café is about

so much more than the food. It brings people together, gives everyone a chance to socialize, and helps build friendships and connections within our community."

"This was my first time here," said one breakfaster. "Great company... and I can't get this level at any local restaurant."

The Café averages anywhere from 20-40 attendees depending on the day and meal, all served with tremendous joy and enthusiasm by volunteers.

"Our volunteers," adds Graham, "are a big part of what makes the Café so special. More than 25 of them help with breakfast and lunch shifts, but also enjoy the company of others, meet new people, and make friends. Our Café has become a place where people can enjoy a great meal, good conversation, and a sense of community."

At one table were five men who came from area towns including Milford, Uxbridge, Holliston, and, of course, Bell-



With a new, upgraded kitchen, the Joyful Cup Café is drawing older adults in to make connections, like this breakfast group. "They make a wicked good quiche" said one member.

ingham. The wife of one spotted the Café on the Internet and urged the friends to visit.

"My favorite is sweet potato hash," said one. "The price is right... servings are just right too," noted another. A third added, "Kelly knows her customers."

Kelly Forestal is one of the chefs at the Café. "Beef stew

is the favorite," she explains, "followed closely by lasagna." How does she come up with the menus? "It's like being at home... and wondering what I should make for dinner. Everyday, I work with ideas that will please everybody at the Café... French toast and omlettes are very popular."

How did the name Joyful Cup Café happen? Discussions at the Senior Center produced the name and volunteer Helen Whiting stepped up to design, create, and produce a wooden sign that hangs in the Café.

"Since coffee was the theme," Whiting explains, "I needed to find a way to incorporate that rich brown color of coffee beans." Working with a friend, Whiting cut, stained, and metered a three-by-two-foot brown board to make the sign. She says it took 20 hours to burn in the design and edge.

According to Senior Center Director Josie Dutil, "The Joyful Cup Café is one of the new ways that we entice older adults into our beautiful and welcoming Senior Center. We look forward to welcoming you!"

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Sprucing up Clara Macy Playground

Members of the Bellingham Open Space and Recreation Committee, joined by neighborhood volunteers and locally-

owned Centola Tree Works, came together on September 12 for a volunteer-led morning of community impact at Clara

Macy Playground. The group refreshed and improved the ballfield area, including removing overgrown ivy, revitalizing

the infield dirt, and repainting the backstop. Their efforts are a great example of how a few dedicated community members and some elbow grease can make a big difference in

our shared spaces.

Interested in helping make improvements to the open spaces and recreation areas in Bellingham? Learn more & get involved at <https://www.bellinghamma.org/701/Open-Space-and-Recreation-Committee>



Photos used courtesy Bellingham Open Space Committee

19th annual Taste of Bellingham November 4!

19th Annual Taste of Bellingham
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— Winston Churchill

Those words capture something we see every holiday season at the Santa Foundation. Giving is not simply about what we provide to someone else. It is about connection, compassion and the knowledge that our actions can make another person’s life a little brighter.

The Santa Foundation serves families across 34 communities in Massachusetts and Rhode Island providing personalized holiday gifts, essential items, and assistance to families experiencing financial hardship. Last holiday season, the Foundation provided holiday support to more than 860 families, impacting over 3,500 individuals, with an increase in demand of more than 20% since the previous year. This year, we expect that need to grow once again.

Behind those numbers are real families: parents working hard to make ends meet, grandparents raising grandchildren,

single parents stretching every dollar, and families facing unexpected financial challenges. For these families, the holiday season can bring tremendous stress as parents and caregivers wonder how they will provide gifts for their children while still paying for necessities such as food, heat, housing and transportation.

For more than 40 years, the Santa Foundation has worked to help ease that burden and bring joy and hope to families during the holiday season.

Nearly **one-third of the families we served last year received their holiday gifts through one of the Foundation’s most meaningful programs: Family Sponsorship.**

A Santa Foundation Sponsor is an **individual, family, business or group** that volunteers to provide holiday gifts for a local family in need. Sponsors are matched with a family and receive information about the children, including their ages and holiday wish lists. Then the fun begins — sponsors get to

personally select gifts for children and teens, helping parents and caregivers create a joyful holiday experience for their families.

You don’t have to take on a large family. The Santa Foundation matches sponsors with families based on the size of family they feel comfortable supporting. Sponsors receive the information they need to shop, along with instructions about when and where gifts should be returned to the Foundation. Every sponsorship makes a difference.

Not able to sponsor an entire family? You can still help. Donations of new toys, games, cozy blankets, gifts for teenagers and gift cards are always needed and help us support families who are not matched with individual sponsors.

The Santa Foundation is an all-volunteer organization built around a simple idea: **community helping community.** While sponsors and recipients remain anonymous to one another, the families receiving assistance live in the same towns where our

sponsors live, work, shop, attend school and raise their own families.

This holiday season, consider gathering your family, friends, co-workers or neighbors and becoming a Santa Foundation Sponsor.

The greatest gift may not be what we give, but the hope, joy and connection that giving creates.

To learn more or sign up to become a Family Sponsor, visit www.sfjoy.org/sponsor-a-family.

Take a tag!

Santa Foundation Giving Trees are set up each year the day after Thanksgiving. In addition to this listing, Franklin and Medway Police Department holiday collections also support the Santa Foundation.

Find Santa Foundation Giving Trees at the following local locations:

Advance Auto Parts	45 Pulaski Blvd., Bellingham
Bank of America	288 Hartford Ave., Bellingham
Berry Insurance	31 Hayward St., Suite J, Franklin
Franklin Tile	168 Grove St., Franklin
Grove Street Auto	79 Grove St., Franklin
James Breakfast & More	850 Franklin St., Wrentham
King Street Café	390 King St., Franklin
Mak’s Roast Beef & Breakfast	451 W. Central St., Franklin
Middlesex Bank	1000 Franklin Village Dr., Franklin
Norfolk Credit Union	18 Union St., Ste. 104, Norfolk
Postal Center Franklin	279 E Central St., Franklin
Postal Center Milford	9 Medway Rd., Ste. C, Milford
Postal Center Millis	14 Milliston Rd., Millis
Red Bird Brands	23 West Bacon St., Ste. 9, Plainville
Remax Real Estate	309 West Central St., Franklin
Birchwood Bakery & Kitchen	7 Central St., Franklin
Dean Bank	21 Main St., Franklin
Big Apple Farms	155 Arnold St. Wrentham

Join St. Brendan’s 62-year tradition

St. Brendan Parish is thrilled to announce that our 62nd Annual Fall Fair will take place this year on Saturday and Sunday, November 7 and 8. Fair hours are 9 a.m. to 4 p.m. both days. The church is located at 384

Hartford Avenue (Rte. 126) in Bellingham.

The Fall Fair has something for everyone. Some of the highlights include: White Elephant (think Yard Sale), Jewelry, Handicrafts, Holiday Crafts,

Books, Religious items, and the ever-popular Penny Social. Stop by the Kitchen for lunch or a snack. The Bake Table offers delicious baked goods and other goodies. There will be children’s games, crafts, and always a sur-

prise or two. Raffle Row offers BIG Raffle tickets, sports tickets, Silent Auction items, and much more.

The Fall Fair is the major fundraiser for the parish and fun

for the entire family. Proceeds go towards parish operations, facilities maintenance, and improvements, as well as supporting local and national charities.

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2026 Local Vibe Music Awards celebrates best of local music

Milford, MA –Local music took center stage on Sunday, October 4, as Raydio hosted the 2026 Local Vibe Music Awards at the DoubleTree by Hilton in Milford, in an afternoon dedicated to celebrating the area’s vibrant local music scene.

The free event, open to the public, featured 25 awards and 10 live musical performances, recognizing the incredible talent, dedication, and passion that keep local music alive and thriving throughout the region.

The afternoon featured performances by Captain and the Stubings, Driftwood, Roadhouse Strangers, Coffeehouse Squirrels, Fourth Year, The Bitter Hearts, Dan Rice, Box Groove, The Pub Kings, and Project Alice.

What makes the Local Vibe Music Awards special is that the winners are chosen by the fans.

Among the special honors presented was the inaugural Local Vibe Headliner Award, awarded to Project Alice. Tony Soul was recognized as a Local Legend, Jennifer Tefft and The Strange won Local Original Act, Metal Godz the Local Tribute Band award, and



Last month, Raydio presented 2026 Local Vibe Music Awards to celebrate the local music scene. Photo by Tim Rice Photo.

Local Vocalist Lizzie Leis, while other special recognition awards celebrated the fans and personalities who make the local music scene so special.

But, the afternoon was about something bigger: community.

“Local music is about so much more than what happens on stage,” said Ray Auger, founder of Raydio and The Local Vibe. “It’s about the musicians who put their hearts into every performance, the venues that give them a place to play, and the fans who show up week after week to support them.”

The event was made possible, free and accessible, through the generosity of local businesses

and sponsors who share Raydio’s commitment to supporting the community.

Special thanks also go to Franklin TV, which recorded the event for an upcoming presentation on its YouTube channel, and Tim Rice Photo, whose photography captured the performances, award presenta-

tions, and memorable moments throughout the afternoon.

The Local Vibe Music Awards are an extension of Raydio’s ongoing commitment to showcasing local talent through Raydio’s Local Vibe, a resource connecting audiences with live music, local performers, and venues throughout the region.

“These musicians are our friends, our neighbors, and the people who help make our communities special,” added Auger. “They deserve to be recognized, celebrated, and supported. If this event inspires even a few more people to get out and see a local band, then we’ve accomplished something pretty special.”

Raydio looks forward to continuing its support of the local music community and building on the success of this year’s celebration.

Raydio is a locally owned and operated internet radio station serving Milford, Massachusetts, and surrounding communities. Listen online at www.localraydio.com or download the free Local Raydio app.

BVT admissions Open House tours November 12

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

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

Learn more at www.valley-tech.k12.ma.us/admissionsopenhouse.

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

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



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Bellingham Public Library News & Events for November

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

Closed: Wed., Nov. 11 for Veterans Day
Closing at 1 p.m. on Wed., Nov. 25 for the Thanksgiving holiday.
Closed: Thurs., Nov. 26 for the Thanksgiving holiday.
Open: Fri. & Sat. of Thanksgiving Weekend

Special Programs

Group Sound Bath – Wednesday, Nov. 4 at 6 p.m.

Registration required. Sound healing dates back thousands of years, with roots in ancient Tibetan and Native American cultures. Combined with modern wellness practices, sound therapy is attractive for those seeking non-invasive, effective ways to reduce stress and improve well-being.

OUT MetroWest Bellingham Satellite Night – Thursday, Nov. 5 at 5 p.m.

1st Thursday of every month, 5 p.m. This free monthly program is open to LGBTQ+ teens and allies! Teen Room

Photo Angel Project – Thursday, Nov. 5 at 6:30 p.m.

Registration appreciated. The Photo Angel (a.k.a. Kate Kelley) is on a mission to reunite long-lost photos with their

relatives. She’s been featured on NBC’s “The Today Show,” “Family Tree Magazine,” “The Boston Globe,” WCVB’s Channel 5 Boston’s “Chronicle,”

Her purpose – to inspire others to dig out their dusty attic boxes and visit antique stores for photos with identifying information to reunite with families. *This program is made possible through a joint donation from the Friends of the Bellingham Public Library and Bellingham Historical Commission.*

ART-astic Saturday – Saturday, Nov. 7 at 11 a.m.

No registration needed. For families. Join us on the first Saturday of each month for some art activities!

USS Constitution and Mayflower II Models Program – Tuesday, Nov. 10 at 6 p.m.

Richard Labonte and Dennis

Lapante, of the USS Constitution Model Shipwright Guild, will discuss the history of the USS Constitution and Mayflower II ships and their work in creating amazing scale models of the ships, which will be on display in the library for a yet-to-be determined time period.

Town of Bellingham Veterans’ Day Program – Wednesday, Nov. 11 at 11 a.m.

Chat & Craft for Adults: Holiday Book Wreath – Thursday, Nov. 12 at 6 p.m.

Registration required.

3rd Annual Local Author Expo – Saturday, November 14 at 9:30 a.m.

The Bellingham Library for our 3rd annual Local Author Expo! The purpose of this Expo is to highlight the works of local authors as well as members of the Bellingham Writers Group. We are thrilled to welcome

Cat Scully, author of “Below the Grand Hotel,” the YA graphic novel “Jennifer Strange,” and illustrator of the picture book “The Mayor of Halloween is Missing” as our Keynote Speaker!

Our tentative schedule is:
9-9:45 a.m. - Author Table Set Up
9:45-11:15 a.m. - Public “Meet the Author” Time
11:15 a.m.-12:15 p.m. - Keynote by Cat Scully
12:15-1 p.m. - Lunch for author participants, sponsored by the Friends of the Library
1-2 p.m. - Workshop for authors facilitated by Cat Scully

The BaNannies Music Show – Thursday, Nov. 19 at 10:30 a.m.

The BaNannies are a mother-daughter duo bringing interactive laughter and learning to children and families! *This program is supported by a grant from the Bellingham Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.*

Meet the Friends of the Library (hosted by Ernie’s

Liquors) – Friday, Nov. 20 at 5:30 p.m.

Join the Friends of the Bellingham Library for an evening of wine tasting and conversation at Ernie’s Liquors, 191 Mechanic St., Bellingham! This special reception is a great opportunity to learn about the Friends of the Library’s important role in supporting library programs, services, and community events. Connect with fellow library supporters and discover how you can help strengthen one of Bellingham’s most valuable community resources. The Friends are actively seeking new volunteers interested in making a difference.

Adult Programs

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

Attend in person or on Zoom. Monday, November 2,

LIBRARY
continued on page 24

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The b.LUXE *beauty beat*

Before the holiday rush, a little thanks

BY GINA WOELFE

Somewhere between booking your November appointments and deciding whether last year's party outfit can make another appearance, the holidays start taking over the calendar. There's gifts to buy, people to see, and at least one family group text that could use a mute button.

We'll get to the shopping... In fact, b.LUXE is having a sale that will help!

But first, a little appreciation for the people who make b.LUXE Hair & Makeup Studio what it is. The team behind your appointment. The guests who keep coming back. And the neighbors and organizations that give us reasons to gather beyond the studio.

First, our team

A salon runs on talent, but talent alone doesn't keep a busy day moving.

That takes people who offer a second opinion, share a technique, or step in when a colleague needs help. It takes experienced stylists who make time to teach and apprentices who bring good questions to the conversation.

That exchange is part of daily life at b.LUXE. You may come in to see one person, but there's a whole team invested in your visit.

The b.LUXE front desk team deserves its own thank-you. They answer your questions, help you find time in the schedule, and welcome you when you arrive. They make a busy day feel easy, even when the phone has other plans.

As we head into the holiday rush, we want everyone on our studio team to know how much we appreciate the work they do, including the things that happen quietly between appointments.

And then, there's you

You've trusted us with the haircut you saved on your phone for six months. With your wedding morning. With the appointment you finally made for yourself after putting everyone else first.

You've also sent your friends, brought in your family, and made b.LUXE part of your routine.

Those relationships matter to us. We get to know the person in the chair, hear what's happening in your life, and help you decide what you'd like to see in the mirror. It's one of the pleasures of this work.

To our guests in Medway and the surrounding communities, thank you for continuing to choose us.

"When I think about what I'm most thankful for, it's the people. Our team, the guests who have become friends, and the community that has supported us over the years. b.LUXE has grown into so much more than I ever expected, and I never take that support for granted." - Heather Cohen, Owner

To our wig community

This year, we want to give special recognition to our growing wig and topper community.

To the women who have shared their stories and allowed us to help them find hair that feels like their own: thank you. That first appointment can come with uncertainty. Heather understands that personally, and your trust means a great deal to her and our team.

We're thankful for the loved ones who come along for support, too. And for everyone who has shared their experience or recommended our studio to another woman facing hair loss. You may have made that first call a little easier.



Gratitude beyond the studio

Our community connections have taken many forms over the years, including support for PAWS New England, the Medway and Franklin food pantries, Stairs for Troops, Gilly's House, The Hummingbird Foundation, and local school programs and sports teams.

This fall, we also participated in Making Strides Against Breast Cancer in Boston, the Patriots Foundation's Crucial Catch event, and contributed to the Susan G. Komen MORE THAN PINK Walk.

We appreciate the organizations that include us and the volunteers who put so much time into making these efforts happen.

Helping make the holidays happen

This season, we're proud to contribute again to The Santa Foundation.

The Franklin-based organization provides holiday gifts for families in need in Franklin and surrounding communities. When the pressure to provide feels especially heavy, that support matters.

You can join the effort, too. Visit [sfjoy.org](#) for information about donating, sponsoring a family, or volunteering.

And a little something for your shopping list...

Beginning November 1, our Buy 3, Get 1 FREE sale includes all salon hair, skincare, and makeup products.

Pick up gifts, replenish your favorites, or do a little of both. Our team can help you choose. Useful gifts count. So does replacing that shampoo you've been turning upside down for a week!

Before the calendar fills up,

thank you for making room for us. In your routines, in your conversations, and in the recommendations you pass along to a friend.

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LIVING HEALTHY

Beyond daily drops: How modern advances are changing glaucoma care

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

Glaucoma remains one of the leading causes of preventable blindness worldwide. Widely referred to as the “silent thief of sight,” this condition typically develops gradually without warning signs. Because vision loss begins in the periphery, many people do not notice changes until significant and irreversible optic nerve damage has already occurred.

Understanding how glaucoma develops—and how modern medical technology has transformed its treatment—is key to protecting your vision.

Understanding the mechanics of glaucoma

Inside the front section of a healthy eye, a fluid called **aqueous humor** continuously circulates to nourish surrounding tissues and maintain internal pressure. In a properly function-

ing eye, fluid drains out through a specialized mesh network known as the trabecular meshwork.

When these drainage channels become clogged or inefficient, fluid builds up, causing elevated intraocular pressure (IOP). This excess pressure exerts mechanical stress on the **optic nerve**—the biological cable transmitting visual information from the retina to the brain.

- **Open-Angle Glaucoma:** The most common form, where the drainage angle remains open but becomes progressively inefficient over time.
- **Angle-Closure Glaucoma:** A less common, sudden block of the drainage angle that can cause rapid pressure spikes and requires immediate medical attention.

- **Normal-Tension Glaucoma:** Optic nerve damage occurs even when eye pressure measures within standard, normal ranges.

Comprehensive early detection

Because early-stage glaucoma causes no physical discomfort or noticeable blurriness, routine comprehensive eye exams are vital. Modern clinical evaluation relies on multiple diagnostic technologies:

1. **Tonometry:** Measures internal intraocular pressure.
2. **Ophthalmoscopy & OCT Scans:** Optical Coherence Tomography generates high-resolution cross-sectional images of the retina and optic nerve head to detect microscopic nerve fiber loss.
3. **Visual Field Testing:** Maps peripheral vision to



identify subtle blind spots.

4. **Gonioscopy:** Directly inspects the eye’s drainage angle structure.

Modern treatment paradigms: From daily drops to sustained care

The primary goal of glaucoma management is lowering eye pressure to halt or slow disease progression. Historically, daily prescription eye drops were the standard starting point. Today, frontline care has shifted toward longer-lasting, low-maintenance therapies.

1. Selective Laser Trabeculoplasty (SLT) as first-line care

Selective Laser Trabeculoplasty (SLT) has increasingly replaced daily eye drops as a preferred first-line therapy for open-angle glaucoma. Performed in-office in just a few minutes, SLT applies gentle laser energy to stimulate the body’s natural cellular repair mechanism, clearing drainage channels. It is painless, repeatable, highly effective, and eliminates the daily burden of managing medication schedules.

2. Sustained-Release Drug Implants

For patients needing pharmaceutical control, novel sustained-release delivery systems solve the compliance challenges associated with eye drops:

iDose TR: A tiny, bio-compatible ocular implant placed

inside the anterior chamber that steadily releases travoprost over many months, maintaining consistent pressure control without daily dosing.

Durysta: A biodegradable implant inserted into the eye that gradually dissolves while continuously delivering a pre-specified dose of bimatoprost.

3. Traditional topical medications

When drops are prescribed, several classes exist, each targeting fluid dynamics differently:

- **Prostaglandin Analogs** (e.g., latanoprost, bimatoprost): Enhance fluid outflow.
- **Beta Blockers** (e.g., timolol): Decrease fluid production inside the eye.
- **Alpha Agonists & Carbonic Anhydrase Inhibitors:** Lower production and promote drainage.
- **Rho Kinase Inhibitors** (e.g., netarsudil): Target the trabecular meshwork to lower resistance to fluid outflow.

4. Minimally Invasive Glaucoma Surgery (MIGS)

MIGS procedures have altered surgical glaucoma management. Using tiny microscopic equipment and small self-sealing incisions, devices such as the iStent, Hydrus Microstent, or Xen

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LIVING HEALTHY

Register for the 15th Annual Franklin Turkey Trot for Franklin Food Pantry

Runners, walkers, and families looking to give back before their Thanksgiving meals by registering for the 15th Annual Franklin Turkey Trot, taking place on Thanksgiving morning at 8 a.m. at The Church of Jesus Christ of Latter-Day Saints, 91

Jordan Rd., Franklin. The annual family-friendly 5K brings together hundreds of community members to support neighbors in need. All proceeds directly benefit the Franklin Food Pantry, helping ensure local families have consistent ac-

cess to healthy, nutritious food throughout the entire year. In addition to individual participant sign-ups, organizers are calling on regional businesses to support the cause through sponsorship packages, with a variety of tier levels available.

Register at <https://runsignup.com/Race/MA/Franklin/FranklinTurkeyTrot> or in-person at 91 Jordan Road from 7-9pm on November 25, or 6:30-7:30 a.m. the day of the race. Find full event details at www.franklinfoodpantry.org, or contact Jen Johnson, Special Events Manager, at Jjohnson@franklinfoodpantry.org.

It’s almost here!

St. Blaise is hosting its Annual Christmas Fair on December 5, 9 a.m. until 3 p.m., 1158 S. Main St. It’s a great way to support the parish and the community as this annual event brings together folks from Bellingham and surrounding communities for a day of fun and games for all. We have received many wonderful donations of gift cards from local businesses which will be included on our main raffle table along with prizes like an air fryer and buffet server, and they will be drawn at the end of

the day. We will also be raffling off a “Scratch Ticket Tree!” The event will offer lovingly made items from members of the Fair Committee and Holy Stitchers, food items, textiles and glassware, Christmas décor and wreaths, as well as a variety of food items and children’s games. This year we will have an online payment option for anything purchased at the fair. For more information or questions you can contact Sue Garten, suegarten25@gmail.com. Hope to see you there!

EYES

continued from page 16

Gel Stent are inserted to create reliable drainage routes. Often combined with routine cataract surgery, MIGS offers a fast recovery profile and significantly reduced risk compared to traditional surgeries.

5. Advanced incisional surgeries

In severe, advanced cases where non-invasive options fall short, traditional incisional surgeries are utilized to achieve maximum pressure reduction:

- **Trabeculectomy:** Creates a small flap in the sclera (white part of the eye) to allow fluid to bypass blocked channels into a reservoir beneath the conjunctiva.
- **Aqueous Shunt/Tube Implants:** Places a tiny silicone tube that drains fluid into an external reservoir plate implanted under the eye tissue.

Summary and clinical commitment

Glaucoma care has evolved beyond reliance on daily topical drops. Today’s patients benefit from a comprehensive toolkit ranging from targeted lasers and sustained-release implants to minimally invasive microscopic stents.

At Milford Franklin Eye Center, we are committed to providing the latest evidence-based technologies. Our team was among the first in New England to offer DSLT laser treatment for glaucoma and perform the iDose TR procedure at the Cataract and Surgery Center of Milford—an achievement highlighted on local Channel 5 news. Through early detection, personalized treatment, and advanced technology, protecting your long-term sight is more achievable than ever.

For more details, see our ad on page 14.

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Bellingham Business Association updates *This month, Taste of Bellingham Nov. 4, Spirits of the Seasons Nov. 7*

The Bellingham Business Association (BBA) Scholarship Golf Tournament on September 21 was very successful. Thanks again to all our golfers, sponsors and prize donations, we certainly couldn’t do it without all of you!! Save the Date for year 24, 9/20/27. Thanks also to those who hosted a Halloween trunk on October 24. This is a great tradition, community event and exposure for your business with thousands attending!! Coming up: November 4 will be the 19th annual Taste of Bellingham, Bellingham High School (tickets are

\$10 in advance up to Nov. 3, \$15 at door) The Holiday Parade is December 12, 2026. Bellingham Tees and Hoodies are on sale at Brian’s Country Greenery to help raise some funds or email back if interested. Get ready to decorate and ride down Main Street! The BBA will be celebrating the holidays and new year as a group on January 13. Members who have not yet submitted dues this year, please mail \$100 to BBA, PO Box 77, Bellingham, MA 02019.

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Holiday Guide

This holiday season, showcase your business in our Holiday Guide - a special pull-out section. Drive shoppers to your door with great gift ideas, catering options and everything to make the holidays joyful and bright!

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ZONE 2: REACH 104,571
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CALENDAR

November 1

Butterfly Garden Reunion, Our Lady of Fatima Shrine Butterfly Garden, 101 Summer St., Holliston, 4-6 p.m., honors those lost to substance use disorder, register at <https://bit.ly/481LKAC>.

November 2

Book Discussion Group, 6:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, “The Berry Pickers” by Amanda Peters.

November 3

State Election, 7 a.m. – 8 p.m., Bellingham High School gymnasium, 60 Blackstone St., Bellingham

A Novel Idea Book Club, 6 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, “Sourdough” by Robin Sloan

Franklin Garden Club meeting, 6-8:30 p.m., Franklin Senior Center, 10 Daniel McCahill St., Franklin, topic: “Working with Nature to Reset the Nervous System,” presented by Diane Pienta, award-winning author of “Be the Magic.”

November 1-15

Gilly’s House online auction, www.gillyshouse.org

November 4

19th Annual Taste of Bellingham, 6-8 p.m., Bellingham High School, 60 Blackstone St., Bellingham, \$10 if purchased before Nov. 3, \$15 at door, contact BellinghamBusinessAssociation.org

Group Sound Bath, 6 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, experience ancient sound therapy, registration required

Franklin Senior Center Craft Fair, 9 a.m. – 1 p.m., Franklin Senior Center, 10 Daniel McCahill St., Franklin

November 5

OUT MetroWest Bellingham Satellite Night, 5 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, for LGBTQ+ youth and allies

Franklin Senior Center Craft Fair, 9 a.m. – 1 p.m., Franklin Senior Center, 10 Daniel McCahill St., Franklin

Franklin LGBTQ Alliance Friendsgiving, 6:30-8:30 p.m., Franklin TV & Radio, 23 Hutchinson St., Franklin, food provided but contact franklinlgbtqalliance@gmail.com if you want to bring a dish (and list of ingredients)

Stony Brook Camera Club meeting, 7:30 p.m., Anglican Church of the Redeemer, 195 Main Street, Franklin or Zoom, Member competition, www.stonybrookcc.com for more info.

November 7

St. Brendan Parish Fall Fair, 9 a.m.- 4 p.m., 384 Hartford Ave., Bellingham

Bellingham Senior Center Craft Fair, 9 a.m.- 3 p.m., 40 Blackstone St., Bellingham

ART-astic Saturday, 11 a.m., Bellingham Public Library, 100 Blackstone St., Bellingham, drop in art for families

Ladies of St. Anne bake sale, following Masses, St. Blaise Church, 1158 S. Main St., Bellingham

November 8

Ladies of St. Anne bake sale, following Masses, St. Blaise Church, 1158 S. Main St., Bellingham

St. Brendan Parish Fall Fair, 9 a.m.- 4 p.m., 384 Hartford Ave., Bellingham

November 10

USS Constitution and Mayflower II Models Program, 6 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, Join Richard Labonte and Dennis Laplante, members of the USS Constitution Model Shipwright Guild to discuss the history of the USS Constitution and Mayflower II ships and their work as part of the Guild in creating amazing scale models of the ships, which will be on display.

Yankee Quilters Guild meeting, 7 p.m.. Emma’s Quilt Cupboard, Horace Mann Plaza, Franklin. Non-members \$5. Program: “Piece by Piece,” a program on making “mosaic quilts” with quilt artist Heidi Proffetty. yankeequilters11@gmail.com.

November 11

Town of Bellingham Veterans’ Day, 11 a.m., Bellingham Public Library, 100 Blackstone St., Bellingham

November 12

Ladies of St. Anne Yankee Swap meeting, 6 p.m., St. Blaise Parish Hall, 1158 S. Main St., Bellingham, ladies 18+ welcome, bring wrapped Christmas-themed gift costing no more than \$25, (no food or sized clothing items, please).

Blackstone Valley Regional Vocational Technical High School (BVT) Admissions Open House, 5:30-8 p.m., 65 Pleasant St., Upton, www.valleytech.k12.ma.us/admissionsopenhouse

Stony Brook Camera Club meeting, 7:30 p.m., Zoom, “How Competition Can Save Photographs” with Essdras Suarez, www.stonybrookcc.com for more info.

November 14

3 Annual Local Author Expo, 9:30 a.m., Bellingham Public Library, 100 Blackstone St., Bellingham, with keynote speaker and author Cat Scully.

Rotary Club of Franklin MA Annual Craft Fair, 9 a.m. – 3 p.m., Tri-County Regional Technical Vocational High School, 147 Pond St., Franklin, \$4 pp, also accepting donations for food pantry

November 17

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

November 18

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

November 19

The BaNannies Music Show, 10:30 a.m., Bellingham Public Library, 100 Blackstone St., Bellingham

Stony Brook Camera Club meeting, 7:30 p.m., Zoom, “Be in control of Your Camera” with Mollie Isaacs, www.stonybrookcc.com for more info.

Celtic Harp Performance, 6-8 p.m., Danforth Art Museum & School, 14 Vernon St., Framingham, \$35, <https://danforth/framingham.edu/event>

November 23

Bellingham Genealogy Club, 6 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, email Molly Garten at mgarten@cwmar.org with any questions.

November 26

15th Annual Franklin Turkey Trot, 8 a.m., Church of Jesus Christ of Latter-Day Saints, 91 Jordan Rd., Franklin, <https://runsSignup.com/Race/MA/Franklin/FranklinTurkeyTrot> or register on Nov. 25 at race location from 7-9 p.m. or morning of the race from 6:30-7:30 a.m.

November 27

Bellingham Lions Santa Ride through town, check Bellingham Lions’ Facebook page, <https://www.facebook.com/BellinghamMALions/> for route details.

November 28

Bellingham Lions Santa Ride through town, check Bellingham Lions’ Facebook page, <https://www.facebook.com/BellinghamMALions/> for route details.

Holliston Holiday Stroll, 12-5 p.m., downtown Holliston, trolley stops at Willow Brook Farm, Holliston Historical Society, Holiday Market at Town Hall and Mt. Hollis, Downtown, Holliston, Blair Square, Hot chocolate 12-4 at Library, Diverse Holliston Choir 2-3 at Library, Blair square tree-lighting 4:30 p.m., follow www.celebrateholliston.com/stroll for updates.

Medway Christmas Parade, 5:30 p.m., starts at Medway High School, Summer St. to Milford St., to Franklin Street, to Village St., to Holliston St., to Main St. to Choate Park, followed by tree lighting and fireworks

November 29

Bellingham Lions Santa Ride through town, check Bellingham Lions’ Facebook page, <https://www.facebook.com/BellinghamMALions/> for route details.

December 2

Franklin Art Association meeting, 6:30 p.m., Franklin Senior Center, **10 Daniel McCahill St., Franklin**, featured artist Alona Popova on Pysanky, Ukrainian art of decorating eggs

December 5

Operation Graduation 27’ Winter Vendor Fair, 9 a.m.- 3 p.m., Bellingham High School, 60 Blackstone St., Bellingham

St. Blaise Christmas Fair, 9 a.m.-3 p.m., St. Blaise Church, 1158 S. Main St., Bellingham



Ladies of St. Anne plan bake sale, Yankee Swap & Christmas Gala



On Oct. 8, members of the Ladies of St. Anne shared a wonderful evening of fellowship and a delicious homemade desert buffet. The festive evening gave everyone a great opportunity to catch up on personal milestones and even included a lively pumpkin game.

The group is now planning: The next Ladies' bake sale November 7 and 8, after all Masses at St. Blaise Church. All funds raised will directly support the Ladies of St. Anne Scholarship Program, given each year to graduating high school students, full-time college, or technical school students who

are members of the St. Blaise parish.

The annual Yankee Swap meeting on Nov. 12, beginning at 6 p.m. in the St. Blaise Parish Hall. Ladies planning to attend are asked to bring a wrapped, Christmas-themed gift costing no more than \$25, though organizers request no food or sized clothing items. Word on the street is that Mrs. Claus will be there to emcee the festivities.

The Ladies' Christmas Gala on December 10 at 6 p.m. Final event details will be announced as the date approaches.

Norfolk County Register to hold food drive through Dec. 17

The Annual Norfolk County Registry of Deeds Food Drive will take place Thurs., Nov. 12 through Thurs., Dec. 17. Donations of non-perishable food items can be dropped off at the Registry of Deeds, 649 High St.,

Dedham, M-F, 8 a.m. and 4:30 p.m. Suggested items include canned goods, breakfast cereals, pasta, sauces, toiletries, and paper products.

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SPORTS

Eric Johnston, Bellingham golf, and beyond

By CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

When Bob Pingeton took over the Bellingham golf team three years ago, he inherited a top-notch golfer in Eric Johnston, who was already one of the top three golfers on the team. Over the years the young golfer continued to get better and has been the Blackhawks' number one golfer. Now Johnston is a senior co-captain for Bellingham.

Having basically found himself playing the game of golf for as long as he can remember its no wonder he eventually took his game to a very high level.

"My dad was big into golf, so I've been playing it my whole life," Johnston said. "I've stayed with golf as it's a great feeling when you hit a good shot, and I love playing with my buddies (8 friends who all had been playing golf together and signed up for the high school team together)."

Johnston and his friends began playing for the Bellingham golf team as eighth graders on the junior varsity team, but the ultimate goal was to earn a spot on the varsity squad. After working really hard following his JV season, Johnston was elevated to varsity as a freshman. As a first-year varsity player, the freshman had the best scoring average on the team, posting a 45. Each year, he would work



Eric Johnston, the top BHS golfer since his 8th grade year, is aiming to play at the college level, and maybe even beyond, but first, to boost his team this year.

hard to improve. In his sophomore year, he got his average down to 43, then 40 in his junior campaign, and this year, he is currently averaging 37.

Leading the Blackhawks all four seasons on the varsity team, Johnston has come to the realization that he is a good golfer and possible could play on the next level.

"I'm putting in a lot of extra work with the help of my

coaches. I'm proud of what I've been able to accomplish over the last three years," he said. "At this point, I am not exactly sure where I want to go, but I do know that I want to play in college somewhere."

With the vision of playing golf on the collegiate level, Johnston thinks back to his eighth grade season when he actually got to play in one varsity match and recalls he was not that good. That was all the motivation he needed to take his game to the next level.

Last year, as a junior, he was

able to qualify for the Sectionals where he was leading the pack after nine holes, but on the back nine, he fell off his opening pace. He was also named to his first Tri-Valley League All Star team.

According to Pingeton, Johnston is consistent off the tee and is a great greens player, putting with the best of them. If he is able to continue to play all-around golf, Bellingham could have success this fall.

"He is a great kid, in fact one of the nicest kids I've ever coached. You just can't say enough about him," the Bell-

ingham Coach said. "If we are going to do anything this year, we definitely need him to play his best golf for us."

Thus far, through the early part of the season, Johnston has consistently been shooting in the mid to high 30's. Unfortunately on Senior Day, he had his first 40 of the season, while his younger brother happened to have his best day with a 34.

As the rest of the year plays out, Johnston is hoping that he can once again make it to the Sectionals, this time with a much better performance (last year he finished 13th). Following the Sectionals, he is looking to take his golfing skills to the States and win.

"It's going to take some work, and my dad's been helping me with my swing, and I'm listening to my coach's advice," he said. "Hopefully, this will all get me where I need to be."

Putting up a higher Sectional finish and playing well in the State Tournament should allow Johnston the opportunity to eventually play golf somewhere on the college level over the next four years. When college does wrap up, the Bellingham resident is thinking that he'll play in some high amateur golfing events, but at this time that is a long time coming. As of now he is focused on putting forth his best golfing to not only help himself, but to assist his Blackhawk teammates in having a successful season.

Wishing you & your family a very
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6th annual Franklin Odd Fellows trivia event Nov. 15

Franklin, MA -On Nov. 15, the public is invited to join the Franklin Odd Fellows for an afternoon of Trivia, fun and good cheer from 2-4:30 p.m. at the Bellingham Sportsman Club at 360 Lake St., Bellingham. The event will consist of teams of up to 10 players, with a cash prize

for the winning team. Team pre-registration is encouraged, but walk-ins are welcome.

This will be our 6th annual fundraiser to help us to continue our longstanding tradition of giving back to our local community! The Bellingham Sportsman Club continues to be an important partner with our or-

ganization. Thank you BSC!

Get your team of trivia pundits together and register today. There will be raffle prizes and a cash bar available during the event. To register and prepay, go to: franklinmassoddfellows.org/trivia

SPORTS

Crowell builds confidence and culture for Bellingham field hockey

By MATT HYLEN

At the time of the interview, Bellingham Field Hockey was 1-6-3. Yet, the team was ranked No. 18 out of 53 in the power rankings, and head coach Kerry Crowell says the gap between those two numbers tells the story of their season.

“We are a young team that has so much potential,” Crowell said. “We have a very competitive schedule, so it feels like every game is a challenge.”

In her second year as varsity coach, Crowell brings more than 20 years as an educator to her coaching. “I know how important it is to check in with each girl so that they know I care about them as individuals,” she said. One of her personal goals is to help “all of the girls fall in love with the sport of field hockey and play sports in general.”

The aforementioned tough schedule hasn’t left much room to relax. “Since preseason, this team really hasn’t had the chance to take our feet off the gas due to the competitive nature of our schedule,” Crowell said. “I actually think this is beneficial to any sports team, because we always practice like

we are the underdog.”

This tough string of games also changed how the team measures progress. “It helps to keep perspective in the schedule that we face and the important things we can do to make sure that we stay competitive despite losses and ties, like keeping the score as close as possible,” Crowell explained. Ties against Hopkinton, Holliston and Norwood “were all fundamentally important to helping us build confidence.”

She pointed to notable improvement in quick, tactical passing, team defense and creating offensive pressure. The biggest gains have come in “productive communication” and in starting games by “coming out with more intensity right away.”

Crowell credits her staff for much of this progress they have been seeing. Her husband is a volunteer assistant coach who “loves watching film and dissecting plays that he turns into drills for us at practice.” JV coach Moira Phillips has “a great understanding of conditioning and the importance of what it means to be an athlete in good health and shape,” Crowell said, calling her “the best role model for our girls as a teacher and coach.”

As for her coaching style, “I hope the girls think that I am a positive coach who is approachable,” she said. She meets with the captains weekly, as “they have the best pulse on the team,” she said.

Those captains are senior defender Ella Park, senior goalie Megan Skarin and junior midfielder Shannon Marino. “I rely heavily on them to get practices started and keep the younger players motivated and engaged,” Crowell said. “They handle a lot of the small details that make or break a practice or game, like job organization, communication and check-ins with the team, and being role models for how to lock in during practice.” The captains also step in and address behaviors if needed. “They set the tone, and the younger players really look up to each one of them.”

Crowell said the captains have impressed her all season long. “They truly anticipate everything that I need to happen, sometimes before I am even aware!” she said. She also enjoys the team’s two sides. “They can be so competitive when in game-mode, but they are also really funny during down time.”

What she is most proud of



Bellingham Field Hockey Coach Kerry Crowell with her three captains, Ella Park, Megan Skarin and Shannon Marino.

has little to do with the record and more to do with the culture that has been set within the team. “I am really proud of the girls for continuing to give 110% no matter what the outcomes of our games,” Crowell said. “They show up, stay dedicated, lift each other up, and focus on what we can do to improve.” After every game, the team sits together to reflect, and the players share specific feedback about something they noticed in the game. “I get goosebumps listening to them because it has become really meaningful and

important to our growth as a team.”
Whatever the results, she hopes the players leave with a sense of pride. “I hope the girls take away that being a student athlete is something to be really proud of,” Crowell said. “Balancing school, sports, work, life, it is something that makes them stronger and better able to face challenges. As females, I hope they feel a sense of pride in belonging to a team and that leadership skills are being developed in every moment on and off the field.”

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Franklin Art Dec. 2 meeting offers Pysanky demo

The Franklin Art Association welcomes Franklin-based artist Alona Popova for a fascinating demonstration of Pysanky, the traditional Ukrainian art of decorating eggs using the ancient wax-resist technique. The meeting will take place on December 2, 6:30 p.m. at the Franklin Senior Center. The program is free of charge, and all are welcome!

Alona will create a pysanka live using electric wax tools, explaining the symbolism, history, and centuries-old techniques behind this unique folk art. Participants will also watch a short video demonstrating the traditional candle-heated kistka method used in Ukraine and will be invited to try creating their own Krapanka (Polka-Dot Egg).

Soup, salad, and soul in the sukkah

Temple Etz Chaim Sisterhood hosted its annual *Soup, Salad, and Soul in the Sukkah* on Tuesday, September 29, welcoming 20 members for an evening of food, friendship, and community with a homemade dinner and dessert all provided by the TEC Sisterhood Board. The evening also included blessings and shaking the lulav in the sukkah, followed by a presentation from Robin Krieger of Women of Reform Judaism Northeast about WRJ and its

YES Fund, which supports youth, education, and special projects.

In keeping with the evening's spirit of giving, Sisterhood members also collected much-needed hygiene items for the Franklin Middle School nurse to provide to students. Donations included maxi pads, new underwear, and sweatpants.

It was a wonderful evening of gathering, learning, and giving back to the community.



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 REAL ESTATE CORNER

Norfolk County real estate market remains stable despite ongoing affordability challenges

Dedham, MA – Norfolk County Register of Deeds William P. O'Donnell recently released the real estate recording statistics for September 2026, which showed increases in property sales, property values, and overall sales volume compared to September 2025, demonstrating continued stability in the Norfolk County real estate market despite ongoing affordability challenges.

The Registry of Deeds recorded 9,166 documents in September 2026, a 4% decrease compared to the 9,511 documents recorded in September 2025, and a 10% decrease from August 2026.

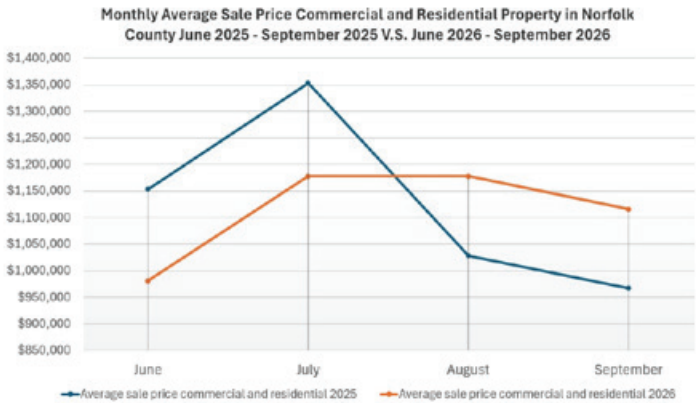
“September’s recording activity reflects a Norfolk County real estate market that continues to adapt to ongoing economic conditions while maintaining overall stability,” noted Norfolk County Register of Deeds William P. O'Donnell. “Although many key market indicators suggest continued confidence in Norfolk County real estate and underscore the enduring desire of individuals, families, and businesses to live, work, and invest in Norfolk County, buyers continue to navigate affordability challenges and limited inventory. Economic factors like rising interest rates will affect the economy and individuals trying to navigate the real estate market in Norfolk County.”

The total number of deeds recorded for September 2026, representing both commercial and residential real estate sales and transfers, was 1,439, a 3% increase from the 1,396 deeds recorded in September 2025, but down 6% from August 2026. Looking at just real estate sales, 714 properties were sold in September 2026, a 4% increase compared to the 684 properties sold in September 2025.

“The increase in both deeds recorded and property sales compared to September of last year is a positive indicator but the downward trend from August of 2026 should be concerning,” stated Register O'Donnell.

The average sale price for both commercial and residential real estate in September 2026 was \$1,115,833, a 15% increase compared to September 2025, and a 5% decrease from August 2026.

The Norfolk County Registry of Deeds is located at 649 High Street in Dedham. Find them at www.norfolkdeeds.org or contact them at 781-461-6101, or registerodonnell@norfolkdeeds.org.



Franklin UMC November events

Community Closet
Open Tuesdays, 12-2 p.m.,
November 3, 10, 17 and 24. Come visit for a closet refresh- all clothing is FREE . Donations of gently used clean

clothes are gratefully accepted to restock the inventory. We are grateful for our volunteers and the people who donate who help to make this a welcome resource for our community.

Through December 7
Franklin Winter Coat Drive: Donate gently used or new coats to help your Franklin area neighbors, Collection bins will be at the following locations:
Franklin Fire Department,
Franklin Police Department,
Franklin United Methodist Church, New England Chapel and the Hockomock YMCA

November 22
Franklin Interfaith Thanksgiving Service 7 p.m. @ Franklin Federated Church 171 Main St., Franklin. Offerings at the service will support the Franklin Interfaith Council Fuel Fund.
Franklin United Methodist Church (UMC) is located at 82 West Central St., Franklin

WINTER COAT DRIVE



DONATE
gently used or new coats to help your Franklin-area neighbors!

OCT 30 THROUGH DEC 7

DONATIONS CAN BE DROPPED OFF AT THE LOCATIONS LISTED BELOW.

Franklin Fire Department
40 West Central St.
Franklin, MA

Franklin Police Department
911 Panther Way
Franklin, MA

Franklin United Methodist Church
82 West Central St.
Franklin, MA

New England Chapel
300 East Central St.
Franklin, MA

Hockomock YMCA
45 Forge Hill Rd.
Franklin, MA

TURKEY

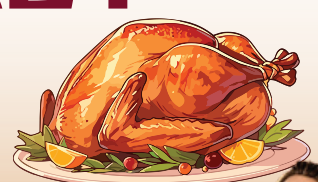
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LIBRARY

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"The Berry Pickers" by Amanda Peters. Contact Suzanne at salpert@cwmar.org for more information. Titles for the remainder of the year: December: "Oona Out of Order" by Margarita Montimore.

A Novel Idea: A Book Club for Adults – Tuesday, November 3 at 6:30 p.m.

This month, we are discussing "Sourdough" by Robin Sloan, with light refreshments. If interested, please contact Diane Nelson at dnelson@cwmar.org.

Tuesday Fiber Arts & Other Crafts – Tuesdays, November 10, and 24 at 6 p.m. Drop in!

Stretch into Gratitude Yoga – Tuesdays at 8:30 a.m. (starts on November 10) Registration required. Classes are 75 minutes long and students new to yoga are welcome. Please wear comfortable clothing, bring your own yoga mat, 2 blocks, a yoga strap, a bolster and a yoga blanket.

English Conversation Circles - Wednesday, No-

vember 4 at 4 p.m. Drop in! Needlecraft Night –

Wednesdays at 6 p.m. All skill levels. Please bring your materials.

Friends of the Library Monthly Meeting - Tuesday, November 10 at 7 p.m.

Join us on Zoom! Email library@bellinghamlibrary.org !
Library Board of Trustees Meeting – Thursday, November 12 at 7 p.m. Conference Room

Writing Group for Adults – Tuesday, November 17 at 6:30 p.m.

Hybrid meeting with local writers Amy Bartelloni and Marjorie Turner Hollman, contact Marjorie Turner Hollman at marjorie@marjorieturner.com.

Bellingham Genealogy Club – Monday, November 23 at 6 p.m. Registration required. Bring your laptop or use one of our Chromebooks the 4th

Monday of the month to work on your family history with others! This program is also offered on Zoom. Email Molly Garten at mgarten@cwmar.org.

Online Author Talks – to register, go to: <https://library.org/bellingham>. Recordings

available on the library website in the days following the event.

- Reclaiming Your Inner Wisdom: Sacred Indigenous Teachings with Asha Frost – Tuesday, November 3 at 2 p.m.
- The Science and Absurdities of Space Settlement with Kelly and Zach Weinersmith – Tuesday, November 10 at 2 p.m.
- How Money Became God: Rethinking Wealth and Greed in Modern Society with Paul Vigna – Wednesday, November 11 at 2 p.m.
- Exploring the Between Earth and Sky Trilogy with Rebecca Roanhorse – Thursday, November 19 at 7 p.m.

Virtual Program: More Holiday Romance Book Recommendations with Booklist Reviewer, John Charles – Monday, November 30 at 7 p.m. Registration required.

VETERANS

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ments, Bunkley was selected for the Army's Training with Industry program, serving a fellowship with the National Football League in New York. He has earned numerous military decorations, including the Defense Meritorious Service Medal and multiple awards of the Meritorious Service Medal. He was also recognized with the Army Public Affairs Association's 2018 Master Sgt. Marcia Triggs Award for Excellence.

A graduate of Thomas Edison State University with a bachelor's degree in communications, Bunkley has also completed extensive military leadership training, including the U.S. Army Airborne School, Air Assault School, and senior-level professional military education.

While the ceremony honors those who have worn the uniform, it also provides an opportunity to help younger generations understand the

meaning of service.

Continuing an annual initiative led by retired teacher Mary Fafard, three Memorial School students will read their winning essay entries about veterans, offering a younger generation's perspective on gratitude, sacrifice, and remembrance.

The Bellingham Girl Scouts will post the colors, and Robert and Joseph Oliver will perform patriotic music. Pastor Baron Rodrigues of First Baptist Church and Father David Mullen of St. Brendan Church will offer the opening and closing prayers. State Rep. Mike Soter will also deliver remarks.

The program will conclude with a wreath presentation, Paul Thibault playing Taps, and a moment of silence to reflect on the sacrifices made by veterans and their families. Nov. 11 offers residents a chance to listen, learn, remember, and offer something that never loses its meaning: a heartfelt thank-you to those who answered the call to serve. We strongly encourage everyone to attend.