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Bellingham's Favorite Hometown Newspaper

October 2022



Bellingham High School's marching band's hard work was validated with an invitation to play at Fenway Park on May 21, 2022. Up until this year, marching band was a requirement for those in concert band, but now it's a separate activity. Photos used courtesy of Bellingham High School music department.

Optional BHS Marching Band Makes for Happier Student Musicians

By Judith Dorato O'Gara
They were invited to play at Fenway Park this past May, with a roster of about 80-90 students, "a wonderful experience for everybody and validation for their hard work," says their director, music teacher Marie Forte. Even then, however, some students weren't participating in Bellingham High School's marching band

by choice. It was simply a required part of the curriculum of those who had signed up for concert band. That has changed this school year. "Before, everyone who was in our band program was part of the marching band by default," says Bellingham High School Music Teacher Forte, "Now, we have a co-curricular

marching band, an after-school band that is supplemental, and our concert band during the (school) day is purely an academic band that has their concert during the year," says Forte. This works out for those students who have very hectic schedules. "A lot of our stu-

MUSICIANS
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Harlem Wizards to Dazzle Bellingham Again October 21st

By J.D. O'GARA

On Friday, October 21, at 7 p.m., the Bellingham Education Foundation will embark once

again on what they hope will be their biggest fundraiser of the year, presenting the world-famous

HARLEM
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From the Town Clerk

2022 State Election

The 2022 State Election will be held on November 8th. Polling will be held on that day at the Bellingham High School from 7 a.m. until 8 p.m. Early Voting will run from October 22nd through November 4th. Early Voting hours will be published on the Town website under the "News" banner, on the Bellingham Bulletin website, and, on ABMI Cable 8.

Those voters who requested a mail-in ballot or absentee ballot for "all elections this year" will automatically received a ballot at their home beginning in October. Ballots must be postmarked no later than November 8th in order to be counted.

The last day to register to be eligible to vote in this election will be October 29th; the last day to register to vote before our Annual Town Meeting (November 16th) will be November 2nd at 5 p.m.

Offices on the ballot are as follows: Representative in Congress, Governor, Lieutenant Governor, State Attorney General,

Secretary of State, State Treasurer, State Auditor, Governor's Council, State Senator, State Representative, District Attorney, County Sheriff, and County Commissioner.

Town Common

Public events to be held at the Bellingham Town Common during the month of October:

October 1st: A "Night of Remembrance" will be held between 7 p.m. and 8 p.m. with luminaries lighting the pathways through the Common. Each luminary bag, complete with battery-operated candle may be dedicated to whomever you would like to remember that evening.

The cost for each bag is \$5, and may be taken home at the conclusion of the event. Luminary

bags may be reserved in advance. Forms are available at the Town Clerk's Office, the Library, and the Senior Center.

Happy Halloween to All!

Bellingham Haunted Happenings

October 12

Make a Creepy Doll, 6 p.m., Terri's Treasures, 799 S. Main St., Bellingham, 10 a.m., \$20 per doll, materials to decorate included, creepiest looking doll wins a prize

October 15

Pictures with Freddy and Jason, 1 p.m., Terri's Treasures, 799 S. Main St., Bellingham, professional pictures available for purchase

October 21

Bellingham Lions Paranormal Event, doors open 6:30 p.m., VFW Post 7272, 940 S. Main St., Bellingham, Paranormal investigators share encounters, Panelists: Bonnie from Moonlight Paranormal Productions, Heather from Haunted Emporium and Rick from Colonial Spirit Investigations. \$20, by check to Bellingham Lions, PO Box 382, Bellingham, MA 02019 no later than Monday, Oct. 17 or visit Bellingham Lions Facebook page for QR code.

October 22

Caterpillar's Search for the Perfect Halloween Costume, 10 a.m., Bellingham Public Library, 100 Blackstone St., Bellingham, Local author Phyllis Calvey will read her story, followed by Halloween Craft. Costumes encouraged! Please sign up!

October 26th

Spooky Bingo, 6:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham,

Ages 3+. Play glow in the dark Bingo in a dark room filled with spooky lighting, spooky sounds, and spooky prizes! Registration required.

October 28

Halloween Story Time & Costume Parade, 4:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, For families. Please sign up!

October 29

BEF and BBA present The Halloween Trunk or Treat Stroll, 5:30-7:30 p.m., Bellingham Town Common, Costumes encouraged! To host a table, contact Sue at Contact@BellinghamBusinessAssociation.org or Kristina at belledfound@gmail.com

Edible Haunted Houses, 12:30 and 2 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, best for ages 3+. Use milk cartons, graham crackers and lots of Halloween candy to make a haunted house. Registration is required.

October 31

Halloween Happenings, 11 a.m., Bellingham Public Library, 100 Blackstone St., Bellingham,

For grades 4+. Movies, snacks, crafts & more!

BBA Golf Tournament a Success!

Bellingham Business Association held its 19th annual golf tournament on Monday, September 12th at the New England Country Club. The sold-out event began with a 3 pm shot gun start, a delicious chicken dinner and the biggest raffle table the group has ever had. The 1st place prize went to the men's team of Johnny Khoury, Jorge Velez, Anthony Mardenly and Frank Grant. The 2nd place prize went to the team of Denis Fraine, Chris Remillard, Steve Marcotte and Ed Pelletier.

The 1st place women's team included Sharon Corse, Cathy Collins, Kim Billeri and Colleen Simoneau. Longest drive winners were Frank Grant and Shefali Desai. Closest to the pin winners were Steve Marcotte and Meghan Casey. All golfers landing on the green on hole #3 received a lottery ticket.

A special raffle was held for 300 - \$1.00 lottery tickets donated by Larry's Liquors, and the winner was Linda Mancini.

The BBA would like to extend a big thank you to our **GOLD SPONSORS** - Middlesex Savings Bank and US Bank, our **SILVER SPONSORS** - Asphalt Engineering, Bellingham Dairy Queen, Charles River Bank, Dunkin' Donuts, Sue Ranieri - Coldwell Banker Realty and Vohn's Restaurant. Our **BRONZE SPONSORS** included All Star Press, Antron Engineering, Chamberlain Pines Indoor Golf, Circle CG Farm Campground, Dean Bank, Larry's Liquors, Mass Renewables, Sweet Pea Pop-Ups &

Events and Ve'Lace Bridal.

The following businesses and individuals sponsored holes, donated swag, prizes or gift certificates for the raffles.

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TOURNAMENT

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HARLEM

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Harlem Wizards vs. Bellingham Public School faculty in an action-packed, interactive community basketball game fun for all ages.

“This is our third time hosting the Harlem Wizards. They came in 2018 and 2019,” says Bellingham Education Foundation President Kristina Mounsey. The event is open to everyone, not just families of students in the school system, and general admission tickets are \$18.

The Wizards will play a game against a team of Bellingham Public School teachers, principals, and community leaders. Players for the local team of about 20 volunteer their time and their basketball prowess for a good-spirited match against the professional hoop players.

On top of the hoop artistry, ball-handling, tricks, and teamwork of the Harlem Wizards is an interactive experience for kids who attend. The Wizards engage kids all night long, encouraging audience members to volunteer in different contests and acts. Pre-game, any child or teen with a Wizards jersey can warm-up with the Wizards. Pre-game festivities include contests, comedy, awesome slam dunks, audience participation, merchandise giveaways and more. The end of night final moments include an invitation to all students to come onto the court for a dance celebration with the Wizards.

The experience at a Wizards game is the community, the school coming together for a night of good, pure fun and excitement and it’s a fundraiser.

BEF’s first Harlem Wizards event sold over 600 tickets, proving to be a popular and successful fundraiser for the organization, whose mission it is to enhance the curriculum at Bellingham Public Schools.

“We are thrilled to host the Wizards again,” says Kristina Mounsey, BEF President. “When the Wizards came to Bellingham in 2018 and 2019, it was a lot of fun, and the games were huge successes! After a long few years, I think we could all use some fun and we look forward to more Wizards’ magic! This is, hopefully, going to be our biggest fundraiser of the year!”

The home team players will be thrilled to play in front of family, friends, and fans, and spectators will delight in seeing their beloved teachers, principals, and community leaders run the court. Come out and cheer - you will not want to miss this fantastic experience that will benefit our most precious resource: The kids!

The Bellingham Education Foundation is dedicated to enriching and enhancing educational opportunities for students in the Bellingham Pub-

lic School System. The foundation, through partnerships with parents, businesses, and the greater community, offers funding through grants to Bellingham educators for innovative and sustainable projects, motivating students to be lifelong learners. The BEF has awarded over \$250,000 in grants to the Bellingham school district since its inception in 2011. According to Mounsey, recent grants supported Robotics Club at Bellingham High and Middle School, flexible seating at multiple

schools, social emotional learning, science lab equipment, 3D printing and Makerspace funding.

“We go beyond,” says Mounsey, “supplementing the school budget, which is always getting cut lower and lower, it seems. We’re enhancing what is there with innovative projects, technology projects, new equipment, supplies, and activities that are just not covered in the budget. It’s a little bit of everything.”

Founded in 1962, the Harlem Wizards have played over 15,000 games throughout the US that have raised over \$25 million for schools and charitable causes. The Wizards have also played in over 25 foreign countries on six continents.

To purchase tickets to the game, and for more information, visit www.harlemwizards.com. For more information on the Bellingham Education Foundation, visit Belledfound.org or follow them on Facebook.

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MUSICIANS

continued from page 1

dents are 3-sport athletes,” says Forte. Plus, “For those who really enjoy marching band, we can get more involved in marching technique,” says Forte. “Instead of a shallow breadth of learning, (there’s) a deeper understanding. It’s more of a team and less of a class, more of a social engagement,” says Forte, who works with Tim McDonald in leading marching band.

Although the numbers of student musicians marching on the football field has dropped due to the change, about 47 kids are currently involved when color guard is included. The color guard is open to students in grades 8 through 12 and has two color guard coaches.

“We have student leaders,” says Forte, “Student drum majors conduct the band during the show, and we obviously have leaders in the band.”

Senior Hannah Silva, who plays euphonium in marching band, believes the change has brought out those musicians “who want to put in effort. A

handful of those people (required to do it before) didn’t want to do marching band. A lot of those kids would quit to avoid marching band, and they would come back when it was over.”

Silva thinks students who didn’t want to participate in marching band worried about being teased by other students and perhaps “don’t want to be watched,” but personally, she enjoys the “positivity” of the football games.

“I really like being in the bleachers and playing stand tunes. I sit in the back row, because low brass and low reeds typically sit in the back, so I have all my friends right in front of me. I also like football. It’s fun to watch and have all your friends around you to talk and joke with, and at the same time as all that, you get to play music. Everyone is cheering for the cheerleaders, the marching band and of course, the football players. It’s just a fun place.”

“It’s welcoming to students,” says Forte. “I think more than anything students, after the pandemic, are looking for engaging activities and want to be in social situations.”

This season, the marching band, that began with three weeks of rehearsal in August, has been working on “Hits from Across the Pond,” including favorites such as the Beatles’ “Eleanor Rigby,” Elton John’s “Your Song,” and “Every Little Thing She Does Is Magic,” by The Police. The color guard started their season even earlier, in July.

Hannah says she likes the pieces the band is working on now. “We’ve been doing pretty good compared to last year,” she says.

Forte explains that some students, like sophomore Colton Provost, have stepped forward to play new instruments in positions that need to be filled on the field. “We’re so proud of the kids that have stepped forward,” she says.

Provost is the new tuba player who played saxophone his freshman year. He describes marching band and concert band as a “little family. You create a good connection with everyone.” Removing the requirement for marching band, he says, “is a good thing. In high school, things can get really hectic with



Marching band students learn posture, marching technique and formations, all while memorizing and playing musical pieces.

schedules. I think it’s a good thing to separate out people who really want to be there. If you have a bunch of people who don’t want to be there, morale is going to be low. Yes, you’ll have less people, but all you need is 15 people who really want to be there who are going to perform better than a bunch of people who don’t want to be there. Morale and effort goes a long way, more than people think it does.”

Colton recommends marching band to students who are in concert band, though.

“It is physically demanding – you need to have a good set of lungs and put in effort, but if you’re looking to create good relationships with people, and if you’re really looking to expand your playability and skills, you have to march in time and keep the technique while playing in time and memorizing the music, it’s very good. Marching band is going to teach you good breathing and posture. I still have two years, and I’m looking forward to seeing how far I can go in marching band.”

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Your Money, Your Independence

Eye Opening Costs At Open Enrollment?

Pop Quiz: Per U.S. government data, over past 12 months (8/21 - 8/22) which has increased the most in price?

- A) Household Energy
- B) Unleaded Regular Gasoline
- C) Bread
- D) Health Insurance

In fairness, you've experienced A) 21.2%, B) 24.1%, and C) 16.2%, however for many fall brings Open Enrollment to work benefits so sticker shock of D) 24.2% health insurance has yet to be realized.

That's right, health insurance increased ~3X greater than 8.3% US inflation and same as gas. Think of the promotions or actions you've taken to save \$5-15 at the pump. Well, this is greater for family paying \$500 a month on a corporate health plan and facing ~\$1,440 annual increase.

What can you do?

Understand Plan Changes & Your Situation: In a PPO due to your doctor, but you've visited him/her twice in the last 3 years? What's the highest annual out-of-pocket medical expenses total



Glenn Brown

the last 3-5 years? Expect high out-of-pocket expenses in 2023? These and other questions will help you run the numbers.

Case for High Deductible Health Plans (HDHP): People get scared by maximum out-of-pocket costs for HDHP and dub HDHP "for the healthy and wealthy". Yes, a PPO will have lower maximums and deductibles, but you're guaranteed to pay more to obtain.

Compare PPO costing \$247 biweekly with \$6,000 maximum out-of-pocket versus HDHP at \$142, a \$13,000 maximum out-of-pocket, and employer providing \$1,500 to enroll in Health Savings Account (HSA).

PPO guarantees \$6,422 paid in premiums while HDHP is \$3,692 less \$1,500 given by employer to contribute to HSA, thus equals \$2,192 or \$4,230 less than the PPO. Thus, maximum out-of-pocket expenses differential is \$2,770 and not \$7,000. Furthermore, you'd need \$10,230 of out-of-pocket medical expenses to make this PPO breakeven with this HDHP.

About Health Savings Accounts (HSAs): Tax-exempt savings plans paired with a HDHP meeting certain criteria. HSA is not "Use It or Lose It" like Flex Spending Account (FSA) and upon leaving a company or retirement, you maintain your HSA.

Key HSA facts:

- In 2023, individual can contribute \$3850 and family up to \$7,750.
- Over age 55 an additional \$1,000.

- All contributions are tax-free: federal, state, and FICA (Social Security and Medicare).
- No federal taxes on HSA funds spent on qualified health care expenses.
- Excess HSA funds can be invested for tax-free growth to compound for years.

Unlike other tax-advantaged savings plans, HSAs offer "triple tax benefits": tax-free contributions, tax-free earnings, and tax-free distributions.

Get The Tax Savings: Consider a family in 24% tax bracket contributing \$4,000 to HSA, it would be tax savings of \$1,466 (\$960 federal 24% + \$200 state MA 5% + \$306 FICA 7.65%). Earners in 32% bracket can max out 2023 contributions and gain tax savings of \$3,460.

Set Some Time and Seek Help: Open enrollment is the once-a-year opportunity to make changes to your work benefits

without needing a life event. Beyond insurance and retirement benefits, these elections help maximize your savings, estate planning and taxes for 2023 and beyond.

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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First Baptist Church Bell Is Ringing Once Again

Repair and Restoration Completed

By KEN HAMWEY,
CONTRIBUTING WRITER

Bellingham's first emergency alert system — the 189-year-old bell that resides in the steeple of the First Baptist Church — has been repaired.

The bell, which is indirectly linked to Paul Revere who warned, "The British are coming!" as the Revolutionary War got under way, was rung on Sundays. But its sound also was heard on other days to alert the community of an emergency. Back in the 1800s, the bell basically informed residents that a 9-1-1 response was underway.

The church, which was built in 1826 by Malachi and Appleton Ballard of Medway for \$2,600, added the bell in 1833. The bell, which is 36 inches wide and 28 inches high, underwent major restoration in 1988, thanks to Bellingham's Russell Chase and Ernest Godbout, who each volunteered 40 hours on its repair.

Now, 34 years later, the historic bell again has been repaired — on two fronts. Its cradle had deteriorated, making the bell unsafe to ring, and the support beams for the bell tower needed to be reinforced with old growth Douglass Fir. The cost of the project was \$17,000.

The bell was lifted off its cradle and all the deteriorated wood was replaced. Then, new hardwood was installed in the cradle to improve its structural integrity,

and in addition, the bell wheel that holds the pull rope for the bell was rebuilt.

"Chris Burgess and his crew from Burgess Steeplejacks did an outstanding job in helping to preserve this historic structure," said Dick Reynolds, chairman of the church's Building and Grounds Committee. "Also, we'd like to thank Ralph Geyer of the Building and Grounds Committee for supervising the project."

The church, which is the fourth oldest Baptist congregation in Massachusetts, got some help from residents to defray the cost. Because of the COVID-19 pandemic, the church, like so many other small congregations, experienced a significant decrease in giving.

"I was truly humbled to see the amount of support from the community concerning our bell," said Baron Rodrigues, the pastor of the First Baptist Church for the last 15 years. "In the midst of a pandemic, when people were isolated and separated, it was heartwarming to see how our Heavenly Father brings us all together. I want to thank those who graciously gave to our restoration project that allowed us to finish months ahead of schedule. And now, we as a church and community, are being blessed again with the beautiful sound of the bell."

Jim Hastings, chairman of the Memorial Day and Veterans Day Committee, is pleased the bell will play a role in next May's



The First Baptist Church in Bellingham alerted residents to emergencies in the 1800s, when its bell was rung.

Memorial Day ceremony.

"As I've said many times, Memorial Day is not about a barbecue, games or even our Memorial Day parade," said Hastings. "The most important part of the day is to pay tribute to the men from Bellingham who made the ultimate sacrifice on the many battlefields at home and around the world."

"Each year, during our ceremony, we've been reading aloud each name of those brave warriors. Next year, along with taps, the church bell will ring to honor each individual name. Thanks to the First Baptist Church, its historic bell will ring as a respectful, final honor for their service and sacrifice."

An inscription on the bell is very telling. It reads: "Cast by G.H. Holbrook, East Medway, Mass." That indicates the link to Revere.

George Holbrook learned bell founding (melting metal into

a mold) and clock-making as an apprentice to Revere, a master craftsman best known for his famous Midnight Ride and for his silver-smithing. Holbrook, who was born in 1767 in Wrentham, maintained a long friendship with Revere until his death in 1846.

Receiving only a limited education in public schools, Holbrook learned to be a machinist and clock-maker during his apprentice time with Revere. After serving with the Massachusetts patriot, Holbrook began manufacturing bells and built a successful business in Brookfield, Mass. The design of his bells was similar to Revere's, making the bells highly sought after by collectors. After Holbrook left Brookfield for Laconia, N.H., the foundry operated under the management of Holbrook family members until 1880, when it closed.

Holbrook left a legacy as one of the first bell manufacturers in American history, with an estimated 11,000 bells cast at his establishments and sent to all parts of the United States, British Provinces, Mexico and the Sandwich Islands.



The historic bell at the First Baptist Church was cast by George Holbrook, an apprentice to Paul Revere.

The 189-year-old bell at the church, which celebrated its 275th anniversary in 2012, is a testament to Holbrook's skill-set.

The church, which played a major role in leading the fight for religious freedom during the Revolutionary War, had some key leaders in its early history.

Noah Alden, the second pastor of the church, was a third-generation descendant of John and Priscilla Alden of Plymouth. Alden rarely gets credit for devising a disguise for his cousin, Deborah Sampson, the first woman to serve in the military in the Army's First Mass. Regiment and saw battle in Albany, N.Y. When her identity was revealed, she was discharged in 1783 and given a pension of \$4 a month.

Alden, who was a delegate to the Massachusetts Constitutional Convention, later served as a religious adviser to President John Adams, who hailed from Quincy.

John and Aaron Leland were members of the First Baptist Church, and after they left Bellingham for Virginia, John Leland served as a religious adviser to James Madison, the nation's fourth President.

Links to some of our nation's founding fathers give the First Baptist Church a rich history. And, its bell, with its majestic sound and its history, is indeed revolutionary.

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Shawn Dooley: Best Choice for State Senate

Have you seen the impressive list of endorsers for Shawn Dooley for State Senate?

Governor Charlie Baker, Lt. Governor Karyn Polito, Governor Bill Weld, along with a slew of local officials, the National Federation of Independent Business (the nation's largest small business organization), and many of our local police and fire unions are among the groups who have lined up to support Shawn.

Why are so many people including Gov. Charlie Baker getting behind Dooley in his bid for the State Senate?

As Shawn says himself, "We need to get back to a common sense, people focused approach to governance in this country. The extremes on both sides are destroying our great country and I firmly believe that 90 percent of us are in the middle and we need to stop playing into the nonsense of the fringe that only seek to divide."

As a State Representative, Shawn Dooley has a proven track record of putting people ahead of politics, working to grow our economy, supporting our local police, helping taxpayers, and so much more. He has been an independent voice.

He also has the experience we need. Shawn currently serves as the ranking member on the Joint Committee on Financial Services; the Joint Committee on Public Health; the Joint Committee on Election Laws; and the House Committee on Federal Stimulus Oversight. Additionally, Shawn had the special honor of being selected by the Chief Justice of the Trial Court to serve as the non-attorney member on the Child Support Guidelines Task Force.

On the other hand, his opponent, Rebecca Rausch, brags (during non-election years) that

she is the furthest left person in the Senate. She was the leader of the defund the police movement in the Senate which would have decimated our local police. Her extremism doesn't stop there. Rausch tried to end qualified immunity (the good Samaritan law) for police officers. No good deed would go unpunished!

As our next State Senator, Shawn Dooley will bring his tireless work ethic and common-sense approach to the job. Unlike his opponent, he is not beholden to any special interest groups so we can always count on him being our independent voice.

Shawn's focus is to make Massachusetts affordable for all of us. As a former small business owner with 17 years of financial industry experience, he understands what a tremendous impact unchecked inflation and overzealous tax policies can have on families. That's why he will work to lower our tax burden. He is the only candidate in this race that supports suspending the gas tax and sending the 3 billion dollar surplus tax revenue back to the taxpayers.

To keep our economy rolling and avoid a recession, Shawn is committed to supporting small businesses that create the majority of new jobs in Massachusetts.

Just as important as economic issues, Shawn will work to strengthen public safety. Having served as an On-Call Firefighter/EMT for the Plainville Fire Department and as the Senior SAFE Coordinator, he is committed to supporting our first responders who put their lives on the line to keep us safe. As our Senator, Shawn will support our local police by giving them the proper funding, increase training, and the tools they need to protect our community.



political spotlight



Whether it is supporting our police, lowering the tax burden, helping the economy or putting people ahead of politics, Shawn Dooley is the only candidate with a proven track record that we can trust. His agenda is our agenda – not the special interest groups. Shawn Dooley is the best choice to be our next State Senator.

For more information visit Dooley4Senate.com

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- Jeff & Kia have a bonfire the night of Halloween and accidentally burn down their shed. Would their home insurance cover the claim even though they are the reason for the fire?
- Nick tapes Halloween decorations to his new truck. When he pulls off the tape, his paint peels off and damages the car. Would his auto insurance cover the claim?

Answer 1: No, he would need an endorsed homeowner policy or business general liability insurance. Answer 2: Yes, this claim would be covered. Answer 3: Yes, this would be covered under comprehensive coverage.

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New Halloween Event Comes Alive at Town Common October 29th

BBA & BEF Unite Forces to Create Halloween Trunk-or-Treat Stroll

By J.D. O'GARA

The Halloween spirit will come alive at Bellingham Town Common on Saturday, October 29th, from 5:30-7:30 p.m., when families are invited for some town-wide trick-or-treating fun. The Bellingham Education Foundation (BEF) and the Bellingham Business Association (BBA) have combined their past Halloween hauntings into the Halloween Trunk or Treat Stroll, and costumes are encouraged!

"We are going to join forces again," says Kristina Mounsey, President of the Bellingham Education Foundation, noting, "We're hoping for the biggest event we've had, now that we've joined forces and are doing it altogether. In the past, all the businesses that do our Trunk or Treat also do the (BBA's) Pumpkin Stroll. I think this is a nice way for them to go bigger

just once instead of spreading (themselves) a little too thin."

The Trunk or Treat portion of the event will be a little more limited this year, as the parking lot at the Common is a bit smaller, says Mounsey. Costumed vehicles will line the parking lot, and trick-or-treaters can creep on over to each one.

"For the Trunk or Treat, you're going to have to sign up for a trunk," says Mounsey. "This will be a little different, as we have always done it in the large parking lot of the High School, and we're a little bit more limited as to the actual number of cars we can accommodate."

That said, businesses and other groups that might have missed the cutoff for a trunk are encouraged to set up a table along the walkways to haunt the event, with tables being available up to about a week before. "They usually give away candy, little pencils, knick-knacks," says Mounsey.

The Halloween fun wouldn't be complete without some spooky tunes, which will be provided by the My FM101.3 Street Team. Parking for the event will be in the large lot across the street from the common.

In the event of a rain out, the event will be held at the Bellingham Memorial School.

To get involved in the Halloween Trunk or Treat Stroll, reach out to Contact@bellinghambusinessassociation.org or Belledfound@gmail.com.

For more information on the Bellingham Education Foundation, visit belledfound.org or find them on Facebook at Bellingham Educational Foundation Bellingham, MA

For more information on the Bellingham Business Association, visit www.bellinghambusinessassociation.org, email Contact@BellinghamBusinessAssociation.org or find Bellingham Business Association on Facebook.

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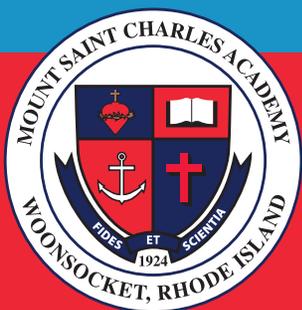
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After Journey of Recovery, Local Resident Looks Abroad

By J.D. O'GARA

Bellingham resident Kay/Karen Lock Kolp has plans to walk across the North of England next year.

In 2011, she might not have thought that possible.

"I developed a tendon disorder in 2011 which took away my ability to walk more than a few steps," says Lock Kolp, "to go beyond that, I needed a wheelchair."

Over 11 years, beginning with aquatic physical therapy, Lock Kolp rehabilitated her body, with lots of support from doctors, physical therapists and loved ones.

"It's been a long road to recovery, and this year, I feel well enough to begin training for something big. I chose the Coast-to-Coast Path that goes through the Lakes District National Park, the Yorkshire Dales National Park, and the North York Moors National Park in the UK, 182 miles total. I expect to be able to do it in about three weeks."

The pastelist, who does all of her online work by voice, was inspired to choose a path that



Kay/Karen Lock Kolp, left, shown with her family, overcame a tendon disorder which took away her ability to walk more than a few steps. After 11 years of recovery, she aims to journey 182 miles in the UK.

goes right through the Yorkshire Dales, the place James Herriot wrote about in All Creatures Great and Small, as the work was of great significance to Lock Kolp as a child.

The 23-year resident of Bellingham, who has two grown children, will share her solo journey on social media, as well as her artwork along the way. Also a life coach, Lock Kolp hopes to inspire others, but is asking for support to get there.

If you would like to support her adventure, visit

<https://www.gofundme.com/f/from-wheelchair-to-walking-across-england>

"I'm raising money for getting to England and the housing along the trail, and the equipment I'll need," she says, "It took a village to get me better, to this point with my tendon condition, and there's still a lot of things I cannot do," says but "I'll be doing it with all these incredible people I've been able to connect with, feeling like they're there with me."

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continued from page 2

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Untamed Tattoo, Urban Air Adventure Park, VB Variety, Veg M, Vendetti Motors, Vet's Package Store and Vohn's Restaurant.

Co-Chairs Sue Grady and Sue Ranieri expressed sincere thanks to all the businesses and individuals for the continued support and generosity. The BBA looks forward to seeing everyone again next year on 9/11/2023!

First Baptist Honors Bellingham First Responders on 9/11

By J.D. O'GARA

The First Baptist Church of Bellingham honored the town's first responders in a dedicated service on Sunday, September 11, 2022.

"Today is a day we set aside to show our appreciation to the selfless men and women who care for us," said Pastor Baron K. Rodrigues, before he presented plaques of appreciation from the congregation to Bellingham Deputy Fire Chief Chris Milot and Bellingham Police Sgt. Ken Jones, on behalf of their departments.

Although Fire Chief Gentile was attending a separate charity event to raise funds for 9/11 victims, Deputy Chief Milot accepted the plaque on behalf of Bellingham Fire. Chief Gentile, in a letter, expressed, "I would re-

ally like to say thank you for the award and for your acknowledgment of recognizing everything that the Department and Staff do for the Town and surrounding communities."

Sgt. Jones commented on behalf of the Bellingham Police Department.

"We're very appreciative of everything, that they've brought everyone together, and it was an honor for us. It was a very nice event," said Jones.

Pastor Rodrigues expressed his belief that God bestows on first responders "something in their heart to want to sacrifice their life or well-being to protect ones we love," and that, "The reason why I wanted this service was I remember where I was on 9/11 and the sacrifices of (first responders) that I witnessed."



On Sunday, September 11, 2022, members of The First Baptist Church of Bellingham recognized the town's first responders with a special service. From left, FF Michael Nassise, FF Justin Laferte, CHAP Rick Marcoux (RET), Deputy Chief Milot, Pastor Baron Rodrigues, Sgt. Ken Jones, Off. Tim Joyce, and Off. John Melanson

Also attending the service was Bellingham Town Clerk Larry Sposato and Rep. Shawn Dooley, who noted how important he thought it was that the church community took the time to honor their local heroes. "There's so much negativity toward police, it's great to remember how many local members of our community are willing to give back," said Dooley.

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Bellingham Fire Offers Seminars for Seniors

By ANGIE FITTON

Lieutenant Brad Kwatcher, the “SAFE Coordinator” of the Bellingham Fire Department, would like the seniors of the town to join him at the Bellingham Senior Center for great educational seminars. These events are free of charge, and take place at lunch time, while most everyone is gathered in one space. With the exception of the summer months, June through September, Kwatcher holds these seminars monthly. These visits are part of the “Senior Safe Program,” something that went into effect in 2013 when the Fire Marshal realized just how many elderly deaths were related to fires.

On October 10th, Lt. Kwatcher will be teaching the ins and outs of CO/Smoke Detector safety. Who is the target audience? For this specific event, it’s mostly seniors. He will be explaining what to do with the detectors when they do things like malfunction or make chirping noises. Kwatcher will discuss

where in the home these CO/Smoke Detectors must be located.

“Eventually, within ten years, the only detectors on the market will have sealed batteries that last ten years, and won’t require changing, but until then, I want to ensure everyone knows when to change the batteries,” says Kwatcher. Why is he having this seminar? Because of the importance of fire safety and having the knowledge that detectors go off when a fire is at a certain point in order to allow for a safe escape. He also wants to discuss the importance of CO, also known as “the silent killer”, as it is odorless and invisible. The reason smoke detectors started having CO detectors built in was because of the passing of Nicole’s Law in 2005. “In Plymouth, a young girl named Nicole lost her life because an exhaust vent was blocked and she died from carbon monoxide poisoning,” Kwatcher explains.

On November 14th, the Lieutenant will be bringing a

cooking prop from the Massachusetts Fire Academy to show seniors safety around cooking. He will go over things such as when to put lids on pots and how to turn off the stove or oven in the event of a fire. He will also emphasize the importance of not storing items on stovetops and how clothing and hair can be a hazard while cooking.

December 5th will be another important day at the Senior Center. Kwatcher will be discussing important winter safety tips. He will teach how to prepare an emergency kit in case of loss of power or a state of emergency. What to do with medications and food, such as canned goods, will also be a topic of conversation. The Lieutenant then wants to educate on proper use of generators and the importance of making sure pathways to the home are cleared of snow and ice in the event of a necessary evacuation or for the Fire Department to get into the home to assist in case of emergency.

Along with going to the Senior Center to educate seniors, Kwatcher assists with the Student Awareness Fire Education (S.A.F.E.) Program. This program originated in 1993 when the state Fire Marshal came to the conclusion that the number of fire-related deaths involving children was far too high. The goal of S.A.F.E. is to educate school-aged children on fire safety, with follow up to ensure the program is working.

While students of all ages are educated, in 3rd, 6th and 9th grade, Fire Districts do evaluations and test the knowledge of the children being taught fire

safety. The idea is to be sure they are absorbing the information and to adjust the curriculum based on test results. “For instance, if a majority of 3rd graders get a certain question wrong, we know to increase education around that topic,” states the Lieutenant. Since the inception of the program, fire-related deaths involving children have dropped by approximately 80% statewide.

To learn more about how to attend these free, educational lunches, please call (508) 966-0398. The address of the Senior Center is 40 Blackstone St, Bellingham, Mass.

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World-Class Eyecare and Cataract Surgery Closer to Home

BY: ROGER M. KALDAWY, M.D.
MILFORD FRANKLIN EYE CENTER

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

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



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

4. What are the risks? One of the most dreaded risks of cataract surgery is accidental damage to the posterior capsule, which is the back wall of the bag holding your lens. Ask about the complication rate of the surgeon you are being asked to travel to. In our center this rate is close to zero percent.
5. What is the rate of infections in your center? Another potentially devastating risk of cataract surgery is an infection inside the eye called *endophthalmitis*. Ask the complication rate of the surgeon you are being asked to travel to. In our center this rate is close to zero percent.
6. What type of technology is available at your surgery facility? Different centers have different equipment and resources. For instance, Massachusetts has only few centers offering laser-assisted bladeless cataract surgery. This should be an option if you want to reduce dependence on glasses and treat low grades of astigmatism at the same time as your cataract surgery. Our center was among the first in the State and New England to offer this technology. Did you know that many hospitals and other centers do not offer laser-assisted bladeless cataract surgery? We do!
7. What type of implant am I going to get? Different lens implants can be used during cataract surgery with different materials, quality and ability to reduce your need for glasses. Ask your referring provider about his/her surgeon choice of implants. Our center was the first in the greater Boston area to offer the new diffractive and extended-focus implants. With those implants you can see clearly at distance, close and intermediate like your phone and computer screen with little or no dependence on glasses.
8. Will my need to wear glasses be reduced? Cataract surgery is a wonderful opportunity to limit or eliminate your need for glasses. As the surgeon removes the cataract, there is an opportunity to replace the cloudy lens with a special high-tech implant able to achieve this goal. Ask your referring provider about his/her surgeon of choice ability to achieve those goals. Our center has many happy and glasses free patients.
9. Will I have stitches? It is ideal to eliminate the need for stitches such as the surgery is a no-stitch surgery. Placing a stitch can be complicated by stitch induced astigmatism, a foreign body sensation and a broken and irritating stitch. Ask your referring provider if his/her surgeon of choice is still using stitches. 100% of our cataract procedures are stitch-free.
10. What will be my vision on day 1 after the surgery? One of the measurements defining quality of outcomes after cataract surgery is the quality of vision on day 1 after the surgery. Surgeons should strive to make the vision correct to as close to best as possible on day 1. Ask your referring provider about his/her surgeon of choice ability to achieve this outcome. Our center has many patients with happy 20/20 vision on day 1 after cataract surgery.



MILFORD - FRANKLIN EYE CENTER



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John F. Hatch, M.D.



Bryan Hong, M.D.



Michael R. Adams, O.D.



Caroline Perriello Consigli, O.D.



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EYES

continued on page 13

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continued from page 12

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A New Year for Ladies of St. Anne

Officers of the Ladies Sodality pledged their service and support to St. Anne, the parish community and each Sodality member at the Induction Mass on September 8, in the St. Blaise chapel, with Fr. Al and Deacon Rich presiding. The first meeting of the year established committees and themes for many of the meetings to come including the Yankee Swap, Movie Night, and Christmas Gala.

The next meeting is a Covered Dish Dinner on October 13, at 6 p.m., in the St. Blaise Parish Hall. We want to remind all Bellingham women 18 years or older that they are invited to join our Sodality, that you do not need to be a parishioner of St. Blaise. The Covered Dish is a great way to share a meal (maybe with neighbors you already know!)

and learn about our Sodality and the many ways we strive to enrich our members and community. You can contact Beverly Sherrill, (774) 291-1204 or Marie Crossland, (508) 883-4415 for more information.

Bake Sale Set for October 1 - 2

The Ladies of St. Anne will hold a bake sale to benefit their Scholarship Program on October 1 and 2, after the 4 p.m. Mass on Saturday and the 7:30 and 10 p.m. Mass on Sunday at St. Blaise Parish. As always, we will have many of your favorites like brownies, all kinds of cookies and cakes, cupcakes, pies and some sugar free or gluten free options.

Hope to see you there!

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\$185,450 Action Grant Awarded for Uxbridge Whitin Pond Dam

On August 30th, 2022, Representatives Michael Soter and Joe McKenna announced that the Municipal Vulnerability Preparedness Grant program released the recipients of FY23 funding. In this round of funding, the town of Uxbridge received \$185,450 for the Home Brew Dam and the Whitin Pond Dam Removal.

The Municipal Vulnerability Preparedness (MVP) Action grant program provides funding for municipalities that are seeking to make improvements in order

to adapt and minimize vulnerability to climate change impacts. This program has provided funding for projects designed to address extreme weather, flooding, and extreme heat.

In the case of the Home Brew and Whitin Pond Dams located in Uxbridge, the funding will be used to conduct research and exploration into the proposal of removing the dams. The proposal for removing these dams indicated that doing so would benefit the town as it would minimize the risk of downstream damage

and upstream flooding from a catastrophic weather event, as well as restoring natural floodplain habitats for flora and fauna.

“There truly is no time like the present to invest in adaptation to our changing environment,” commented State Rep. Michael Soter. “I am glad that we are now able to be proactive in addressing these concerns in avoidance of a much larger issue.”

“Many of our towns have dam and culvert infrastructure that is old and in need of repair or removal,” commented Rep. Joe McKenna. “This state support to aide in the removal of certain dams in Uxbridge will eliminate the risk of failure and major floods is a huge benefit to the community and to public safety.”

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A beginner's guide to fall planting and maintenance

Spring and summer are perhaps the busiest times of year for gardeners. However, fall also is a prime time to tend to gardens.

The tree and bare root retailer Bower & Branch advises that soil temperatures in many regions of the country may still be warm enough to encourage root growth well into the start of winter. Furthermore, fall is often the ideal time to plant, fertilize and keep a garden going or to get a head start on next year's bounty.

Here are some tips to make the most of the fall gardening season.

- Think about fall annuals and bulb planting. Near the end of September, start planting cool-weather-loving pansies and violas for pops of color as summer flowers fade. Also, it's a good idea to stock up on bulbs that will bloom in the months to come before they sell out in stores. Wait until the temperatures really cool down before planting them in desired spots for spring sprouts.

- Sow salad seeds. Lettuce, spinach, radishes, and arugula tolerate cooler temperatures. Try new and interesting lettuce varieties and enjoy salads well into the fall season.
- Take inventory of the sun. Positioning a garden carefully means maximizing hours of sunlight, which begin to dwindle in the fall. Experts say gardens grow best in sunny locations that receive six hours of direct sunlight each day. This is where container gardens can be helpful, as they allow gardeners to move plants into spots that will get ample sunlight.
- Fill in landscaping gaps. Some fall plants can add color around the landscape and brighten up homes to add curb appeal. In addition to pansies and violas, asters, kale and chrysanthemums are fall blooms. Keep in mind that mums can come back year after year.



So take them out of those flower pots and get them into the ground. They can be enjoyed next year as well, sprouting in early spring and developing leaves and buds through late summer.

- Clean up unwanted growth. Fall is an ideal time to cut back spent vegetable plants and get rid of errant weeds. Rather than bagging leaves, mow them with a grass catcher and then add the

mix to a vegetable garden as an excellent soil insulator. The nitrogen and carbon will fertilize the soil, enhancing growing possibilities and limiting weed growth.

- Propagate plants in the fall. As temperatures gradually begin to cool, start taking cuttings from perennials, gathering seed pods from azaleas and rhododendrons and dividing hardwood cuttings, says the resource Gardening Know How. Consult with a garden center or horticulturist on the proper ways to propagate stems using rooting hormone and other techniques.
- Continue to water plants. Water is essential in the fall and winter as roots can still be growing. Gradually reduce watering duration as plants go dormant.

Fall planting and maintenance can extend gardening season and improve the chances of growing a healthy spring garden.

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Robert “Rob” Greene founded the company in 1980 and runs it today with his son Robert Jr. “Robbie.” Their goal is to provide top-notch workmanship at an affordable price.

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Rob himself started roofing at the age of 13 with his father for his father’s construction company. Rob learned everything about roofing from the “great old-timers” who were up on the roof working right along with Rob, teaching him everything he now knows.



Today, Robert Roofing is fully licensed and insured, and performs work on residential and commercial buildings plus new construction. They have an “amazing crew” that offers various types of roofing (asphalt, rubber, low-slope, specialty shingles, etc.) as well as other services including gutter installation, new downspouts, vinyl and wood siding, coil stock metal coverage, soffits, and chimney repointing and flashing.

Did you know fall is peak roofing season? Rob says it is

Business spotlight

very important to have your roof evaluated before the cold winter months. If you need a new roof, or roof repairs, now is the time to do it.

“It’s easy to brush off some minor wear and tear water damage or damaged shingles but these are strong indicators that you need to replace your roof.

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Don’t wait until spring to replace your roof, as doing so can exacerbate your problems. Any damage that you’ve discovered can only get worse during the winter with freezing rain, ice, snow and sleet. It’s best to be proactive instead of dealing with emergency roof repairs at the last minute.”

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For the warmer months, Rob stresses the importance of roof ventilation which can also help with energy savings.

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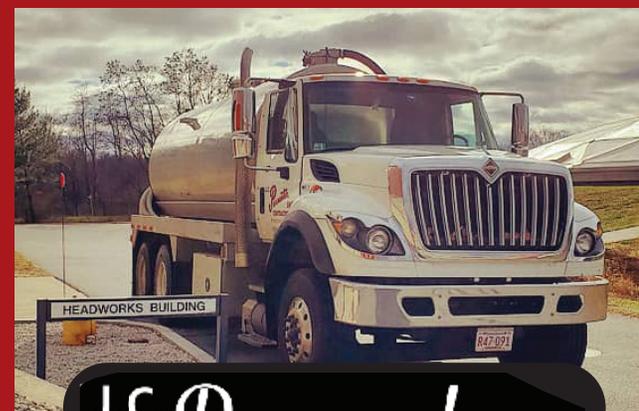


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Under Pressure gets homes ready for the holiday season

By CHRISTIE VOGT
CONTRIBUTING WRITER

In anticipation of fall bonfires, winter holiday gatherings and cold weather challenges, exterior cleaning company Under Pressure is busy preparing and sprucing up homes for the season. “The work we do is like a tune-up of the house from top to bottom, from roofs to gutters to windows to patios,” says owner Mark Mercer. “We’re helping people to love their home again, especially around the holidays, and to refocus attention on the importance of the health of a house.”

Mercer says that cleaning exteriors in late summer and early fall is an optimal time because houses stay cleaner for longer due to less pollen, landscaping debris and humidity-induced mildew. Under Pressure is also able to wash surfaces later in the year — even as temperatures drop to the 30s — thanks to water heating mechanisms in its trucks. “Winter is long, and homeowners should be asking themselves at this time whether their house is prepared for the

Business spotlight

changing weather ahead,” Mercer says.

In addition to washing, Under Pressure offers shrink-wrapping to protect outdoor furniture, water features, garden monuments and other items that need to be shielded from the elements. “Shrink-wrapping is a great alternative to covering things with weatherproof fabric, which often gets chewed through by critters,” Mercer says. “Shrink-wrapping also saves space because we can push everything into one tight bundle in your yard rather than having your patio furniture take up square footage in your garage or basement.”

Under Pressure also offers safe and efficient ice dam and snow removal services. Its gentle but powerful steam method quickly remedies problematic areas on roofs without damaging a home’s structure.



Routine maintenance and cleaning services like these are important, but Under Pressure is also eager to bring a bit of magic to customers this year in the form of custom-designed holiday lighting. “We are really excited about this new offering,”

Mercer says. “It’s amazing what you can do with a home nowadays with new light technologies, and customers have been asking us for years for a service like this.”

Under Pressure’s team has gone through weeks of training and safety courses in order to design and install holiday lights that cater to customers’ imaginations. “The designs are only limited by homeowners’ creativity,” Mercer says. The company uses LED lights and can illuminate an entire house with one extension cord and a timer. Homeowners don’t have to worry about maintenance or storage either; Under Pressure

will take the lights down at the end of the season and store the equipment until homeowners want to reinstall a display in the coming year.

“We can decorate homes for Halloween, Christmas, Hannukah, New Years — any winter holiday that people want to celebrate,” Mercer says. “Holiday lighting creates a special feeling; there’s just something about the warmth that it brings to a place.”

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Fireplace trends help create attractive, comfortable rooms

Fireplaces are useful features in a home. Fireplaces are sources of ambient heat and also add style to indoor spaces.

Fireplaces can complement just about any interior style. Fireplaces can be traditional and burn wood or connect to a home's natural gas supply for on-demand ambiance. What's more, fireplaces may come in vented or ventless varieties, depending on homeowners' preferences and what is allowed by community building codes. That means a chimney or flue may not be needed — expanding the list of rooms where a fireplace can be installed.

Certain trends have emerged among fireplace fans in recent years. Here's a look at what's getting consumers fired up about these home decor elements.

- **Minimalist style:** Many fireplaces are designed in neutral colors with minimal trim that directs focus on the fire and not the appliance. When the fireplace is not in use, it blends in with surroundings and will not compete for attention with other design elements.

- **Convertible fireplaces:** Homeowners can choose between open or sealed fireplaces. A convertible fireplace enables homeowners to

have the best features of these options. A convertible fireplace can be converted to wood from gas, or the opposite, in as little as 30 minutes.

- **Nature-inspired materials:** Natural stone continues to be a material of choice in fireplace surrounds. Light colors work well for a fireplace, and also fit with today's lighter color interior design preferences. Natural stone also works perfectly with both contemporary and rustic decor.

- **Vintage fireplaces:** Vintage continues to be a buzzword in 2022, and the choice to go vintage also applies to fireplace styles. A room decorated in vintage elements can be complemented with a vintage fireplace or one designed to look vintage.

- **Integrate into wall decor:** Fireplaces that are built right into a wall save space. One can have a television and a fireplace on the same wall. These types of fireplaces work well in modern home designs. Other fireplaces may be built into bookshelves or other wall features.

Fireplaces can improve the appeal of a home. Various trends are popular this year, making fireplaces highly coveted features.



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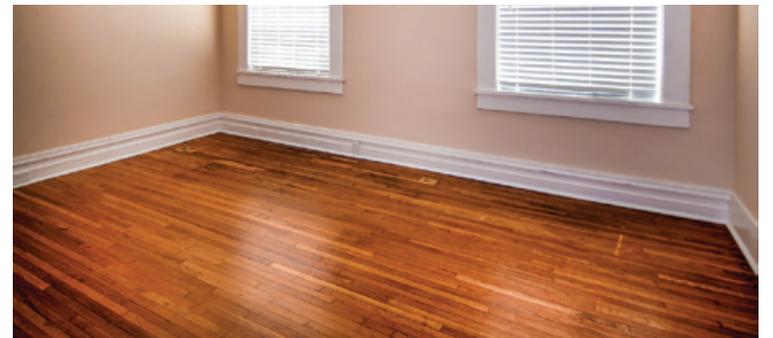
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Wood floor installation dos and don'ts

Jaw-dropping features can sell a home in a heartbeat. A penthouse apartment with floor-to-ceiling windows and a panoramic view of a city skyline likely won't prove a hard sell, nor will a home with an infinity pool overlooking a landscape of rolling hills. As awe-inspiring as such features can be, some more subtle components, such as authentic hardwood floors, also can do much to make a home more appealing to prospective buyers.

home renovation experts at BobVila.com, squeaky floors could be an indication that the subfloor has begun to warp or twist. Sinking floors are another indicator of deteriorating subfloors. Subfloors should be somewhat level before new hardwoods are installed, so DIYers should inspect and address subfloor issues before installing new flooring.

DO expose wood flooring to the elements in your home prior to installation. The home im-



Hardwood flooring is a sought-after commodity. Data from the National Association of Realtors indicates that 54 percent of home buyers are willing to pay more for hardwood floors. In fact, NAR figures indicate that 28 percent of buyers between the ages of 35 and 54 consider hardwood floors "very important" when looking for a home. Homeowners who are considering selling their homes, or those who simply want to upgrade their existing flooring, may want to consider installing hardwood flooring. Though it's a project best left to professionals, hardwood flooring can be installed by skilled DIYers. In such instances, homeowners may want to keep these dos and don'ts in mind.

DO hire a professional if you have limited or no DIY flooring experience. Hardwood flooring installation is not generally a project for novice DIYers. Hardwood flooring projects may present some common challenges, but no two homes are the same. So unless they have prior experience installing floors in multiple rooms or homes, homeowners may save themselves time, trouble and a significant amount of money hiring a professional to do the job.

DON'T ignore the subfloor. New hardwoods won't erase the problem of subfloors in poor condition. According to the

improvement resource BuildDirect recommends acclimating hardwoods to the space where they will be installed. Skipping this important step could result in gaps during the winter and cupping over the summer. To acclimate hardwoods, open the boxes and spread them out for about a week while running the air conditioner or heater at normal levels. When storing hardwoods prior to installation, avoid keeping them in potentially moist areas like a basement.

DON'T skimp on tools. A DIY hardwood flooring installation might be less expensive than hiring a professional, but homeowners should resist any temptation to increase those savings further by purchasing less costly tools or fewer tools than is necessary to complete the job. BuildDirect notes that DIYers will need at least a miter saw, table saw, cleat-nailer or stapler, finish nailer, compressor, jamb saw, chalk line, nail set, and tape measurer when installing hardwood floors. Purchase all necessary tools and read product reviews to ensure each tool is up to the task.

Wood floors can be awe-inspiring. Some homeowners can install such flooring on their own, and the project can be much easier if they learn as much about installation as possible prior to beginning the project.



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Signs your gutters are in need of repair

Fall is a great time to tackle projects around the house. The weather each fall allows homeowners to make improvements to their homes' exteriors without worrying about extreme heat or cold, while interior projects like painting are made easier because homeowners can open the windows to allow for proper ventilation.

Fall also marks a great time to prepare for upcoming projects that can make winter work that much easier. For example, fall is a great time to take stock of your gutters so you can address any issues before leaves begin to fall or the first snowstorm touches down. Compromised gutters can contribute to water issues in basements and adversely affect a home's foundation if not addressed immediately, so it behooves homeowners to learn the signs that gutters are in need of repair or replacement.

- Gutter hanging off the home: Gutters were once installed predominantly with spikes. However, many industry professionals now install gutters with hanger brackets. Why



the change? Spikes loosen over time, leading to the gutters hanging off the home. That can contribute to serious issues if left untreated. Gutters hanging off the home need not necessarily be replaced, but rather secured to the home, ideally with hanger brackets instead of spikes. Brackets hook into the front of the gutter and are then screwed into the fascia of a home. A professional who specializes in gutter repair can perform this task relatively quickly, and it's an inexpensive yet highly effective solution.

- Gutter separation: Gutters that are no longer fastened together can leak and contribute to issues that affect the home's foundation, siding and appearance. Clogs and the accumulation of debris can cause gutters to separate because they are not designed to hold too much weight. Replacement of separated gutters may or may not be necessary depending on how big the problem is and the condition of the existing gutters. If

replacement is not necessary, separated gutters may be remedied by securing the joints, another relatively simple and inexpensive fix.

- Peeling exterior paint: Paint that appears to be peeling off of your home may indicate that water is seeping over the edge of the gutter closest to your home. When that happens, water is coming down the side of the house, causing the paint to peel. In such instances, replacing the gutters is often necessary.
- Basement flooding: Not all signs of deteriorating gutters are outside a home. Many a homeowner has been flummoxed by flooding in their basements, and such flooding can be caused by aging, ineffective gutters. That's because deteriorating gutters sometimes allow water to leak near the foundation of a home, contributing to basement flooding.

Fall is an ideal time to inspect gutters and have any issues fixed before leaves begin to fall or harsh winter weather arrives.



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Yankee Quilters Show Work Completed: Members of Yankee Quilters Guild showed off quilts completed for charity donations and family members at September 13th meeting in Franklin. Left to right: Susan Speers, Franklin; Anita Stolle, Medway; Diana Hatch, Holliston; and Cindy Lynch, Monson.

Make Time to Sew

Yankee Quilters Set Plans for a "Staycation" October 21-23 in Holliston

Franklin - Do you love to quilt or sew but just can't find the time to make the projects you love? Give yourself the time to sew and surround yourself with fabric and quilters in October.

Yankee Quilters Guild, a local quilt group, invites quilters to reserve a space for your sewing machine at a weekend staycation on Friday, October 21st to Sunday, October 23rd at Christ the King Lutheran Church in Holliston. Participants bring their own sewing machine and projects with tables, irons, and cutting space available in a large, bright space. A crock-pot dinner on Friday night, pizza on Saturday night and a bagel breakfast on Sunday are included.

The three-day event cost is \$95 for non-members or \$50 for one day, including a one-year activity fee. Members cost is \$70 for three days or \$25 for one day only. Reservations and advance

payment are required. For hours and registration information, contact Anita Stolle at (508) 321-1757 or anitastolle@gmail.com.

The guild's regular October meeting on Tuesday, October 11th will include a potluck dinner and information about upcoming programs and trips, including a getaway to the Berkshires in March.

For more information about the organization, please follow Yankee Quilters' Facebook page.

Yankee Quilters Guild is a 501-c-3 charitable organization based in Franklin with members throughout the region. The Guild meets on the second Tuesday each month at Emma's Quilt Cupboard in Franklin, Horace Mann Plaza, East Central Street, Franklin in space generously donated by the store. Donations to the Guild are tax-deductible to the extent allowed by current law. For more information about the organization, see Yankee Quilters' Facebook page.

Bellingham Cultural Council Needs You!

Would you like to play a role in promoting and funding the arts, sciences, and humanities in Bellingham?

Then apply to join the Bellingham Cultural Council. Council beneficiaries in the

past include musical events, individual artists, nature studies, theatrical productions, and educational programs.

The Council needs a board member and volunteers to support a variety of programs.

You can email: BelCultural-Council@BellinghamMA.org or visit www.bellinghamma.org/cultural-council to find out more.



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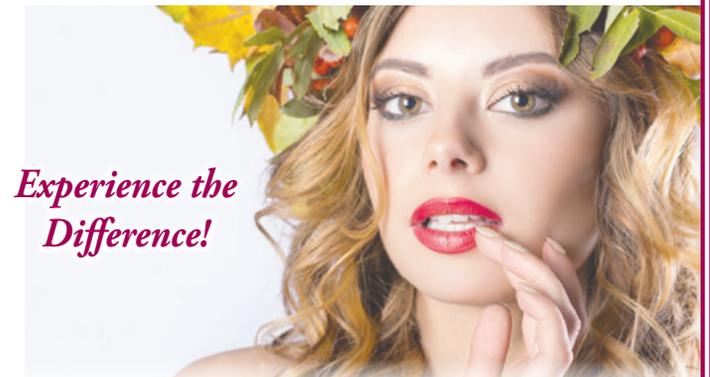
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Coming in November! Mass. Memories Road Show

Bellingham Library & Bellingham Historical Commission Collaboration!

Your Photographs are Part of History!

The Bellingham Public Library and the Bellingham Historical Commission invite you to share your photographs with the community by participating in the Mass. Memories Road Show (MMRS), which is coming to Bellingham on Saturday, November 5th from 10 a.m to 3

p.m. Whether you live or work in Bellingham, are a new resident or lived here your entire life, or have family roots here, we would love to have you come and bring up to 3 unframed photographs to be scanned into a digital collection.

Photographs can be original prints, digital images, or even cell phone images. We will scan your photos, return them to you, and

help you record your memories. You will be asked to describe the photos in your own words. In addition, you may also choose to share “the story behind the photos” on video, have your own “keepsake photo” taken, receive advice on caring for your family photos, and learn from one another about the history of your community. All photos will be added to the digital collection at openarchives.umb.edu.

The Mass. Memories Road Show is a statewide, event-based participatory archiving program

that documents people, places, and events in Massachusetts history through family photographs and stories. Archivists and public historians in University Archives and Special Collections in the Joseph P. Healey Library at UMass Boston collaborate with local planning teams and volunteers to organize free public events where individuals bring photographs to be copied and included in a digital archive. Since its launch in 2004, the Mass. Memories Road Show has digitized more than

12,000 photographs and stories from across the state, creating an educational resource of primary sources for future generations. To learn more about MMRS go to <https://blogs.umb.edu/mass-memories/>

If you have questions about the program, please contact Bernadette Rivard, Library Director & Secretary of the Bellingham Historical Commission at brivard@bellinghamma.org, (508) 657-2776.

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Upcoming Bellingham Lions Events

- Paranormal Night Friday October 21 6:30 at the VFW Post 7272 in Bellingham.
- Santa is planning on riding through neighborhoods on November 25, 26 & 27.
- Holiday House Decorating Contest with judging to be held on December 17 & 18.

Watch for more information on these events on our Facebook page <https://www.facebook.com/BellinghamMALions> and in the November edition of the Bellingham Bulletin. Any questions contact us at BellinghamMALions@outlook.com.

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Garden Club Class in New Greenhouse October 1st

Join Bellingham Garden Club of Massachusetts on Saturday, October 1st from 9:30-10:15 a.m. for an exciting FREE Garden Class in our lovely new Greenhouse Garden Education Center.

Learn about what hardy plants to select for Fall, soil cultivation and how to prepare your garden beds for a successful Spring harvest. Then stop by our beautiful Farm Stand, see our garden & ask about our Spring garden membership before we close for the season.



Visit us at: 200 Center Street, Bellingham, MA. (Across from the SNETT trail.)

Limited seating, registration required, click here;

<https://forms.gle/ez7ifQx-MnTdQBJq56>

Cannot wait to see you there!



Next BBA Meeting October 19th

Thank you for a successful golf tournament! We couldn't do it without all your love and support! So, members, please pay your dues if you haven't already to continue membership with us!

October's monthly meeting will be 10/19/22 tentatively at Lowell's Restaurant in Mendon, and Halloween festivities are also in the works, so get your costumes, tables and trunks ready for 10/29!

And the 15th Annual Taste of Bellingham is November 9th!!

Thanks BBA :)

For more information, follow Bellingham Business Association on Facebook, visit their website at www.bellinghambusinessassociation.org or contact Contact@BellinghamBusinessAssociation.org.



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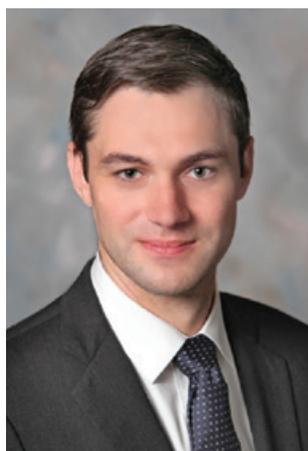
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We are proud to welcome our new orthopedic surgeon, Brendan Kiernan, MD, to Milford Regional Physician Group. Dr. Kiernan is a Massachusetts native and comes to MRPG from University of California-Davis, where he completed a fellowship in adult joint reconstruction.

Earning his medical degree from Georgetown University School of Medicine, Dr. Kiernan completed his orthopedic surgery residency at UMass Memorial.

Dr. Kiernan looks forward to taking care of patients with a variety of hip and knee problems (such as arthritis) and other joint conditions. His practice focuses on partial and total knee and hip replacement including revision procedures. In addition, Dr. Kiernan specializes in a direct anterior approach to joint reconstruction, resulting in decreased post-operative pain and faster recovery.



Brendan Kiernan, MD

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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.

There is a bakery table as well, and we have 21 vendors. Music will be by Polka Paul from 10 – 1 p.m.

OSTEOPOROSIS: Join us for a presentation on October 13 at 1 p.m. given by a medical science liaison from Amgen. Learn about what osteoporosis is, how it is diagnosed, and how you can take charge of your bone health.

WALKING GROUP: Lisa Loo is leading a new walking group on Wednesdays from 10-11 a.m. at the Town Common and everyone is invited! There are many benches so you can sit and rest if you want/need to. Don't forget the walking group on Fridays at 9 a.m. at the SNETT on Center Street led by Tsune Roberts.

TED TALKS: On the third Thursday of each month at 1 p.m., join us for informative 15-20 minute presentations with lots of time at the end to discuss. Hosted by Senior Center Director Josie Dutil.

SENIOR LUNCH PROGRAM: The drive-by senior lunch program is 2 days a week — Tuesday and Thursday for Bellingham seniors for \$3.00. Please call the Senior Center to sign up for the lunches. Mickey G.'s will be catering the lunches for October.

CRAFT FAIR: November 5, 9-3 p.m. - We are a month away from the Craft Fair and we are almost ready with just a couple of things to finish! The baskets for the raffle are ready and you can purchase tickets at the front desk at the Senior Center -- 1 ticket for \$1.00 or 6 tickets for \$5.00. We will have coffee and donuts in the morning at 9:00, and lunch at 11:30ish will feature hot dogs, dynamites, pizza,

LUNCH & LEARN: Please join Oak Street Health for a complimentary luncheon on October 7 at noon at the Senior Center. RSVP by October 5. Call the Senior Center at (508) 966-0398 and let us know you'll be coming.

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Bellingham Resident Walks to Fight Cancer for 32nd Year

Bellingham resident, Gary Bastarache, joined the Boston Marathon® Jimmy Fund Walk presented by Hyundai to help put an end to all types of cancer. “Cancer is a horrible disease, and we need to find a cure now,” Gary writes. This will be Gary’s 32nd year walking.

Gary is team captain for Team Defeat Cancer. They hope to raise \$10,000 this year. This year, the team returns to the iconic Boston Marathon course for the first time in two years. “I am excited that the walk is back to the Boston Marathon route,” Gary writes. “I will be walking the 26.2 miles and get to see all the Hero banners along the route and see all the thousands of walkers and volunteers.”

Gary will be walking with his brother Carl and his sister Tanya, who is a breast Cancer survivor. To Gary, defying cancer

means, “no matter what type of Cancer is discovered, there is the hope that doctors and research can find a cure for any type of cancer so no one has to die from this horrible disease.”

The 2022 Jimmy Fund Walk will take place on Sunday, October 2nd, and raises funds to support all forms of adult and pediatric patient care and cancer research at the nation’s premier cancer center, Dana-Farber Cancer Institute. Whether participating for themselves, loved ones, neighbors, or co-workers, each walker shares a common purpose: to defy cancer and support breakthroughs that will benefit cancer patients around the world.

This year, participants will return to the Boston Marathon® course after two years of walking virtually. Participants choose from four distance options: 5K

Walk (3.1 miles from Dana-Farber Cancer Institute), 10K Walk (6.2 miles from Newton), Half Marathon Walk (13.1 miles from Wellesley), or Marathon Walk (26.2 miles from Hopkinton). All routes finish at the Copley Square Finish Line. Walkers can also participate virtually by “walking their way” from wherever they are most comfortable—whether that be in their neighborhood, on a favorite hiking trail, or on a treadmill at home.

The Jimmy Fund Walk has raised more than \$155 million for Dana-Farber Cancer Institute in its 33-year history. To register for the Walk (#JimmyFundWalk) or to support a walker, visit www.JimmyFund-Walk.org or call (866) 531-9255. Registrants can enter the promo code NEWS for \$5 off the registration fee.



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Rep. Mike Soter Serves 1,600th Meal to Senior and Needy Citizens

State Representative Michael Soter recently served his 1600th meal in 2022 to seniors and those in need, honoring many volunteers that have helped to turn a small event into an annual tradition of giving back to our communities with official State Citations. The 2022 “Rise Up Summer Cookout” tour at the McCloskey School Grounds, which took place on September 16, 2022, began 10 years ago, turning into an annual event that has continued to grow.

Rep. Soter is focused during these difficult times on helping those with fixed incomes who are struggling. Sometimes, some-

thing as simple as a prepared meal and a little conversation can make a huge difference in someone’s life. When the pandemic hit, the Representative brought his communities together to make sure those vulnerable always had someone looking out for them. The Representative made sure our local officials, school children, businesses and residents were involved in this community spirit, inviting many of the folks throughout his district to be at this event including Worcester County Sheriff Lew Evangelidis, State Rep. Joe McKenna, and town officials.



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Milton CAT Partners with Blackstone Valley Tech

Milford, MA - Milton CAT and its sister companies, SITECH Northeast, Milton Rents, and Tri-Point Construction Layout, are proud to announce a partnership with Blackstone Valley Regional Vocational Technical High School (BVT) in Upton, MA. With a shortage of people entering the construction industry combined with the hiring challenges every company faces, the partnership will offer career development support to their students while fostering industry awareness and career opportunities.

“Through our partnership with BVT, we are supporting our industry’s future. An industry on which our country’s infrastructure depends,” Mark Biron,

Milton CAT’s vice president of service, explained. “We hope to help set the students up for success in their trade and show them, through first-hand experiences, how rewarding their career can be.”

BVT has 18 vocational-technical programs that students can pursue. Every other week the students are in their technical shop preparing to enter their selected trade. Through the Cooperative Education Program (Co-op) at BVT, seniors and third-trimester juniors are also able to gain hands-on experience working for a local company during their shop weeks.

Given the school’s proximity to Milton CAT’s headquarters in Milford, the company offers

accessible Co-op opportunities. “Our aim is to allow the students to explore real-world experiences within the heavy equipment industry so they can decide for themselves if this might be a career path they would like to pursue,” Milton CAT Recruiter John Huck explained. The company welcomed their first two BVT Co-op students this past school year. The students worked in the service shop and the parts department where they helped rebuild machine components and learned about the company’s parts operation. Milton CAT hopes to bring on more Co-op students from a variety of BVT’s shops in the future.

Last fall, Milton CAT attended BVT’s open house to

show the students and their parents what opportunities are available at Milton CAT.

A team from SITECH Northeast, a Trimble machine control technology dealer, recently visited the school and spoke with their Engineering & Robotics students about how Trimble Global Navigational Satellite System technology (GNSS, formerly known as GPS) is used in the construction industry

“The BVT students were very engaged and asked great questions,” Adam Buckpitt, SITECH Northeast’s product support manager, explained. “I look forward to working with them more in the future. They bring fresh ideas to the table, and we can learn a lot from each other.”

“The partnership with Milton CAT has created new learning opportunities for our skilled students to delve deeper into their career options,” said BVT’s Superintendent-Director, Dr. Michael F. Fitzpatrick. “While there are many paths to success, we are proud to see our students further their vocational-technical training alongside industry experts and gain experience that will help launch their careers.”

This relationship has the potential to set a new threshold for cost-effect community partnerships. Milton CAT and its sister companies look forward to more demonstrations at BVT and a continued partnership that supports their students in their career pursuits.

Jehovah’s Witnesses to Knock on Doors Again

Jehovah’s Witnesses resumed their trademark door-to-door ministry beginning September 1 when a two-and-half-year suspension of the work was officially lifted.

The decision to resume their door-to-door ministry marks the complete restoration of all pre-pandemic in-person activities for the 1.3 million Jehovah’s Witnesses in the 13,000 con-

gregations in the United States. Houses of worship (called Kingdom Halls) were reopened April 1, witnessing in public places resumed May 31 and in-person conventions are once again being

planned for 2023.

Timothy and Sharon Leyva, of Bellingham, Massachusetts, who have participated in this ministry for over 40 years, are ready to knock on doors again. “I look forward to being able to discuss the Bible with people and seeing their responses in person,” Timothy Leyva said.

For more information about Jehovah’s Witnesses, visit their official website, jw.org.

Timothy and Sharon Leyva, of Bellingham, Mass., engage in a door-to-door ministry of delivering a message of hope and comfort.

Dispose of Your Leaves Properly This Year

Don’t blow, sweep or dump leaves, grass clippings and yard waste into streets or storm drains. Leaves in storm drains create blockages which can cause flooding. Leaves contain lots of natural fertilizer which can pollute our rivers and streams. So PLEASE mulch, compost, or use other proper disposal methods. For more tips go to Thinkbluemassachusetts.org.



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Photo Courtesy of Jehovah’s Witnesses

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Bellingham Lions to Host Paranormal Night Friday October 21st

Hear Paranormal investigators from the surrounding area sharing their stories, experiences and encounters with the paranormal.

Panelists include: Bonnie from Moonlight Paranormal Productions, Heather from Haunted Emporium and Rick from Colonial Spirit Investigations



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<https://www.facebook.com/BellinghamMALions>

- Location: VFW Post 7272, 940 S. Main Street, Bellingham, MA
- Doors open at 6:30 p.m. Event starts at 7 p.m.
- Cash bar, refreshments and raffles
- Meet and Greet after presentation

Tickets are \$20 and may be purchased:

- By check – Make payable to the Bellingham Lions and mail to Bellingham Lions, PO Box 382, Bellingham, MA 02019 no later than Monday, Oct. 17.
- Visit the Bellingham Lions Facebook page by scanning the below QR code to see other payment options

All net proceeds from this event will go to Lions charities locally, and globally.

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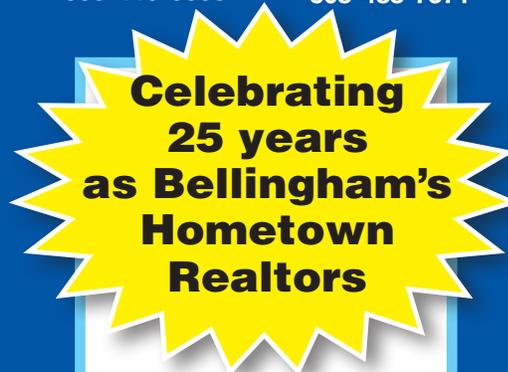
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Sports

Bellingham Golf Looking to Qualify

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Last fall, Tom Forbes took the reins of the Bellingham golf team and had the Blackhawks on the verge of qualifying, but the team fell just short of the .500 mark. This year, the second year Coach is hoping that the squad, despite losing three seniors to graduation, including its top golfer in Jamison Eldridge, will be able to eclipse that .500 regular season record and earn a spot in the State Tournament.

"I believe that we are a better team than we were last year, at least on paper so far," Forbes said. "Jamison was in the top ten, but I think that we are going to be more consistent throughout the lineup this year. The eighth graders got a lot of experience last year and should be able to improve upon that this year."

With Eldridge moving on, Bellingham will not have the number one golfer, so everyone, one through eight, will have to be up to their potential each and every match if the Blackhawks are looking to make a run at getting into the tournament.

"The Tri-Valley League is a hard league to win in, especially against some of the top teams," the coach said. "It's a tough



Coach Tom Forbes has high hopes that Bellingham High's golf team is ready for the next level.

mechanism to play in the TVL Small Division as there are some affluent communities whose kids have country club memberships and play golf year-round, making it tough to beat them."

Unfortunately for Bellingham, the town they live in is more of a blue-collar community, and a lot of the kids don't have the luxury of a country club membership, so the team needs to go out and play their best. If they can take their game to the next level this fall, then there should be no reason that they can't make the tournament. If the team isn't able to earn that state playoff berth, Forbes believes that his team should have 4 to 5 players qualify for the individual tournament.

Leading the way on the course this fall will be Eli Sylvia. The senior was the Blackhawks number two golfer last fall and has been elevated to the top spot this season. According to Forbes, Sylvia came out like gang busters during the first half of the season, but he eventually fell off his game. A year-round golfer, Sylvia has been playing in junior tournaments this summer and it looks as though it has helped his game.

Behind Sylvia is another senior in Evan Thorell, who has also moved up a notch from three to two this fall. The two top golf-

ers for Bellingham both average between 43-45, and on a good day they could notch a score of 39-41.

Charlie Eldridge found himself in the lower half of the lineup last fall, but this season he'll be beginning third for the Blackhawks. A year older, and with experience, Eldridge has moved up the ladder.

The fourth and fifth positions currently have senior Robbie Seyffert and junior Joe Corsi battling it out. Both athletes are playing on the high school golf team for the first time. Corsi, as well as Seyffert, both find themselves on the golf course for considerable amount of time outside of high school.

The 6,7 and 8 positions will rotate between freshmen Matt Marino and Owen Miller, sophomore EJ Ormberg and junior Sean Brown. According to the Coach, it will all depend on who is swinging the hot club.

"It's not only how each is playing leading up to the match; there is a lot that goes into deciding who will play on a specific day," Forbes said. "We collect

a lot of data on the kids as we practice a lot at the Bellingham country Club, our home course. Things that go into the thought process will be where are we playing, what type of course it is and how individuals play on that course."

While Bellingham will play 8 golfers per match, only six scores will count toward the final total. Much like those having a good day can be promoted or elevated in the lineup, those have a bad time can also find themselves being demoted.

"If someone is not having a particular good few days, we may drop them down to the JV team to find themselves and work on their game before teeing off again for the varsity squad," the Coach said.

Forbes is optimistic that the Bellingham athletes will not only play their hardest but will also work at taking their game to the next level. If they can do that while continuously playing consistently, the Blackhawks just may find themselves playing in the State Tournament come the end of the season.

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Sports

BHS Field Hockey Team Eyes 2nd Straight Playoff Berth

BY KEN HAMWEY,
STAFF SPORTS WRITER

Bellingham's field hockey team is aiming for a second straight state tourney berth this season.

Last year, coach Jen Ryan's Blackhawks snapped a 13-year playoff drought. Posting a regular season record of 5-12-1 earned them an invitation based on a new tourney format that gives weight to strength of schedule and margin of losses. Ryan capably led her squad against teams in the challenging Tri Valley League, qualified for the tourney, then lost in the first round, 5-1, to Cohasset.

Seven players from last year's contingent have returned with varying degrees of experience, and they also possess other key attributes for success.

"We'll rely on experience, but the girls are coachable, dedicated and committed to the program," said Ryan, who's in her fourth year at the helm. "They worked all summer at camps, in summer leagues, on club teams and at strength and conditioning sessions. They've improved their techniques, and our team chemistry is a plus."

The 28-year-old Ryan emphasized her goals for the new season when practice began late in August, and it wasn't surprising that a return engagement to the tourney was her top priority.

"A second straight tourney appearance topped the list," Ryan said. "That objective is realistic because the girls are committed and driven to achieve it. Other goals include being competitive against every opponent and improving daily whether it's in games or practice."

At The Bulletin's deadline, the Blackhawks were off to a slow start, beating Blackstone-Millville and losing to Hopedale, Dover-Sherborn and Medway.

Bellingham's senior captains — center forward Kylie Walden and center back Callie Goulet — are top-notch leaders, and they're also talented.

"Both Kylie and Callie lead by example, and they're also caring role models who support their teammates," Ryan said. "Kylie is passionate about the game, has solid stick skills, a high field hockey IQ, and speed and quickness. Callie is our saving grace on defense. She can be counted on for a strong defensive effort. She communicates well and is calm and composed."

Two other effective seniors are defenders Bridget O'Brien and Maddy Ferreira. "Bridget is a four-year starter, a strong tackler, instinctive, clears well and has good field awareness," Ryan said. "Maddy is intense, always hustling. A two-year veteran, she's quick and very capable at making key stops."

Two juniors who'll be counted on are midfielder Nina Ames and defender Olivia Holbrook.

"Nina's speed makes her the fastest player on our team," Ryan emphasized. "She's extremely coachable, excellent in transition, she can pass and is able to force opponents to the outside. Olivia played mostly on the jayvees last year. She can tackle, pass and makes big saves. A fearless defender, she's improved her skills and generates offense with the midfielders."

Three key sophomores who'll play major roles are midfielders Cassidy Leger and Alyssa Forget and goalie Mallory Berkeley.

"Cassidy is a strong, all-around player, Ryan said. "She's got good field awareness, knows the game, has phenomenal skills, and is fast and quick. Alyssa is relentless, fast, has good stick skills, is solid in transition, and has very good endurance. Mallory started in goal for us as an eighth-grader.



Coach Jen Ryan and her captains — center back Callie Goulet, left, and center forward Kylie Walden.

A high-energy player, she's got strong technique; she's dependable and coachable and knows how to inspire her teammates."

Two other sophomores are capable competitors — forward Sydney Bashford and midfielder Abby Cormier.

"Sydney is a first-year varsity player," Ryan offered. "A club competitor, she's got good stick skills, can pass, and has a strong shot. She knows how to elude defenders enroute to the net. Abby is versatile, able to play forward if needed. She's coachable, eager to learn, and has improved her skills."

Eighth-grader Molly Cormier will play forward and get playing time. "Molly is small but fierce," Ryan noted. "She's fast, has the

ability to be a scorer, and has improved her stick skills."

reaching one's potential and having fun competing. "If those two elements are occurring, then winning likely will follow," she said. "I also emphasize the importance of developing passion for their sport and learning valuable life lessons. Those lessons include a strong work ethic, mental toughness, resilience, how to lead and to be a good teammate, and to be vocal."

Ryan graduated from BHS in 2012 and played forward, mid-field and defense in four seasons of field hockey. She also was a four-year starter at Wheelock College in Boston where she majored in psychology. A captain as a junior and senior, she was a NECC and an ECAC all-star as a defender, and she set a school record for defensive saves in a game. Ryan works at BHS as an ABA (applied behavior analysis) tech in special needs.

Julianne Kilduff, a BHS graduate in 2015, is in her second year as Ryan's jayvee coach. "She's doing a fantastic job, and we work very well together," Ryan said.

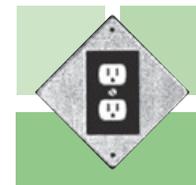
That's obvious, because the tandem, along with their players, ended a playoff drought that lasted 13 years.

A native of Bellingham, Ryan's athletic philosophy stresses

ability to be a scorer, and has improved her stick skills."

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Bellingham Public Library News & Events for October

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

The Library is open until 8 p.m. Monday through Thursday!

Monday - Thursday 9:30 a.m. to 8 p.m., Friday 9:30 a.m. - 3 p.m.

The library is closed on Monday, October 10th for the Columbus Day Holiday.

Special Programs

Blackstone Valley Amateur Radio Club Demonstration - Saturday, October 1st at 10 am

The BVARC invites the public to discover amateur or "ham" radio by participating in the club's demonstration at the library. Several radio stations will be set up and operating from 10 a.m. to 2 p.m. Club members will be on hand to demonstrate and answer questions. For more info, please visit www.w1ddd.org or contact Mickey Callahan at mick@comcast.net. No registration.

Yoga for the Seasons - Transitioning into Fall

Tuesdays at 8:30 a.m. and Thursdays at 6 p.m. See the library calendar for details and to register.

Planning Your Investments Against Interest Rate, Inflation & Market Risks

Monday, October 24th at 6:30 p.m.

We have entered a period of economic instability—higher inflation, rising interest rates, stock market volatility, international circumstances, and political gridlock. During this one-hour presentation, we will discuss the impact of these realities and how you can best plan for them. Program offered by nonprofit Society for Financial Awareness. Registration is preferred.

For Kids

- Our After School Programs resumed in September. We have two programs for kids in grades 4 and up. Both programs are Monday through Friday. Even though the library closes at 3 p.m. on Fridays, starting in October, the Community Room will be open on Fridays after school! Miss Amanda and Miss Diane will stay until 5 p.m. at the latest. They will be planning activities for this time so check the library calendar for details.
- After School Kids (ASK) – for grades 4-6. When school is in session, ASK meets Monday-Thursday from 2:30 p.m.-4:45 p.m. Questions? Contact Diane Nelson, dnelson@cwmar.org. Parents/caregivers of all registrants are signed up for our Constant Contact Newsletter.
- Teen Room Activities – for grades 7-12. When school is in session, Teen Room Activities are available Monday-

Thursday from 2--4:45 p.m. There is no registration needed to attend this program. Please note: Throughout the school year our children's programs will follow the mask policy set by the Bellingham Public Schools, so please plan accordingly. Questions? Contact Amanda Maclure, amaclure@cwmar.org.

Caterpillar's Search for the Perfect Halloween Costume - Saturday, October 22nd at 10 a.m.

For families. Local author Phyllis Calvey will be here to read her story, Caterpillar's Search for the Perfect Halloween Costume. We will also be doing a Halloween Craft. Participants are encouraged to wear your Halloween costumes! Please sign up.

Spooky Bingo, October 26th at 6:30 pm

Best for ages 3+. Play glow in the dark Bingo in a dark room filled with spooky lighting, spooky sounds, and spooky prizes! Registration is required.

Halloween Story Time & Costume Parade, Friday, October 28th at 4:30 pm

For families. Wear your Halloween costume and join us for some fun after the library closes! Please sign up!

Abbreviated Alphabits, Saturday, October 29th at 10 am

For ages 2-5. On one Saturday morning per month, we will have an abbreviated version of Alphabits, our popular weekly ABC story time. Please sign up so we know to expect you.

Edible Haunted Houses, Saturday, October 29th at 12:30 and 2 p.m.

Best for ages 3+. Use milk cartons, graham crackers and lots of Halloween candy to make a haunted house. Registration is required.

Halloween Happenings, Monday, October 31st at 11 a.m.

For grades 4+. Join Miss Diane and Miss Amanda for some Halloween fun! Movies, snacks, crafts & more!!

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), Afternoon Stories & Craft, Alphabits, Baby Time, Fact or Fiction, Graphic Novel Book Club, Homeschool Who Would Win?, Picnic Stories, PJ Story Time, Ring a Ding, and Who Was Wednesday.

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

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Calendar

October 1

Bellingham Garden Club of Massachusetts free garden class, 9:30-10:15 a.m., new Greenhouse Garden Education Center at Bellingham Community Garden, 200 Center St., Bellingham,

Learn about what hardy plants to select for Fall, soil cultivation and how to prepare your garden beds for spring. Limited seating, registration required,

<https://forms.gle/ez7ifQx-MnTdQBJq56>

Blackstone Valley Amateur Radio Club Demonstration, 10 a.m., Bellingham Public Library, The BVARC invites the public to discover amateur or "ham" radio by participating in the club's demonstration at the library. For more info, please visit www.w1ddd.org or contact Mickey Callahan at mick@comcast.net. No registration.

Bake Sale, Ladies of St. Anne, St. Blaise Chapel, after 4 p.m. Mass, to benefit scholarship fund

Night of Remembrance, 7-8 p.m., Bellingham Town Common, remember loved ones with luminary bags, available at Town

Clerk and Senior Center for \$5 and available to keep at end of event

Franklin 19th Annual Harvest Festival, presented by Franklin Downtown Partnership, 12-5 p.m., Franklin town center, cultural district, over 160 vendors, crafters, food booths, Dancing on Dean featuring Ben Gardner's Boat and The Noyz.

October 2

Bake Sale, Ladies of St. Anne, St. Blaise Chapel, after 7:30 and 10 a.m. Mass, to benefit scholarship fund

October 2-30

St. John's 3rd Annual Pumpkin and Gourd Sale, St. John's Episcopal Church, 237 Pleasant Street, Franklin Mass., good photo opportunity, sustainably grown, Monday-Friday 4-6 p.m., Saturday 10 a.m.-4 p.m., Sunday noon-4 p.m.

October 4

Free Legal Clinic 6-8 p.m., Dedham District Court, 631 High Street, Dedham, Mass., for those in need of legal assistance.

October 11

Yankee Quilter's Guild meeting, Emma's Quilt Cupboard, Franklin, more information at Yankee Quilters' Facebook page.

October 12

Bellingham Business Association meeting, Lowell's Restaurant, 75 Cape Road, Mendon, www.bellinghambusinessassociation.org, or email contact@bellinghambusinessassociation.org or find Bellingham Business Association on Facebook

October 13

Covered Dish Dinner, Ladies of St. Anne, St. Blaise Chapel, 6 p.m., open to women of Bellingham, contact Beverly Sherrill (774) 291-1204 or Marie Crossland (508) 883-4415 for more information

October 21

Bellingham Education Foundation presents Harlem Wizards, 7 p.m., Bellingham High School, all ages, \$18 general admission, link to tickets at Bellingham Education Foundation Facebook page or at <https://harlemwizards.thundertix.com/events/202694>

Bellingham Lions Paranormal Event, doors open 6:30 p.m., event starts at 7 p.m., Bellingham V.F.W. Post 7272, 940 S. Main St., Bellingham, hear paranormal experience from top paranormal investigators, \$20, send check to Bellingham Lions, PO Box 382, Bellingham, MA 02019 no later than Monday, Oct. 17 or visit FB page for QR code

October 22

Storytime with Author Phyllis Calvey, Bellingham Public Library, 10 a.m.

October 24

Planning Your Investments Against Interest Rate, Inflation & Market Risks, 6:30 p.m., Bellingham Public Library, one-hour presentation will discuss the impact of higher inflation, rising interest rates, stock market volatility, international circumstances, and political gridlock on financial planning. Program is offered by the Society for Financial Awareness, a nonprofit that provides free financial education to communities. Registration preferred.

October 25

5th Annual Taste of Millis, presented by Tri-County Regional Chamber of Commerce, 5:30 p.m., Encompass Fitness, 27 Milliston Rd., Millis, \$20, showcase of area restaurants, portion of proceeds to Millis Ecumenical Food Pantry

October 28

Halloween Story Time & Costume Parade, 4:30 p.m., Bellingham Public Library.

For families. Please sign up!

October 29

Bellingham Education Foundation and Bellingham Business Association present Halloween Trunk or Treat Stroll, Bellingham Town Common, 5:30-7:30 p.m., costumes encouraged, trick or treat from decorated vehicles and tables by local businesses

November 5

Mass Memories Roadshow, 10 a.m. - 3 p.m., Bellingham Public Library, Bellingham Public Library and the Bellingham Historical Commission invite Bellingham residents to come and scan 3 unframed photographs to add to a UMass Boston digital history archive.



Bellingham Lions Club to Host Paranormal Night

Friday October 21, 2022

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or contact us at BellinghamMALion@outlook.com

Visit the Bellingham Lions Facebook page by scanning the QR code to see other payment options



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