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#### April 2022

### Bellingham Varsity Cheer Takes Home Its First MSAA State Title

came on six years ago. She

ary 18th. The team also does

By Judith Dorato O'Gara

Congratulations to Bellingham High School's Varsity Cheer team, which took home the MSAA (Massachusetts School Administrators' Association) state championship on March 13th, a first ever for the school.

"It's a testament to Coach Elliott. She's devoted her life to cheer," says Bellingham High A.D. Michael Connor. "Since she has come on board, she has raised the bar. It's not just game cheer. They're geared for competitive cheer. She built the program from a sideline program to a team that dominates in the state. It's been a top three program the last two or three years, and this just represents the pinnacle of her effort."

Head Bellingham Cheer Varsity Coach Tracey Elliott



Shown is the Bellingham High School's Varsity Cheer team, which snagged its first MSAA State Championship on March 13th. *Photo used courtesy of Tracey Elliott.* 

a lot of invitationals.

couldn't be prouder of her team, which, prior to this state championship, won at regionals (hosted in Bellingham on March 6th), and its fourth Tri-Valley League title on Febru-

**CHEER** continued on page 3

### Bellingham's Most Decorated Female Athlete

**Spring Home & Garden Guide** 

By Christopher Tremblay, Staff Sports Writer

See our

Inside ...

Rylee Chiappone has been playing all sorts of sports since she was young. In Bellingham, athletes are allowed to take part in high school sports, and Chiappone jumped at the chance. As a senior, she has become Bellingham's most decorated female athlete, with 15 varsity letters.

Chiappone has played four varsity sports for the Blackhawks over the three seasons. After playing one year of soccer, she switched over to field hockey for the last four years while also playing five seasons of basketball and track.

Although as a track and field star she has more wins than in any other sport she plays, she enjoys field hockey the most and is hoping to play it on the collegiate level. "Soccer was something that I always played, but after taking part in the 8th grade for the high school varsity team, the passion was just not there and I didn't love it as much as field hockey," the Bellingham athlete said. "Bellingham has a lot of losing teams, especially soccer, and losing changes your mindset. I want to go out and win every time, but you eventually get use to not winning and you just have to stay positive."

Despite the losing, the thought about not taking part in sports for the high school never entered Chiappone's mind. She enjoys playing sports during all three seasons with her friends and teammates win or lose.

> **ATHLETE** continued on page 2

### Hunting for a new home?

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#### **ATHLETE**

continued from page 1

While she has been a participant in four different sports over three seasons during five years, Chiappone, up until recently, had only been able to take part in one post-season game. This past fall, the field hockey team qualified for tournament play for the first time in 13 years, but unfortunately, it was short lived as Bellingham fell to Cohasset 5-1 in the first round.

happens.'

a season.

nament this year.

has tso play a lot of big school

teams and despite that, she puts

everything on the field each

and every game," Field Hockey

Coach Jen Ryan said. "She has

been a two-year captain as well as

our leading scorer this year and

generates a lot of our offense. For

the past three years, she has been

the driving force for the team and

without her this year, who knows

"It was very exciting to finally make the tournament for the first time in my career," Chiappone said. "Prior to the game, we were all hyped up and ready to take the field, but losing was nothing new for us; we were just excited to make the tournament as friends."

Just recently, Chiappone and her teammates advanced into the tournament for just the second time with the basketball team. Much like the field hockey team the basketball team was also sent home in the first round with a loss to East Bridgewater.

"Once again, the girls' basketball team was excited to make the tournament," she said. "However, being in a program

Editor



that is used to losing eventually takes a toll on the team. My job is to pump them up and get them ready to play no matter what Both her field hockey and basketball coaches believe that the senior had a major contribution to getting their teams to the tour-"Rylee is a phenomenal athlete. We are a small school that

> **Rylee Chiappone has played four** varsity sports for the Blackhawks over the three seasons, earning 15 varsity letters, making her the most decorated female athlete in Bellingham High's history.

"In the past Bellingham has had an issue with getting girls to play basketball, but as our captain the past two-years Rylee has gotten girls to come out for the team all on her own," Wilson said. "Of the 26 girls on the varsity and junior varsity team she is responsible for 18 of them. She reached out and got them inter-

> Once the girls committed, they gave it their all 100-percent of the time. They didn't want to let Chiappone down, especially since she herself was giving everything that she had each time she stepped onto the court.

> On the court, Chiappone lead the team in scoring with 13 points per game before hurting her knee. And although the senior was not on the floor, she was still at practice and on the bench for games, lending her expertise to her teammates while getting the best out of them.

On the field, she is also a player that brings the qualities of a coach, and her teammates listen to her. Her speed and ability keeps her one step of her opposition and being a lefty, she had to relearn how to use the field hockey stick to her advantage.

"Field hockey is a right-handed sport," Ryan said. "Rylee had to learn how to reverse her stick to play the game, and being a natural lefty makes it hard for the opposition teams to defend (against) her."

Growing up around two Bellingham Hall of Famer parents, Chiappone had the athletic tendencies flowing through her blood at a young age.

"I don't think that I was forced to follow in my parents' athletic footsteps," she said. "Whether they had something to do with it or not I really enjoy taking part in sports for Bellingham and have been really happy being part of different teams with my teammates."

As for being labeled Bellingham's most decorated female athlete in terms of varsity levels she's ok with that.

"It's pretty cool to being named to such an honor, especially following in my parents' footsteps," the senior said. "But its not all about the honors. I just love playing sports and being with friends and people you enjoy being around; it makes everything a little bit more tolerable."



where we would have been." Basketball Coach Stephen Wilson credits Chiappone with recruiting the team, without whom there may not have been ested in playing basketball." Bellingham Bulletin

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#### CHEER

continued from page 1

grand champions, meaning they beat every school that was in the invitational. They were beating Division 1 schools."

"We're very excited," said Elliott the day after the winning the state championship. "We'd gotten second at regional and states before, but this is a first for Bellingham ever to win regional and states. (The team) came together really well. They worked really hard, practiced as much as they could, and they would compete, and if something didn't go right during competition, they'd ask for a practice right after. They're pretty amazing. I'm super proud."

Elliott, who's coached high school or all-star cheerleading 24 years, credits her captains, Rachel Newcomb, and Courtney Barrows, both seniors, as being great leaders, and she also commended the efforts of junior Juliana Buckley and sophomore Madison Elliott.

"They keep team morale up," says Elliott. Her athletes do a lot of team bonding.

"It's such a small team, and

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it's been great having them be so close," says Elliott. "They've become a little family, which is important. Bellingham is a super small school, and we don't have a lot of alternates."

Elliott and Connor explain how important being close knit is for a cheer team.

"Unlike a lot of other sports, if any one of the team gets hurt, it takes the whole team down. You can only have so many flyers," says Connor. Trust, he says, is a big part of that.

"The flyers have to trust people to throw them in the air and catch them," says Elliott. "They have to trust everyone is going to do their job. If one person doesn't do their job on the mat, everyone else suffers. You only have two minutes and thirty seconds to get it done. You don't get a re-do, you only get one shot. This is a huge difference from any other sport, and if you make one mistake, it can cost you. Having faith and trust in your team and being close makes a huge difference."

Even alumni remain part of the cheer "family," says Elliott. "All my alumni come back for everything and are super supportive It's amazing. We're a small

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will make him well-suited to tackle the challenges we face. I am honored to endorse Nick Mobilia for Bellingham Planning Board and look forward to working with him.<sup>99</sup>

group, but we stick together."

One alumnus here to stay is Alivia Dussault, who came on board this year to coach JV Cheer for Bellingham, enabling younger athletes to hone their skills.

The cheer team face a rigorous schedule, according to Elliott. "They're doing something seven days a week," she says. "We practice Monday, Wednesday, Friday, Saturday, and then they cheer games Friday night (in the fall cheering at football games and in the winter, cheering at basketball games) and we compete. Most of them are also on other teams and do tumbling." Elliott adds that most of her athletes are National Honor Society (NHS) students as well.

At *Bellingham Bulletin's* deadline, the team was next headed to the AmeriCheer international competition at Universal Studios in Orlando, Florida for a 2-day competition beginning March 19th. This is the first time the Bellingham team has been able to go to nationals.

"We got our bid in spring (last year), but because it was a COVID year, there were no nationals and we were not able to go," said Elliott.

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### It's Going to be a Hoppy Time in Bellingham

The Bellingham Women of Today will welcome the Easter Bunny for their annual Muffins with the Easter Bunny on Saturday, April 9th, from 9–11:30 at St. Blaise Church Hall, 1158 S. Main St., Bellingham.

Join us for muffins, bagels, juice, milk and coffee. Photos with Mr. Bunny are \$4 each or 2 for \$6 and food and beverage items are \$1.00 or less. There will be free crafts and coloring for kids and raffle baskets. All proceeds will benefit local charities. A food donation for the food pantry is welcome.



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Sahan's life-long dedication to Bellingham will be extremely valuable on the Select Board. Through his experience, Sahan will join our great members on the Select Board and help lead our town into the future. I am proud to endorse Sahan. <sup>55</sup>

I ask that you join me and cast your vote on May 3rd for Nick and Sahan! - **Rep. Mike Soter** 



# Seedlings, Showers, Sunshine and Springtime

BY ASHLEY KAZIJIAN

The season for new life is right around the corner and it's finally time to start preparations. Spring is the season for those with a green thumb- with the warming temperatures, the sunny skies, and the frequent rain showers- it's the most wonderful time of the year for gardening. Regardless of your experience as a "plant parent" and the type (vegetable, flower, herb, raised, indoor, etc.) of gardening you practice, there are a few key steps all gardeners can take early on in Spring to ensure your gardens flourish throughout the season:

\*New applicants only; restrictions apply

- Prepare soils
- Prune and deadhead
- Plant bulbs, fruit trees, shrubs, or other deciduous plants
- Plant any annuals that don't mind cooler temperatures
- Look for signs of pests
- Start vegetables from seed
- Divide perennials
- Clear out weeds, mulch, and any debris from Winter

Other considerations for garden preparation early on- plan to try something new. If you're up for adding in a new challenge or looking to shift gears completely, explore local nurseries for recommendations and assistance on getting your garden exactly how you want it. Some of our local nurseries include but are not limited to: Bellingham Nursery & Garden Center, New England Bonsai Gardens, Hillside Nurseries, Briggs Nursery, Lamberts Garden Center.

In addition, Blackstone Valley Veggie Gardens (www.blackstonevalleyveggiegardens.com) offers a number of workshops for the home gardener both at their location as well as at local libraries. On May 19th, at 1 p.m., in fact, they will be giving a lecture on raised gardening techniques, sustainable growing and best practices at Bellingham Senior Center.

Nurseries like these have mostly everything you could need or want for your dream garden;

seedlings, potting soil/containers, a variety of perennials and annuals, gardening tools/ supplies, seeds/bulbs, etc. There are many benefits to choosing a

local supplier for your gardening needs as well- you get to support a small/local business and you get to learn from the folks who make this their life (a.k.a. the ones who know it best!). There is a wealth of knowledge (including some coveted tips and tricks) focusing on perennial care, annual care, foliage care, rose care, cactus care, grub control and beneficial bugs, organic insecticides, attracting butterflies and how to choose the right potting soil and containers (to name a few!) right at your fingertips when you choose to shop at a specialized gardening store.

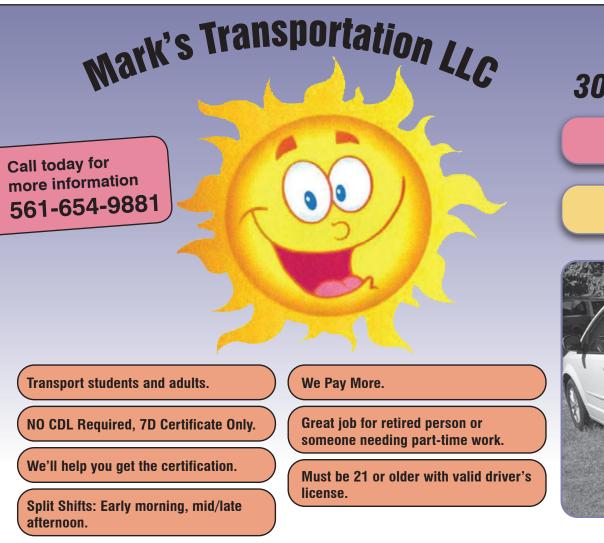
Some organizations in the community also offer seedling sales. The Medway Community Farm, for example, at 50 Winthrop St., Medway, will hold its organic seedling sale on May 14th and 15th. White Barn Farm, in Wrentham, generally holds a seedling sale the weekend before Memorial Day.

If you're interested in committing yourself beyond your yard, there are a number of ways you

can expand and grow with gardening, especially if you're also looking for some socialization. Joining your local garden club is a great way to share knowledge with neighbors- especially since they are working with the same (or very similar) environmental factors/challenges. Some of Bellingham's surrounding towns, including Franklin, Medway, Millis, Norfolk, Ashland and Holliston all have active garden clubs. Participating in a community garden or a community beautification project is both a great way to get involved in your community and also showcase your green thumb talents.

Whatever Spring brings to your table, hopefully it brings you outside. Regardless of your involvement with gardening, you can still reap many of the benefits as an admirer. At the very least, getting outside to look at the beautiful blooms increases your exposure to Vitamin D; one of the best natural mood and energy enhancers (with SPF protection, of course!).





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Office is located at 51 East Main St., Milford, MA Office hours are Mon–Fri, 9:00 AM–5 PM

#### Your Money, Your Independence

# April Brings Spring, Baseball and Taxe... Squirrel!

Time for the annual, "You know, we should be doing more to pay less taxes".

Then like a dog seeing a squirrel, you get distracted, run in another direction and think "It's ok, we'll pay a lot less taxes in retirement."

Let me share a secret, if your wealth is mostly in tax deferred retirement accounts (i.e. 401(k)s, 403(b)s and Traditional IRAs), your taxes will be much more than you realize.

#### **Income Sources**

Retirees receive income from a variety of sources, including distributions from tax deferred retirement accounts; payouts from company pensions and annuities; rental income; savings and earnings from investments.

Tax deferred retirement accounts enjoyed tax-deferred growth on contributions and investments; but when distributions are taken, these are fully taxable as earned income and added to your adjusted gross income (AGI). What if you don't need the funds? Don't worry the government wants its taxes, so starting at age 72 you have Required Minimum Distributions (RMDs).

For example, at age 62 your spouse and you retire with \$1.25M across all tax deferred retirement accounts. You live within your means, don't take from these accounts and grow 7.2% annually. By age 72, the accounts total \$2.5M and time for RMDs. Per IRS Table III divide by 25.6 at age 72 for \$97,656 taken as RMD, taxed as earned income and added to your AGI.

#### **Social Security**

Factors such as your total income and marital status determine what/if a portion of your Social Security benefits are taxable. If your AGI plus any taxfree interest exceeds \$34K for



**Glenn Brown** 

individuals or \$44K for married filing jointly, then up to 85% of Social Security benefits are taxable.

#### Ways To Minimize Taxes

Taxes are inevitable with retirement savings or pension income, but there are many strategies to reduce amounts owed, here are a few:

During Retirement -Distribute funds in certain years of claiming large deductions, such as the breaks for medical expenses or charitable gifts, temporarily lower your tax rate.

Before Retirement -Contribute to Roth 401(k) and Roth IRA (if eligible) now. After age 59 <sup>1</sup>/<sub>2</sub> and owned for at least 5 years, withdrawals are completely tax free. Added bonus is RMDs don't exist for Roth accounts nor are balances

in Roth accounts a factor in determining RMDs for your tax deferred accounts.

Before or During - Roth Conversion and Backdoor Roth. Yes, pay the taxes now for benefits listed in the prior paragraph. Consider greater amounts in years of lower income if self-employed, change jobs and/or take away from work. Also, 20% (or more) market corrections provide an opportunity to convert investments over to Roth, pay less in taxes and let them rebound inside the Roth.

There are many more strategies to consider beyond this limited space. Bottom line, plan now for the tax implications of your retirement income.

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

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



### Family Legal Partners Co-Founders Selected for Prestigious Lists

Jason M. Carrozza has been selected to the 2021 Massachusetts Super Lawyers list and Amy M. Antonellis has been selected to the 2021 Massachusetts Rising Stars list; both are co-founders of Family Legal Partners, P.C., a Franklin estate planning and probate firm. Each year, no more than five percent of the lawyers in the state are selected by the research team at Super Lawyers to receive this honor. Super Lawyers, part of Thomson Reuters, is a rating service of outstanding lawyers from more than 70 practice areas who have attained a high degree of peer recognition and professional achievement. The annual selections are made using a patented multiphase process that includes a statewide survey of lawyers, an independent research evaluation of candidates and peer reviews by practice area. The result is a credible, comprehensive and diverse listing of exceptional attorneys. The Super Lawyers lists are published nationwide in Super Lawyers Magazines and in leading city and regional magazines and newspapers across the country. Super Lawyers Magazines also feature editorial profiles of attorneys who embody excellence in the practice of law. For more information about these attorneys please visit www.familylegalpartners.com



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# Municipal Spotlight: Expanded Activities, Events Planned at Town Common

#### By KEN HAMWEY, Contributing Writer

Winter is now in our rearview mirror and spring's arrival emphasizes that a variety of activities and events at Bellingham's Town Common will soon be getting underway.

After a dormant year when the pandemic struck in 2020, the Common bounced back in 2021 to a more normal level of activity. However, what's in store for 2022 no doubt will be welcomed because the Town Common Trustees, led by Chairman Larry Sposato, are planning to unveil some expanded activities and additions.

A farmers' market, a story trail and an adopt-a-garden program are on the drawing board.

The farmers' market would feature local farmers and individuals selling their produce at the Common. The story trail, which will have podiums or bookstands scattered throughout the grounds, would emphasize a variety of themes, such as local history, sports or children's books. The adopt-a-garden program (strictly flowers) would generate donations from businesses, civic organizations or individuals and they would sponsor the endeavor. A placard would be placed in the garden to acknowledge their generosity.

"Another new twist is to allow permitted vendors to showcase and sell their merchandise at fairs on the Common grounds," said Sposato, who also serves as Bellingham's Town Clerk. "Also in the planning stages are more concerts featuring local performers. These would be in addition to the Cable 8 Summer Concert Series. Last year, the Oliver Brothers (Bellingham high graduates) performed before a large and appreciative crowd."

Other changes will include refurbishing of the fountain that was next to the Civil War Monument when both were situated in front of the First Baptist Church. The Civil War Monument now is located at the Common to the right of the War Memorial when entering the Common from Route 140. A new walkway will



The Town Common Trustees are, from left, Leo Dalpe, Larry Sposato, Barbara Eltzroth, Joanne Arcand, and David Wyatt.

be constructed from the Civil War Monument leading to the World War I and John Peterson Memorials that were moved because of the downtown roadwidening project.

Events and activities for children will include the playground, story-time lunches, a children's concert, a Halloween event and pony rides during Cable 8 concerts.

When the pandemic's grip eased last year, the common hosted a series of events that had been canceled in 2020. They included the Cable 8 Concert Series, a children's concert, a baby shower, three weddings, the annual Memorial Day ceremony, the Oliver Brothers special concert, story-time lunches, the tree lighting ceremony and visit from Santa, a concert sponsored by the library, and a charity benefit to raise funds for a disabled child and raise awareness about her rare affliction.

The Common's grounds (mowing and upkeep) are maintained by the Parks Department and the DPW. Sposato specifically acknowledges Anthony Cifizarri, a tax work-off participant who "treats the common's grounds as he would his own backyard."

For more than 20 years, the Common had been self-supporting in dealing with maintenance costs. The majority of operating funds were derived from the Bank of America's ATM kiosk. According to Sposato, the bank opted out of its lease renewal last year. "After unsuccessfully attempting to find a new lessee, it was decided that the Town Common would become a department within the town, with an operating budget like any other town department," Sposato said.

The Common, which is 25 years old, was dedicated on Nov. 22, 1997. The site was originally the home of an Almacs grocery store. When the store moved to where Market Basket is now located, the town purchased the property for \$265,000 after approval at Town Meeting in 1995. The Almacs building was demolished after Town Meeting approval in 1996. Funds totaling \$550,000 to create the Common were okayed in October, 1996 at Town Meeting.

A Town Common Committee was formed early in the 1990s to study the feasibility of a Common, and in 1997 by a legislative act at the state level, the Board of Trustees was formed. The current board consists of Sposato, Vice Chairman David Wyatt, Treasurer Leo Dalpe, Secretary Joanne Arcand and Events Coordinator Barbara Eltzroth.

"With expanded activities and events, the Trustees hope to attract more residents to this beautiful common," Sposato said. "Residents are encouraged to stop by and enjoy the peace and tranquility of the Common when no events are scheduled."



key components are what the

Department of Energy considers

strategies to achieve "Net Zero"

Bellingham does have an en-

ergy reduction plan (drafted in

2019) outlined in detail on the

town website under the Planning

Board page, and all considered

projects are evaluated against the

Green Communities energy re-

by the year 2050.

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### **Bellingham, MA – Going Green for 2 Years**

By JENNIFER RUSSO

After several years of discussion at town meetings, Bellingham received the "Green Community" designation in February of 2020, after taking steps to qualify. To qualify as "Green"- communities must track energy use and costs, implement energy efficiency measures, purchase energy-efficient vehicles and practice new construction best practices with the goal of progressing toward a 20% energy reduction mark. The Massachusetts Green Communities Division (GCD) provides grants and other support to green designated communities to help them reduce energy use by the implementation of clean energy projects in businesses and schools. Examples of these projects include things like replacing gas or diesel powered vehicles in a municipal fleet with electric vehicles, weather-stripping doors and windows in a municipal building, and replacing lighting with LED bulbs throughout a school, among other items.

Currently, Massachusetts has designated 280 communities as green (out of the 351 cities and towns in the state). Bellingham had received a grant of \$166,630 from the GCD, meant to fund energy conservation measures, interior and exterior lighting, and energy conservation measures in its municipal facilities including Bellingham High School.

As of January 2022, the GCD has nearly \$8 Million in grant money to award to its green communities through competitive grant awards. There are two opportunities to apply for these awards, once in the spring and once in the fall. Applications for the 2022 Spring Block for these awards are due by April 22nd. The competitive grants are offered on an annual cadence and applicants must demonstrate that they still meet the criteria of the designation. Additional awards can be granted if specific criteria are met. Projects within the applications will be assessed by project viability, payback period, environmental justice benefits, energy reductions, greenhouse gas emissions and strategic electrification for buildings and vehicles.

This year, there is a large focus on decarbonization projects.



LSmith33@aol.com

# News from the Bellingham Town Clerk:

### Happy Spring!

#### **Election News**

Our Local Town Election will take place on Tuesday, May 3rd at the Bellingham High School

Gymnasium. As has been the case for the past couple of years, the polling hours will be from 12 Noon until 8 p.m. There will be no Early Voting hours for this election, so anyone who is unable to make it to the polls must apply for an Absentee Ballot. Applications are available at bellinghamma.org on the Town Clerk's webpage. If you have any questions, please contact my office at (508) 657-2830.

There will be a "Meet the Candidates" forum on April 19th, 10 a.m., at the Bellingham Senior Center. All are welcome to attend!

#### **Dog Licenses**

Dog licenses are due on April 1st. If you have not already done so, please renew your dog's license as soon as possible to avoid any late fees. We are still working out the kinks in our new licensing system, and, experienced delays in delivery of the actual license tags, but I am happy to say that we are processing and sending out licenses daily.

#### Re-Districting/Re-Precincting

As you may know, with the information gathered in during the US2020 census, it became necessary to make some changes to Bellingham's Congressional Districts, Senatorial District, and Election Precincts. Bellingham now is wholly (all precincts) a part of US Congressional District 4. This change made it possible to do away with Precinct 4A. Residents that were formerly in 4A will now be in Precinct 4. A letter will be going out to all residents involved in the precinct changes, just as soon as the Legislature has officially enacted the new district lines. Bellingham is now in a newly formed State Senate

#### The ballot is as follows:

Selectmen for 3 years (1 open position) Town Moderator for 3 years (1 position) Town Clerk for 3 years (1 position) Constable for 3 years (4 positions)

Library Trustee for 3 years (2 positions)

Planning Board for 3 years (2 positions)

#### School Committee

District to be called the Norfolk/ Worcester/Middlesex District.

We will continue to be part of the Worcester 8th State Representative District, although the district has undergone some minor adjustments that do not affect Bellingham.

Michael B. Carr (Incumbent)

Lawrence J. Sposato, Jr. (Incumbent)

David H. Brown (Incumbent) Richard J. Martinelli (Incumbent) William Paine (Incumbent) William Roberts (Incumbent)

Nicole Buckley (Incumbent) Open

Phillip Devine (Incumbent) Elizabeth Berthelette (Incumbent) Nick Mobilia

Jennifer L. Altomonte (Incumbent) Michael Reed, Jr. (Incumbent)

#### Census

The annual census continues. If you have not yet submitted your census, please do so immediately. Massachusetts General Law states that we must close out the gathering of census information by April 15th, in order for that information to become part of the calculation for state aid to Bellingham. It is important that you be counted!

Enjoy a wonderful Spring season!

Submitted by: Larry Sposato, Bellingham Town Clerk



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Amy N. Azza, experienced attorney of 21 years, is accepting new clients for their estate planning needs for will, trusts, power of attorney and health care proxies.

#### 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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#### Franklin Senior Center Partnering with Mass Association for the Blind

#### By Judith Dorato O'Gara

The Franklin Senior Center will now be working with The Mass. Association for the Blind to run its low-vision program. The program and its services are available to blind and visually impaired seniors in Franklin and surrounding towns, including Bellingham. It is made possible through a grant from the Greater Milford Community Health Network (CHNA-6). This same program has been established and is successful in Natick, Brookline, Worcester, Pittsfield, and Harwich.

"We laid a good foundation," said Maggie Gundersen, Social Services Coordinator at Franklin Senior Center, who has been a coordinator for The Stella Jeon Assistive Technology Center, or "Low Vision Center," for about five years, teaching seniors with vision loss about assistive technology there to help them. "We'd taken the program as far as we could, but what I've come to find is that with Mass. Association for the Blind has known all along, visually impaired individuals need to learn technology. Many are resistant, which is understandable, because they didn't grow up with it, but if they don't learn it they will get left behind."

Last month, the Franklin Senior Center welcomed Jerry Feliz, of the Mass. Association for the Blind, who will be an active participant in the new partnership, directly working with seniors who have vision loss.

"Imagine if you're totally blind, you've never used a smart phone before, and you're just new

to vision loss. You can't imagine how you're going to be able to read something," said Feliz. "There is help to navigate those challenging, stormy waters. This is a vibrant, welcoming community, and it's also a platform for persons with visual impairments to learn from people that have visual impairments," said Feliz. "A lot of our volunteer trainers are people who are either totally Blind or have some kind of visual impairment." This creates a safe environment for people just experiencing vision loss, he says.

"A lot of times, people will come into this environment, and there's a lack of hope, because they've lost the ability to read, to write, to navigate their world," said Feliz. "They walk outside, they feel lost, but we give them a lot of hope. If you're willing to learn how to do something a different way, you're able to regain some of the independence you lost."

Assistive technology plays a huge role in transitioning to vision loss, says Feliz, "If you can learn how to use it, it's going to help you to gain a bit more quality of life, in terms of how you access the world," says Feliz. The educator describes Apple's innovation in this area as revolutionary to the Blindness community "without hyperbole," he says. "We've taught people how to use GPS to navigate in their communities, communicate efficiently with their devices via text, to make phone calls and access email with their smart devices, how to use optical character recognition, an app that will read a



Last month, a regional Low-Vision Program at the Franklin Senior Center resumed on Thursdays, made stronger by a partnership with the Mass. Association for the Blind. Shown, left, is Maggie Gundersen, of the Franklin Senior Center, and Jerry Feliz, of Mass. Association for the Blind.

physical document to you." At least 90% of this training is iOSbased, he says. Clients can also learn how to use gesture-based commands with audio, speech to text and magnification.

"I will be here to provide training for folks," says Feliz, who says he usually begins with some simple questions and a low vision and CCTV assessment. "We measure the distance you are from the screen as you're reading, what level magnification you're using and check the contrast that you're using, what your functional vision is. (The assessment) is a really helpful tool."

Feliz will be at the Franklin Senior Center from 10 a.m. – 2 p.m. each Thursday for 1:1 appointments, and he will conduct a Zoom presentation on assistive technology each Thursday from 2-3 p.m. Call the Franklin Senior Center at (508) 520-4945 to get his contact information to schedule an appointment.



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"Jerry will be here as frequently as possible, but we're going to add a peer support group once a month, led by a mental health counselor, so you can deal with some of the emotional pieces of vision loss, and we will have a guest speaker program every other Thursday," says Gundersen. "We're putting you in a position where you'll know that every Thursday, (seniors with vision impairment) can come here for something," said Gundersen.

Individual and group Adjustment Counseling is also available through the Massachusetts Association for the Blind for people struggling with the emotions that can accompany vision loss. Appointments can be conducted by phone, usually with counselors who are also visually impaired. Additional information can also be found on the MABVI web site at: www.mabvi.org



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### **Bellingham Public Library News & Events for April**

For updates to library programs and services, please see the library website, www.bellinghamlibrary.org. Click on the red alert banner on the top of the page for details.

#### Current Library Hours – could increase in April, check the library website for updates!

Monday - Thursday 9:30 a.m. to 7 p.m., Friday & Saturday 9:30 a.m. to 3 p.m.

Holiday Hours: Closed Monday, April 18th for the Patriots' Day Holiday Special Programs

Bunny Crafts - Thursday, April 7th at 4 p.m.

For ages 3 and up. Come and do some bunny crafts! Please register.

#### Bird Story Time & Craft –

Wednesday, April 13th at 4:30 p.m. Come and listen to a bird story and do a related craft! Please register.

Spring Crafts – Tuesday, April 19th at 4 p.m.

For families. Come and make some spring crafts! Please register.

Picnic Stories – Wednesdays at 12:30 p.m. starting April 20th (weather permitting outdoors at the library)

Friends of the Library Spring Book Sale is back with more hours and a wide selection of books, DVDs and more, most items for \$1 or under! Here are the book sale days and times:

Members Only Sale, Wednesday, April 20th from 4-8 p.m. Join at the door for only \$10 to have first access to the great selection.

#### **Public Sale Dates**

Thursday, April 21st from 10 a.m. to 7 p.m.

Friday, April 22nd from 1 p.m. to 7 p.m.

Saturday, April 23rd from 9 a.m. to 2 p.m.



Details on the programs below are available on the library website (https://www.bellinghamma. org/library/kids) and calendar (https://bit.ly/3xMECCt)

After School Kids (ASK), Chess Club for Kids Grades 4-9, Film Fridays\*, Mother-Daughter Book Club, Ring a Ding, STEAM Time, and Teen Room Activities. Please check the current mask policy before attending.

\*Please note that Film Fridays will not resume until late April at the earliest.

#### **Other Adult Programs**

Additional details of these programs are available on the library calendar (https://bit. ly/3xMECCt)

- Bellingham Skein Artists Adult Knitting Group, drop-in group, meets weekly on Wednesdays at 5:30 p.m.
- Book Club generally meets on the first Monday of the month, email Reference Librarian Cecily Christensen at cchriste@cwmars.org for details.



- Friends of the Library generally meet on the second Tuesday of the month at
- 7 p.m. Email library@bellinghamlibrary.org for details.
- Library Board of Trustees generally meets on the second Thursday of the month at
- 7 p.m. Email library@bellinghamlibrary.org for details.
- Adult Writing Group generally meets on the second Monday of the month at 6:30 p.m. Email marjorie@ marjorieturner.com for details.

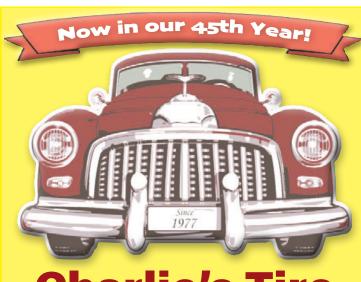
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### Franklin Town News now has its own Facebook page!



Franklin Town News on Facebook to keep up-to-date with articles, events, giveaways and contest announcements for Franklin!



### **Bellingham Receives \$800K Community Development Block Grant**

State Representative Michael Soter and Bellingham Town Administrator Denis Fraine announced that Bellingham will receive \$800,000 through the Community Development Block Grant Program. Funding received in this round of the grant program will be used for housing rehabilitation assistance to 11 units and accessibility improvements to Harpin Street.

Bellingham has operated a successful housing rehabilitation program continuously since 2010 and sporadically before that for another decade. Since 2010, the program has rehabilitated 99 units of housing, most owned by elderly and low-income homeowners. Over the span of the program, repairs have included accessibility modifications for disabled residents, replacement of roofs, heating systems, electrical and plumbing repairs, etc. Assistance is provided in the form of a 15-year, deferred payment loan that is forgiven over the terms of the loan. No interest is charged, and no payments are required. This frees the modest amount of income the homeowner has for other basic living expenses while providing them a safe and habitable place to live.

The proposed Bellingham Housing Rehabilitation Program (BHRP) will assist 11 low-or moderate-income (LMI) households in Bellingham to make needed home repairs they could not otherwise afford.

Funding received under this program will also be used for what has been coined as the Harpin Street Architectural Barrier Removal (ABR) Project. This plan calls for the removal of barriers at 26 locations along Harpin Street, including the construction of 12 new ADA-compliant ramps, the reconstruction of 4 substandard existing ramps, and improvements to remove barriers at 10 other locations along 1,035 linear feet of Harpin Street. In addition, work will also be done to replace deteriorated sidewalks and establish new sidewalk routes in places where they currently do not exist.

"The town of Bellingham has sponsored an impactful housing rehabilitation program for many years," commented State Representative Michael Soter. "The town's commitment to taking care of its residents is like none other. Furthermore, this grant will also provide funding to make improvements to one of Bellingham's most sensitive areas. In addition to hosting multiple school buildings, Harpin Street is an epicenter for the town's sports activities. Improving safety and accessibility in this area is a great project for all."

"Bellingham's \$800,000 award is great news for low- and moderate-income homeowners looking to perform necessary repairs to failing roofs, boiler systems, windows, and other necessary home improvement projects. This program provides

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0% financing which is fully forgiven after 15 years, a great way to get necessary repairs completed. Thanks to the leadership of our legislative delegation led by Rep. Michael Soter, Bellingham will be able to continue of-

fering this program for another year."

Both Fraine and Soter explained that grant funding opportunities like this one provide the town with the capital needed to tackle key projects.

### Bellingham/ Franklin Animal Control Rabies Clinic

Date: April 30, 2022 Time: 9 a.m. – 12 p.m. Location: Bellingham DPW, 28 Blackstone St. Fee: \$20

If you do not have paperwork regarding your pet's rabies vaccination history, your pet is eligible for a 1-year vaccination. If you have up-to-date paperwork, your pet is eligible for a 3-year vaccination. All cats MUST be brought in a carrier, while all dogs MUST be on a leash.

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### **Ladies April Meeting Slated for After Easter**

The Ladies of St. Anne business meeting will begin at 6 p.m. on April 21, in the Saint Blaise Parish Hall. 1158 South Main St Bellingham. All are asked to bring baby items for our "baby shower" donation to Abundant Hope Pregnancy Resource Center, Attleboro, Mass.

Immediately following the meeting will be a Movie Night with popcorn and our tradition of ice cream sundaes at intermission. So, put on your jammies or comfy sweats and join in the fun!

All ladies 18+ residing in Bellingham are invited to join the Ladies Sodality. For more information, please contact Jay Castonguay at (774) 262-9605.

#### Four Easter Baskets to be Raffled

Hop on down to purchase your raffle tickets for Easter Baskets which go on sale after masses beginning in April or can be purchased from Ladies of St. Anne members until April 10 when the drawing will take place after the 10 a.m. Mass. Ticket costs are \$1 each, 3 for \$2 or 7 for \$5. Two adult baskets will

include fine chocolates, wine, snacks, etc. Two children's baskets will include wrapped candy, stuffed animals, games, books, etc. You can specify either child or adult when purchasing your tickets. Funds raised will benefit the Sodality's Scholarship Program.

**The Ladies pictured** won the contest for colorful, original and pretty tee shirts in honor of St. Patrick. Left to right: Beverly Sherrill, Renee Camara, Dottie **Boylan, and Denyse** Lyden. Photo used courtesy of Beverly Sherrill.

Bellingham **Public Schools Receives** Accelerating **Literacy Learning** for High-Quality Instruction **Materials Grant** 

Representative Michael resentative Soter. "Our J. Soter [R-Bellingham] is pleased to announce \$157,500 in funding for Bellingham Public Schools through the Accelerating Literacy for High-Quality Instruction Materials Grant. This grant is intended to equip schools and districts with the high-quality core instructional materials needed to accelerate literacy learning and will support schools and districts to purchase initial professional development for educators to implement those materials.

"I am pleased to have fought for and received this grant for Bellingham Public Schools," said Rep-

children deserve every resource we can give them. Investing in our next generation will pay great dividends. This grant will also ensure that our teachers have the necessary skills to promote student success and achievement."

"We are so excited for this grant opportunity," said Bellingham Public Schools Superintendent Peter Marano. "This will allow us to update all of our ELA curriculum throughout the entire district. A special thank you to State Representative Michael Soter, who continues to support the important education initiatives in Bellingham."



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# **Coming Up at the Bellingham Senior Center**

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

### Anyone can Paint: Oil painting classes at the Senior Center

Join professional art instructor Darrell Crow on Wednesdays this month – 4/6 and 4/13, from 1-3 p.m. to paint "The Old Mill.". Special senior rate of \$25 per painting, all supplies will be provided except for paint brushes, easels, and paper towels. You can learn more about Darrell by visiting his website: www. darrellcrow.com

#### Myths & Miracles of Victorian Medicine, April 15, 1 p.m.,

Be prepared to cringe, chuckle, and ah-ha, as you discover the horrifying procedures and milestone discoveries that characterize turn-of-the-century medicine! Proper Victorian lady Miss Myrtle Mills (played by Janet Parnes, of Historical Portrayals by Lady J.) will reveal the primitive practices as well as lifesaving advances of late-Victorian medicine. She will also share her sometimes conflicted perspectives on medical matters. Her appearance is funded by the Bellingham Cultural Council, which is funded by the Massachusetts Cultural Council.

Vivilicious Artisanal Delicacies Special Event (includes chocolate tasting!), May 5th, 1 p.m., Contact the Senior Center to sign up or for more information. You might also visit: www.vivilicioustreats.com.

A new program for the Senior Center, the YMCA's Diabetes Prevention Program, and the Medicare Diabetes Prevention Program is currently enrolling for Spring classes. These classes will be offered in both a virtual and in-person. To enroll or for more information, please call or email the Program Coordinator

at (508) 643-5271 or Donnah@ hockymca.org.

**Celebrate Volunteers:** An event is being planned for next month to acknowledge all the volunteers who keep the Senior Center open and thriving. Invitations to a late luncheon and celebration are going out. If you're a volunteer and don't get an invite, please let us know. (508) 966-0398. The COVID pandemic prohibited such a celebration for three years and now, we're back!

Pre-Memorial Day Concert, Friday, May 27, at 1 p.m., Ruth Harcovitz, a former Ms. Massachusetts USA, will perform songs of the World War Two era. She has performed at more than 50 senior centers across the Commonwealth. She'll sing attired in a World War Two WAC uniform, and offer timely commentary and engaging stories. Her appearance is funded by the Bellingham Cultural Council, which is supported by the Massachusetts Cultural Council. Reserve your spot by calling (508) 966-0398

**On May 12,** our first cookout at 4 p.m. Come on out, see old friends and make some new ones. On the menu: Sausage/peppers/onions specialty sandwich, plus burgers and dogs. MMMM good! (At least everybody told me they were.) Rain or shine, and we have the new pavilion to enjoy.

**On May 21,** the BESG will host a spaghetti and meatball dinner for veterans. Price is \$12 each and vets eat free. Any profit we make will go to the Semper Fi Fund. This dinner was started by the Corriveau family and we're delighted to continue their efforts. RSVP, please.







### **Norfolk County Real Estate Market Slows in February**

Norfolk County Register of Deeds William P. O'Donnell reported that February's numbers relative to Norfolk County real estate activity show a fairly sharp drop as compared to February 2021 and January's numbers.

"Our data indicates that the Norfolk County real estate market in February was sluggish when compared not only to February 2021 but also to January," noted Register O'Donnell. There were 10,291 documents recorded at the Norfolk County Registry of Deeds in February, a 34% decrease over last year's February document volume and an 11% decrease from January.

"The number of deeds for February 2022, which reflect real estate sales and transfers both commercial and residential, decreased by 19% from February 2021 and by 32% from January. Sale prices increased significantly compared to last year but now appear to be leveling off. February's average sales price was \$1,218,942, an impressive 42% increase compared to February 2021 but down 15% from January. Total dollar volume of commercial and residential sales also showed gains from one year ago, increasing 14% but are down

42% from January," noted the Register. "It remains to be seen if this trend continues into March."

Overall lending activity showed a decrease again for the month of February. A total of 1,940 mortgages were recorded during the month, a 56% decrease compared to a year ago and a decrease of 17% from January. "It appears that many consumers have already refinanced given the past low interest rate environment," noted O'Donnell.

A continuing cause for concern in Norfolk County, however, is the increase in foreclosures. The Norfolk County Registry of Deeds has been closely watching the foreclosure market. During February, there were 8 foreclosure deeds recorded as a result of mortgage foreclosures taking

place in Norfolk County. In addition, there were 27 Notices to Foreclose, the first step in the foreclosure process, recorded in February, up from 18 recorded in January. In February 2021 there was only 1 Foreclosure Deed and 6 Notices to Foreclosure Mortgages filed. "The sharp increase in these numbers remind us that even more of our neighbors are now facing financial challenges", said O'Donnell. "We will continue to monitor these numbers."

For the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action Programs, (617) 479-8181 x376, and NeighborWorks Housing Solutions, (508) 587-0950 to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at (617) 727-8400. Register O'Donnell stated, "If you are having difficulty paying your monthly mortgage, please consider contacting one of these non-profit agencies for help and guidance."

To learn more about the Norfolk County Registry of Deeds, like us at facebook.com/NorfolkDeeds or follow us on twitter. com/NorfolkDeeds and Instagram.com/NorfolkDeeds.

The Norfolk County Registry of Deeds is located at 649 High Street in Dedham. Learn More at www.norfolkdeeds.org. Residents can also call (781) 461-6101, or email registerodonnell@norfolkdeeds.org.





# **Calling all Golfers and Sponsors! Save The Date!**

Bellingham Lions Annual Scholarship Golf Tournament which will be held at New England Country Club on Monday May 23rd. 8 a.m. Shotgun start.

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## "Let's Play Ball!" Still the Call for Senior Softball Players

By Judith Dorato O'Gara

Once an athlete, always an athlete. That love of playing sports doesn't fade with age, as members of the coed Eastern Massachusetts Senior Softball (EMASS) will tell you. The league welcomes slow-pitch softball players age 50 and over of all skill levels.

John Neas, of Franklin, has played in other leagues but played the last four seasons with EMASS. "It's good exercise, good camaraderie and great fun!" he says. The 71-year-old plays on a team with his brother Saturday mornings, but notes, "some of the guys and gals play in two or three divisions each week."

With over 400 members, the league attracts players across Eastern Massachusetts with games on fields in Wayland, Medfield, and Framingham. The EMASS season opens in early May, with 18 weeks of regular season games scheduled through Labor Day and year-end playoffs in early October.

"We are preparing for growth by rebalancing our Saturday divisions and adding a new weekday division to expand from 35 teams to over 40 teams," said Walker Royce, Commissioner of EMASS.

Tom Galindo, of Bellingham, has played EMASS Senior Softball for 20 years. A baseball player since childhood, and softball player since graduating col-

lege, Galindo looks "forward to ...the activity, the competitiveness – even though we're the age we are. I play in the Metro, the senior division. It's for the older guys, but it's still competitive, and it's a lot of fun. The rules are there because of the age, obviously, but it doesn't take away from the game."

Many EMASS players in their fifties and sixties can still hit a ball over 300-foot fences or run down a deep line drive in the outfield.

Galindo says that, although his skills aren't what they used to be, "You want to perform well. You're out there to have fun, but you still want to beat the other team. Some guys still hit the ball really hard, but for the most part, your days of sliding and taking out the second baseman are over. They try to be cognizant of people's welfare."

Michael Walker-Jones, of Franklin, found the league 22 years ago. When he first began, he was working full time, and coaching and refereeing soccer, so he found weekend games convenient. Having played in another "excellent" 35+ league, Walker-Jones realized, at 50, that he sought fun, while some younger players "were still looking to get into the World Series." Still, he says, "If you get out there and watch us on a Saturday, you wouldn't think we're retired."

Walker-Jones appreciates the league "trying more and more to bracket off the age groups so you don't have 75-year-olds competing with 55-year-olds." He adds, "There's great camaraderie, and as I got older, it was just the place to be. My only regret is I have not seen an increase in the number of women, and I haven't seen enough men or women of color. I would love to see more. If you like ball ... come and join us."

Good sportsmanship is a huge draw. Mike Tutin, at 53, joined EMASS last year to play alongside his brother. EMASS, he says, "is definitely laid back. No one really critiques or complains. You get your people that are hard core, but I was lucky. The team I was on was the best group of guys you could play with. It was so relaxing and fun, and the rules make it easier. You're not going to get blown out, you always feel like you're in the game, and you're not stuck up there for three hours to get up to bat. It's very rare you see someone so upset they walked off the field. A lot of times people are laugh-

ing after the game."

EMASS Senior rules, such as a third base commitment line, says Tutin, ensure player safety.

"Here we are in our 60s, 70s, or 80s, but just like when we were playing

little league, we are always kidding around or giving someone a 'nice hit' or 'nice catch.' I believe it keeps you healthy being outside and interacting with people your age and different backgrounds. It gives you the opportunity to forget the worries or stress you might have and just enjoy yourself," says Donald Kelly, 70, of Franklin, who began playing as a substitute when he was under 55. The number of divisions allows people of all abilities to play, he says.

EMASS, with paid umpires and a recent investment in team manager training, umpire clinics/certification, new equipment

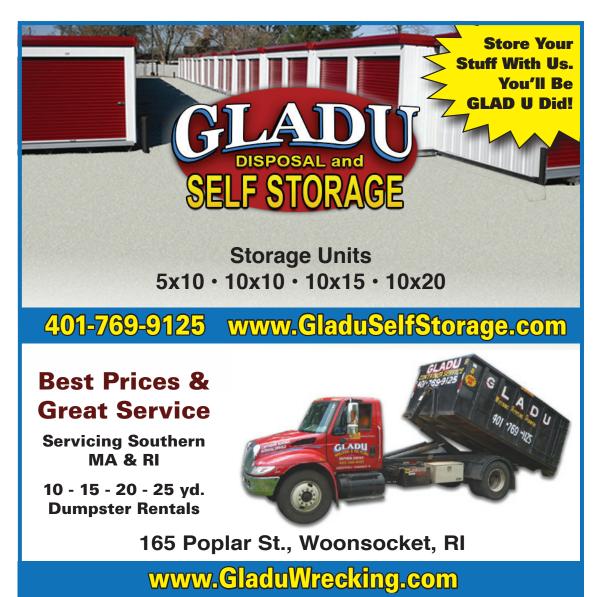


EMASS Senior Softball League player Kevin Hayes, of Bellingham, takes a swing. The league's season opens in early May.

and a rich website, will open its 2022 season with over 40 teams competing in 6 different divisions – two Saturday divisions and four weekday divisions, each playing a double header each week.

"You like to see more people join, and when they join, they come back," adds Galindo.

For more information about EMASS Senior Softball League, visit www.e-mass.org.





### Advancing Cancer Research: Local Operating Engineers Union Donates \$100,000 to the Dana-Farber Cancer Institute

The International Union of Operating Engineers Local 4, which has 24 members from Bellingham and 20 members from Franklin, announced a \$100,000 donation from their charitable foundation to Dana-Farber Cancer Institute. The donation, which was raised during the Union's 4th annual golf outing will assist the Institute's pediatric and adult cancer care and research.

The Operating Engineers Charitable Foundation, Inc. follows the Local's long track record of supporting community and national organizations. The union has historically donated millions of dollars to organizations across Massachusetts and New England. This donation to Dana-Farber Cancer Institute recognizes the groundbreaking cancer research and the nonprofit's distinguished leadership in making life-changing breakthroughs in cancer patient care.

"Local 4 is proud to support

the work of Dana-Farber Cancer Institute," said Local 4 Business Manager Bill McLaughlin. "Cancer has affected many in our communities, including our membership and our families. Dana-Farber Cancer Institute does commendable work in preventing, treating, and defying cancer by accelerating revolutionary science, and providing extraordinary care, exceptional expertise, and essential opportunities. Local 4's membership is committed to improving the lives of our communities. We are hopeful that with this contribution, the Institute will be able to continue its mission to provide life-saving treatments to cancer patients.'

"This gift is a testament to Local 4's commitment to our community," said Suzanne Fountain, Vice President, The Jimmy Fund. "At Dana-Farber, we serve hundreds of thousands of new patients every year. This contribution will be critical in our



work to pursue bold visions and creative methods to treat cancer and serve our patients and their families."

Local 4 has a long history of giving back to the communities where they live and work and has been able to support charitable organizations and causes across New England for decades. Some of the causes Local 4 supports include food banks, homeless shelters, veterans groups, ALS, substance abuse, and more. In January, Local 4 also donated \$5,124 to the Maine-based, vet-



erans organization, House in the Woods.

To learn more about Operating Engineers Local 4's various charitable contributions, visit https://www.iuoelocal4.org/ about-us/charitable-contributions/.

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# Rep. Soter Joins Other Legislators to Push State Treasurer to Divest Russian Business Holdings from Mass. Pension Fund

On Tuesday, March 1st, State Representative Michael J. Soter (R-Bellingham) and 57 other Massachusetts legislators penned a letter to State Treasurer Deborah Goldberg pushing for the divestment of all Russian business assets from the state pension fund.

The letter urged the Treasurer to "initiate a review of the state's pension fund portfolio and to take immediate action to fully divest any funds that are currently invested in Russian-owned companies." The bipartisan letter was signed by 29 Republicans and 29 Democrats, members from both the House and Senate.

"Russian President Vladimir

Putin's decision to invade the

sovereign nation of Ukraine has

drawn universal outrage and

condemnation," the letter states. "We, too, denounce these actions, which violate international accords and will lead to needless pain and suffering for the citizens of Ukraine."

Citing the economic sanctions that have already been imposed against Russia by the United States and other countries, Representative Soter and his colleagues noted in their letter that, "It is time for Massachusetts to take similar action by refusing to financially support and profit off those companies whose values run contrary to our own."

Later that Tuesday, State Treasurer Deborah Goldberg issued a letter of response in concurrence with the 58 members of the legislature. In this letter, Goldberg stated, "As Treasurer, I do not have the legal authority to act unilaterally to divest PRIT Fund holdings. Divestment requires an act of the Legislature. I welcome the opportunity to work with you on this important issue and support your efforts to divest state pension funds from Russian companies."

On March 2nd, in response to Goldberg's letter, Senator Bruce Tarr (R-Gloucester) filed SD.3025, An Act to combat unjust acts of war by Russia. This legislation would:

• Authorize the State Treasurer as well as the PRIT (Pension Reserves Investment Trust Fund) and PRIM (Pension Reserves Investment Management) board, to immediately identify and take action to divest from all companies engaged in business operations and domiciled in the Russian Federation

- Requires PRIT and PRIM to submit the list of companies to the clerks of the House and Senate, and the Attorney General
- Requires the Secretary of State and the Division of Banks to prevent access to any cash or securities owned or controlled by the Russian Federation or by companies domiciled in the Russian Federation that are in banks that are overseen by the Commonwealth
- Authorizes the Governor acting through the Executive Office of Administration

and Finance to terminate any contracts or agreements that the Commonwealth has that would benefit the Russian Federation or any company that is domiciled in the Russian Federation

As of March 3rd, over twenty legislators from the house and senate, including Representative Soter, have signed on to Senator Tarr's bill.

Massachusetts Governor Charlie Baker indicated this week that his administration is also reviewing the state's contracts and is considering the possibility of issuing an executive order to address the Commonwealth's business dealings and interactions with Russian-based companies.

### Do You Have a Loved One Struggling with Substance Use Disorder?

#### YOU ARE NOT ALONE!

Learn to Cope is a non-profit organization that offers familyfocused peer support for parents and loved ones of those impacted by substance use disorder. LTC offers FREE weekly online ZOOM meetings where members gain education about the disease of addiction, share their experience as family members, exchange resources and most importantly, share hope.

LTC ZOOM meetings are FREE and confidential. Please visit the Contact page on our website, www.learn2cope.org and click on the Stay Connected button. A member of our team will follow up with you. For additional questions, call (508) 738-5148. Follow us on Facebook, "LTCHope" or Instagram, "l2c\_ hope"

ZOOM Meetings Monday – Thursday Weekly, 7-8:30 p.m., (Spanish-Speaking Wednesday) and 1st and 3rd Tuesday of every month (National Meeting)





### Norfolk County Register of Deeds Takes a Look at CPA Funds

The fees for the Community Preservation Act are set by the State Legislature on land documents recorded at the Norfolk County Registry of Deeds. The chart below is an illustration of the funds generated by the Community Preservation Act (CPA) in your community based on recorded real estate filings during the 2021 calendar year.

The Community Preservation Act was signed into law on September 14, 2000. Today there are 187 Massachusetts communities that have adopted this act. 19 communities out of the 28 communities that make up Norfolk County have adopted the law. As of December 31, 2019, fees collected for the Community Preservation Act were increased to \$50.00 for most land documents recorded and \$30.00 for municipal lien certificates. The Registry of Deeds, at no additional cost to the Commonwealth or local communities, collects these revenues once a land document is recorded and forwards the monies to the Massachusetts Department of Revenue on a monthly basis. The funds forwarded to the Commonwealth are then redistributed back to the communities that have adopted the Community Preservation Act.

To learn more about Norfolk County Registry of Deeds events and initiatives, like it at facebook.com/NorfolkDeeds or follow on twitter.com/NorfolkDeeds and Instagram.com/ NorfolkDeeds.

The Norfolk County Registry of Deeds is located at 649 High Street in Dedham. All land record research information can be found on the Registry's website www.norfolkdeeds.org. Residents in need of assistance can contact the Registry of Deeds Customer Service Center via telephone at (781) 461-6101, or email us at registerodonnell@ norfolkdeeds.org.

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#### NORFOLK COUNTY REGISTRY OF DEEDS

Community Preservation Act (CPA) Surcharges By Town For Calendar Year 2021

TOWN	TOTAL
AVON	\$64,775.00
BELLINGHAM	\$257,975.00
BRAINTREE	\$460,750.00
BROOKLINE	\$605,800.00
CANTON	\$359,525.00
COHASSET	\$151,925.00
DEDHAM	\$338,425.00
DOVER	\$94,225.00
FOXBOROUGH	\$223,975.00
FRANKLIN	\$440,125.00
HOLBROOK	\$142,425.00
MEDFIELD	\$201,000.00
MEDWAY	\$186,850.00
MILLIS	\$138,375.00
MILTON	\$366,525.00
NEEDHAM	\$444,575.00
NORFOLK	\$173,300.00
NORWOOD	\$333,600.00
PLAINVILLE	\$116,625.00
QUINCY	\$887,050.00
RANDOLPH	\$361,225.00
SHARON	\$255,625.00
STOUGHTON	\$367,625.00
WALPOLE	\$349,300.00
WELLESLEY	\$349,950.00
WESTWOOD	\$224,400.00
WEYMOUTH	\$707,775.00
WRENTHAM	\$197,725.00

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### Local Students Named to Worcester State Dean's List

The following local students have been named to the Worcester State University Dean's List for Fall 2021. Dean's list honors are awarded to matriculated undergraduate students who have earned a 3.5 GPA or higher. Full-time students must have earned a minimum of 12 credits and part-time students must have earned a minimum of 6 credits.

BELLINGHAM, MA: Jordan E Houston, Molly E Hughes, Jessica M Kelly, Kaitlyn E Little, Paige S McNulty, Jared T Moore, Jenna M Winiker

#### Ryan Martin named Vice President, Portfolio Manager at Rockland Trust Investment Management Group

Rockland Trust's Investment Management Group (IMG) recently appointed Ryan Martin as Vice President, Portfolio Manager. In this role, Ryan will focus on taking a personal approach to integrating investment strategies that help position his clients appropriately to achieve their long-term goals. Ryan will be working primarily out of our Franklin office but will service clients as south as Cape Cod.

Ryan has worked in the financial services industry since 2004. Prior to joining Rockland Trust, he spent 17 years at Eastern Bank Wealth Management.

For information about Rockland Trust's Investment Management Group visit https://www.rocklandtrust. com/wealth-and-investments.

For more information about Rockland Trust, visit RocklandTrust.com.

# Be Mindful of Outdoor Smoking Hazards

# *Remember to Put It Out, All the Way, Every Time*

With warmer weather in the forecast, State Fire Marshal Peter J. Ostroskey is asking residents to be mindful of the fire hazards when smoking outdoors.

"We've got some nice weather in the forecast, and after a long winter everyone wants to spend a little more time outdoors," said State Fire Marshal Ostroskey. "If you still smoke, please be mindful of the fire hazards when you step out to smoke on a stairway, porch, or balcony."

Fires often start when smokers drop butts in planters or near the side of buildings, where dried vegetation, mulch, or debris can catch fire. They can also start when cigarettes are ground out on railings, steps, or floors, allowing embers to drift and ignite flammable materials. In a densely built neighborhood, that fire can quickly spread to other buildings and put many people at risk.

"There are no smoke alarms on the outside of the house, so an exterior fire can grow to a dangerous size before anyone is aware of it," State Fire Marshal Ostroskey said. "There's no safe way to smoke, but if you must smoke, then do it responsibly. Use a sturdy ashtray with water or sand and put it out, all the way, every time." The Department of Fire Services created a series of video and audio clips to promote the proper disposal of smoking materials on porches and balconies. They are available in English and Spanish for fire departments, fire educators, social service providers, and state or municipal agencies to use free of charge. Visit the DFS YouTube channel at www.youtube.com/DFSOSFM and view the Smoking Fire Safety playlist.

"Of all the smoking safety steps you can take, the most effective one is to quit," said State Fire Marshal Ostroskey. "You'll enjoy many more years of fresh air."



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# 17th Annual Arts in Bloom

### Calling all Artists!

Hopkinton Center for the Arts' (HCA) most anticipated art exhibition is scheduled for May 23–June 15, 2022, and we are excited to announce that this year's show will be juried by Sorin Bica.

Bica is a resident artist at SOWA artist Studios in Boston and The Mill Contemporary Art in Framingham, MA. He is also the curator and owner at Project B Gallery in Framingham, MA. Bica is represented by Barba Contemporary Art Gallery, Palm Springs CA, Fountain Street Fine Arts, Boston MA, AZ Fine Art, Chestnut Hill MA, Paula Esty Gallery in Newburyport MA and Project B Gallery in Framingham MA.

Arts in Bloom is a competitive juried annual show open to all artists. This year's theme is hope, perseverance, and the strength of the human spirit. Artwork does not have to include flowers. Sorin will choose the artwork to be exhibited and will also select six outstanding works for awards. These artworks will be honored with fresh flower arrangements designed by Hopkinton Garden Club members for the reception on May 26th. The six winning artists will receive cash prizes totaling over \$1,000.

Visit https://artsinbloom2022.artcall.org/ for details on submitting artwork. Deadline is May 2

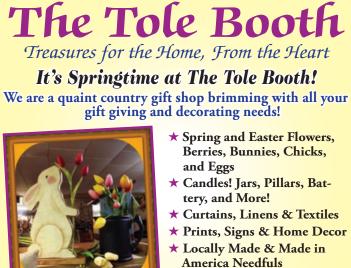
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### Bellingham Women's Softball Registration

Registration for the non-competitive Bellingham Women's Softball League will be held on April 7th and April 28th. The general meeting will be immediately following the second registration. Registration will be held at the Bellingham Library from 6 to 7 p.m.

Nonresidents are welcome, although in case of a waiting list, residents will have preference. Registration fee is \$30 for the season.

For more information, email bellinghamsoftball@gmail.com



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### **World-Class Eyecare and Cataract Surgery Closer to Home**

BY: ROGER M. KALDAWY, M.D. Milford Franklin Eye Center

Cataract surgery is by far the most common surgery performed in the United States. With advanced technology and if you choose an experienced and highly skilled surgeon, modern cataract surgery should be a rather quick outpatient and a minimal risk procedure. If you are considering cataract surgery, your expectations should not only be to improve your vision, reduce glare at night, see more vivid colors and improve your day to day activities, but you should also be given an opportunity to reduce your dependence on glasses or contacts and in many cases eliminate this need. Your expectations should also be to have your surgery by a world-class surgeon close to where you live and not be told to travel hours for testing and surgery. Many choices exist on where to have the surgery and by whom. Here are the specific questions to ask when it's time to have the surgery:

Franklin, MA 02038

- **1**. Why are you referring me to this surgeon? Your optometrist may ask you to travel miles and hours away from home to have your surgery with a particular surgeon of their choice. When you have experienced surgeons within minutes from where you live and when those top-notch ethical surgeons with excellent nationwide reputation will perform your surgery in a state-of-the-art surgery center closer to home. Ask your provider why they want you to travel hours and miles away. Unfortunately, if you dig enough, you will find the only reason for this remote referral is financial and business-related interest your provider has with the far-away surgeon. Beware referral bias. In our center, 100% of the surgeries are performed in a state-of-the-art facility in Milford. Very close to home. Your interest comes first.
- 2. What is my cost? Did you know that when your optometrist refers you to a surgeon who will perform your surgery at a hospital your insurance deductible and co-insurance will be higher at a hospital? If this is happening to you, we are available for a second opinion! All our surgeries are performed at an ambulatory surgery center in Milford with potential cost savings to you.
- 3. What type of anesthesia am I going to get? With modern cataract surgery, most surgeries should be completed under topical anesthesia. This means that the surgery eye becomes numb with drops. No need for injections or shots around or behind your eye. No shots will reduce the risk of bleeding and serious complications from the shots. Ask about the techniques of the surgeon you are being ask to travel to see. In our center,

Milford, MA 01757



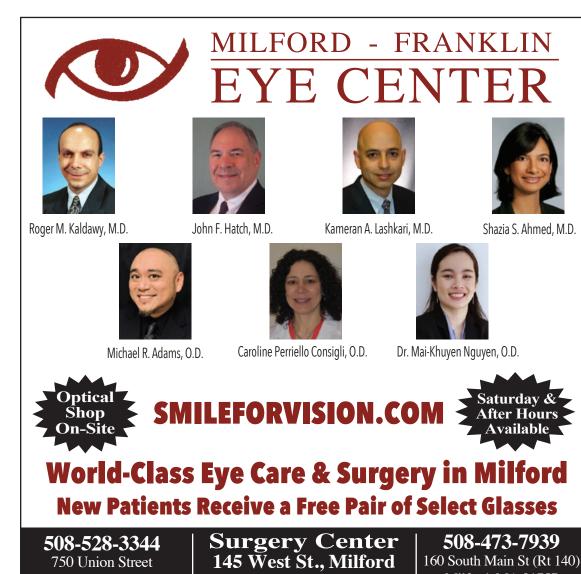
100% of the surgeries are performed under topical simple anesthesia.

- 4. What are the risks? One of the most dreaded risks of cataract surgery is accidental damage to the posterior capsule, which is the back wall of the bag holding your lens. Ask about the complication rate of the surgeon you are being asked to travel to. In our center this rate is close to zero percent.
- 5. What is the rate of infections in your center? Another potentially devastating risk of cataract surgery is an infection inside the eye called "endophthalmitis". Ask the complication rate of the surgeon you are being asked to travel to. In our center this rate is close to zero percent.
- 6. What type of technology is available at your surgery facility? Different centers have different equipment and resources. For instance, Massachusetts has only few centers offering laser-assisted bladeless cataract surgery. This should be an option

if you want to reduce dependence on glasses and treat low grades of astigmatism at the same time as your cataract surgery. Our center was among the first in the State and New England to offer this technology. Did you know that many hospitals and other centers do not offer laserassisted bladeless cataract surgery? We do!

**7.** What type of implant am I going to get? Different lens implants can be used during cataract surgery with different materials, quality and ability to reduce your need for glasses. Ask your referring provider about his/her surgeon choice of implants. Our center was the first in the greater Boston area to offer the new diffractive and extended-focus implants. With those implants you can see clearly at distance, close and intermediate like your phone and computer screen with little or no dependence on glasses.

**EYES** continued on page 21



508-381-6040

#### EYES

continued from page 20

- 8. Will my need to wear glasses be reduced? Cataract surgery is a wonderful opportunity to limit or eliminate your need for glasses. As the surgeon removes the cataract, there is an opportunity to replace the cloudy lens with a special high-tech implant able to achieve this goal. Ask your referring provider about his/her surgeon of choice ability to achieve those goals. Our center has many happy and glasses free patients.
- **9.** Will I have stitches? It is ideal to eliminate the need for stitches such as the surgery is a no-stitch surgery. Placing a stitch can be complicated by stitch induced astigmatism, a foreign body sensation and a broken and irritating stitch. Ask your referring provider if his/ her surgeon of choice is still using stitches. 100% of our cataract procedures are stitch-free.

day 1 after the surgery? One of the measurements defining quality of outcomes after cataract surgery is the quality of vision on day 1 after the surgery. Surgeons should strive to make the vision correct to as close to best as possible on day 1. Ask your referring provider about his/her surgeon of choice ability to achieve this outcome. Our center has many patients with happy 20/20 vision on day 1 after cataract surgery.

**10.** What will be my vision on

Cataract surgery is all about better precision, more safety and excellent outcomes. At Milford Franklin Eye Center, Dr. Kaldawy is proud to have been the first surgeon in the area and among the first in Massachusetts to offer bladeless laser assisted cataract surgery and the first surgeon in the greater Boston area to implant the PanOptix and Vivity lens implants. We offer bladeless laser cataract surgery. We implant high quality premium lenses, with correction for distance, near and everything in between. Many cases of astigmatism are no longer a problem. Our percentage of posterior capsule complications and infections is one of the lowest in the Nation. No more need to travel hours for your cataract surgery! You do not even have to travel to Attleboro! We operate in a state-of-the-art surgery center in Milford offering bladeless laser cataract surgery. Our surgery center passed certification and accreditation by the most rigorous State and National accreditation agencies. 100% of the surgeries are performed under topical anesthesia, so only drops, no need for shots and no need for stitches. Brand new gorgeous office in Franklin and a second location in Milford. Over 30 thousand procedures performed and 7 providers with your interest in mind offering the best cost-efficient surgical care in an ambulatory surgery center closer to home.

For more details, see our ad on page 20



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#### GOLD SPONSOR - \$500

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- 2 free golfers!
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- Commemorative Putting Green Flag embossed with your company's name, will be yours to keep and display at your place of business.

#### EAGLE SPONSOR - \$250

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- Hole Sponsor Sign on Tee
- Commemorative Putting Green Flag embossed with your company's name, will be yours to keep and display at your place of business.

#### **BIRDIE SPONSOR - \$150**

- Hole Sponsor Sign (18"x24") on Tee
- Commemorative Putting Green Flag embossed with your company's name, will be yours to keep and display at your place of business.

#### PAR SPONSOR - \$100

Hole Sponsor Sign (18"x24") on Tee

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# Bellingham Historical Commission to Display Donated Miniature House at Taft Museum

Dianne and Dennis Slopak donated to the Bellingham Historical Commission a miniature exact replica doll house of Dianne's grandparent's house, located at 156 Mechanic Street (Rt 140) in Bellingham that will be on display at the Ernest A. Taft Jr. Historical Museum when it reopens in a few months. This miniature house depicts what life was like in the 1960s at a typical family holiday. Dianne built the doll house with her husband's assistance. They took great care to furnish the house as authentically as possible.

As she was growing up, Dianne spent a lot of time with her grandparents, Alcide (John) and Anna Bruneau. The Bruneaus purchased the house, built in the 1820s, in the 1930s. Her grandparents lived on the Garelick farm in Franklin until they purchased this house. The Bruneaus were good friends with the Patrick family, whose farm in Bell-



ingham was nearby.

After the house was sold to a relative it underwent extensive renovations. The house as it is today is altered at the back, but the front retains the original footprint.

The historical museum is still undergoing extensive renova-

tions, and the Historical Commission hopes to reopen the building before summer. The Historical Commission looks forward to sharing the historical treasures of Bellingham in the near future, including this generous donation from the Slopak family.



Shown, Dennis and Dianne Slopak from Connecticut, with the replica of Dianne's grandparents' Bellingham house as it was in 1960. The Slopaks recently donated the house to the Bellingham Historical Commission, which will display the dollhouse as an exhibit at the Ernest A. Taft Historical Museum when it reopens in the near future.

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### **Bellingham Business Association to Present:**

State of the Town Meeting and ELECTIONS

**Speakers:** Denis Fraine, Town Administrator and Larry Sposato, Town Clerk

Date: April 13, 2022

**Place:** Bellingham Senior Center, 40 Blackstone Street, Bellingham, MA

Catered by: PJ's Bar & Grill

**Time:** 6 - 8 p.m.

Cost: Members \$25

RSVP: By April 11th

WEBSITE: www.bellinghambusinessassociation.org

**EMAIL:** contact@bellinghambusinessassociation. org

FACEBOOK: @BellinghamBusinessAssociation



## Library Resource of the Month – Kanopy

Kanopy is an on-demand streaming video platform that offers films and documentaries free-of-charge with your library card! There are over 27,000 titles to choose from that you can instantly stream, with more being added daily. There is also a Kanopy Kids collection, which is appropriate for children ages 2 and up, with a focus on children ages 2 through 8.

Some of the categories for adults include Oscar Winners and Nominees, British Cinema, Bingeable Shows, New and Noteworthy, Trending Now, Family Movies, Classic Hollywood Films, From Book to Screen, Coming of Age Stories, Popular Thrillers, Crime, Popular Mysteries, Romantic Comedy, Asian Cinema, Italian Cinema, Cult Film Favorites, Horror, Action, Documentaries, and this isn't even the entire list! At the top of the Kanopy screen there is a Search bar where you can search by video title and subject. There is also a Browse feature where you can select various subjects. Content is from many big-name

production companies like Paramount and HBO Documentaries.

Once you press play, you have 3 days to watch a film an unlimited number of times. Each patron is allowed 4 "play credits" per month, which means you can watch up to 4 films each month. The number of play credits you have left each month is displayed at the top of the Kanopy screen once you sign in. You are also able to watch up to 2 series from The Great Courses per month.

There is a "Watch List," where you can save films to watch later. Saving films to your Watch List doesn't affect your play credits. If your play credits are getting low for the month and you find other content you would like to watch, you can put them in your Watch List, so you can easily retrieve them the following month to watch when your credits go back up to 4.

Kanopy Kids features a collection of films and TV series that inspire and inform, helping children develop social and emotional skills and reinforcing

valuable learning topics such as history, science, and new languages. Kanopy Kids has a diverse selection of educational

and entertaining content that range across movies, TV series, animated storybooks, live action, and animated favorites. Focusing on children ages 2 through 8, parents can also choose to implement parental controls to enable them to stay within the dedicated Kanopy Kids area for age-appropriate content. To access Kanopy Kids, sign into your Kanopy account and select "Go to Kanopy Kids" from the top of the screen. There are unlimited plays in Kanopy Kids, so your children are free to explore enriching, educational, and entertaining films and TV series without the 4 films per month limit that adults have.

To access Kanopy, go the Bellingham Library's website at www.bellinghamlibrary.org. Click on the Online Resources tab, and then click Digital Music, Movies & TV. You will need to sign in with your Bellingham Library card and create an account. Start watching today!

# Announcers Wanted for ABMI Cable TV

Access Bellingham Mendon Inc. (ABMI) is always looking for sports announcers for local sports coverage. Anyone who would like to try announcing a game for ABMI can call the station at (508) 966-3234 for details. We cover various sporting events, like football, hockey, soccer etc. Experienced announcers are preferred but not required.

#### **Channel Listings**

**Comcast (Bellingham & Mendon, MA)** ABMI Public Channel - Channel 8 Government Channel - Channel 11 Education Channel - Channel 98

#### Verizon (Bellingham, MA)

ABMI Public Channel - Channel 47 Government Channel - Channel 45 Education Channel - Channel 43





### Second Annual Bellingham HS Baseball Golf Classic May 16, 2022

The 2nd Annual Bellingham High School Baseball Golf Outing will be held Monday, May 16th, 2022 at New England Country Club.

The primary mission is to help Bellingham High School Baseball with needed equipment, resources and general support to provide best opportunity for our student athletes.

The golf outing will include food at the turn, hole in one contest, longest drive, air cannon hole, putting contest, raffle and prizes to the winning teams.

Hole sponsorship and donations are more than welcomed if you cannot attend.

Find information at:

 $https://2022\-annual-belling ham-varsity-base ball-golf-classic. perfect golf event. com/registration$ 

# Thimble Pleasures Quilt Guild Scholarship Deadline May 1st

The deadline for the Thimble Pleasures Quilt Guild annual \$1,000 scholarship which is awarded to a student who is planning to study in the field of visual arts, design, or textile arts is May 1, 2022. Applications are available from your school's Guidance Counselor or online at www. thimblepleasuresquiltguild.blogspot.com.



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families so that they can bond and share experiences as they learn and progress through the ranks of martial arts together.



#### Bellingham Kenpo Karate

116 Mechanic St., Bellingham MA (directly across from post office) 781-856-5914 KarateBellingham.com

# Save the Date!

Franklin Bellingham Rail Trail Committee 5K

#### May 7, 2022

The 11th Annual FBRTC 5K Road Race is scheduled for May 7, 2022. Registration is open! Follow this link for more information: Road Race or https://www.franklinbellinghamrailtrail.org/event/11th-annual-fbrtc-5k-roadrace/







# Milford Regional to Receive \$1.6M in FEMA Reimbursement for COVID-19 Pandemic

The Federal Emergency Management Agency will be sending almost \$1.6 million to the Commonwealth of Massachusetts to reimburse Milford Regional Medical Center for the additional costs of operating safely and handling increased patient loads during the COVID-19 pandemic.

The hospital, affiliated with the University of Massachusetts Medical Center, will receive a total of \$1,577,919 in federal funding through FEMA's Public Assistance grant program to reimburse the costs of a variety of COVID-19 response measures taken between January and June 2020, including:

- Purchasing personal protective equipment (PPE) and testing for its front-line healthcare workers;
- Construction of a temporary facility and necessary furnishings and equipment for triage and assessment of COVID patients;
- Disseminating safety and health information to staff and the public.

"FEMA is pleased to be able to assist Milford Regional Medical Center with these costs," said FEMA Region 1 Regional Administrator Lori Ehrlich. "Providing resources for our partners on the front lines of the pandemic fight is critical to their success, and our success as a nation."

FEMA's Public Assistance program is an essential source of funding for states and communities recovering from a federally declared disaster or emergency.

So far, FEMA has provided almost \$857 million in Public Assistance grants to Massachusetts to reimburse the commonwealth for pandemic-related expenses.

Additional information about FEMA's Public Assistance program is available at https://www. fema.gov/public-assistance-local-state-tribal-andnon-profit. To learn more about the COVID-19 response in Massachusetts, please visit https:// www.fema.gov/disaster/4496

### Advisory: New Report Shows Dealership Consolidation Makes Massachusetts Farmers' Lives Harder

Manufacturer-Imposed Restrictions Can Prevent Farmers from Fixing their Own Tractors. Leaves Fewer Repair Choices

Many farm equipment manufacturers prevent Massachusetts farmers from accessing the software tools they need to fix their modern tractors. That forces farmers to turn to corporate-authorized dealers for many problems, which can lead to high repair bills and delays that can put their crops—and their livelihoods—at risk. While farmers have always relied on local dealerships for help, more and more those dealerships have been bought up by large chain networks, further reducing competition and exacerbating the problems farmers already face due to repair restrictions. The release of a new report, "Deere in the Headlights II," which demonstrates how consolidated dealerships have become and how these large chains can reduce choice for Massachusetts farmers. We will reveal which tractor-maker's dealerships are most consolidated and talk about how this trend impacts farmers' livelihoods and how the Right to Repair could dramatically increase farmers' repair choices.

# Bar Association of Norfolk County to Offer Free Legal Clinic April 5th

The Bar Association of Norfolk County's next Free Legal Clinic will be in person on Tuesday, April 5th from 6 p.m. - 8 p.m. at the Quincy District Court, 1 Dennis Ryan Pkwy for those in need of legal assistance. Attorneys experienced in all areas of the law will be available for a free one on one confidential consultation, to those who have questions or concerns regarding a legal issue.

#### Board of Health:

# The Breakdown of COVID-19 Cases in Bellingham

Latest Bellingham COVID-19 cases as of Monday, March 21, 2022. These numbers will be reported on Monday's and Thursdays only, unless there is a significant increase or event that warrants daily reporting. MAVEN (Massachusetts Virtual Epidemiological Network) system, at which time a number of things are triggered. The Board of Health and our Public Health Nurse are notified automatically, at which time the person

Confirmed/Probable - 3842 Active Confirmed - 4 Active Probable -2 Recovered - 3825 - 99% Deaths - 11\*

\*The way COVID deaths are being counted has changed. Instead of counting a death as being attributed to COVID within 60 days of diagnosis, it is now being counted as attributed to COVID within 30 days of the COVID diagnosis. As a result, we now have 11 deaths attributed to COVID.

For more information regarding vaccination numbers for the town, please go to; https://www. mass.gov/info-details/massachusetts-covid-19-vaccinationdata-and-updates

Email any questions regarding COVID19 to Covid19@ bellinghamma.org

The identity of these individuals cannot be released. Public health officials will identify contacts of the case-patients and will notify these individuals of their exposure so that they will take protective measures

We have received several phone calls and posts on our webpage regarding the process "What happens when someone tests positive"? When a person has tested positive their results automatically populate into

Epidemiological Network) system, at which time a number of things are triggered. The Board of Health and our Public Health Nurse are notified automatically, at which time the person who has tested positive is contacted and interviewed. Those who test positive are placed in isolation and monitored. Those possible exposed individuals are then identified and contacted by our Public Health Nurse or their Towns Nurse if they don't live in Bellingham. They will be advised of the potential exposure and receive recommendations of what to do. In the case of exposure to the virus, individuals will be placed in quarantine for 14 days and be monitored for symptoms. This is the process that has been outlined by DPH and is being followed all over the state. Due to HIPAA requirements we are not allowed to release any additional information to the general public. Rest assured that someone is following up on all cases that are

reported. Practice social distancing by avoiding groups of people and keeping a distance of six feet from others; Avoid close contact with people who are sick; Avoid touching your eyes, nose, and mouth with unwashed hands; Wash your hands frequently with soap and water for 20 seconds or longer, and use a hand sanitizer with at least 60 percent alcohol if soap and water are not available; Cover coughs and sneezes, throw tissues away and wash your hands immediately afterward; And clean and disinfect frequently touched objects and surfaces.

More information on how to prevent the spread of COVID-19 and Frequently Asked Questions and Answers are available on the town's webpage www.bellinghamma.org This page also includes information on support services for residents and businesses and volunteer and donation opportunities, and it will be updated daily. If you have questions that can't be answered with online, please contact the Health Department at (508) 658-2860.

The health and safety of residents and the community are the top priority of all town officials. By working together and supporting each other we will meet this challenge.

To submit a question via email to the Local Emergency Management Team, email covid19@ bellinghamma.org

### **Coffee with the Sheriff**

The "Coffee with the Sheriff" tour is a chance for residents of Norfolk County to meet with Sheriff McDermott in their hometowns and discuss issues important to them. This is an evolving schedule, so check back regularly for updates and new times/locations.

For upcoming *Coffee with the Sheriff* events, visit https://www.norfolksheriff.com/coffee.

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### Blackstone Valley Tech Golf Tournament June 13th

The golf carts are filling up quickly, so gather your foursome together and join us at our 23rd Annual Golf Tournament.

The event is a joint effort of the Valley Tech Education Foundation and our Athletic Department. Proceeds benefit the enhancement of educational and athletic activities for our students and the community.

#### Monday, June 13th

Highfields Golf & Country Club Grafton, MA 9 a.m. – Registration 10 a.m. – Shotgun Start

The day promises to be full of fun and friendly competition.

For your convenience there are two ways you can register and pay for the golf tournament:

#### 1. Online

Fill out one or more of the online registration forms to

- sign up for the tournament (https:// www.valleytech.k12.ma.us/site/Default. aspx?PageID=1396)
- sponsorship opportunities (https:// www.valleytech.k12.ma.us/site/Default. aspx?PageID=1397)

- donate a raffle item (https://www. valleytech.kl2.ma.us/site/Default. aspx?PageID=1398)
- make a tax-deductible contribution (https://www.valleytech.k12.ma.us/site/ Default.aspx?PageID=1398)

Then secure your spot by making your online payment.

#### 2. Print

If online registration is not your thing, you can register for the tournament and sponsorship opportunities, donate a raffle item, and/or make a tax-deductible contribution by downloading our golf tournament brochure: (https://www.valleytech.k12. ma.us/cms/lib/MA01907491/Centricity/ Domain/224/23rd%20Annual%20Golf%20 Tournament%20Brochure.pdf )

Simply fill out the registration form and make a check payable to Blackstone Valley Tech and mail it with the form to:

Blackstone Valley Tech Attn: Business Office 65 Pleasant Street Upton, MA 01568

Note: The registration deadline is Friday, May 27th.



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### **Bellingham Native** to Run Boston **Marathon for NECC**

Bellingham native and current San Diego resident Alexa DiAntonio is channeling her love for running to raise money as a member of The New England Center for Children's (NECC), Boston Marathon team and will run the 126th Boston Marathon on April 18. NECC is an autism education and research organization in Southborough.

DiAntonio grew up watching her mother thrive in her career as a special education teacher, which inspired DiAntonio to help others, whether through her career or her hob-

bies. "She has taught me to treat every individual with kindness and help create awareness that children with autism can live full, productive, and rewarding lives,' she explained. "I'm running for all students who work hard every day at NECC to learn communication, social skills, and academics. My mom is one of my biggest supporters, and I am lucky to raise awareness for a mission she has spent her whole life dedicated to and to make her proud."

To read more about DiAntonio and her goals as a member of NECC's Boston Marathon team, visit: https://www.necc.org/meet-alexa-diantonio/

> Call Jen Schofield at 508-570-6544 to run in our Newspaper!



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# **Sports**

# **Achievement Defines Elder's BHS Football Career**

QB Was Team MVP 3 Times

#### BY KEN HAMWEY, Staff Sports Writer

Gavin Elder's football career at Bellingham High was all about achievement.

During his three-plus years at quarterback for the Blackhawks he played significant roles in helping coach Dan Haddad's teams qualify for the playoffs twice and win a Tri Valley League Small Division championship. That crown snapped Bellingham's 20year drought of failing to capture a TVL title.

The 18-year-old Elder also amassed some amazing statistics in the 31 games he started. His career passing yards reached 4,571 yards, he threw 40 touchdown passes and rushed for 15 scores. Last fall, his senior year, his backfield was depleted by injuries, so he shifted gears a bit and rushed for 539 yards.

Awards quickly piled up for the 5-foot-11, 175-pounder who also started on defense at safety for three years. He was a twotime captain and a three-time team MVP, the only player in the program's history to be an MVP for three seasons. He was voted the TVL's MVP as a junior and he was the offensive MVP in the Small Division his senior year. Also, the Metrowest Daily News selected him as an all-star twice. An argument could be made that his most glowing achievements occurred in academics. He's a two-time National Honor Society student and his GPA is 3.5. Those accolades earned Elder a scholarship to St. Anselm's, a Division 2 college in Manchester, N.H. where he plans to major in business and play football.

"I thank God for all my success and for staying healthy during my time in football," said Elder, who also competes as a midfielder in lacrosse. "My top personal thrills in football were being selected a captain twice and being chosen as the MVP three times. Those honors are a credit to excellent coaches and outstanding teammates."

Elder's most enjoyable team thrill was quarterbacking the Fall-2 football team his junior year to an unbeaten 5-0 record that led to the TVL crown.

"I enjoyed all my seasons in football but the Fall-2 team was an amazing brotherhood," he emphasized. "That squad had lots of talent and plenty of weapons. Our goal was to get to the Super Bowl, but because of the pandemic, there were no playoffs, and the season was limited to five games. We were confident we could be a Super Bowl team."

Many BHS grid fans had the

For updates on area wrestlers who competed in the State, All-State and New England tourneys, and for basketball and hockey teams that advanced deep into the State Tournament, go to bellinghambulletin.com.





Quarterback Gavin Elder is no stranger to MVP trophies, winning the team award three straight years.

same vibes. Elder knew it was possible because of the array of players who were motivated and committed to winning.

"We had Blake Simpson in the backfield, and he was unstoppable and tough as nails," Elder said. "Our receivers included Tyler Warren, Chris Domicant and Akeem Wynn. I had a good connection with them from my days in Pop Warner ball. They ran effective routes and had good hands. And, the offensive line was invaluable. I had lots of protection."

Haddad credits Elder for the "brotherhood" formation. "Gavin created the brotherhood by being unselfish," he noted. "Kids like Gavin don't come along very often. He thoroughly enjoyed seeing his teammates excel."

Elder relied on strengths that made him a constant threat for his opponents. His football IQ is high, he's instinctive, he has decent speed and quickness and he's a quick decision-maker. "At QB, I tried to slow the pace of the game to my speed," he offered. "I scrambled only if needed. As a passer, I was aggressive, taking what the defense gave me."

Haddad firmly believes his QB's most dynamic attribute is his work ethic. "Gavin will outwork everyone," Haddad emphasized. "His work ethic is relentless. He's also the ultimate team player, an athlete who



Playing safety on defense, Gavin Elder had five interceptions during his BHS career.

has faith in his teammates and coaches. And, his accuracy was another asset. He could complete a pass whether it was a missile or a soft throw."

Two games that Elder rates as "memorable" were a Thanksgiving Day clash with Norton his freshman year and the 36-0 shutout of Medway that led to the TVL title his junior season. Against Norton, he engineered a 50-yard drive to Norton's oneyard line that enabled John Keeler to kick the winning field goal. During the Medway encounter, Elder threw two TD passes and rushed for two points.

"The Norton game turned out to be our first victory over them in 11 years," Elder recalled. "That day was exceptionally cold. We balanced our attack with passes and runs. The drive to their one was significant, because it enabled us to win and it elevated my confidence. I thought the Medway game would be a tough battle, but it turned into a rout. That game clinched the TVL championship."

Elder rates his play at safety as "okay" but he managed to intercept five passes in three seasons. "Playing in the defensive backfield actually helped me to understand my role as a quarterback. I learned some things at safety."

Elder describes Haddad as "one of the best coaches I've had. He's a big reason for any success I've had and where I am today. He's motivating, and he showed me how to lead and how to be a better person."

Elder's collegiate future seemed like it might unfold at Assumption or Bentley, two schools that expressed interest in his ability. St. Anselm's, however, won the day. "I chose St. Anselm's because of the people and the atmosphere," he said. "They've got a great academic rating and their athletic facilities are super. The scholarship was a significant factor, but it came down to the atmosphere there."

The Hawks' head coach, Joe Adam, informed Elder that he'll get the opportunity to compete. "He emphasized that it's up to me to see what happens in the future," Elder said. "I'll need to be faster in all aspects of the game, especially in decision-making," he said. "I'll need to compete at the highest level, and the key will be to elevate my work ethic."

Haddad, who rates Elder's career as "remarkable," firmly believes his star QB will be a collegiate success.

Elder's athletic philosophy blends a combination of winning, reaching his potential and having fun. He also is thankful that sports have taught him some valuable life lessons. "I've learned how to sharpen my leadership skills and how to meet challenges and set goals," said Elder, who regards two-time Heismann winner Tim Tebow as his role model, "But, sports have also helped me to care for others, not just myself."

## Franklin Garden Club to Present "Easy Rose Care" April 5th

The Franklin Garden Club, in conjunction with the Franklin Public Library, will cosponsor a program on "Easy Rose Care" on Tuesday, April 5, at 7 p.m. at the Franklin Library, 118 Main Street, Franklin. The program, open to the public free of charge, will be pre-

sented by Teresa Mosher, one

of the leading garden and rose

consultants in New England.

This presentation features in-

formation on uncovering winter

protected roses, pruning various

types, planting, fertilizing and

choosing hardy roses. Photos

from Mosher's highly regarded

Zone 5 garden in Methuen are

incorporated into the presenta-

tion. Handouts will be available.

the New England Rose Society,

a Horticulture Rose Judge and

Master Rosarian for the Ameri-

can Rose Society. An avid gar-

dener for more than 40 years, she

cares for and maintains 42 flower

beds, over 200 roses, more than

Mosher is past President of



1500 perennials, shrubs and trees in her garden. She has served as a past Judge in Floral Design and Horticulture for the Massachusetts Garden Federation and has designed and maintained gardens in Massachusetts and New Hampshire.

Mosher has garnered numerous awards, including the Bronze Honor Medal for Outstanding Service, 2012 - New England Rose Society; Outstanding Horticulture Judge, 2016 - Yankee District, American Rose Society; and Outstanding Consulting Rosarian, 2018- Yankee District, American Rose Society. She has served as President of the New England Rose Society - 2012-2019 and vice president - 2011-2012. She is a member of several rose organizations, including the Hybridizers Rose Association, Heritage Rose Foundation, Massachusetts Horticultural Society, and Massachusetts Garden Study Council and Landscape Design Council.

#### April 4

Bellingham Public Library Book Club, 6:30 p.m. discussion, Bellingham Public Library, 100 Blackstone St., Bellingham. email Reference Librarian Cecily Christensen at cchriste@ cwmars.org for details.

#### April 9

Muffins with the Easter Bunny on Saturday, 9–11:30 a.m., St. Blaise Church Hall, 1158 S. Main St., Bellingham. Muffins, bagels, juice, milk and coffee. Photos with Mr. Bunny are \$4 each or 2 for \$6 and food and beverage items are \$1 or less. Includes free crafts and coloring for kids and raffle baskets. Proceeds benefit local charities. Food donation for food pantry welcome.

April 19

**Bellingham Town Election, May** 

3rd), 10 a.m., Bellingham Se-

nior Center, 40 Blackstone St.,

Bellingham

Meet the Candidates (for

### Calendar

#### April 20

Friends of the Library Members Only Book Sale, 4-8 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham. Join at door for only \$10.

#### April 21

Ladies of St. Anne Sodality business meeting, 6 p.m., Saint Blaise Parish Hall. 1158 South Main St Bellingham, all are asked to bring baby items for our "baby shower" donation to Abundant Hope Pregnancy Resource Center, Attleboro. Movie night with popcorn, ice cream sundaes to follow. All ladies 18+ residing in Bellingham are invited to join. Friends of the Library Spring Book Sale, 10 a.m.-7 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham.

#### April 22

Friends of the Library Spring Book Sale, 1 p.m.-7 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham.

#### April 23

Friends of the Library Spring Book Sale, 9 a.m.-2 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham.





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### Auditor Bump Certifies State Must Pay Communities \$2.08 Million For This Year's Elections

# Recent re-precincting in 89 communities increased preliminary cost certifications by 11%

BOSTON – In a letter to Secretary of the Commonwealth William Francis Galvin, State Auditor Suzanne M. Bump determined and certified that the state must pay communities \$2,083,736.08 to cover the cost of extra mandated polling hours for the September 2022 state primary and November 2022 general elections.

"Our democracy is strengthened when we make it easier for residents to access the ballot box," Bump said. "Expanding access to the polls is important, but comes at a significant cost to municipalities, which is why the work my office does to ensure they are adequately reimbursed is some of the most important work we do."

In 1983, the Legislature passed the Uniform Polling Hours Law, which mandated that cities and towns open polling locations for at least 13 hours

on primary and general election days, an extension from the 10 hours initially required by law. Recognizing that this would be an unfunded mandate on these communities, the Legislature also included language in the bill directing the State Auditor to certify the additional costs communities face to provide these extended polling hours. Based on this certification, the Secretary of the Commonwealth provides funding to offset their expenses. Since 1984, the Office of the State Auditor has certified approximately \$32.2 million for direct state payments to cities and towns for this mandate.

In accordance with the Uniform Polling Hours Law, which requires the cost certification to be submitted to the Secretary of the Commonwealth by September 15, the Auditor's Office submitted a preliminary cost certification of \$1,877,101.48. The

re-districting and re-precincting that occurred following the release of 2020 census data in September resulted in a \$206,634.60 (11%) increase in total certification from the preliminary certification, with 89 communities across the Commonwealth impacted. While the City of Boston is still undergoing its redistricting process which may further impact the final certification, it reported the highest anticipated costs at \$245,835, while the Town of West Stockbridge reported the lowest, at \$229.50. Bellingham's anticipated costs are \$4080.

Bump also renewed her call for the Legislature to address the ongoing unfunded mandate caused by the Early Voting Law.

"Early voting has been a success in the Commonwealth, but the lack of a consistent and predictable method for funding this service has created uncertainty in local government budgets," Bump said. "The state should create a permanent process to allocate funds to cities and towns to provide early voting and vote-bymail, and it should be modeled after the success of the Uniform Polling Hours Law."

In 2017, responding to petitions from Oxford and Woburn, Bump determined part of the Early Voting Law was an unfunded mandate on cities and towns. Since then, the Commonwealth has not put in place a permanent process to address this cost on communities. Instead, the state has provided relief in ad hoc legislation passed after the 2016, 2018 and 2020 elections to retroactively reimburse communities for their mandated expenses related to this service. Bump has developed and advocated for legislation to create an early voting cost certification process.

### **Electronics Recycling at Milford Church April 30**

The First Congregational Church of Milford is sponsoring an Electronics Recycling Day on Saturday, April 30, 2022 from 8 a.m. to 12 noon.

All computer monitors, computers, parts and accessories, faxes, copiers, printers, scanners and TV's can be recycled. Recycling fees range from \$5 to \$35 per item. Cell phones can be recycled at no charge and will be donated to charities that recycle and reuse them. The recycling vendor will erase and shred all hard drives at no additional cost.

Drop off in church parking lot at 4 Congress St., Milford. (Opposite Draper Park, next to Post Office). Please enter lot from Church Street entrance. CASH PAYMENTS ONLY, PLEASE. For more information contact Martha at (508) 904-4471.

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# **Autumnfest** Seeking a **Beer & Wine Tent Vendor**

Woonsocket - Autumnfest, the largest community festival in Northern Rhode Island, is pleased to announce (for the first time ever) a great opportunity for local organizations and companies to submit a bid to operate the very popular Beer Tent as well as the newly created Wine Tent. Autumnfest would like to recognize the long-standing collaboration with the Woonsocket Rotary Club and wish them well with their decision to pursue other fundraising opportunities.

This opportunity to operate the Beer/Wine Tent at Autumnfest is open to all non-profit and for-profit organizations. It is a fantastic way to raise funds for your group and a wonderful way for visitors to Autumnfest to see what your organization is about, grow your membership or clients, and how they contribute/give back to the community

Please visit the Autumnfest website (www.autumnfest.org) to view the Beer / Wine Tent RFP (Request for Proposal). The proposal due date is April 30, 2022. Questions on the proposal can be directed to Autumnfest General Chairperson, Judy Sullivan.

### **Auchincloss Secures \$16.2 Million for Fourth District in Government Funding Bill**

Washington, DC — The House Auchincloss Projects and Senate have passed the annual appropriations package in a "omnibus" that included key wins for the Fourth District. Today, Congressman Auchincloss announced that the bill includes funding for all of his Community Project Funding (CPF) requests. The spending bill is slated to head to President Biden's desk for signing in the coming days.

WATCH: Auchincloss press call announcing the funding at https://www.youtube.com/ watch?v=GMwUVWOtNis.

"Too much of politics is about performance and pitting people against each other. Today is about policy and partnerships," said Auchincloss. "There's an old proverb that says 'go fast, go alone; go far, go together.' We are going to go fast, together. We are going to invest in our health and our infrastructure so that this economy works for everyone."

### **Included in Passage:**

- Manet Community Health Center Satellite Clinic in Attleboro
- Amount of Request: \$500,385 Amount Received: \$500,000
- Bristol Community College's National Offshore Wind Institute

Amount of Request: \$2,000,000 Amount Received: \$2,000,000

· Somerset Emergency Dam Improvements

Amount of Request: \$1,130,000 Amount Received: \$975,000

Homeland Security Project: North Attleborough's Ten-Mile **River Dredging Project to Miti**gate Flooding

Amount of Request: \$1,500,000 Amount Received: \$1,500,000

New Hope New Domestic Violence Shelter

Amount of Request: \$2,000,000 Amount Received: \$2,000,000

 City of Fall River Urban Renewal Plan Parking Lot and Facility Improvements

Amount of Request: \$1,500,000 Amount Received: \$1,500,000

 Town of Medway for Central Water Treatment Facility Improvements

Amount of Request: \$2,750,000 Amount Received: \$2,750,000

· Norton Water and Sewer Department for Source Water Well **Replacement Project** 

Amount of Request: \$1,475,000 Amount Received: \$1,475,000

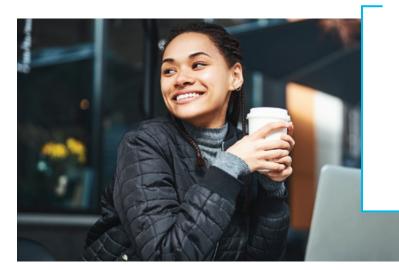
• Town of Plainville for Water System Capacity Expansion

Amount of Request: \$1,500,000 Amount Received: \$1,500,000

• Town of Hopedale for Water Supply and Storage Enhancement Project

Amount of Request: \$2,000,000 Amount Received: \$2,000,000

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