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Bellingham's Favorite Hometown Newspaper

August 2022

Bellingham Days - Family Fun, Games & Fireworks!

Municipal Spotlight

By KEN HAMWEY,
CONTRIBUTING WRITER

“Let the good times roll” is an adage that could easily be applied to what will be transpiring in Bellingham from Aug. 11-13.

That’s when Bellingham Days will be happening, and for those not familiar with the event, it’s “a long weekend series of events at the Memorial School designed to engage all members of the community in a fun and celebratory way.” That’s how Kelly Grant, a member of the Select Board, defines the action-packed three days.

Grant, Cindy McNulty, who’s also a member of the Select Board, and Town Administrator Denis Fraine form



The Bellingham Days Committee includes, from left, Denis Fraine, Cindy McNulty and Kelly Grant.

BELLINGHAM DAYS
continued on page 2

Mass DEP Working to Improve 1.2-Mile Segment of SNETT

By DAVID DUNBAR

The Southern New England Trunkline Trail – known locally as SNETT – originates in Franklin and runs for 22 miles through Bellingham, Blackstone, Millville, Uxbridge, Douglas, and terminates just across the border in Connecticut.

It’s a favorite for walking, running, hiking, biking, snowshoeing, cross country skiing, dog walking, strolling with strollers, younger kids riding their scooters or tricycles, nature watching and nature photography.

And now, the news. The Massachusetts Department of Conservation and Recreation (DCR) is at work on improving a 1.2-mile segment of SNETT between Center Street and South Main Street in Bellingham.

Trees have been removed, boulders pushed aside, and brush cleared away to provide a wide and unobstructed walkway.



Lots of heavy equipment on the trail to clear the way for a smooth, unobstructed path for walking, running, etc.

“The project is expected to be completed in 2023 and will cost approximately \$1.12 million, which is funded through DCR’s capital budget,” according to a

SNETT
continued on page 3

Seas the day!

There’s still time to buy or sell this summer!



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BELLINGHAM DAYS

continued from page 1

a committee of three that have selected the activities that include something for all age brackets.

The fair-like event starts on Thursday (Aug. 11) at 8 a.m. with a nine-hole golf tourney at New England Country Club. Also beginning Thursday and continuing through Saturday is a carnival, featuring rides and food. Times for the carnival, which will be managed by Rockwell Amusements, are 5-10 p.m. Thursday and Friday and all-day Saturday.

Besides the carnival on Friday, a concert, sponsored by the Bellingham Public Library and funded through a grant provided by the Bellingham Cultural Council, will be held at the Memorial School field starting at 6:30 p.m.

Saturday will feature the carnival, a cornhole tourney, a concert and fireworks. The cornhole tournament will start at noon, the concert is scheduled for 5:30 p.m. and fireworks will start at 9:30 p.m.

“The cornhole tourney could run all day long until a champion is crowned,” Fraine said. “At last year’s inaugural Bellingham Days, there were 100 participants competing in that event.” PJ’s Bar & Grill will be providing food and beverages at the cornhole event.

There is no cost to attend the events, but there are fees for carnival riders, golfers and cornhole participants. A limited number of discount passes for carnival rides is available at the library.

A portion of money raised from Bellingham Days will be donated to Our PlayAbility, a fund-raising group that’s aiming to build a playground at Stallbrook School. “The group is working to create a more inclusive world by bringing accessible play to community schools,” Grant said. “The playground will feature equipment that’s uniquely designed for children with disabilities.”

Twenty percent of the revenue generated by carnival rides and the golf tourney will go to Our PlayAbility.

Bellingham Days started last year and Fraine was the catalyst. He said the concept was offered as “a way to put the pandemic in our rear-view mirror.”

“The July 4 fireworks were canceled twice because of

COVID-19,” Fraine noted. “We also were forced to cancel the Memorial Day parade for two consecutive years, schools were in remote learning and there were no school sports in the spring of 2020.”

McNulty emphasized that “it’s a way to bring the community together, to be outside and to celebrate our community with a lot of options.”

There will be no pandemic restrictions since all the events are outdoors, but if anyone prefers to wear a mask, that’s a personal choice. Volunteers will be at all booths and they’ll include Fraine, Grant, seniors and some from the Our PlayAbility contingent. Fire Department personnel will be on hand for any emergencies or if First-Aid is required. And there will be a security presence.

If inclement weather occurs, the events for Thursday and Friday would be canceled but if poor weather strikes on Saturday, then the carnival, cornhole tourney, concert and fireworks would be rescheduled to Sunday.

Here’s how McNulty and Grant summed up their feelings about Bellingham Days making its second appearance:

“I’m thrilled to see this event return,” McNulty said. “Last year, we were able to donate \$5,000 to the Council on Aging

Making a Difference

Abbigail and Olivia Mandile and their friend Ava Moulton held their annual lemonade stand again this year, raising \$125 for the Make-A-Wish foundation. This is the 3rd year the girls have done this. They pick a different place each year.

Abbigail, Olivia and Ava want to thank all the passersby on Maple Street who were so generous with their donations.



and another \$5,000 to the Memorial and Veterans Day Committee. We’re looking forward to a great partnership with the Our PlayAbility group and pleased to have the opportunity to make the playground a reality.”

“I’m looking forward to seeing all the kids and their par-

ents enjoy a weekend together,” Grant said. “Last year, I remember the kids smiling. And, they were smiling all day long. It’s so much fun to participate.”

Bellingham Days, hopefully, will become a symbol for life in the post-pandemic era.

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SNETT

continued from page 1

department spokesperson. “The surface of this new segment will be stabilized aggregate, which is the same material as the existing trail segments.”

Watching over SNETT is The Franklin & Bellingham Rail Trail Committee (FBRTC). It is a volunteer advocacy group dedicated to the development, maintenance, and financial support of SNETT as a multi-use, universally accessible recreational path.

The Committee’s partners include Mass DCR, Crossing Cycle and Tinetrics, Inc., both in Franklin, and Ground Trunk Trailblazers and Metacomet Land Trust.

“One of the longest trails in southern Massachusetts,” reports a FBRTC brochure, “is built on the site of the former New England & New York Railroad. When complete, this trail will connect communities in western and central Massachusetts and a network of interstate trails. Future plans include a link to downtown Franklin.”

Terri Graham lives in Mendon and walks the trail. “Each time I walked I did feel a sense of community. Lots of friendly people walking, some walking with their dogs, and always waving hello and/or giving a smile.”

Paola Echeverry is a Bellingham resident and regular user of SNETT. “The well-taken-care-of-path, the trees covering it on both sides, the sound of the little creek and the wind going through the trees’ leaves, reminds you what is really important in life. It is about relaxing the mind and finding again my inner balance and peace of mind.”

“The trail is one of the best things the Town of Bellingham has done,” says Tsune Rob-



Boulders, trees, brush and debris removed from the trail to make it clear, accessible and safe.

erts who leads a weekly walking group on Fridays on the SNETT. “The trees, the change in the color of the leaves during our four seasons with the mix of animals, birds, and the people (not just us!) What a place!”

The FBRTC hosts events throughout the year including a photo contest and a 5K Run/

Walk. And there is a pop-up “StoryWalk,” which features laminated pages of a children’s book placed along the trail leading readers of all ages farther along and into the story.

For more information about SNETT, visit www.franklinbellinghamrailtrail.org and you can see more on the Committee’s Facebook page.

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From the Town Clerk:

Dog Licenses: 2022 Dog Licenses were due on April 1st. Thank you to all that have licensed their dogs for this year. For those who have yet to obtain a dog license, please be advised that, beginning July 1st, a \$20 late fee (per dog) was assessed. After August 1st, further fines may be accrued in accordance with Massachusetts General Law and Town Bylaw.

Voter Status: Per Massachusetts General Law, in June of each year, voter rolls are to be reviewed to determine those voters who have not responded to the current year's census. Voters

in that category will receive a postcard in the mail requesting a response to confirm whether they still reside in Bellingham. Such residents will be designated "inactive voters". If you receive such a notice, and still live in Bellingham, simply complete the card and return it to the Town Clerk's office by mail, in-person, or by placing the card in the blue drop box outside of the Municipal Center. At that point, your census will be updated, and your voter status will be returned to "active". Please understand that an "inactive voters" may still cast a vote, however, would be re-

quired to fill out an affidavit stating that they are legal residents of Bellingham. Those who do not return a card, nor show up at Town Meeting or an election, will ultimately be removed from Bellingham's voter rolls after two election cycles.

The important thing to remember is, if you receive a card from the Town requesting resident verification, simply return the card as soon as possible to avoid any future inconveniences.

Elections: The Massachusetts State Legislature finally pass the much awaited "Voter" law at the end of June. The law basically codifies into law all of the changes that were implemented during the covid crisis in 2020, including expanded Early Voting Hours and Mail-In Voting.

The first election to take place under this new law will be the State Primary scheduled for September 6th. You should receive a postcard from the Secretary of the Commonwealth (SOC) asking whether you would like a ballot mailed to your home. Simply fill out the card and return it to the Bellingham Town Clerk's office by mail, in-person, or place it in the blue drop box

at the entrance of the Municipal Center. If you do not receive a postcard, you may request a vote-by-mail application from the SOC website or from our office. Absentee applications may also be obtained through the SOC website or from the Town Clerk. If you are an "unenrolled" (commonly called "Independent") voter, please be sure to indicate which party's ballot you wish to receive for the Primary only. In a Primary Election, you are voting to choose the slate of candidates for the party selected. If you are enrolled in a political party, you will automatically receive a ballot for that party in which you are enrolled. As usual, there will only be one ballot for the general election. No matter what your party affiliation is (or no party), you are free to vote for the candidate of your choice from any party.

The calendar for the September Primary is as follows:

Voter Registration Deadline: August 27, 2022, 8 p.m.

Vote by Mail Application Deadline: August 29, 2022, 4:30 p.m.

Early Voting: (Municipal Center Arcand Room): August 27th - September 2nd

Saturday, August 27th - Noon - 8 p.m.

Sunday, August 28th - Noon - 4 p.m.

Monday, August 29th - 9 a.m.-4 p.m.

Tuesday, August 30th - 9 a.m. - 4 p.m.

Wednesday, August 31st - 9 a.m. - 4 p.m.

Thursday, September 1st - 9 a.m. - 4 p.m.

Friday, September 2nd - 9 a.m. - 1 p.m.

Election Day Polling Hours: (High School Gymnasium): 7AM - 8 p.m.

On Ballot: Representative in Congress, Governor, Lieutenant Governor, Attorney General, Secretary of State, State Treasurer, State Auditor, Governor's Council, State Senator, State Representative, District Attorney, Sheriff, County Commissioner.

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Overdue Change Coming To Massachusetts Estate Tax Laws

On July 15, the Massachusetts House unanimously passed a \$4.2 billion economic development bill that will have significant impacts on residents' wallets.

Lawmakers put a lot in the bill, including a \$500 million tax relief package which raises the child tax credit to \$310 per child (and eliminating cap), raises the rental deduction cap to \$4,000, and ups the estate tax threshold from \$1 million to \$2 million.

Catch that last part? Let's review why it's important.

Estate tax is owed on net value of the estate of a deceased person before distribution to non-spousal heirs. Think real estate, investments, IRAs, small business, life insurance proceeds, personal property etc. minus liabilities.

For 2022, the federal estate tax exemption is \$12.06 million, meaning amounts MORE than \$12.06 million are subject to the federal estate tax unless otherwise excluded (i.e. gifting). For most, there's little concern of having a life's work of earning, planning and saving being taxed upon death by the federal government.



Glenn Brown

Not the case with Massachusetts.

To begin, only 12 states in U.S. have estate taxes, with Oregon and Massachusetts currently at the lowest (worst) thresholds of \$1 million. Consider neighbor Connecticut is \$5.1M. Where Massachusetts currently takes a dubious lead is once an estate is valued over \$1M, the entire amount is subject to a graduated tax rate starting 0.8% up to 16%. For example, at \$1,000,001 an estate is writing Massachusetts a ~\$36,500 check, at \$2M ~\$99,600, at \$3M ~\$182,000 and so on.

How quickly can one's net value (assets minus liabilities) estate exceed \$1 million? Consider the median single-family home sale price in Massachusetts hit \$590,000 in May, and it was higher in Middlesex County at \$800,000.

What now?

Given changes were proposed by Governor Baker with bipartisan support in January and now part of a larger bill, it's expected to pass before legislation session ends July 31. More details to come, but we know the new Massachusetts estate threshold will start at \$2,000,001, with first \$2M no longer taxed.

Things to consider:

Know your net worth. While grandma living in a Massachusetts house with no mortgage and a few CDs finally gets a pass, what if she also has investments held for years or a lakehouse?

And what of your net worth? Add up 401ks, life insurance and AD&D proceeds, small business equity, savings, real estate minus liabilities. Are you over \$2 million or will be in time?

Connect with an estate planning attorney. New laws and life events are opportune times to connect as well as provide an updated net worth and review process. Also remember, revocable living trusts bypass probate but not estate tax laws.

Plan to be agile in retirement. Connection to seasons, family and friends can be strong in Massachusetts. However, proper planning can create alternatives for residency in 38 states and no longer deal with state estate tax (or 5% income tax either).

As a fiduciary, it's a responsibility to educate on the possibilities for those interested.

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

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

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Community Garden Greenhouse Now Complete

Farmers Market Event Planned August 13th

BY DAVID DUNBAR

The next step toward a fully-functioning, attractive Bellingham Community Garden has been taken with the addition of a new greenhouse.

Garden volunteers were putting the finishing touches on the new 10-foot by 20-foot greenhouse last month. "This will enable us to do seedling cultivation and extend the growing season,"

explains Micky DeFosses, garden manager.

The garden will donate about 200 pounds of vegetables to underserved communities this year, says DeFosses, and the new greenhouse will help. "I'm excited. I love it.

"I'd like to thank our volunteers," she continues, "who came together to help enliven our project and make it a suc-

cess." The project includes beautifying the entire garden space (located on Center Street in Bellingham at the SNETT crossing), cultivate the land, address food insecurity, and start a non-profit organization that will benefit the community. Funding comes from grants and donations, including from the Town of Bellingham, RJD Construction, and the MA Department of Agriculture.

"We're at about 90% capacity right now," DeFosses explains, and she suggests that if you would like to purchase a garden plot "wait until fall enrollment when we will have a few more spots available."

Among other accomplishments so far this season is a complete refurbishing of the farm stand which is clearly visible from the outside. New doors, a window, and a porch with a roof improve the looks and function of the structure. Inside, there are defined spaces for garden tools and to display vegetables for sale.



Garden volunteers stand proudly in front of the new greenhouse they built (garden manager Micky DeFosses is at the far right wearing a face mask).



Work truck from RJD Construction provided donated materials for the greenhouse along with tools for the volunteers.

On August 13, from 10am until 2pm, a "farmers' market" will be open. You can come to purchase vegetables, meet vendors, and enjoy snacks, drinks, and music. It's free.

DeFosses' interest in gardening began with her mother many years ago while living on Long Island. Mom was a widow, raising seven children and holding down a full-time job as a

nurse. "She would come home from work," recalls DeFosses, "and turn her attention to our garden. She would plant, grow, beautify... I get my motivation from her."

You can find out more about the MA Bellingham Community Garden on its Facebook page. You can email Micky Defosses with questions about becoming a plot holder at www.bellinghamfarmmarket.ed@gmail.com



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Ladies' Sodality Awards Four Scholarships

The Ladies of St. Anne Sodality presented a \$500 scholarship to each of four deserving high school students during the 10 a.m. Mass at St. Blaise Church on July 10, 2022. All four students have nurtured their faith by weekly worship and service in the St. Blaise community, including volunteering in the Loaves and Fishes Food Pantry, Adopt-a-Child Christmas Program, Journey in Faith Program and alter serving. All of these Honor Roll students have shown outstanding leadership qualities in their respective school governments, school sports, and extra-curricular fine arts and activities. As members of the National Honor Society, they have demonstrated their commitment to serve their communities by participating in numerous volunteer outreach programs. Their busy lives also include part-time jobs.

This year's recipients are:

- Tyler Citrone, a graduate of Bellingham High School, plans to attend Mass Bay Community College to study Computer Science.
- Brenna Shea, a graduate of Blackstone-Millville Regional High School, will attend Merrimack College majoring in Athletic Training.
- Kelly Lyons, a graduate of Bellingham High School, plans to attend Merrimack College to pursue a degree in Education.
- James Altamonte, a graduate of Bellingham High School, will study Fire Science at Bristol Community College.

The Ladies Sodality would like to thank the St. Blaise community and the Bellingham community for their generous support in our fundraising efforts which makes these scholarships possible.



Ladies of St. Anne 2022 Scholarship winners, front row pictured left to right: Tyler Citrone, Brenna Shea, Kelly Lyons, James Altamonte. The Ladies in attendance at the 10 a.m. Mass are pictured behind the students as well as Deacon Rich Brennan and Fr. Al Faretra.

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Own Something Important to the Town's History?

Donate It to the Taft Museum!

Bellingham Taft Historical museum is open by appointment and accepting applications for donations of historical significance to Bellingham

Bellingham's Memorial Day ceremonies coincided with the grand reopening of the historical museum. Visitors throughout the afternoon came through the doors of the newly reorganized building and found displays that offered information helping to tell the story of our community.

Throughout the summer the museum will be open by appointment, and by late summer will the Historical Commission will announce public hours for the fall.

The pandemic of 2020 and beyond created an opportunity to examine Bellingham's historical museum and reevaluate the contents stored within it. The former town library building was way overdue for modernization. Countless hours were

spent improving access, installing new flooring and effective air conditioning, moving materials (repeatedly!) and reorganizing existing holdings.

The historical commission worked closely with town officials to sort through boxes of documents and items that had been deemed historical. Monetary gifts from the community made possible a number of purchases that enhanced the display of items, including mannequins to display military uniforms from different eras, children's clothing,

Most recently, the museum added to its collection a baseball uniform (shirt and hat) from the Farmers community baseball team, worn by Warren Whiting. Whiting's son, George Whiting, visited the museum to present the museum with his father's baseball uniform. While at the museum, George, now ninety-eight, related stories of the playful antics that took place on the field as the Farmers challenged the Woonsocket Call team. This yearly event predictably resulted in the Farmers being soundly trounced by the Woonsocket team.

The Historical Commission welcomes donations that will assist in fleshing out the events, the people and the stories that have made Bellingham the commu-

nity it is today. Do YOU have something of historical significance that you would like to donate to the museum? If so, please complete an Artifact/Material Donation Application Form <https://www.bellinghamma.org/historical-commission>

and return it to us and the Commission will consider your donation at our next meeting.

-Marjorie Turner Hollman, member of the Bellingham Historical Commission

(Donation request form in the https address listed above)



Recently, George Whiting, son of Warren Whiting, donated a baseball uniform his father wore on the Farmers community baseball team to the Bellingham Taft Historical Museum. If you have a historical artifact you'd like to donate, visit the donation form on the Historical Museum page on the Bellingham town website.

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Bellingham Falcons Looking Forward to the New Season

By JENNIFER RUSSO

It's hard to believe that Fall is just around the corner, and with that comes the well-loved sports of football and cheerleading. The Bellingham Falcons, members of the American Youth Football & Cheer league, offer flag football, tackle football and cheerleading for kindergarten through 7th graders in and around Bellingham.

Youth sports programs like this enable kids to learn and play before they get to the upper grade level sports, preparing them to play in high school at a higher level. Team sports like this teach kids valuable skills like leadership, safety, and accountability. It builds in the importance of an active and fit lifestyle, while creating a platform for new and lasting friendships, a spirit of

healthy competition and, most importantly, how to work together as a team.

“Since 2020, our program has doubled in participation – we have over 150 kids participating this year,” says BAYFC Board President, Greg Shannon, who has been with the league for 15 years. “Our football teams are working hard to earn titles this season and the cheer teams were enormously successful last year and looking to defend theirs.”

The 12U Falcons cheer team went to Nationals last year, coming in 5th across the entire country.

For 2022, the Falcons are optimistic and have been in the process of gearing up, literally. With the recent purchase of all new equipment such as shoulder pads and helmets, cheer uniforms, practice gear and play review software, the teams are looking forward to an amazing season. Coaches have attended multiple clinics, including the New England Football Coaches Clinic offered at Gillette Stadium. Football players and cheerleaders at-



The 12U Falcons cheer team went to Nationals last year, coming in 5th across the entire country.



Bellingham Falcons coaches attended a clinic at Gillette Stadium. The season is about to begin.

tended clinics in the Spring as well, to brush off those skills after the long winter.

In addition to the successful Spring clinics, the high school coaches ran a football clinic for the younger players in late July – honing skills for all levels across all field positions. Additionally, the Falcons are collaborating with the Bellingham High School football coaching staff, working alongside them this season in an effort to expose the players to new and proven skills across the sport at the varsity level.

Home games are played on the Bellingham High School turf field and the program welcomes fans to come cheer on the teams beginning Labor Day weekend. The full schedule will be posted

on the Bellingham Falcons Facebook page by the end of August.

“Football and cheerleading are really the ultimate team sports,” says Shannon. “They teach so many life lessons that create future leaders of industry and academia. Plus, there’s nothing better than watching a kid grow and feel empowered - witnessing the moment the realization hits them that they can achieve great things.”

The program is a non-profit, funded solely by fundraising and sponsorships, and has a volunteer board of parents and those who have a love for football and cheer. To learn more about the program, visit the Bellingham Falcons website at www.bellinghamayfc.com



Flag and tackle football, in addition to cheer, is offered by Bellingham Falcons for students K-7th grade.

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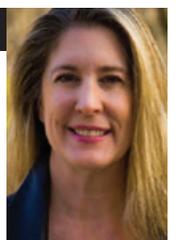
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Coming Up at the Bellingham Senior Center

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

FREE BBQ: State Rep Mike Soter is putting on the cookout at the Senior Center on Thursday, August 18 at 5:30 p.m.

CONCERT: The Southeastern Massachusetts Community Concert is coming on September 22, from 6:30-8 p.m. Please call to reserve a seat.

SENIOR LUNCH PROGRAM: The Grab & Go senior lunch program will be on vacation August and back in September! See you then!

ZUMBA GOLD: Coming to the Center on Fridays at 11am beginning September 16.

TED TALKS: Third Thursday of the month, starting September 15, join us for informative 15-20 minute presentations with lots of time at the end to discuss. Hosted by Senior Center Director Josie Dutil.

RAINBOW CAFÉ: Are you a member or ally of the LGBTQ+ community? (An ally is a friend in the community or family member who has your best interests at heart.) Come join us and like-minded people for coffee, conversation, and friendship. Thursday, August 11 from 2-3 p.m. Please call ahead to attend.

WALKING CLUB steps off every Friday morning at 8 at the SNETT on Center Street. You're invited to join in! Sign up by calling the Center at (508) 966-0398.

MEMORY CAFÉ: August 2 - This popular - and free - program provides

seniors with dementia or any kind of cognitive impairment an opportunity to socialize. The first Tuesday of each month from 11:30 a.m. to 12:30 p.m. is when the Memory Café will be open, and it will be at the Bellingham Library.

MEMORY TRAINING: The Senior Center is offering a four-week Memory Training course designed to teach strategies to improve memory in older adults with normal, age-related memory challenges. Class will meet August 26, and September 2, 9, and 16 from 9:30 to 11:30 a.m. in the Bellingham Public Library conference room. To register, please contact Terri Graham at the Center at (508) 966-0398.

OFFICE HOURS: Stephanie Gray, Constituent Services Rep. from the Office of Congressman Auchincloss, will be holding Office Hours at the Senior Center on Thursday, August 11, 11 a.m.-1p.m.

HEALTHY EATING: The Willows in Medway will be at

the Senior Center, Friday August 26th for a presentation of healthy eating at 11:30 a.m. Please call the Center for reservations.

Bellingham Elder Service Group Yard Sale, September 10, 9 a.m. - 3 p.m.

2022 NEPONSET VALLEY WALK TO END ALZHEIMER'S: Join the Senior Center's team! September 24 at 10 a.m. at Gillette Stadium in Foxboro. Contact Team Captain Terri Graham at (508) 657-2710 or tgraham@bellinghamma.org

MEDICARE ANNUAL ELECTION - Blue Cross Blue Shield of Massachusetts will be presenting Medicare Health Plan Options on Thursday, September 1st from 1 to 2 p.m. Health Plan Options is a 45-minute presentation geared towards individuals on Medicare or approaching Medicare who may have questions about their health plan or other available plan types. The presentation will focus on the differences between Medigap and Medicare Advantage plans and explain when enrollees can switch plans. All are invited to attend regardless of

insurance coverage.

CRAFT FAIR: The Craft Fair is progressing nicely and on schedule -- vendors are in place, donations are being received

and, of course, with more to do because we have many plans and meetings to continue getting ready for November 5. Please bring donations to the Senior Center -- remember we cannot accept shoes, clothing, and electronics!

Blackstone Valley Tech School Start

This year, at Blackstone Valley Tech, incoming Freshmen will head back a bit earlier than the other students, with a cook-out scheduled the evening of August 17th, followed by two

days of orientation. All students will report on August 22nd.

Find the school year calendar and other information at <https://www.valleytech.k12.ma.us>.



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Bellingham Library News & Events for August

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

Library Hours

Monday - Thursday 9:30 a.m. to 7 p.m.

Friday 9:30 a.m. – 3 p.m.

The library is closed on Saturdays until September 10th.

Special Programs

Friends of the Library Book Sale – August 11-13th

Join us for a special Book Sale during Bellingham Days, Au-

gust 11-13th. Book Sale Hours: Thursday 3-7 p.m. (members of the Friends of the Library will receive a \$5 discount on Thursday); Friday 1-7 p.m., and Saturday 12-4 p.m.. The Friends will also be sponsoring a 50/50 raffle during the month of August. Drawing will be held on Saturday, 8/13 at 4 p.m..

300th Anniversary Time Capsule Closing – Thursday, August 11th at 6 p.m.

Join the Bellingham Historical Commission and members of the Bellingham 300th Anniversary Committee in the Library Café for the long-delayed closing of the Town of Bellingham's 300th

Anniversary Time Capsule. See the items going into the capsule that will be kept at the Historical Museum with instructions to be opened in 2044 during Bellingham's 325th Anniversary Year!

Swinging Sixties: Women Find Their Voice – Friday, August 12th at 7 p.m.

Concert on the Sound Stage at Bellingham Days

In this one-hour entertaining and educational program, the Retro Polatin Duo (Jill Goldman and David Polatin) will discuss the female singers and play songs from the Swingin' Sixties. The program will feature music from singers including Petula Clark, Connie Francis, Dusty Springfield, and many others. These females broke down barriers and paved the way for more women to follow.

This concert is hosted by the Bellingham Public Library and supported by a grant from the Bellingham Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

Red Cross Blood Drive – Friday, August 26th from 9 a.m. – 2 pm

Register at redcrossblood.org
Summer Reading Program and More for Kids!

Details of the Summer Reading Program are on the library website on the main menu under "Summer Reading Program." You will find out details of the events listed below, a printable brochure, online and paper reading logs, links to the school summer reading lists, and information about Rockland Trust's "Reading Makes Cents" program. Rockland Trust Charitable Foundation and The Friends of the Library are the sponsors of this year's Summer Reading Program. We thank them for their financial support to bring special programs to the Bellingham community!

Camp Millionaire – Tuesday & Thursday, August 2nd and 4th, 2:30-4 p.m.

For ages 9-12. Do you love money? Would you like to learn more about how to make money? Come play this interactive game, full of fun and excitement! It is a two-day activity, so participants must be able to attend both days. Sign up is required.

Krafty Kids – Wednesdays at 1:30 p.m.

Do a weekly craft with Miss Diane. Please sign up for each Krafty Kids class that you plan on attending individually.

Let's Draw Ocean Animals – Zoom Program - Wednesday, August 3rd at 6:30 p.m.

Award winning cartoonist Rick Stromoski will teach you to draw ocean animals like whales, sharks, octopuses, dolphins, sea horses, and even a giant whale - all from the comfort of your home! Please register for Zoom link.

Fact or Fiction? – Wednesday, August 17th at 4:30 p.m.

For ages 7 + up. For each "Fact or Fiction," we will choose a topic shrouded in mystery. Through eyewitness accounts, anecdotes, and videos, participants will determine: fact or fiction? Please sign up for each Fact or Fiction individually. Please register!

Big Bubbles with Mr. Vinny the Bubble Guy – Thursday, August 18th at 6:30 p.m.

For families. Join us at the Bellingham Town Common for running, jumping, and bubble-popping fun! Mr. Vinny is bringing his hand-made, giant bubble wand to create floating blobs of soapy goodness. The kids can chase and pop to their heart's delight, while Mr. Vinny tells jokes and answers questions. It will be good clean fun, and a great way to wrap up summer reading!

Please register your family for this fun program! Sponsored by the Rockland Trust Charitable Foundation and the Friends of the Bellingham Library.

Other Children's Programs

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

Ongoing programs include: AC & BC Book Club (formerly the Mother-Daughter Book Club), Baby Time, GO! Story Time, Picnic Stories, and Ring a Ding

Other Adult Programs

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

- Book Club generally meets on the first Monday of the month, email Reference Librarian Cecily Christensen at cchriste@cwmmars.org for details.
- Friends of the Library generally meet on the second Tuesday of the month at 7 pm. 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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Milford Area Chamber of Commerce Plans Celebration in Mendon

The Milford Area Chamber of Commerce is planning a 100th Anniversary celebration that will take place at the same location where the MACC celebrated their 1st Anniversary in 1923 - Grand View, 6 Nipmuc Drive, in Mendon. The event will take place on August 10th, from 5-8 p.m. An awesome BBQ is planned, live music with Ricky Robidoux, silent auction, lots of fun games, and the 2022 Annual Business Awards will be presented. The theme is "The

Roarin' 20s", so dust off your boa, your sassy dresses and fedoras!

For more information about the celebration, visit <https://www.milfordchamber.org/100-anniversary>.

To volunteer for the event, contact shannon@milfordchamber.org.

To sponsor the event, visit <https://www.milfordchamber.org/anniversary-sponsorships>.

To donate an item for the fundraising auction, visit https://milfordchamber.schoolauction.net/100anniversary/donate_items/new.

milfordchamber.schoolauction.net/100anniversary/donate_items/new.

Tickets to the event are \$50. Find them at https://milfordchamber.schoolauction.net/100anniversary/register/ticket_sales.



Bellingham Schools to Start August 30th

For the 2022-23 school year, children in grades 1-12 will begin school at Bellingham Public Schools on August 31st. For more information, view the online district calendar at www.bellinghamk12.org.

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Bellingham Business Association Upcoming Events in 2022

August 24th: Summer Event at Circle CG Farm Campground with the Daley's, Rob, Linda, Pete & Cindy

September 12th: Golf Tournament

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Concerts on the Grass 2022

BELLINGHAM TOWN COMMON

Wednesday, July 6 — KIDS' NIGHT, 6 PM. Wayne Potash and Trevor the Games Man.

Sponsored by the Bellingham Town Common Trustees

Wednesday, July 13—6 PM, Free pony rides; 7 PM, Morse Code (classic rock).

Opening Act: The Wild Beyond (classic rock).

Wednesday, July 20 — 6 PM, Free pony rides; 7 PM, Vinyl Echo (80's rock).

Wednesday, July 27 — 6 PM, Free pony rides; 7 PM, Jesse Liam Band (contemporary rock).

MENDON TOWN BEACH

Wednesday, Aug. 3 — 6:30-7:30 PM, Free pony rides; 6:30-8:30 PM, Back Pages (rock and pop).

Wednesday, Aug. 10 — 6:30-7:30 PM, Free pony rides; 6:30-8:30 PM, Westwood Swing (Big Band Era).

Wednesday, Aug. 17 — 6:30-7:30 PM, Free pony rides; 6:30-8:30 PM, Brass Connection (brass band).



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A Look at EVO Visian ICL

An Evolution In Visual Freedom

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

Myopia (or nearsightedness) is the most common ocular disorder worldwide and its prevalence is increasing rapidly. An estimated 30% of the world's population, or 2.6 billion people, have myopia and this number is projected to rise to 50% of the global population by the year 2050. For many people, contact lenses and eyeglasses can be inhibiting, especially for those who seek visual freedom. While available in Europe, Asia, and the rest of the world, the EVO Visian ICL lens is now FDA approved in the United States and can offer a new solution for those who seek sharp, clear vision and want to break free from the limitations and inconveniences of contact lenses or eyeglasses. Over 1,000,000 EVO ICL lenses have been implanted around the world. If you are seeking a vision solution that will put an end to the hassle and ongoing cost of

glasses and contact lenses, the EVO ICL may be right for you.

What is the EVO ICL?

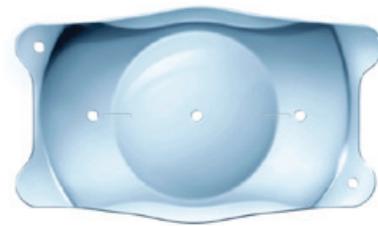
EVO ICL is a microscopic lens made of collagen that is implanted by a surgeon so you can reduce your dependence on glasses and contacts. The ICL (implantable collamer lens) is made of collagen so you can't feel it or see it in the mirror, and it's in sync with your body chemistry so your immune system doesn't even know it's there. EVO ICL's are for those who want to see better without glasses and contacts, even if they've been told they can't have LASIK. Not a LASIK candidate? Not a problem for EVO.

EVO ICL Visian

The EVO procedure is different from other vision correction options, like LASIK. The EVO lens is additive; meaning, it is added to the eye and doesn't remove corneal tissue. The EVO

procedure involves implanting (or adding) a biocompatible, flexible lens made from Collamer® into the eye between the iris (colored part of the eye) and the natural lens to correct vision. The EVO lens works in harmony with the natural eye while delivering sharp, clear vision, excellent night vision, UV protection, and does not cause dry eye syndrome. The EVO Visian ICL lens can permanently correct vision without removing corneal tissue and, if desired, is removable by your surgeon- so reversible- for added peace of mind. Compare this to LASIK which is not reversible. It gives the patient flexibility for the future while helping to eliminate dependency on glasses and contact lenses now.

In the US FDA study the average vision result was better than 20/20. Some would call that "supervision". An astounding 99.4% of patients in a recent study said they would do it all over again, no regrets. It's the night vision quality and contrast sensitivity that really sets the



EVO ICL family of lenses apart. Most patients typically say this is the best vision they've ever had, so there's no compromise in vision clarity just to be able to see without glasses and contacts. On average, the unaided vision with EVO ICL is demonstrably better than what was produced with glasses and contacts in the past. LASIK may have more name recognition, but EVO is a great solution for patients who have thin corneas, dry eyes, and/or high levels of nearsightedness or who simply do not want to risk the side effects of LASIK, like dry eyes, night vision problems and risky weakening and thinning of the cornea.

EVO Visian ICL Benefits Can Include:

- Sharp, clear vision
- Works in harmony with natural eye
- Removable so reversible if there is a need to reverse
- No removal of any cornea tissue no corneal weakening like LASIK
- Excellent night vision
- UV protection
- Does not cause dry eye syndrome
- Great for thin corneas
- Option for patients with moderate to severe nearsightedness
- Quick procedure; little downtime
- Proven, time-tested procedure for more than a decade

Who is a good candidate?

The EVO Visian ICL Lens (EVO) ideal candidates are between the age of 21 to 45 and have moderate to high nearsightedness. It can safely and effectively correct nearsightedness between -3.0 D to -15.0 D, the reduction in nearsightedness up to -20.0 D and treatment of astigmatism from 1.0 D to 4.0 D. If you have nearsightedness within these ranges, EVO Visian ICL surgery may improve your distance vision without eyeglasses or contact lenses.

How it works

The EVO Visian ICL lens is made from Collamer, a collagen co-polymer that is proprietary to STAAR Surgical. Collamer is biocompatible, stable, and flexible, thus making it an ideal lens material for the eye. The EVO Visian ICL lens is slightly smaller than a typical contact lens and is implanted in the eye between the iris (colored part of the eye) and the natural lens to correct vision. The EVO Visian ICL procedure is a 12-minute outpatient procedure per eye with quick recovery and little downtime typically. The EVO Visian ICL procedure does not require the removal of any corneal tissue thus it is even suitable for patients with thin corneas. Following the procedure, many patients notice an immediate improvement in vision.

Global history

While the EVO Visian ICL lens is new in the US market, it has been approved and marketed throughout Europe, Asia, and the rest of the world. Over 1,000,000 EVO ICL lenses have been implanted around the world.

About us

Milford-Franklin Eye Center realizes you have choices when it comes to eye care. We are different. We focus on excellent and advanced eye care and treat our patients as if each and every one is family. We have surgical results that rival those of major centers in Boston- we can prove it. Dr. Kaldawy is an experienced surgeon who has performed over 20,000 intraocular surgeries. We are happy to offer you this implant if you are a good candidate and if your glasses prescription starts at -3.00 Diopters. We believe this implant is a great alternative to LASIK even at lower refractive errors. A real evolution in visual freedom. Choosing EVO ICL may be one of the best decisions you will make in your life. Call for an appointment.

For more details, see our ad on this page.



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BVT Announces Third Trimester Commendation List

Acknowledging Academic Achievements and Vocational Excellences

Blackstone Valley Regional Vocational Technical High School (BVT) has released the Superintendent-Director's Commendation List for the third trimester of the 2021-2022 school year. Students must meet rigorous standards to be named to the Commendation List, such as maintaining a grade point average of 88 percent or above in each technical, related, and academic course for the trimester.

From Bellingham, commended students include:

JUNIORS (Class of 2023)

Hailey Davis, Construction Technology; and Rudolph Patete, Engineering & Robotics.

SOPHOMORES (Class of 2024)

Katie Bird, Engineering & Robotics; Pyper Bourre, Health Services; Marissa Chamberlain, Health Services; Abbey Derouin, HVAC&R; Diana Hristova, Engineering & Robotics; Sophie Jacobson, Painting & Design Technology; Sara Lewis, Engineering & Robotics; Vanessa Lizotte, Information Technology; and Lucien Stenhjem, Engineering & Robotics.

FRESHMEN (Class of 2025)

Isabella Brancato, Electronics & Engineering Technology; Aris Pavel, Information Technology; and Kiele Sarnie, Construction Technology.

To view the complete list, visit www.valleytech.k12.ma.us/3tcommendationlist.

Local Students Named to Dean's List for Worcester State

The following local students have been named to the Worcester State University Dean's List for Spring 2022. 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: Gavin S Bourre, Molly E Hughes, Jessica M Kelly, Kaitlyn E Little, Paige S McNulty, Jared T Moore, Jessica A Paniss, Jenna M Winiker

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Rep. Soter Supports Passage of \$52.7B FY 2023 State Budget

State Representative Michael Soter, R-Bellingham, recently supported the passage of a \$52.7 billion state budget for Fiscal Year 2023 (FY23).

House Bill 5050 represents a compromise spending plan negotiated by a six-member conference that worked to resolve the differences between the initial House and Senate versions of the budget that were passed in April and May, respectively. Filed by the conference committee on July 17, House Bill 5050 was enacted by both legislative branches on July 18 and is now on Governor Charlie Baker's desk for his review and signature.

Representative Soter noted that the budget includes \$5.9 billion in Chapter 70 education aid for cities, towns and regional school districts, along with \$1.23 billion in unrestricted general

government aid (UGGA) to support other essential municipal program and services. This represents an increase of nearly \$495 million in Chapter 70 aid and just over \$63 million in UGGA funds compared to last year.

According to Representative Soter, the local aid increases contained in the new budget will provide additional local aid to the 8th Worcester District for the new fiscal year that began on July 1. Under House Bill 5050:

- Bellingham will receive \$8,837,425 in direct education aid and \$1,965,587 in unrestricted state aid
- Blackstone-Millville will receive \$11,441,020 in direct education aid
- Blackstone will receive \$1,585,548 in unrestricted state aid

- Millville will receive \$471,847 in unrestricted state aid
- Uxbridge will receive \$9,588,524 in direct education aid and \$1,593,926 in unrestricted state aid

The FY23 budget also includes funding for several local projects Representative Soter advocated for throughout the budget process. Those initiatives include:

- Bellingham - \$25,000 towards the Bellingham senior center to create an emergency management facility for the town and senior population
- Blackstone - \$25,000 towards the town of Blackstone to replace information technology servers and non-operational radios on three municipal water towers & \$25,000 towards The Daniels Farmstead Foundation, Inc. in the town of Blackstone for restoration of historic buildings
- Millville - \$25,000 towards the town of Millville for the outfit of a rural police command center response vehicle;

The FY23 budget contains funding increases for several educational programs that provide state reimbursement to cities and towns. The Special Education Circuitry Breaker is funded at \$441 million, or \$67.7 million more than last year, while municipal charter school reimbursements are funded at \$243.8 million, an increase of \$89.2 million compared to last year. Regional school transportation is level-funded at \$82.2 million but homeless student transportation is increased by \$8.5 million, to a total of \$22.9 million.

Other funding highlights from the budget include:

- a \$1.4 billion transfer to the state's Stabilization Fund, bringing the total to approximately \$7.35 billion to help preserve essential state programs during future economic downturns;
- \$250 million in grants to support and stabilize the state's early education and care workforce and to address operational costs at Massachusetts child care programs;
- \$175 million to support a High-Quality Early Education & Care Affordability Fund;
- \$60 million for a reimbursement rate increase for center-based subsidized early education and care;
- an additional \$150 million for a reserve to fund the continued implementation of the 2019 Student Opportunity Act, bringing the total to \$500 million;
- \$15 million to encourage Massachusetts public university graduates to work as public school teachers, with half of this funding earmarked for the Tomorrow's Educators Scholarship Program;
- \$110 million to continue to provide universal free school meals for Massachusetts students now that the federal program has ended;
- \$115 million to expand the state's "Breakfast After The Bell" program;
- \$15 million for bullying prevention;
- \$42.7 million for elder protective services;
- \$24.8 million for grants to local Councils on Aging;
- \$12 million for the elder nutrition program;
- \$266 million to assist the MBTA in addressing ongoing safety concerns, with the Massachusetts Department of Transportation required to issue monthly reports to the Legislature detailing the agency's progress in responding to the findings of the Federal Transit Administration;
- \$175 million in higher education scholarships;
- \$14.3 million for a new State Police class;
- \$30.5 million for the Emergency Food Assistance Program;
- \$9.5 million for veterans outreach centers;
- \$626,490 for the women's veterans outreach program;
- \$4.2 million for veterans homeless shelters and services;
- \$68.2 million to reimburse cities and towns for veterans' benefits;

- \$8.7 million for special projects relating to the Commonwealth's state parks and recreational areas;
- \$16 million in state aid for municipal libraries;
- \$12 million for the Healthy Incentives Program;
- \$360,000 for a Post Partum Depression Pilot Program;
- \$218 million for the Bureau of Substance Abuse Services; and
- \$15 million for One Stop Career Centers

The FY23 budget also contains several major policy initiatives, including:

- a ban on child marriage in Massachusetts, which is currently allowed under state law if the child's parents grant permission;
- the establishment of a common application for residents seeking assistance through a variety of state-administered programs, including MassHealth;
- the expansion of the Massachusetts Victim and Witness Assistance Board from 5 to 7 members so that 3 of the members will be crime victims rather than the 1 victim who currently serves on the board;
- the creation of a special commission to study oral health, identify gaps in care, and improve oral health care access and quality of care; and
- a directive requiring the Secretary of Health and Human Service, in consultation with the Department of Higher Education, to conduct a public information campaign to raise awareness of the availability of student loan forgiveness and assistance, tuition reimbursement, fellowships and other state and federal programs available to those working in or considering working in the health care and behavioral health sector.

At press time, Governor Baker had 10 days to review the budget, and he maintains line item veto powers, as well as the ability to return sections of the budget to the House and Senate with proposed amendments.

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Community Ties and a Commitment to Customer Service: Affordable Junk Removal

There are plenty of reasons to call a junk removal service. Maybe you're planning to move and need to clear out the basement and attic before your open house. Maybe you've spent way too much time at home lately and are feeling the need to declutter.

But figuring out who to call can be a pain. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

Or you can call Affordable Junk Removal and let a local small business with deep community roots take care of everything.

Jay Schadler started his business in 2003. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with ten trucks, servicing eastern and central Massachusetts and northern Rhode Island.

Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic, or office is overflowing with stuff, take back your space and let the pros do the heavy lifting.

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything

Business spotlight

else is fair game for them to take away.

Not everything ends up in a landfill—not if Jay can help it. He first tries to either recycle or donate items. Only after he tries to repurpose items do they end up at the transfer station.

Working with Affordable Junk Removal is simple. First, you can load stuff yourself if you want by renting a 15-cubic-yard dumpster for a week and chucking up to a ton of your unwanted stuff. If you need to get rid of more weight, then Jay prorates that tonnage—you never pay for what you don't use.

If you don't want to be bothered with the dumpster, they've also got a driveway special where they'll take away a truckload of your unwanted things if you pile it up. Or if you don't want to lift a finger, then you can point at the items, and the team will fill up their truck and haul away your unwanted things. However you do it, you're left with more space and more peace of mind.

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an anonymous call center. Your phone call goes right to Jay.

And speaking of pricing, Jay is upfront about it. His website shows the truck sizes and prices, so you can save time knowing your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.



Affordable Junk Removal is fully licensed and fully insured, and they'll treat your property with care and respect.

They also have a thriving commercial business, working with contractors and roofers to clear away debris and keep the job site clean. They can even handle commercial and residential emergencies with same-day service.

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston as well as Resellables, a thrift store in Bellingham. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

For more information, contact Jay Schadler at (774) 287-1133 or visit Affordable Junk Removal online at www.takeawayjunk.com.

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Local Quilt Guild Partners to Support Ukraine

Under the leadership and with the encouragement of local quilter Guild Member Sherri Noel, the members of the Thimble Pleasures Quilt Guild are joining with Hellocottons.com of Utah in donating quilts to the Wrap Ukraine in Quilts program. Guild members have donated thirty-eight quilts from their own collection to add to the twenty-eight quilts being donated from the Comfort Committee of the guild. A total of sixty-eight quilts will be sent to Utah to Gina Halladay and Beth Hawkins of Hellocottons. From Utah the quilts will be joined with quilts from all over the United States and sent by chartered cargo plane to Poland. The women from Hellocottons have established contacts in Poland and the Ukraine to distribute the quilts. So far, over six thousand quilts have been

sent over by Hellocottons to their contacts for distribution.

Each quilt donated from Thimble Pleasures members is labeled with the name the guild and many also have the name of the quilter who donated the quilt. The quilts will also have a QR code attached to them that may be scanned by the recipient which will allow a message to be sent to the guild quilt donor that their quilt has been received by a person in the Ukraine. It will also allow the recipient to send a note of thanks to the donor.

Sherri Noel has also invited quilters from the Thimble Pleasures Quilt Guild and other quilters to participate in a Quilt Along Program with her own design of the Love and Peace quilt (pictured here) which she completed in the Ukrainian colors of yellow and blue. This QAL raised



\$3,464 which will be donated to UNICEF. Sherri's completed quilt will be sent to Poland to be auctioned off to raise money for Ukrainian relief efforts. Details of this program can be seen at Sherri's web site rebeccamaede-signs.com

The members of the Thimble Pleasures Quilt Guild are honored to be invited to participate in this effort to bring comfort to those still in the Ukraine suffering through this attack and to those Ukrainians who are refugees throughout Eastern Europe. This endeavor was dedicated to the memory of Guild Member Marty Fletcher who recently passed away and who spear-headed many charity guild programs. Assisting in this quilt collection were Guild Members Patti Trachimowicz, Linda Bixby, Jane Wilson and of course, Sherri Noel.

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August 7th is National Purple Heart Day

The town of Bellingham, Mass. was named a Purple Heart Community in 2020, and August 7th is Purple Heart Day.

The Purple Heart is given to members of the United States Armed Forces who have been wounded, or awarded posthumously to loved ones in remembrance of a relative killed in the line of duty.



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Registration is Open for the 2022 Wreaths Across America Stem to Stone Races

Virtual Option Allows Participants to Join from Anywhere to Help Sponsor Veterans' Wreaths

Wreaths Across America (WAA) proudly announces that registration is open for its annual Stem to Stone Races which are scheduled for Saturday, Aug. 6, 2022. A live, in-person event will take place in Columbia Falls, Maine, on the tip lands where balsam is grown and harvested each year to make the veterans' wreaths that are then placed on the headstones of our nation's heroes for Wreaths Across America Day. Participants can also join in on the fun from anywhere utilizing one of the many virtual options.

These races serve to help further community awareness and understanding of WAA's year-long mission to Remember the fallen, Honor those that served and their families, and Teach the next generation about the value of freedom.

"This our fourth year offering hosting this event, and to date we've been really happy with the turnout not only in Maine, but across the country," said Karen Worcester, executive direc-

tor, Wreaths Across America. "The Stem to Stone Race is a great way to stay active, be healthy, get involved in the community and do something meaningful for people who have done so much for us. We encourage everyone to get involved either virtually or in-person, and help share the mission to Remember, Honor, Teach."

Every race registration sponsors a fresh balsam veteran's wreath for placement on National Wreaths Across America Day – Saturday, Dec. 17, 2022. You can personalize your efforts by designating a local Sponsorship Group or Participating Location you'd like your sponsored wreath allocated to during the registration process. Just have the location or group ID available during check-out.

To learn more or to register go to <https://runsignup.com/Race/ME/ColumbiaFalls/2022StemtoStone5K>

Bellingham Rules Address Lack of Rain

Ban on the Use of Lawn Sprinklers and Irrigation system

The only non-essential outside watering allowed is hand-held hose on customer's trash collection day, between hours of 5 p.m. and 9 a.m.

Compliance is mandatory for all water customers.

This stringent use restriction has been put in place to allow the water supply system maintain standpipes at levels that will provide water to all customers and maintain hydrant pressure for fire protection.

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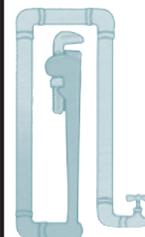
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Rep. Soter Votes on Economic, Veterans and Healthcare-Related Bills

State Representative Michael Soter (R-Bellingham) recently voted to support a multi-billion-dollar economic development bill that includes a series of tax relief proposals as well as significant investments in many state programs and local projects. Soter also supported

House Bill 4978, *An Act relative to military spouse-licensure portability, education and enrollment of dependents*, also known as the SPEED Act, was engrossed by the House of Representatives on a vote of 154-0 on July 7. This omnibus veterans bill to assist military personnel and their families with benefits ranging from higher education tuition and burial expenses to licensure and certification requirements. Regarding patients in their own health care advocacy, Soter also supported House Bill 4929, *An Act relative to step therapy and patient safety*.

House Bill 5007, *An Act relating to economic growth and relief for the commonwealth*, is funded through a combination of federal American Rescue Plan Act (ARPA) money, surplus state budget dollars, and bond proceeds totaling just under \$4.3 billion. The bill was engrossed by the House of Representatives on a vote of 154-0 on July 14, following two days of debate on 870 amendments filed by members.

During floor debate on the bill, Representative Soter was able to secure funding for several local initiatives, including:

- **Blackstone** - \$25,000 towards a groundwater contamination study at Countryside Auto Salvage
- **Medway** - \$350,000 towards the proper outfitting of a new water treatment facility plant
- **Millville** - \$50,000 towards the demolition and site preparation of the Millville Old Town Hall
- **Uxbridge** - \$125,000 towards the repurposing of the McCloskey School building

Representative Soter noted the House veterans bill proposal establishes a Massachusetts National Guard Family Education Program that will allow National Guard members to transfer their unused education benefits provided under the National Guard Education Assistance Program to their children or dependents. The bill also classifies military personnel stationed in Massachusetts, as well as their spouse and children, as in-state residents for tuition purposes when they enroll at one of the state's public colleges or universities.

Under the provisions of House Bill 4978, military families will also be allowed to register and enroll in a school district when a service member first receives their relocation order. The House proposal calls for waiving the existing proof of residency requirement at the time of registration.

Rep. Soter feels House Bill 4929, *An Act relative to step therapy and patient safety*, will give patients more of a say in pursuing a specific course of medical treatment recommended by their doctor rather than by their insurance company. The Bill will protect consumers from an insurance practice known as step therapy, or "fail first", which mandates that a patient must first try one or more preferred treatments dictated by an insurance company before they can be covered for a specific treatment recommended by a clinician. Although the bill does not ban step therapy, it calls for greater transparency by providing patients with the ability to request an exemption and the right to a speedy appeals process.

At press time, these bills were headed to the Senate for their consideration.

GOP Lt. Governor Debate August 24th

The Massachusetts Fiscal Alliance will be sponsoring the Debate between Republican candidates for Lt. Governor. The debate will take place live and on air on the Howie Carr Show on Wednesday, August 24th at 6 p.m., with Carr serving as moderator.

Among conservatives, the Howie Carr Show is arguably one of the most influential media shows in all of Massachusetts and New England. Carr's radio show is syndicated throughout the region and airs five days a week. Nearly every part of the state carries his radio show live, and you can listen to it online.

MassFiscal was established in 2012 and has grown to become the state's most influential non-profit advocacy organization focused on "advocating for fiscal responsibility, transparency, and accountability in state government and increased economic opportunity for the people of our Commonwealth." For more information, visit www.massfiscal.org.

Library Resource of the Month – OverDrive / Libby

• OverDrive is a digital distributor of eBooks, digital audiobooks, magazines and videos. Your Bellingham Public Library card gives you

access to over 60,000 eBooks, 12,000 audiobooks, 1,000 videos, and 4,000 magazines from OverDrive. They can be read/watched on devices

such as laptops, tablets, computers, and smartphones. There are many bestsellers, seasonal favorites, and suggestions on different themes and genres to choose from. There are titles for adults, teens and children that you can download to your device through the Libby app.

- Libby is a free app, built by OverDrive, which allows you to read or listen to OverDrive's digital collection. You can borrow up to 10 titles at a time and have 10 items on hold. There are some items that are always available, while others may have a wait list, but you can put them on hold and will receive an email when the title is ready to be downloaded. Materials such

as eBooks, audiobooks, and magazines can be borrowed for 7, 14, or 21 days. You choose the borrowing time. Videos can be borrowed for 3, 5, or 7 days. You can also extend your lending period for a digital title by renewing it as long as there are no holds on it.

- The Bellingham Library belongs to the CW MARS Library System. You can also borrow digital materials from the following partner library systems through Overdrive/Libby: Boston Public Library, CLAMS, Merrimack Valley Library Consortium, Minuteman Library Network, NOBLE: North of Boston Library Exchange, Old Colony Library Network, and

the SAILS Library Network. This gives everyone access to a lot more digital materials!

- For those of you who have been using the classic OverDrive app and have not switched to Libby, the OverDrive app is being discontinued by early 2023. If you need help upgrading to the Libby app, please call the library or stop in and a staff member can help you. Your loans, holds, and wish list items will be waiting for you in Libby.
- To access the OverDrive site to get started with digital reading, go to the Bellingham Library's website at www.bellinghamlibrary.org and click on the link on the right called "EBooks and Digital Media."



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Amy Azza, Esq

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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300th Anniversary Time Capsule to be Closed During Bellingham Days,

Thursday, August 11th at 6 pm at the Bellingham Library

Join the Bellingham Historical Commission and members of the Bellingham 300th Anniversary Committee for the long-

delayed closing of the Town of Bellingham's 300th Anniversary Time Capsule. See the items going into the capsule that will be

kept at the Historical Museum with instructions to be opened in 2044 during Bellingham's 325th Anniversary Year!

Exsultet! Auditions

Do you love to sing? Then we would love to meet you! Exsultet! has openings for singers for the 2022-2023 season. Our next round of auditions will take place on Monday, August 29 at 7:30 p.m. at First Congregational Church, 725 Washington Street, in Holliston.



- Exsultet! rehearsals for the 2022-2023 Season will be on Mondays from 7-9 p.m. in preparation for our fall concerts: December 3 and 4, 2022.
- To audition, download the audition piece from our website, and prepare to re-

hearse and sing it with the group. At the end of rehearsal, you will be asked

to sing your part in a trio or quartet. Come prepared to sing, laugh, and have fun!

- Please contact Carrie Klimeczko at carrie7975@gmail.com for more information and to schedule a more specific audition time.
- Visit our audition FAQ to learn more about the audition process.

Exsultet! is a fun-loving, women's choral group made up of about sixteen musicians. We love making music and challenging ourselves to present concerts which enlighten and entertain. Exsultet! sings a repertoire of choral literature spanning musical periods and cultures and incorporates readings and poetry into our performances.

Impressive Results

8 Medals and Top 10 Finishes at SkillsUSA National Competition for Blackstone Valley Tech

Blackstone Valley Regional Vocational Technical High School (BVT) students proved their vocational-technical ability at the 58th annual SkillsUSA National Leadership & Skills Conference in Atlanta, Georgia, June 20-24. The event is the world's largest showcase of career and technical education students.

The highlight of the conference is the SkillsUSA Championships, where more than 6,500 outstanding career and technical education students – all state contest winners from across the

nation – compete in 108 hands-on skill and leadership competitions.

In the third and final stage of the SkillsUSA competition series, BVT had 27 students compete with impressive results. Once again, the student competitors demonstrated their career-technical expertise and proudly claimed seven gold and one bronze medal. Additionally, their four National Voting Delegates successfully campaigned for Hunter Claffin, who was elected to serve as a National Officer for the 2022-2023 school year. Also, all contestants who medaled or met a threshold contest score for their event as an indicator of pro-

iciency were awarded Skill Point Certificates.

The following students from BVT placed in the top 10 at the 2022 SkillsUSA National Leadership and Skills Conference Championships and earned Skill Point Certificates. More details are available at www.valleytech.k12.ma.us/skillsusa.

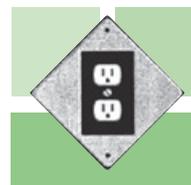
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Hockomock Area YMCA to Hold 7th Annual Community Backpack Drive

Businesses, Individuals Invited to Support Operation Backpack through Aug. 14th

Operation Backpack is now underway at the Hockomock Area YMCA and seeks the support of local businesses and individuals. Committed to building healthy, confident, connected and secure children and strengthening the community, the YMCA has a hefty goal of 3,000 fully stocked backpacks delivered before the school year begins this fall.



“Convening donors and volunteers to support area families in need reflects our Y’s commitment to serve and strengthen our communities together,” says Jim Downs, CEO of the Hockomock Area YMCA. “Having access to backpacks and supplies is an integral part of a student’s success. As many families continue to face financial hardships due to the pandemic and the cost of living, we are working to make sure that kids have the supplies they need

to start the upcoming school year off right.”

New supplies and backpacks are requested now through August 14th. The Backpack Drive is a collaborative effort made possible by the YMCA staff, program participants, partners and neighbors to provide kids the confidence that comes when boys and girls are able to go to school prepared.



Donation bins are located at all Hockomock Area YMCA fa-

ilities: Invensys Foxboro Branch, 67 Mechanic Street, Foxbor-



ough; Bernon Family Branch, 45 Forge Hill Road, Franklin; Mansfield Arts & Education Center, 40 Balcom Street, Mansfield; and North Attleboro Branch, 300 Elmwood Street, North Attleboro.

“Fulfilling our mission is only possible because of the dedication of staff, volunteers, donors and partners who support our cause of enhancing lives and enriching communities,” says Eric Kevorkian, Chair of the Hockomock Y’s Board of Directors. “Your support with this Backpack Drive will help children and neighbors in need in our 15 town service area.”

Community members who would like to sponsor the Backpack Drive are asked to contact Katie Moore at (508) 643-5265 or katiem@hockymca.org. Sponsorship levels range from \$500—which will provide 10 backpacks to students in need—through Presenting Sponsor at \$25,000,

which is a giving level ensuring that 500 children will receive needed supplies. Be sure to inquire about all sponsorship levels by contacting the Y today.

In addition to monetary donations, the Y is requesting the following supplies: backpacks for all ages including pre-k, elementary, middle school and high school, pencils and colored pencils, highlighters, washable markers, rulers, crayons, glue sticks, spiral notebooks and scissors. A donation of \$50 will cover the cost of a single fully stocked backpack. All the details to support this initiative are available at: hockymca.org/backpack-drive

If a member of your family or someone you know is in need of a backpack, a request form can be found online at hockymca.org/backpack-drive.

For more information on the Hockomock Area YMCA, visit hockymca.org.

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Charles River Chorale to Hold Open Rehearsals This Fall

Come and join the Charles River Chorale this fall season! We meet every Tuesday evening at the Church of Christ Church, 142 Exchange Street in Millis, Mass. Find out more firsthand at the group's open rehearsals,

7:30 p.m. on Tuesdays, September 20th and 27th, October 4th and 11th.

You can find the Charles River Chorale online at www.charlesriverchorale.com and on Facebook.

SAFE Coalition Holds Tree of Life Fundraiser

The SAFE Coalition has embarked on a new fundraiser, a permanent work of art that will memorialize loved ones we have lost while also celebrating those who seek recovery.

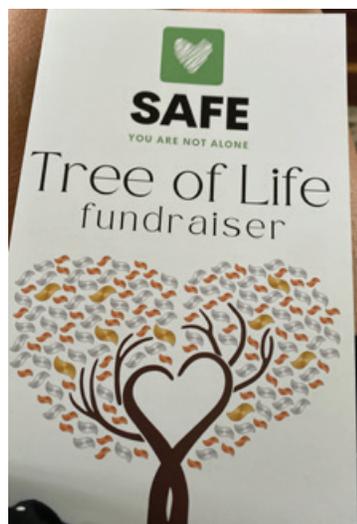
Donors can support the organization's mission of providing vital support for individuals and families faced with substance misuse and mental health challenges by purchasing leaves, embossed with their loved ones' names, which will fill the sculpture.

Donors may purchase a large brass leaf, for donations over \$1,000, a medium aluminum leaf for a donation of \$375 and a small copper leaf for a donation of \$200.

For more information, visit www.safecoalition.org/treeofflife.

SAFE Coalition programs include:

- Peer to Peer Program
- Vaping Cessation Program
- Grief Counseling
- Children Impacted by Substances Counseling
- Learn to Cope Program
- Domestic Violence and Sexual Assault Support
- Section 35 Program
- Road to Recovery Support Group



- School Partnerships
- Grandparents Raising Grandchildren
- Narcan/CPR Training
- Diaper Bank
- 12-Step Meetings
- Benefits Planning
- Medication Take Back Program
- Wellness Recovery Action Group
- Hidden in Plain Sight

Reach SAFE at P.O. Box 434, Franklin, MA 02038.

Experiencing a mental health or substance abuse crisis? Call the SAFE Support Line at (508) 488-8105.

Bethany House Plans Holiday Event for Hope

Bethany House Ministries will conduct an early holiday extravaganza on Saturday September 10, 2022, 10 a.m. – 4 p.m., St Thomas Hall 974 Main Street (Route 109), Millis. (Park across the street).

Bethany House is 501c3 organization whose mission is to create a compassionate, and healing

environment of hope for all who are in need. We provide physical, emotional, and spiritual support for all people who may be facing challenges in life, especially those impacted by the harsh realities of homelessness and prison.

Questions, please call Bethany House at (508) 376-9923.

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Sports

From Major Injury to the Nationals

By CHRISTOPHER TREMBLAY, STAFF SPORTS WRITER

Natalie Krysta began playing softball in the third grade, and prior to entering high school, she had torn the meniscus in her knee. Wanting to get back into shape for her next softball season the Bellingham native decided that she would pick up track as rehab.

“I decided that I would join the track and field team to get back into shape, but I was not going to do anything with running as it was not my strong suit,” Krysta said. “I tried a lot of different events, but eventually decided on throwing the shot put and the discus. I liked the idea of an event where I used my strength and focused on improving.”



When the winter season started to roll around, the incoming freshman went into the weight room at the high school to try and get ready. There she was met by a lot of the football players working out and this was the first thing she had done since physical therapy.

That first season, she was only able to toss the shot put in the low 20's but found that it was really something she enjoyed doing and was hoping that this was the type of program that she was looking for where she could grow into while making something of herself. During the spring track season, she was throwing the discus 70', but before long, this event would become her bread and butter, and the Bellingham native would use it to her advantage.

“The discus was my second event behind the shot put up until this year,” she said. “All of my focus was on the shot put, while the discus was just something that was fun. That is, until I continued to improve with the discus while the shot put stayed level.”

It wasn't long after that Krysta realized that she was much better suited to throw the discus and that it could open door to big tournaments for her.

“You don't grow up throwing those things like a baseball or football; it was obviously something new to her,” Bellingham Coach



Natalie Krysta, heading to UMass Amherst this fall, reflects on an injury that changed her direction.

John Pendlebury said, “She started with the glide and eventually was attempting the rotation, which is a very technical maneuver in throwing the discus. She is now one of the best discus throwers I have seen in Massachusetts.”

Although completely different than the way she was throwing, Krysta started to see a change. The glide was explosiveness through brute force, but with the rotate and spin, a technique that can literally take years to perfect, she started to see a great improvement.

“When I first changed my approach to throwing, my numbers were down. It was a challenge, but I stuck with it, and it became easier and much more normal,” Krysta said, “I also began hitting the weight room on a regular basis and was watching much more film.”

“Discus throwing takes a lot of repetition to get it down correctly,” the Bellingham Coach said. “Once she started to understand the proper way to throw with the rotation, things started to come to her.”

After having missed her sophomore spring season due to COVID, Krysta was glad to get back on the track her junior year, giving her a sense of normality once again. By the time her senior year got underway she was throwing with consistency, spending three times a week in the weight room and always giving it 100% in practice even when she wasn't feeling it.

During the indoor season, Krysta finished second in the Tri-Valley League and grabbed first in Division 6 and finished 6th at the



State. In the outdoor season, she was able to set the school record in the shot put with a throw of 37' 10" during a dual meet and was able to hurl the discus 140" in the Divisional Meet. While participating in the TVL Tournament, she finished second in the shot put and first in the discus. She also won the Coaches Invitational with a discus throw of 130'.

Just as she had projected, doors were opening with her discus throwing. At the States, she finished second and although she only threw 131' at the New England Tournament she was still able to take home second place.

“There was a combination of personal stuff going on at the end of the season, so I didn't throw my best at the New England's,” she said. “I was still excited in my accomplishments; it was a thrill to finish in second place.”

Krysta concluded her high school discus throwing at the New Balance Nationals at the University of Pennsylvania, where she threw the rock 135', good enough for tenth place in the competition. With high school behind her, it is time to open the next door – where she will throw in college for the University of Massachusetts at Amherst.

“Coming into the year my goal was to throw at least 120' as that was what UMASS was asking of me to earn a scholarship. If I didn't hit the 120 mark, I would just have to work harder to earn my spot on the team,” she said. “Now that I have my spot on the team, I'm just looking to go there and continue to improve my personal bests.”

Having etched her name in the Bellingham track and field record books, as well as going all the way to Nationals in a sport she only has been involved in for a couple of years is simply remarkable, Krysta will likely accomplish a lot in college.

“It's funny, because after my knee injury I joked with my mom, who had thrown shot put for about a week, that I was going to try out for track she laughed at me because she knows that running is not my strength,” Krysta said. “When I told her that I would be throwing, she said that made more sense, and although she was hesitant at first because of my knee injury, she gave in.”

Coach Pendlebury is thanking her every day for allowing her daughter to throw the discus.

“It's just an interesting story, how she got into track after being an avid softball player that thought that the sport was the way she'd go,” the Coach said. “Then the knee injury, she decided to try out for track, and next thing you know, she's a fantastic thrower that's taking par on the National stage.”

A softball player who mainly saw action at first base with some third base on occasion, Krysta saw the knee injury totally turning her life around, especially with athletics. She realized that although it was a new challenge, discus throwing not only was making her happy, but it was something that she could use to better her future.

Now it's on to UMASS to show the collegiate world what she can do.

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Sports

Pingeton Aims To Rebuild BHS's Girls Hoop Team

New Coach Has Franklin Pedigree

BY KEN HAMWEY, STAFF
SPORTS WRITER

Bob Pingeton is Bellingham High's new girls basketball coach, and his hiring could be the end to the program's high turnover rate of head coaches at the varsity level. The Blackhawks have had six head coaches in the last 10 years.

"This will be my only job at the high school level," Pingeton said. "The position is so appealing, not only because I live close by in Franklin, but also because it's a rebuilding situation that I want to see go in the right direction. Success can be achieved in Bellingham and it's a chance to establish a quality program."

Coaching the Blackhawks will be the 49-year-old Pingeton's first varsity basketball attempt as a head coach. He does, however, have varsity hoop experience, serving last year as Franklin High's assistant to the legendary John Leighton. Last winter, Pingeton helped Leighton guide the Panthers' girls squad to a 21-1 record and into the state tournament quarterfinals against Springfield Central, the eventual state champ.

Pingeton also has varsity head coaching experience in two other sports. He's currently the golf and girls' tennis coach at Franklin High. He also has a lengthy tenure coaching in Franklin's youth basketball programs and also at the AAU level.

"I coached in the Franklin Recreation League for nine years, the last five for the Metrowest Travel group," he noted. "I also was a coordinator for four years at the youth level and served on the board of directors for six years. And, I've been coaching Grades 5-11 in AAU basketball for eight years."

Pingeton has coached golf for one year and he finished his second year as girls' tennis coach in June. His golf team had a 9-5 record, finished third in the Hockomock Tournament and 12th in the sectional. After a 5-9 first year with the tennis team, he led the girls to an 11-7 record in the

spring. His squad defeated Lynn Classical in the first round of the state tourney before bowing to Brookline.

Pingeton, who's married and has two daughters, says "the time was right" to become a head basketball coach. "I was ready after the great season we had at Franklin last winter," he said. "I got the experience I needed and basketball has always been my favorite sport."

Pingeton was a three-sport athlete at Leicester High (suburb of Worcester) where he excelled in football, basketball and baseball. He was a quarterback in football, a two-way guard in basketball and a pitcher/center-fielder in baseball. He was a captain and a Southern Worcester County all-star in all three sports.

Now, as he takes the reins of Bellingham's girls' team, which went 5-15 last year, Pingeton is eager to get started. He met the players and their parents after being hired in May. At the meet-and-greet session, he mentioned his goals and hopes for the future.

"Our primary goal will be to play as hard as we can and be as competitive as we can in every game," he emphasized. "Then, we'll strive to win the Tri Valley League Small Division title. Third on the list is to qualify for the state tourney, then win a state championship."

Pingeton said he also wants to be as visible as possible for games at the youth level. "I want to know who's in our program, and we want to build that program by doing the right things," he emphasized.

Pingeton's style of coaching will feature an up-tempo offense that "gets up the court fast." He also expects his players to be in tip-top shape. "We'll get rebounds, get into transition and hopefully get as many easy hoops as we can," he said. "We'll force turnovers with good defense, that'll be man-to-man 80 percent of the time. We'll strive to be the best defenders we can be and we'll mix in some zone traps."



Bob Pingeton, Bellingham High's new girls' basketball coach, has a variety of experience at the interscholastic level.

On his relationship with his players, Pingeton says: "I want them to be comfortable asking questions. I'll never yell at an individual, and I won't yell at referees. As a players' coach, I'll help them understand how to fix a mistake. I'll stress basics and how to play the game the right way."

Pingeton's philosophy of coaching will focus on creating a comfortable culture and an enjoyable experience. "We want the players to reach their potential and understand our expectations that will lead to winning," he said. "And, there are life lessons the girls can learn from athletics. Sports can teach them how to overcome adversity, how to develop mental toughness and to be resilient. And, they can learn how to be good teammates and good leaders."

Pingeton knows what it takes to play basketball in a highly competitive atmosphere. He worked in the Hockomock League, now he'll get a taste of the TVL, another challenging circuit.

"We'll have to work hard for every win and we'll have to be at our best to win games," he emphasized. "The Large Division has great programs and we'll face a tough schedule against the Small Division teams. The new tourney format helps us because we'll have a strong schedule, facing teams that are in higher divisions."

Calling Leighton, who's coached the Franklin High girls for 16 years, a role model, Pingeton also recalls his high school coach — the late George Alboro. "He was a terrific motivator," Pingeton said. "Even though I was a captain, I had to work excessively hard. He was a players' coach and I enjoyed competing for him."

Pingeton says he wants his players at Bellingham "to enjoy playing for their school and for him."

If rebuilding gets done at a moderate pace and quality teams are the result, there's little doubt that Bellingham's players will be enjoying their time in Bob Pingeton's program.

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MA Senate Passes Legislation Expanding Protections for Reproductive and Gender-Affirming Care

The Massachusetts State Senate on Wednesday unanimously passed a bipartisan bill protecting providers, residents, and visitors to the Commonwealth who engage in legally-protected reproductive and gender-affirming health care.

An Act expanding protections for reproductive and gender-affirming care includes provisions preventing the Commonwealth's cooperation with 'bounty-style' anti-abortion and anti-gender-affirming care laws in other states, mandates health insurance coverage for abortion and abortion-related care with no cost-sharing, ensures access to emergency contraception, and provides confidentiality to providers of reproductive and gender-affirming care. Senate Bill 2996, filed by Senator Cindy F. Friedman, expands on her amendment to the Senate Fiscal Year 2023 budget, which was filed in response to the leaked U.S. Supreme Court opinion on

Dobbs v. Jackson and adopted by the Senate in late May.

"We cannot let other states threaten Massachusetts pregnant and transgender people, or the providers who take care of them," said Senate President Karen E. Spilka (D-Ashland). "Massachusetts will not waiver in protecting our residents' rights. The legislature prepared for the end of Roe v. Wade by passing the ROE Act in 2020, which ensured the continuation of reproductive healthcare services when we could no longer count on the federal government. Now, we must prepare our Commonwealth for the potential further erosion of our rights and protections at the federal level. I want to thank my colleagues in the Senate for their swift and decisive action."

"The Senate has taken important steps to confront the threats posed reproductive and gender-affirming health care in our state posed by new, draco-

nian laws being passed across the nation," said Senator Michael J. Rodrigues (D-Westport), Chair of the Senate Committee on Ways and Means. "Though these changes are unprecedented, we in Massachusetts are continuing to demonstrate that we are prepared to defend the rights of all of our residents. Thank you for the hard work and collaboration of Senators Friedman, Lewis, and Jehlen, and the leadership of the Senate President."

"Passing this legislation is a monumental step forward in Massachusetts, as we are seeing increasingly more anti-abortion and anti-gender-affirming care legislation rise across the country," said Senator Cindy F. Friedman (D-Arlington), Senate Chair of the Joint Committee on Health Care Financing and lead sponsor of the bill. "We must do everything to protect the rights of our providers, patients, and visitors to the Commonwealth.

As we further realize the impact of the U.S. Supreme Court's decision in *Dobbs v. Jackson* in our Commonwealth, we will continue to fight these attacks on reproductive and gender-affirming care with meaningful action."

Under the legislation, physicians, nurses, physician assistants, pharmacists, psychologists, genetic counselors and social workers are insulated from legal action in Massachusetts courts as a result of providing health care services which are legal in Massachusetts. This language specifically protects reproductive and gender-affirming health care, which has been the target of 'bounty-style' laws passed in states like Texas and Oklahoma that seek to limit this critical care beyond their states' borders. This bill also allows anyone who faces abusive litigation in another state for providing legally protected reproductive and gender-affirming care services to sue in Massachusetts court to obtain a judgment, including actual damages, expenses, costs, and reasonable attorney's fees.

The Governor would be prevented under the legislation from extraditing someone to another state to face charges for an abortion, gender dysphoria treatment, or another protected service, except when required by federal law or unless the acts forming the basis of the inves-

tigation would also constitute an offense if occurring entirely in Massachusetts. Massachusetts law enforcement agencies would also be prohibited from assisting any investigation by federal authorities, another state, or private citizens related to legally protected reproductive and gender-affirming health care provided in the Commonwealth. Courts would similarly be barred from ordering anyone in Massachusetts to testify or produce documents for lawsuits involving those practices, and judges could not issue any summons in a case concerning those health care services unless the offense in question would also violate Massachusetts law.

An amendment was adopted during debate which requires public higher education institutions to work with the Department of Public Health (DPH) to create a medication abortion readiness plan which must provide medication abortion at a health center on campus or provide a referral to a nearby healthcare facility offering abortion health care. It also creates a trust fund for public higher education institutions to support the implementation of their medication abortion readiness plans.

PROTECTION
continued on page 27



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PROTECTION

continued from page 26

In response to stories about women not receiving access to abortion care in Massachusetts currently allowed under the existing state law, an amendment was adopted to clarify the circumstances that treating physicians must consider when determining whether to provide later-in-pregnancy abortion care. The amendment requires such determinations to be made by the treating physician and patient. To ensure hospitals are complying with the law, the amendment also requires health care facilities providing these services to file their procedures and processes for providing services consistent with the law with DPH.

“Later in pregnancy abortions are extremely rare, but often occur because of devastating, heartbreaking circumstances, such as the inability of the fetus to survive outside of the womb,” said Senator Patricia D. Jehlen (D-Somerville), lead sponsor of the amendment

to clarify law on later-in-pregnancy abortion care. “So that no pregnant person is denied the reproductive care they may desperately need here in the Commonwealth, I was proud to sponsor this amendment, which strengthens and clarifies the language of the ROE Act and makes sure that hospitals providing later in pregnancy abortions ensure that the physician and patient are able to make the determination about the best course of care.”

Additional amendments would identify areas of the state with limited abortion access to increase care to those areas and allow pharmacists to prescribe and dispense hormonal contraceptive patches and self-administered oral hormonal contraceptives.

Senate Bill 2996 implements a statewide standing order to ensure that emergency contraception can be dispensed at any pharmacy in the Commonwealth. In addition, the legislation requires the Group Insurance Commission (GIC) and commercial health insurance carriers to cover abortions

and abortion-related care and ensure Massachusetts patients are not charged a cost-sharing amount, such as deductibles, co-payments, or similar charges, for such coverage. It also requires MassHealth to cover abortion and abortion-related care and ensures enrollees are not charged a cost-sharing amount for prenatal care, childbirth, postpartum care, abortion or abortion-related care.

The bill also allows individuals engaged in the provision, facilitation, or promotion of reproductive and gender-affirming health care to enroll in the Secretary of the Commonwealth’s Address Confidentiality Program (ACP). This action will increase the safety of those who may face threats or violence outside of the workplace in their personal lives or at their residences.

With a version of *An Act expanding protections for reproductive and gender-affirming care* having passed both branches of the legislature, a conference committee will be appointed to resolve differences between the bill’s two versions.

Calendar

August 11

Bellingham Days, 8 a.m., 9-hole golf tournament at New England Country Club, 5-10 p.m., Carnival, Memorial School
300th Anniversary Time Capsule Closing, 6 pm

Join the Bellingham Historical Commission and members of the Bellingham 300th Anniversary Committee in the Library Café for the long-delayed closing of the Town of Bellingham’s 300th Anniversary Time Capsule.

Friends of the Library Book Sale, 3-7 p.m. during Bellingham Days

August 12

Bellingham Days, 5-10 p.m. Carnival

Friends of the Library Book Sale, 1-7 p.m. during Bellingham Days

Swinging Sixties: Women Find Their Voice, 7 p.m., on the Sound Stage at Bellingham Days, hosted by the Bellingham Public Library, supported by Bellingham Cultural Council, which is supported by the Massachusetts Cultural Council.

August 13

Bellingham Days, noon, corn-hole tournament, 5:30 p.m. concert, sponsored by Bellingham Cultural Council, 9:30 p.m. fireworks (raindate for this day is Sunday)

Friends of the Library Book Sale, 12-4 p.m. during Bellingham Days

Bellingham Community Garden farmers market, 10 a.m. – 2 p.m.

August 18

Big Bubbles with Mr. Vinny the Bubble Guy, 6:30 p.m., Bellingham Town Common, please register your family for this fun program! Sponsored by the Rockland Trust Charitable Foundation and the Friends of the Bellingham Library.

August 26

Red Cross Blood Drive – 9 a.m. – 2 p.m., Bellingham Public Library, register at redcrossblood.org

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Doughty Best Choice for Governor

Our state is facing some serious problems including high cost of living exacerbated by inflation, an ailing MBTA system, rising crime rates, businesses leaving the state, and declining schools. We need a governor who will put aside politics and put people first. That person is fiscally conservative outsider Chris Doughty.

He is not a professional politician. Chris has spent a lifetime creating jobs, not worrying about the next election. He is the only job creator in the race. For more than three decades he has worked to build businesses that provide good jobs, while juggling being a hands-on dad for his six children and serving in the community.

Doughty has overseen the expansion of Capstan Industries from its initial startup of a few dozen employees to become, at its peak, a large multinational manufacturer. As a business owner and job creator, he dealt with all kinds of challenges — from low-cost international imports to government regulation. He has worked hard to make his company a place people were



proud to work.

Doughty graduated from Brigham Young University with a B.S. in economics and received an MBA from Harvard Business School. He is well qualified to be our Governor.

But, what will Doughty do for you? As he likes to say, “You will have more dough with Doughty.”

Doughty was the first candidate to call for the suspension of the gas tax to help ease the pain at the pump. His plan is to suspend the gas tax until the price of gas drops below \$3.70 per gallon.

“The state has the funds, so there is no reason that the State House cannot help the hard working taxpayers by immediately suspending the gas tax. As the next Governor, we will be proactive in responding to crises,” said Doughty.

Doughty wants to end the



Commonwealth’s reputation of being “Taxachusetts” and reduce taxes more than Bill Weld did as Governor. This will make our state more competitive for attracting new businesses so that we can grow jobs and wages.

Like you, Doughty opposes licenses for illegal immigrants. But, he knows that the true problem is that Massachusetts is a magnet state. As our next Governor, he will strengthen verification of applications for public assistance so only the truly needy and legal residents receive benefits.

As an experienced job creator, Doughty has a small business bill of rights plan to support those who create the majority of new jobs in our state.



“As a business owner, I have worked hard to always comply with new regulations, but it has not been easy. Creating jobs and meeting a payroll is not for the faint of heart. State government should be advocates and partners with our local businesses so the Commonwealth can create more jobs and raise wages. We do that by encouraging entrepreneurship and small businesses that are the backbone of our economy,” said Doughty.

As a father and grandfather, Chris Doughty knows that education is the heart of our Commonwealth and that we need to provide the best educational opportunities for the next generation. Our state is a national leader in education at all levels

but it is often uneven in its availability. Doughty will work to ensure parents can access the very best education for their children. The equation is simple: high expectations, a strong curriculum, excellent teachers, and empowered parents.

We can count on Chris Doughty to make Massachusetts affordable again. To see more details on his small business bill of rights and other issues visit ChrisforMA.com. Chris would be honored to have your vote in the GOP Primary on September 6th.

This article is Paid for by Committee to Elect Chris Doughty

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