

# Bellingham BULLETIN

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December 2022

## Bellingham Firefighter Receives Heroic Award

By J.D. O'GARA

On Friday, November 18th, Captain Robert Provost III, of the Bellingham Fire Department, was among those recognized in the 33rd Annual Firefighter of the Year Heroic Awards. Captain Provost received a Governor's Citation for Meritorious conduct lifesaving actions while off-duty this summer. On the afternoon of July 2, 2022, Capt. Provost was working out at the gym when he was notified of a medical emergency within the building. He immediately found the victim, an older adult who had collapsed and was in cardiac arrest. Capt. Provost initiated CPR and then used a defibrillator from the gym to revive the man before EMS arrived, playing a crucial and lifesaving role when every second mattered.

State Fire Marshal Peter J. Ostroskey recognized Cpt. Provost's heroism and service in a ceremony at Mechanics Hall in Worcester. Capt. Provost joined 18 other individuals and eight groups representing the fire departments of Ashby, Bellingham, Berlin, Bolton, Eastham, Fall River, Foxborough, Hopkinton, Lawrence, Lynn, Nahant, Natick, New Bedford, North Attleborough, Springfield, Stoughton, and Tewksbury. WCVB-TV anchor Doug Meehan



**Captain Robert Provost III, of the Bellingham Fire Department, received an award at the 33rd Annual Firefighter of the Year Heroic Awards ceremony in Worcester on November 18th.**

**HEROIC**

*continued on page 2*

## The Santa Foundation - Still Going Strong in Its 37th Year!

The Santa Foundation (SF) continues to provide gifts and support for any family in need in Bellingham, Franklin, Norfolk, Wrentham and towns in the surrounding areas during the holiday season. We work with local food pantries, The Salvation Army, St Vincent de Paul and local housing authorities. The Santa Foundation assisted a total of approximately 570 families last year and is already assisting over 450 families for 2022, well on our way to helping over 500 families again this year.



**SANTA**

*continued on page 8*



**Bellingham Falcons 12u Cheerleaders – Massachusetts State Champions, placed 2nd in their Regionals competition and will head to Nationals in Orlando, FL. Photo submitted by Amber Belisle**

**CHAMPIONS**

*continued on page 2*

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**HEROIC**

*continued from page 1*

emceed the event. Firefighters were honored in front of family members, previous award recipients, elected officials, fire chiefs from across the Commonwealth, and members of the public safety community.

As his Chief, I'm very proud of what he did," says Chief Gentile, of the Bellingham Fire Department. "When you're a firefighter, you're a firefighter whether you're working or whether you're not. Captain Provost exemplified that that day, when he saved that man's life using nothing but a defibrillator and his knowledge (of CPR)." Gentile adds, "This community can be safe knowing they never know who we are or where we are, but we always jump in and help out. That's what exemplifies, to me, being what a firefighter is all about."

**CHAMPIONS**

*continued from page 1*

Congratulations to the Bellingham Falcons 12u Cheerleaders – Massachusetts State Champions for the second time! The team took first place in their States competition on November 5th, second place at Regionals on November 19th, and at press time, were raising funds for a trip to Nationals in Orlando, Florida.

At press time, the group was seeking sponsorships as follows:

- Donations of \$100 or greater will guarantee you or your company a spot on our Nationals sponsorship shirt. Below are some of the suggested donation amounts:
- **PLATINUM PLUS:** Your company name will be prominently featured at the top of the national fundraising sponsor shirt. You will also be featured on our website, receive an individual social media shoutout and receive a donation plaque that you can display in your

# Massachusetts State Champions, Again!

home or office: \$1,000

- **PLATINUM:** Your company name will be prominently featured at the top of the national fundraising sponsor shirt. You will also be featured on our website and receive an individual social media shoutout: \$500
- **GOLD:** Your company name will be featured on the national fundraising sponsor shirt. You will also be featured on our website and a group social media shoutout: \$250
- **SILVER:** Your company name will be sponsored on our national fundraising sponsor shirt. Your company will also be featured on our website: \$100

Donations can be made by Cash, Check to BAYFC, or via Paypal at [Paypal.me/BellinghamAYFC](https://Paypal.me/BellinghamAYFC). If you are paying by Paypal you will still need to complete a sponsorship form.

At press time, Bellingham Youth Cheer was also planning

a Dinner with Santa event on December 4, 2022, at the Bellingham VFW Post 7272, 940 S. Main St., Bellingham. The event will have two sessions, 4:30-6 p.m. and 6:30-8 p.m. and will include salad, bread, pasta, meatballs, dessert and of course, photos with Santa! There will also be raffle baskets (donations still being accepted) and a 50/50 raffle! The cost is \$15 pp: \$10 for children 10 and under.

Visit [LINKTR.EE/BAYFC](https://LINKTR.EE/BAYFC) to reserve tickets or for sponsorship, or scan the QR code accompanying this article.



Please email [bellinghamyouthcheer@gmail.com](mailto:bellinghamyouthcheer@gmail.com) for more information on tax receipts.

## Thimble Pleasures Quilt Guild Accepting Applications for 2023 Scholarship

The Thimble Pleasures Quilt Guild is pleased to announce that they will again be awarding a \$1,000 scholarship to a graduating senior who is pursuing a course of study in the field of visual arts, design,

or textiles. Applications for the scholarship are available in their high school's Guidance Office or are available to download at [www.thimblepleasures.org](http://www.thimblepleasures.org). The deadline for submission is May 1, 2023.

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# Trail Riders Important Supporters of SNETT

By DAVE DUNBAR

A well-known multi-use recreational trail – “SNETT” – runs from Franklin in the east to Douglas in the west, terminating in Connecticut. The Southern New England Trunkline Trail receives support from the Commonwealth of Massachusetts and a variety of local volunteer and non-profit organizations. One of them is the Bay State Trail Riders Association (BSTRA).

“It’s a labor of love,” says Becky Kalagher, president of the 285-member equestrian organization established in 1973 and based in Douglas, Mass. “I seriously believe that the horseback riding community must be part of the solution and be involved especially at the local level. If you are willing to invest sweat equity, time, or money, land-owning agencies are more willing to work with you as a partner because they know you care.”

One of BSTRA’s founding members is a Bellingham resident who began organizing the association almost 50 years ago. “Ed Whalley was instrumental in convincing the state to purchase the abandoned railroad bed to be used as a trail,” says Kalagher. “He had a vision of this trail becoming the backbone of huge trail system that we could all enjoy, not just horseback riders.” Whalley, who lived around Silver Lake, passed away a few years ago. Kalagher became president in 1990.

“Our goal,” she explains, “was to start at one end of the trail in Connecticut and work towards the other end at Franklin State Park. We are glad that residents of Franklin and Bellingham came together to advocate and work on those sections, too! The more that people are involved, the better it is for all of us that use the SNETT.”

Rose Zariczny is the organization’s Recording Secretary who joined in the early 1980’s.

Her favorite activity is camping with the horses. “It’s usually a long weekend,” she says, “and we pack up our trailers and trucks and horses and head out to a campground.” Her favorite spot is Miles Standish State Forest in Carver, Mass.



The Bay State Trail Riders Association is an organization whose number one priority is keeping trails, like the SNETT, open for equestrian use.

“I love horse people,” she smiles. “And riding in areas where we might otherwise not go.”

Looking forward into 2023, BSTRA is planning a celebration of its 50th anniversary. And there’s lots of work to be done along the length of the trail itself. “Now, if we can establish a place to park some truck and trailer rigs, then local horseback riders and visitors will be able to enjoy the SNETT and ride to the Franklin State Park,” says Kalagher.

Zariczny adds that the association is always on the lookout for new, younger members. “We need people to follow in our footsteps, so we encourage involvement. We love horses and people... and we’d like to share the love and keep this going.”

According to its website, the Bay State Trail Riders Association is an organization whose number one priority is keeping trails open for equestrian use. It also advocates for multi-use trails that are horse-friendly such as hiking, mountain biking, snowmobiling, cross country skiing, running, and snowshoeing.

Kalagher adds, “Since we started doing work on trails in 1989, we have put over \$712,000 back into trails, and that is something we are very proud of. This is in the form of volunteer labor, donated machine work/materials, grants, and cash.”

BSTRA members participate in a variety of events including pleasure and competitive trail

rides, workdays, raffles/opportunity drawings, fund-raisers, silent auctions, campouts, and an annual awards presentation.

You can learn more about the Bay State Trail Riders Association at [www.bstra.org](http://www.bstra.org) and by visiting the organization’s Facebook page. Or by calling (508) 476-3960.

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# Shelter Full of Animals Seeking Love around the Holidays

By J.D. O'GARA

Is pet adoption the wrong thing to do around the holiday season?

Baypath Humane Society's Kathy Lundgren says it depends.

"There's always so much going on around the holidays to adopt a pet," says the Baypath volunteer, "It's not an ideal time if you're going to have company over and a lot of people coming and going at your house. It is ideal for some people who have time off from work and can ac-

climate them to their homes. It really depends on what people are expecting, company, and the holiday hustle and bustle."

Adopting a pet as a surprise gift? Lundgren says no.

"We always want to be talking to (potential owners), to meet them or at least talk to them to make sure everyone is on board," says the volunteer, "It's not fair to the animal to bounce them around. Rather than a lot of paperwork, she says, "We find out more about



**Layla is one of the puppy dogs available for adoption at Baypath Humane Society. See her story at Layla and a video: <https://www.youtube.com/watch?v=jUMNukemxGA&t=16s>**



**One-year-old Margarita is a current resident of Baypath in search of a new home with lots of love.**

south U.S. are beagles removed from Envigo, and you can view their stories at <https://youtu.be/eqhZ92VgFxs>.

Most cats, she says, come from the local area.

"There are still little colonies of cats. I know in Franklin there was a group of people who were tracking, neutering, and spaying cats. We also work with a couple different vets on that," says Lundgren. At the press time, about 25 cats were available for adoption.

For a staff of only about 10, Baypath Humane Society, which has been around for 40 years, manages to adopt out about 900 dogs and cats per year.

"We get out a lot of animals, we have an incredible staff, only about 10 people that work very hard," says Lundgren, "Ninety percent of our business is run by volunteers. It's a pretty well-oiled machine."

Baypath Humane Society, located at 500 Legacy Farms in Hopkinton, is currently closed for public drop-ins, although they are still actively taking in, caring for and rehoming cats and dogs. Those interested are encouraged to call (508) 435-6938 between 9 a.m. to 5 p.m. weekdays, and 10 a.m. to 4 p.m. on weekends. To view available animals up for adoption and learn more, visit [www.baypathhumane.org](http://www.baypathhumane.org), or follow @BaypathHumane on Twitter, Facebook, and Instagram.



**Maia and Max were recently saved from a Korean meat market. Thanks to a generous grant, these two potential adoptees will come with a free positive training package.**

people just by having a conversation with them. If you live in an apartment, we want to make sure your landlord is ok with it, if you're adopting a dog, we want to make sure there's no breed restrictions, and if you have a pet at home, we like to ask for the vet information. We can find out a lot just by talking to the veterinarian's office, like if someone has 10 pets at home and is overwhelmed, or that this person is a great pet owner."

During COVID, says Lundgren, "a lot of people were bored – they were home, and they were getting pets and trying to entertain the kids." Sometimes, she says, that could be the "wrong reason for getting a pet

that's going to live with you for 18 years." Asking how long a potential owner has wanted a pet, she says, "avoids knee jerk reactions. We didn't want those bounce backs, but now, we're getting a lot more of those bounce backs."

In fact, a higher number of the animals than usual are local surrenders, says Lundgren.

"That's unusual for us," she says, "and it's really tough. We only have room in our shelters for 20 dogs, so we rely on fosters a lot. The other 50% are a few from down south and, believe it or not, Korea. We have four dogs from the Korean meat market." Baypath has worked with the International Humane Society to save these dogs from Korea and has, and you can watch the story of two of the dogs at <https://youtu.be/zxFiaSFCzVc>. Many of the current rescue dogs from

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*Your Money, Your Independence*

# Perfection is the Enemy of Good, Focus on Executing Improvements.



Glenn Brown

ing emergency funds availability, modeling for variables such as inflation on expenses as well as remaining true to your risk tolerance.

Sure, it's easy to bemoan things that didn't go as planned with investments, like bonds not playing their role portfolio stability in 2022. But this too shall pass as Fed pivots away from their feverishly raising of interest rates next year. Can the same be said next year about an opportunity to lock in your mortgage under 3% or get your remodel done at 30-40% less?

There's still some good improvements you can do by year-end, if appropriate.

**Roth Conversion.** Have sizable Traditional IRAs? Think taxes are going up? You believe your holdings will rebound? With a strong handle on your sources of income and capital gains for 2022, consider modeling tax liability of different amounts converted to a Roth IRA.

Remember, unlike a few years ago, you can no longer undo a conversion via "recharacterization", so what's done is done.

**Tax-Loss Harvesting.** Sell investments for large gains earlier in the year? Sitting on sizable unrealized losses? Consider selling

to realize tax-losses that can offset current year gains or be carried forward against future year gains as well as write off up to \$3,000 against ordinary income.

Recall the IRS wash-sale rule prohibits selling an investment for a loss and replacing it with the same or a "substantially identical" investment across all household portfolios 30 days before or after the sale. So if you are going to sell and buy back, verify it's clean 30 days prior and then wait 31 days.

**Last minute 401(k), 403(b) and 457 plan contributions.** Ideally, you'd be at \$20,500 maximum contributions limits (\$27,000 if 50 or older). If not, many plans allow online changes up to 50% of wages. Have a year-end bonus? Can forgo a paycheck or two? Act quickly as plans require a pay cycle for updates to take effect.

And if you're late to impact 2022, then see how long you go with higher contributions to front load towards 2023 contributions limits of \$22,500 (\$30,000 if 50 or older).

**Still waiting for perfect, instead of executing on the good?** Ok, there's this 30-year old "genius" that founded a crypto exchange in the Bahamas and

issued their own coin for trading. In 3 years, he's worth \$25 billion and his firm's Marketing/PR includes Tom Brady, Stephen Curry, MLB, NBA, plus TV personalities call him a modern-day J.P. Morgan and has clout as 2nd largest US political donor in 2022.

Perfect, right?

Please note the sarcasm, and put the work in towards the good.

May you and those closest to you enjoy a happy and safe holiday season.

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](http://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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While 2022 has been a challenging investment environment, it has been a fantastic year to see the benefits of executing financial plans over the past few years.

Were all outcomes perfect? No, and they never can be. See by seeking the perfect opportunity or waiting for the perfect time, one prevents the implementation of good improvements.

Consider the good done by executing on a remodel or outdoor project in 2017-19 or refinancing your mortgage and/or auto loans in 2020-21. More recently, how about deleveraging variable debt, establishing access to equity, rais-

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# Municipal Spotlight:

## Road Project Completion Now Set for June 2023

By KEN HAMWEY,  
BULLETIN STAFF WRITER

Residents traveling through the center of Bellingham where routes 126 and 140 intersect probably are wondering if the road-widening project there will ever be completed.

Last winter in January, *The Bulletin* detailed what the project involved and when it would be completed. At that time, the date for completion was June 30, 2022. Now, five months after that projected date and with plenty of work still remaining, there's a new finish date. And, there's an explanation why the original timeline failed.

The new date to finish the job is June 30, 2023, a year later than the first timeline.

"New utility poles were installed on time," said Town Administrator Denis Fraine. "However, old poles with wires attached were not removed because Verizon, the utility firm dealing with the poles, said their removal was extremely

complicated and the transfer of lines impacted numerous local customers and businesses. The delays, unfortunately, were substantial.

"We expected this work to be done in the spring, but it wasn't finished until mid-October. The delays prohibited the contractor (Walsh Construction) from paving the roads and installing new sidewalks. We've had delays with other projects, but never to this extent."

The project, called "Town Center Improvements," will add a lane that leads to North Main Street. So, there'll be two lanes from Walgreen's to the old Town Hall (yellow building) that will merge into one lane traveling northbound towards the former Santander Bank. Land-taking occurred at Walgreen's, at Domino's, at the park in front of the Municipal Center, at the Town Hall and at two houses past Town Hall. The Domino's building, which the town purchased, has been demolished because of



Tom Degnan, the DPW's project manager, inspecting the demolition work at the site of the former Domino's building.

its proximity to the new lane.

Another area undergoing change is at Rockland Trust, which has lost a chunk of its parking lot at the downtown traffic light. It's a widening procedure that creates an added lane as North Main Street motorists approach Rockland Trust and Route 140.

"There'll be a dedicated right turn lane to Route 140 going to Mendon," Fraine noted. "The existing lane at the downtown light will allow traffic to go ei-

ther to Route 140 (Mechanic Street) or to Route 126 (South Main Street). The dedicated lane should help lessen the downtown backups that occur on North Main Street."

The final phase of the work involves a shared-use bicycle path from Mechanic Street to North Main Street and wider sidewalks. "It'll be more pedestrian-friendly," Fraine said. "The State now requires shared bike-paths on new road construction."

Work that is continuing through the end of this month includes traffic-light wiring and widening of lanes. Here's what's on tap for next spring — connection of all underground utilities; granite removal; road grading and paving; and signal activation.

"Our expectation is that the project will run smoothly in the spring and be completed on time," Fraine said. "People were annoyed by the delay, but I think they recognized that construction projects face delays. We appreciate their patience."

Tom Degnan, the DPW's Project Manager, noted that "word got out about the delays

and our office wasn't inundated with phone calls."

Another road improvement is underway — the South Main Street Traffic Improvement Project — and it covers the roadway from the town center to Douglas Drive.

A \$7-million grant will be used to improve and widen the road, create wider shoulders, install sidewalks on both sides, improve drainage and make the stretch bicycle and pedestrian-friendly. The town's share of the cost is \$1 million for design and easements. The Mass. Department of Transportation is overseeing the project, which is slated for completion in 2023.

"Amorillo Construction Company of Worcester is the contractor and work is moving along quickly," Degnan said. "A very aggressive schedule is being followed."

Degnan listed five other road-improvement projects that have recently been completed.

The first includes paving of 29 streets located in the Douglas/Easy Street neighborhood, the Newland Avenue/Lizotte Drive neighborhood, Maple and Farm Streets, Harper's Boulevard, Candace Road and Stonehedge Road.

The second was sealcoating of 30-plus roads and the third was town-wide painting of crosswalks, intersections and double yellow lines. The fourth involved drainage work on seven streets and the fifth involved multiple repairs townwide, raising and paving of catch basins and manhole covers.

Roadwork upgrades and repair seem to be a priority in Bellingham and that can only be good news — as long as nagging delays don't interfere along the way.

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 Sunday: Closed

**SANTA**

*continued from page 1*

The Santa foundation couldn't do what it does without the support of many local businesses (many are listed on our website sfjoy.org) and local community support. We are overwhelmed with the constant influx of support through dona-

tions, adopting families and gifts from our local giving trees (see the list below, all you need to do is pick a tag off the tree, buy the gift listed, tape the name tag to the unwrapped gift, and the Santa Foundation will get the gift delivered! Dick Tomaino coordinates getting all the tags delivered and picking up the gifts as needed.

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- James Roadside Café, 850 Franklin St., Wrentham
- King Street Cafe, 390 King St., Franklin
- Medway Police Department, 315 Village St., Franklin
- Middlesex Bank, 1000 Franklin Village Drive, Franklin
- Norfolk Credit Union, 194 Main St., Norfolk
- Norfolk Fire Department, 117 Main St, Norfolk
- Postal Center, 279 E Central Street, Franklin
- Postal Center, 9 Medway Rd., Ste. C, Milford
- Postal Center, 14 Milliston Rd., Millis
- Zuzu's Petals, 19 Dean Street, Franklin

Our volunteers that work at The Santa Foundation are still concerned about the ongoing COVID, Flu and RSV risks, so

we're operating with a light staff. This does mean longer days and hours for Jan Prentice, Lia Thomas, and Patty Toney, who are the best Santa Helpers in the world. They all work hard getting the wish lists, getting information to adopting families, and coordinating the pickup of gifts when everything is accounted for. We also have two younger volunteers, Patrick Timmons and Karina Thomas, who help maintain our website and assist with our annual fundraisers at La Cantina Winery and the well-loved November Calendar raffle.

People always ask what we need! Santa Foundation President Richard Timmons says, "The best gifts for most recipients are still gift cards. Walmart, Target and local food chains are gifts that allow families to get a gift but also go shopping for clothes and food as needed." This year, there is a concern on increasing prices, and inflation is a big concern this year with electric, oil and gas prices all significantly higher. We have had a few recipients' requests for gas cards to lighten the burden, so this may be a new gift idea.

The Santa Foundation not only provides families with gifts during the holiday season, but also helps families in need throughout the year. We have paid rent, utilities, and expenses for daily necessities as needed. Jan and Lia note the current needs for families this year are, "Pampers of all sizes, clothes for boys and girls under age 5, gifts for teenagers, and gift cards." Donations of these items can be purchased and dropped off at the Santa Foundation located at 1 Joy Street Franklin Ma.

Says Timmons, "The generosity we see from everyone is amazing during the timeframe from now until Christmas. I wish everyone could see the faces and hear the thank you as the gifts are given to the recipients.

The Santa Foundation wishes everyone a Merry Christmas, Happy Holidays, and Happy healthy New Year."

To reach the Santa Foundation, located at 1 Joy Street in Franklin, visit www.sfjoy.org, or find them on Facebook. You can also call (508) 528-4715 or email hello@sfjoy.org.

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# Holiday Happenings 2022

BY ASHLEY KAZIJIAN

It's the most wonderful time of the year! And with that, comes many wonderful experiences waiting to be had. Grab your hot cocoa (or cup of cheer!) and get ready to hit one of the many intown and/or local events that are guaranteed to make your spirits bright. Don't forget to check out the interactive maps for sledding and Christmas light viewing to add that extra bit of holiday magic to your season!

Several of the events listed below require registration/ticket purchase prior to the event- please visit the event webpage to complete this process.

## Polar Express Extravaganza

Bellingham Public Library  
Saturday December 3rd, 5-6:30 p.m.  
online registration required, please visit the Library's online calendar of events to register  
*\*free event*

## Holiday Yarn Wreath Making

Bellingham Public Library  
Monday December 12th, 6-8 p.m.  
online registration required, please visit the Library's online calendar of events to register  
*\*free event*

## Winter Candyland Christmas Fair at St. Blaise Parish

Located in the parish hall on 1158 S Main St, Bellingham  
Saturday December 10th, 9 a.m.-3 p.m.  
*\*free event*

## Bellingham Police Department's 'Munchkins with Santa'

30 Blackstone Street, Bellingham  
Saturday December 3rd, 11 a.m. - 2 p.m.  
*\*free event*

## BHS Op-Grad Holiday Craft and Vendor Fair

Located in the High School at 60 Blackstone Street, Bellingham  
Saturday December 3rd, 9 a.m. - 3 p.m.  
*\*free event*

## Bellingham Senior Center

If you are a member of the BESG (Bellingham Elder Service Group), please note the venue for the Christmas Party (Saturday December 10th) and the New Year's Eve Party (Friday December 30th) has been changed to the VFW Post located at 940 S Main St. in Bellingham.

## Winter Wonderland Farm Festival at Fairmount Fruit Farm

885 Lincoln Street, Franklin  
Saturday, December 17th at 10 a.m. - 3 p.m.  
*\*free event*

## Winter Wonderland and the Festival of Illumination at Southwick's Zoo

2 Southwick Street, Mendon  
Now through December 31  
Wednesday - Sunday evenings  
Closed Monday and Tuesday evenings  
*Advanced online discount ticket \$27/person; Door \$32/person at the door*

## Bass Pro Santa's Wonderland

1 Bass Pro Drive, Foxboro  
November 5th through December 24th, 2022  
Reservations for photo with Santa recommended and can be made online  
*\*Free photo with Santa*

## Magic of Lights Drive Through at Gillette Stadium

1 Patriot Place, Foxboro  
November 18th through December 31st, 2022  
5-10 p.m. (Closed 11/20-11/21, 12/1,

and 12/24-12/25)

*Tickets must be purchased online, \$23-\$40/ per vehicle*

## Winter Skate at Patriot Place closed for the season due to ongoing construction

## Festival of Lights at La Salette Shrine

947 Park Street, Attleboro  
November 24th through January 31st, 2023  
Illuminated daily from 5-9 p.m.  
*\*Free admission*

## Winter Sledding map

For a list of local spots to go sledding, please visit <https://communitykangaroo.com/sledding/> and search by town. This interactive map can be searched by hill size (large/small) making it a perfect tool to find something for all ages.

## Christmas Lights map

Community Kangaroo also provides an interactive map of local light displays to really get the family in a jolly mood! Please visit <https://communitykangaroo.com/lights/> and search by area, load up the car and be on your merry way!



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# Bellingham is Open for Business Grant Program

The Bellingham Library has been awarded a grant to assist Bellingham area businesses with meeting the challenges of the 21st century by offering resources, courses, and business counseling from experts on the topics the business community identifies as important to their success.

This \$10,000 grant is from the Library Services & Technology Act (LSTA) program of the Institute of Museum & Library Services (IMLS). This grant is administered by the Massachusetts Board of Library Commissioners (MBLC).

This grant will enable the library to offer the following services and resources:

- Update and increase our collections, both print and electronic, to meet the identified needs of the business community.
- Purchase books, both in print and electronic on topics identified as priorities, including: Starting and Growing a Business, Accounting & Financial Management, Human Resources Management, Marketing, and Software & Computer Training.
- Purchase a Meeting Owl Pro from OWL Labs. The Owl Pro is a 360-degree camera, microphone and speaker that can be used for hybrid meetings and integrates with Zoom, Microsoft Teams and other online platforms.
- Purchase a subscription to Universal Class, which offers hundreds of online, work at your own pace, continuing education courses facilitated by expert instructors. These are in-depth courses, most requiring between 5 and 32 hours to complete.
- Courses are available on the following business topics: Accounting & Bookkeeping, Excel, Business Analysis, Budgeting, Quickbooks, Goal Setting, Writing a Business Plan, Leadership & Supervision, Strategic Planning, HR Management, Delegation Skills, Compensation & Benefits, Managing Teams, Virtual Meetings, Remote Workforce, Microsoft Office, Creating Websites, Google Workspace, Running a Business Online, Business Branding, Social Media Marketing, Networking, LinkedIn
- Purchase a subscription to the A to Z Databases, a reference and marketing subscription website that provides details on businesses and households within the US. It is ideal for: small businesses to find sales leads and mailing lists to grow their business and entrepreneurs to find similar businesses and competitors. It is also used by students and government agencies, as well as people searching to locate friends and relatives. It provides job seekers with job searching tools and resume templates and information about income and home values in a given neighborhood.
- Offer workshops and other training to meet the needs of the current business community, as well as those planning on starting a new business. We will hold 12-15 workshops between January and September of 2023.
  - The workshops will be on topics identified by the business community as important.
  - The workshops will be in person, remote or hybrid, depending upon what participants prefer.
  - Workshops will also be offered on issues faced by the minority-owned business community, which we have defined as businesses owned by women, racial minorities, veterans, and those with disabilities.
- Create a physical space in the library, as well as a section on the library website, that we hope will become the “go to” places for the local business community seeking answers, ways to resolve problems, and links to resources. We will also create a “Bellingham is Open for Business” Facebook Group to share events, workshops and other grant news.
- In September of 2023 we will host a Local Business Fair, tentatively being called the Bellingham Business Expo. This event will offer the business community the opportunity to share their business products and services with the community at what we hope could become an annual event. We envision members of the community coming to the library to celebrate our local businesses in a fun, friendly and informative atmosphere.
- Save the date! The Kick-Off Event is planned for Monday, January 23rd at 6:30 p.m. with Jeff Belanger speaking about how to turn your passion into your business. Jeff turned his love of folklore and legends into a career. He is an award winning, Emmy nominated host, writer and producer of the New England Legends series on PBS and Amazon Prime, and the author of over a dozen books.

The library staff is looking forward to working with the Bellingham Business Community and other local businesses and business leaders to make this program a great success!

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# Parent Input Will Be Key to DESE Review of Bellingham Schools

During the week of March 6, 2023, the Department of Elementary and Secondary Education's Office of Public School Monitoring (PSM) will conduct a Tiered Focused Monitoring Review of Bellingham Public Schools. The Office of Public School Monitoring visits each district and charter school every three years to monitor compliance with federal and state special education and civil rights regulations. Areas of review re-

lated to special education include student assessments, determination of eligibility, the Individualized Education Program (IEP) Team process, and IEP development and implementation. Areas of review related to civil rights include bullying, student discipline, physical restraint, and equal access to school programs for all students.

In addition to the onsite visit, parent outreach is an important part of the review process. The

review chairperson from the Office of Public School Monitoring will send all parents of students with disabilities an online survey that focuses on key areas of their child's special education program. Survey results will contribute to the development of a report. During the onsite review, the Office of Public School Monitoring will interview the chairperson(s) of the district's Special Education Parent Advisory Council (SEPAC). Other

onsite activities may include interviews of district staff and administrators, reviews of student records, and onsite observations.

Parents and other individuals may call Michael McDonald, Public School Monitoring Chairperson, at (781) 338-3746 to request a telephone interview. If an individual requires an accommodation, such as translation, to participate in an interview, the Department will make the necessary arrangements. Within

approximately 60 business days after the onsite visit, the review chairperson will provide the Bellingham Public Schools with a report with information about areas in which the Bellingham Public Schools meets or exceeds regulatory requirements and areas in which the Bellingham Public Schools requires assistance to correct or improve practices. The public will be able to access the report at <http://www.doe.mass.edu/psm/tfm/reports/>

## Deadline December 14th to Enter 2nd Annual Bellingham Lions Holiday House Decorating Contest

The Bellingham Lions are sponsoring a Holiday House Decorating Contest for this holiday season. The Lions are asking for a \$10 donation to enter, with all donations going to Lions' charities locally and globally. Prizes will be awarded for 1st place \$100, 2nd place \$50, and 3rd place \$25.

Displays will be judged based on:

- Presentation & Theme (all holidays are welcome)
- Creativity
- Wow Factor



Participation is open to all Bellingham residents, and you must ensure the displays are on and visible between 6 p.m. and 9 p.m. on Saturday December 17th and Sunday December 18th

for judging. Winners will be announced the week of Monday December 19th. The contest is limited to outdoor displays only.

You can register using this link <https://www.zeffy.com/en-US/ticketing/3fa1ca42-a79f-4162-8f7a-e7940c06828a> use the below QR code. Information can also be found on the Bellingham Lions Club Facebook page. All entries MUST be received by Wednesday December 14th, 2022.

For or any questions contact Brian Salisbury [bellingsham-lights@gmail.com](mailto:bellingsham-lights@gmail.com).

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# Glaucoma Treatment: DURYSTA

## Commonly Asked Questions

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

Glaucoma is a condition that can damage our field of vision. It affects us when the pressure inside the eye is higher than what the eye can tolerate. Glaucoma is treatable with drops targeted at lowering the eye pressure. There are patients who have problems remembering to use the drops and sometimes the preservative in the drop cause irritation, redness and intolerance to the drops. In other instances, one can be traveling and forget to carry the eye drops during the trip. In those instances, a novel treatment using DURYSTA glaucoma implants can help manage the pressure while reducing or eliminating the need for drops.

### What is Durysta?

Durysta is a breakthrough in the treatment of open-angle glaucoma and ocular hypertension with FDA approval. Durysta (made by Allergan) will be a game-changer for those patients who have difficulty taking

daily medicated eye drops for glaucoma because it frees patients from having to apply drops altogether.

### How does Durysta work?

Durysta is the first biodegradable sustained-release implant that continuously delivers Bimatoprost, a prostaglandin analog, within the eye that helps reduce and maintain healthy eye pressure levels. The preservative-free medication is housed within a tiny rod-shaped cartridge that is inserted in the eye's anterior chamber by an ophthalmologist during a safe 5-minute office procedure.

The implant comes pre-loaded with 10 mcg of Bimatoprost in a single-use applicator that your ophthalmologist uses to inject the implant directly into the front side of your eye. This means that the drug delivery system is a one-time use sterile applicator used on you and you alone.

The bimatoprost implant is biodegradable and breaks down

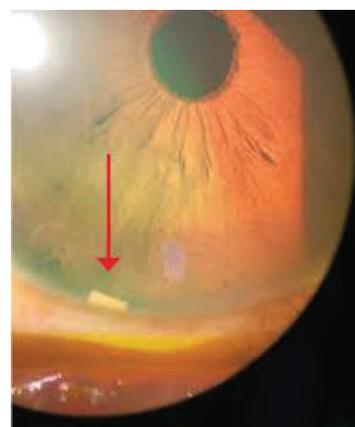
**DURYSTA™**  
(bimatoprost implant) 10 mcg

### Sustained Release Glaucoma Implant

naturally over time, so you do not require another procedure to remove the delivery system. It simply dissolves and is eliminated by your body. In fact, most patients continue to have controlled intraocular pressure levels even after Durysta has broken down.

### How long does Durysta last?

The great news for patients with open-angle glaucoma and ocular hypertension is that the Durysta implant is designed to last up to 6 months. However, most patients continue to have controlled intraocular pressure levels after Durysta has broken down. This means you'll continue to benefit from Durysta for months and sometimes a year or 2 later. Meanwhile, you'll be free from having to deal with inserting eye drops and worrying about whether the correct amount of medication actually got into your eye.



### Who is a candidate for Durysta?

Durysta is indicated for people diagnosed with open-angle glaucoma and ocular hypertension. That said, not everyone is an ideal candidate for Durysta and it is contraindicated under the following circumstances:

- If you have an infection within or surrounding your eye
- If you have undergone a corneal transplant
- If you are diagnosed with corneal endothelial cell dystrophy
- If your posterior lens capsule is ruptured or absent
- If you are allergic to bimatoprost or to the components of the implant

### What are the side effects of Durysta?

As with any medication, clinical trials have shown that some people can experience side effects from Durysta. However, the interesting thing about the Durysta trials was that patients who were randomized to receive Durysta actually experienced fewer side effects than the control group patients taking standard glaucoma eye drops.

It's highly unusual for a new medication to exhibit fewer side effects than the standard medicine it's being compared to, but that's exactly what happened with Durysta. The Durysta patients had fewer complaints and tolerated the medication better than the patients using traditional glaucoma eye drops. Fewer side effects and better eye pressure control make for a compelling argument to consider switching to Durysta.

### Some adverse events for Durysta patients can include:

- Eye redness
- Eye irritation
- Eye pain
- A foreign body sensation within the eye
- Light sensitivity (photophobia)
- Blurred vision
- Headache
- Conjunctival hemorrhage
- Iritis
- Increased intraocular pressure

This is not a complete list of side effects and others may occur. Also, the safety of taking Durysta during pregnancy has not been studied.

### Is Durysta for me?

If you have tried other treatments for glaucoma, including eye drops and they did not work, or if you've found eye drops are challenging or you can't use them as prescribed, contact us. Eye drops are not always the best option for every patient, and Durysta may be a better solution.

At Milford Franklin Eye Center, Dr. Kaldawy was among the first surgeons in the area to offer Durysta. We perform the procedure in a state-of-the-art surgery center in Milford and closer to home. We can also offer the same in our procedure room in Franklin. With those centers available to you here in your backyard there is no reason to travel hours to have eye surgery and laser glaucoma surgery. If your eye provider is still recommending you travel far away to have eye surgery, we are available for a second opinion. We are proud to offer excellence in glaucoma management and surgery with world class outcomes and here is the great news: Closer to home than ever before!

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**Happy Holidays**

# Santa makes many lists, including his own Wish List!

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# BWOT Holiday Activities

## Muffins with Santa

The Bellingham Women of Today will welcome Santa for their 30th year of Muffins with Santa on Saturday, December 17th from 9 – 11:30 a.m. at St. Blaise Church Hall, 1158 S. Main St., Bellingham. Admission fee is \$5 per child with a maximum charge of \$15 per family. Children can meet Santa, give him their Christmas wish list while you are welcome to take your phone or camera photos. We will offer muffins, bagels, juice, milk and coffee. Food and beverage items are \$1- \$2 each. There will be free crafts and coloring pages for kids as well as

raffle baskets and holiday items for sale. All proceeds will benefit local BWOT charities.

## Letters from Santa

Santa and his elves are so busy preparing for Christmas the Bellingham Women of Today will be helping him send personalized letters to anyone on your list. They are a great gift for children, seniors, college students and anyone young at heart. The cost is \$2 for each letter or three for \$5. We will be taking requests at Muffins with Santa, December 17th, 9 to 11:30 a.m. at St. Blaise Church Hall in Bellingham, or send the name and address of child/child-

dren along with your name and phone number, payment, and any information you would like added to the letter, to BWOT, PO Box 405, Bellingham, MA 02019 before December 15th.

## About BWOT

The BWOT is a nonprofit civic organization that has served Bellingham and surrounding communities for over 30 years. We would like you to join us as we continue to serve our community. We meet the 2nd Monday of the month at 7:30, September through June, in the Police department's conference room on Blackstone St. Bellingham. Contact us at BWOTmaevents@hotmail.com and visit us on Facebook.



# Sandy Hook Vigil Dec. 14

On Wednesday, December 14 a candlelight vigil will be held to honor the memories of the victims of the Sandy Hook Elementary School shooting. The vigil will be held at Bellingham Town Common at 6:30 p.m. All are welcome.

# Free Legal Help Available for Norfolk County

The Bar Association of Norfolk County's next Free Legal Clinic will be in person on Tuesday, December 6, 2022 from 6 p.m. - 8 p.m. at the Quincy District Court, 1 Dennis Ryan Pkwy., Quincy, Mass. for those in need of legal assistance. Attorneys experienced in all areas of the law will be available for a free one on one confidential consultation, to those who have questions or concerns regarding a legal issue.

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# Yankee Swap Provides Laughter



Diana McDonald opens bag with dancing, ear-flapping, musical Snoopy. Denyse Lyden, Mrs. Clause and MC, mixes names up in the bowl for Diana to draw the next name.

One of the favorite meetings of the year was held on November 10 where 32 members of the Ladies of St. Anne Sodality chose Christmas themed gifts. In the tradition of the Yankee Swap, some of those gifts moved (sometimes several times!) from one Lady to another as each lady chose a mystery gift bag or an opened gift they liked from another lady. Popular gifts that moved several times included wine glasses with bottle of wine and soft throw, stuffed gnomes, angel and stuffed animals playing Christmas songs.

During the business part of the meeting the Ladies approved a donation of \$200 to the Loaves and Fishes Food Pantry in honor and memory of Mildred "Millie" Woodman. Millie, who passed away on October 31, was a long-standing Lady and instrumental in establishing the food pantry.

The Christmas Gala committee chairwoman, Ann-Marie Lavallee-Kell, provided info about the Gala. It will be held on December 15, 2022, 6 pm, at Restaurant 45, in Medway, MA. A buffet menu will include Chicken Parmesan, Baked Haddock and Steak Tips. Also, garden salad, roasted potatoes, vegetables, Italian bread, coffee, tea & vanilla ice cream. A bakery cake with surprise theme topping will be provided by the Gala committee. The cost is \$32 per person. Payment, either

cash or check made out to St. Blaise with "LoSA Gala" on the Memo line, is due by December 4. You can give payment to Ann-Marie or put it in an envelope addressed to Ladies of St. Anne and place it in the collection basket during Mass. If you have questions, please contact Ann-Marie at (508) 488-8528.

The Ladies also raffled 6 Thanksgiving Baskets on November 20th after the 10 a.m. Mass. Members donated food, wine, and gift cards to make up the holiday baskets.



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# Bellingham Scouts Attend Annual Rocket Trip

By Jennifer Russo

Bellingham Troop 14 Scouts were focused on building model rockets in a recent meeting, but these rockets weren't intended to sit on a shelf on display. A long-standing tradition for Boy Scouts of America is their annual rocket trip, where scouts take the rockets they have built and test them out on the field.

Scouts are given rocket kits and instructions, which they must follow very closely. The success of the launch will rely on the proper build. It's an excellent way for the kids to learn attention to detail and following directions.

For the launch itself, there are strict safety requirements enforced by the National Association of Rocketry (NAR), including adult supervision, mandatory countdowns, launch rod height, a safety circle around the launch site, and a minimum 200-foot open area away from tall trees and power lines. Wind conditions are also considered. The scout code also advocates for taking a PAUSE for safety, a clever acronym meaning: Pause before you start. Assess possible



Testing the rockets in the field is the highlight of the Boy Scouts' annual rocket trip.

hazards. Understand how to proceed safely. Share your plan with others. Execute the activity safely. This year, the event happened from November 18-20 at Camp

Squanto in Plymouth, Mass. Cub Scout Webelos also take part in the rocket building and attend the event, as it is a requirement for them to move into the Boy Scout level.

"As an Arrow of Light requirement, Webelos need to go to a Scouts BSA troop meeting where the Scouts of Troop 14 help the Webelos build rockets to



launch on the campout. The trip is a fun filled day that includes a tour of the camp, a Thanksgiving Dinner (featuring a 'Trash Can Turkey'), launching of the rock-

ets, and a campfire program. We find this trip to be a great way for the Webelos to see what Scouts BSA has in store for them when they are ready to cross over," says scoutmaster John Ansell.

Though the rocket launch is the biggest purpose of the trip, Scouts spend the two nights in scout cabins or tents and gain other valuable outdoor skills like fire safety, whittling, and archery, along with lessons in teamwork and diligence.

If you are interested in signing your child up for the Bellingham Scouts, taking a leadership position within the troop, or would just like to learn more about the program, please visit [www.beascout.org](http://www.beascout.org).

Scoutsrocketbuild4.jpg and scoutsrocketbuild5.jpg (use caption for both)

Bellingham Troop 14 Scouts received instructions on building their rockets, which they had to follow very closely.

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# Milford Regional to Continue Health Center at BVT

## Need for Adolescent Services Continues to Increase

In keeping with its goal to provide exceptional community healthcare services to those in its service region, Milford Regional Medical Center (MRMC) has secured a grant to continue its School Based Health Center (SBHC) at Blackstone Valley Regional Vocational Technical High School in Upton. The grant was welcome funding as the need for adolescent services continues to grow.

The ten-year renewable \$150,000 per year grant was awarded by the Massachusetts Executive Office of Health and Human Services Department of Public Health. It will be utilized to fund the salaries of the SBHC's Nurse Practitioner and Officer Coordinator/Community Outreach, who MRMC employs, and mental health services provided through Riverside Community Care clinicians.

For more than 20 years, Milford Regional's School Based Health Center has been collaborating with BVT's nurses and counselors to offer students

access to healthcare, including mental health services. Services provided at the School Based Health Center include diagnosing and treating acute and chronic medical conditions, physical exams for sports, school, and employment, support and education regarding healthy relationships, and consultations with primary care providers.

Through its counselors, the SBHC program also provides mental health evaluations and on-campus counseling for depression, anxiety, substance abuse, relationships, and self-esteem. Nutrition education, such as assessments, diabetes support, and counseling to maximize healthy living, is available at the Health Center.

"I'm proud to contribute to the collaboration between Milford Regional and BVT," said Maureen Menard, MRMC's SBHC Office Coordinator/Community Outreach. "In this role, I work closely with the School Counselors and local Community Outreach Programs.

In addition to the many SBHC services and supports, we also help with food assistance/holiday donations for BVT students and their families, another welcomed resource."

"We are so grateful for the ongoing collaboration between Milford Regional and BVT," said Joni Brown, MRMC's Senior Director of Rehabilitation and Sports Medicine and School Based Health Services. "The School Based Health Center continues to provide many crucial services that allows students not only access to care but the ability to stay in school instead of forgoing an entire day or more."

The need for the School Based Health Center has greatly increased over the past several years, particularly with the onset of COVID-19. According to some of the latest data, during the 2020-21 school year, there were a total of 1,132 visits to the Health Center. In December 2020, 27 percent of SBHC visits at BVT were medical provider visits, and 73 percent of visits were mental health provider visits. The following year, in Decem-

ber 2021, 10 percent of SBHC visits were medical provider visits, while 90 percent of visits were mental health provider visits. Recent data also indicates a 17 percent increase in student need for SBHC mental health services within the past year.

"BVT values our relationship with Milford Regional Medical Center and the additional resources and services we are able to provide to our students because of this partnership," said

Yvette Martin, Director of Student Services at BVT.

"Thanks to the recent grant and our partnership with Milford Regional Medical Center, our students have convenient and timely access to health services," said BVT's Superintendent-Director, Dr. Michael F. Fitzpatrick. "This high-quality grant ensures convenient student-focused health care is available on our campus for years to come."

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# Renown Artist Donates Original Piece to Winter Candyland Fair

Peter B. Houk has been Artistic Director of the W. David Kingery Ceramics and Glass Lab at MIT since 1997. Much of his work is concerned with the integration of imagery with the transparent and translucent qualities of glass. Throughout his career in glass, Houk has remained fixated on the unique ability of glass to convey the transient qualities of light. His painted and sandblasted work has been exhibited in many galleries and private collections and is held in the museum collections of the Corning Museum of Glass, the Tacoma Museum of Glass, and the American Museum of Glass.



Come to the fair for a chance to win this bowl donated by artist Peter Houk.

We are most fortunate to have Peter Houk's spectacular bowl, pictured below, as a raffle item at the St. Blaise Winter Candyland Fair. The Fair, to be held in the St. Blaise Parish Hall, will open at 9 a.m. on December 10 and feature many favorite games and activities, such as the card game/win a theme basket every game. At 9:30 a.m. Santa will arrive and be available, by the

stage, for pictures and to listen to the Christmas wishes of kids of any age. As you move around the Hall, you can try your luck with the Twisty Game. The Main Raffle table will have prizes like gift cards, small appliances, hand crocheted blankets, custom designed pillows, toys, and ceramics. Stop and admire the donated Christmas wreaths, decorated with various items and gift cards, that are mounted on doors for an idea of how they may look on your door, to be raffled. Maybe you'll be drawn to the Lottery Ticket Tree Raffle. There will be many opportunities to win in all the raffles!



Winter Candyland committee members crafting for fair on December 10th

Crafters have been busy creating many Christmas home decorations and gifts for you to purchase at very reasonable prices...great in this economy! The children will love the new expanded game area featuring a kids' fishing game, Pick a Pocket, the season game, bean bag toss, and the Nativity Scavenger Hunt. Everyone can try to guess how many Kisses are in the Jar! Of course, Candyland wouldn't

be complete without a Penny Candy table. The baked goods table or "Saint's Sweet Shoppe" will have home-baked muffins, breads, cakes, cookies, pies, and brownies. Items will be packaged in various sizes, either to take home or enjoy there.

Our kitchen will be open for lunch beginning at 11 a.m. Dy-

namites, walking tacos, chili, hamburgers, and hot dogs are some of the choices. Coffee and donuts will be available before lunch.

Please mark December 10th on your calendar and join us at St. Blaise for a wonderful family event.



## Share the Warmth of the Season with Our Holiday Sharing Tree.

Take a mitten tag from our Sharing Tree.

Help bring some holiday cheer to a local child. Beginning November 21st, just take a "mitten tag," listing age and gift ideas for area children from the Sharing Tree in our lobby and return all wrapped gifts to us by December 12th. Lobby hours are Mon- Fri 8:30 to 4pm and Saturday 8:30 to 12:30pm. For more information call 781-762-1800 or email us at [webmail@norwoodbank.com](mailto:webmail@norwoodbank.com).

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## Bellingham Lions Senior Luncheon

The Bellingham Lions Club will provide boxed holiday meals for our seniors at the Bellingham Council for Aging Senior Center. This year's event will take place on Saturday, December 3rd with pickup between 11:30 a.m. and 1 p.m. Reservations should be made in advance. A full Thanksgiving dinner will be catered by Dinner & Company.

Call, text or email for an appointment



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# Library News & Events for December

For updates to library programs and services, please see the library website, [www.bellinghamlibrary.org](http://www.bellinghamlibrary.org).

## 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 December 24-26 for the Christmas Holiday.

The library is closed December 31-January 2 for the New Year's Holiday.

## Special Programs

### Polar Express Extravaganza - Saturday, December 3, 5-6:30 p.m.

For families. The Polar Express Extravaganza is back with the famous story, Santa, seasonal crafts and a visit from Elsa! Also, see the library lit up at night. Please sign up to attend. You can come and go as desired between the 5 pm and 6:30 p.m. time frame.

Yoga with Carol, Tuesdays from 8:30 to 9:40 and Thursdays from 6:15-7:30 Are you feeling See the website for details and to register. Carol, the instructor, is a long-time yoga practitioner and a 200-hr Kripalu\* yoga teacher. Please wear loose-fitting clothing, bring your own yoga mat, 2 blocks and a strap. Additionally, a blanket is nice to bring, especially if you have issues with your knees. Please arrive 10 minutes early to sign a waiver if you are new to class. Space is limited so please register for each class separately in the series. \*\*Visit [www.kripalu.org](http://www.kripalu.org) for more information on this style of yoga.

### Holiday Yarn Wreath Making - Monday, December 12th 6-8 p.m.

Looking for an easy and fun holiday project that doesn't require any experience? Join Ana Mendes, owner of Afonsoway.com, and learn how to create your unique holiday-themed yarn-wrapped wreath. You will have several yarn colors and textures to choose from. Some florals, ornaments, and holiday decorative items will be provided, but feel free to bring in what you would like to use. Space is limited so registration is necessary. This program is made possible by support from the Friends of the Bellingham Public Library

### Updated Ongoing Children's Program Schedule

Starting December 1 the library will offer the following programs for children ages 0-12.

### Sensory Story Time with Miss Melissa - Mondays & Wednesdays at 10:30 to 11:45 a.m.

Join us for stories, songs, crafts and open play! Similar to a traditional story time, with movement breaks and supports built in. For children ages 2-5 of all abilities. The program will start at 10:30 and will be structured through 11:15, but remain open until 11:45 for those needing extra time or wishing for open play time. Registration is limited, so please register early! No class school vacation week.

### Magic: The Gathering Club - Mondays at 2:30 p.m.

For grades 4-8. The Magic: The Gathering Club at the Bellingham Library welcomes all 4th to 8th graders to join the fun each Monday after school from 2:30-4:30 p.m. Discover the original collectible card game in this free program. Magic is the ultimate tabletop game, combining the skills of strategy, probability, reading, math, bluffing and more for a fun and engaging experience like no other. Learn to play or hone your skill each week as we explore a variety of ways to play. Please sign up once to attend any and all meet-ups!

Ring a Ding - Tuesdays and Fridays at 10 a.m.

For ages 0-5. Songs, a story, music, instruments, and beach balls = a lot of noisy fun! Join us! No registration required. PLEASE NOTE: For the foreseeable future there will only be one session of Ring a Ding on each day. No class December 23rd through January 2nd.

### All Things STEAM - Thursdays at 4 p.m.

Join Miss Melissa for the STEAM Project of the Week. For Grades 1-3. Please register for each week you plan to attend. No class on December 29th.



### Baby Time - Fridays at 11:15 a.m.

For children under 2, older siblings welcome. Songs, stories, and play/discussion time for you and your baby/toddler. Please sign up. You only need to sign up once to attend each Baby Time. No class December 23rd or 30th.

### Fun Fridays on December 23rd will run from 10:45-1:45.

### After School Programs

Our After School Programs are ongoing! 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, the Community Room will be open on Fridays after school for Fun Fridays!! 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

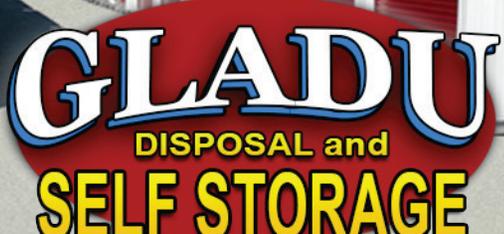
2:30 p.m.-4:45 p.m. Stop by the Community Room after school to make crafts, use a Chromebook, play on the Wii, play board games and hang out with friends! Registration is required for this program, so pick up a registration form during library hours or after school. Questions? Contact Diane Nelson, [dnelson@cwmar.org](mailto:dnelson@cwmar.org). 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. Stop by the Teen Room to use computers, play on the WiiU and Xbox1, play board games and hang out with friends! There is no registration needed to attend this program. Questions? Contact Amanda Maclure, [amaclure@cwmar.org](mailto:amaclure@cwmar.org).

### Other Adult Programs

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

- Book Club generally meets on the first Monday of the month, email Reference Librarian Cecily Christensen at [cchriste@cwmar.org](mailto:cchriste@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](mailto:library@bellinghamlibrary.org) for details.
- The Library Board of Trustees generally meets on the second Thursday of the month at 7 p.m. Email [library@bellinghamlibrary.org](mailto:library@bellinghamlibrary.org) for details.
- Adult Writing Group will now meet at the Bellingham Historical Museum on the second Thursday of the month at 6:30 p.m. Email [marjorie@marjorieturner.com](mailto:marjorie@marjorieturner.com) for details.



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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.

**CHRISTMAS PARTY:** The Christmas Party will be held on Saturday, December 10 at the Senior Center beginning with a catered lunch at noon.

**NEW YEAR'S EVE PARTY:** The New Year's Eve Party will be held on Friday, December 30 at the VFW on South Main Street beginning at noon. \$15 per person for the Christmas Party and \$5 for New Year's Eve.

Please call the Senior Center to reserve.

**TAX WORK-OFF PROGRAM:** Offer your services to the town to get up to \$1,425 off your annual property tax bill. Work up to 100 hours at the rate of \$14.25 per hour. This is for an individual only, couples working can make up to \$1,500.

The program is open to seniors 60+ and qualified veterans at any age. Positions available include: DPW Parks & Beaches, Town Common, Town Recycle Center, Town Carpenter's, COA Kitchen and Supportive Day, and Bellingham schools. Learn more at an information session hosted at the Center by Director Josie Dutil on Friday, December 16, at 10:30 a.m. (please call

ahead to reserve your seat).

New program starts December 1 and ends November 30, 2023.

To sign up for Tax Work-Off, please call Melissa Paquette at (508) 657-2801. She is located on the lower level of the Municipal Building.

**HOSPICE VS. PALLIATIVE CARE: HOW ARE THEY DIFFERENT?** Presenter, Evy Amato, will discuss several scenarios and clarify common myths and misconceptions when it comes to comfort care. There will be time for questions and answers at the end of the presentation.

Join us on Tuesday, December 13 at 1 p.m.... and please call the Center to sign up.

**SHINE** — Open enrollment will soon end on December 7th, however, if you are currently in a Medicare Advantage plan you can still make the switch to another plan or to original Medicare (and join a separate Medicare drug plan Part D) be-

tween January 1-March 31. This is a one-time change during this period and can be accomplished by calling the customer service department for your plan of choice. To discuss options, call (508) 977-0398 to set up an appointment with Judy Higgins, the Shine Councilor.

**SMOC FUEL ASSISTANCE:**

Please note that we are still taking appointments. Call the Senior Center to schedule an appointment. Many who are approved for fuel assistance also qualify for SNAP food assistance. Please inquire as we can assist you in applying.

**YOUTH SINGERS:** Members of the 7th and 8th grade choirs at the Bellingham Middle School will come to the Center on Friday, December 16, at 1 p.m. It's a holiday sing-a-long, and they'll perform selections from their Winter Concert. Reserve your seat; call the Center.

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**Christmas Eve • Saturday, December 24th • Closed**  
**Christmas Day (Observed) • Monday, December 26th • Closed**

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**New Year's Eve • Saturday, December 31st • Open 9:00 am – 1:00 pm**  
**New Year's Day (Observed) • Monday, January 2nd • Closed**

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# Bellingham High Holds STEM Career Showcase

Bellingham High School held its STEM Week Challenge Showcase at the Bellingham High School gymnasium on October 25, 2022. Over 300 Bellingham students from grades 6-12 showcased group multimedia products they created by interviewing professionals in STEM occupations that they found most interesting and relevant to their career aspirations. Students interviewed a wide range of professionals, from aviators, cardiac sonographers, and dental hygienists to physical, music and art therapists, estheticians, graphic designers, morticians, tattoo artists and more, learning about their fields of expertise and presenting various projects to visitors.

Rep. Mike Soter and Congressman Jake Auchincloss attended the event.



Showing their support for children's learning about STEM fields, Congressman Jake Auchincloss and Rep. Mike Soter attended the STEM Week Challenge Showcase at Bellingham High School. From left, Mike Reed, Bellingham School Committee, Karen Ares, BHS Internship Coordinator, Rep. Mike Soter, Congressman Jake Auchincloss, and Jessica Lorenz, BHS Science Coordinator



Lainee Briggs, Alexia Handy and Lily Crawford were all drawn to psychology.



Tori, Liv, and Ananya found a common interest in Interior Design.



Alexa, Owen, Brianna, and Alexandre went to the Seagraves Observatory in Scituate to learn about their common interest - astronomy.



Devin Dewar, Abby Pelletier, and Taylor Callery worked together to learn about career options in Health Sciences.



Brady Carroll stood by to talk about what he learned about chemical engineering.

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# Support Comfort Quilts with Raffle Purchase!

Rhododendron Needlers Quilt Guild, with members from Franklin and surrounding

communities, invites you to visit Emma's Quilt Cupboard during December to purchase your Raf-

fle Tickets for this year's Raffle Quilt "Blue Plate Specials." The Raffle Quilt features 42

Dresden plates in a variety of beautiful blues, greens, purples and more. The quilt measures 81 X 93 inches and was cooperatively made by over 35 guild members. It was designed by Laura Rosenspan and quilted by Diana R. Annis, a nationally known long arm quilter. Tickets are 3 for \$5 and \$2 each.

ing homes, college counseling centers, pediatric ICUs, veterans and foster care agencies.

Emma's Quilt Cupboard is located in the Horace Mann Plaza on East Central Street, Franklin. Tickets are also available via the guild's email raffleix@rnqg.com Check out the website www.RNQG.org for information about the guild and their upcoming show "A Community of Quilters" March 18-19, 2023 at Blue Hills Regional Vocational School.

Raffle ticket sales support the guild's philanthropy, specifically to purchase fabric and batting for the over 100 Comfort Quilts a year that are supplied to local homeless shelters, nurs-

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# BVT Celebrates with Multicultural Festival

Food, music, and art are great unifiers, connecting people from different backgrounds and experiences. Traditional recipes carefully passed down from one generation to the next can be a source of pride and an expression of cultural identity. Making and sharing those foods is a simple way to celebrate one's heritage with others. It is also one of the many ways Blackstone Valley Regional Vocational Technical High School students and staff contributed to an authentic celebration at its second annual Multicultural Festival.

The interdisciplinary event held at the school on October 28th included a Multicultural Center featuring student-run booths representing many countries and, in the process, diverse traditions that make each of the students unique. Members of our Multicultural Club presented thoughtfully prepared posters with items and goods from countries and cultures

worldwide. The students and staff enjoyed sampling the tasty offerings at the student-run booths.

If you were open to trying foods from other countries, you might have stopped by one of these booths, African American Culture by Keyara Jones, an assortment of cornbread muffins. Colombia by Colby Duncan and Ayala Gonzalez, Colombian soda samples. Ecuador by Nico Alvarez-Benincasa, Jacob Selby, and Kylie French, plantain chips. France by Maura Cleary and Madison Maynard, eclairs, and coconut macaroons. Ireland by Zoey Dauderis and Gabrielle Mathis, slices of Irish soda bread. Mexico by Kevin Flores and Natalia Vazquez, sweet pastries. Vietnam by Jackson Doan, spring rolls.

"I was proud to see our students sharing their cultures and traditions with their peers, and the overwhelmingly positive response from the students and

staff who visited is what the Multicultural Festival is all about," said Luanne Pehl, Multicultural Club Advisor. "I hope we learn from this experience that there is unity in diversity!"

"I enjoyed speaking with my peers and instructors about Ecuador during the Multicultural Festival. It is a magnificent country," said Kylie French of Upton, a sophomore in Painting & Design Technology. "We discussed food, music, and art. I also shared photos taken while visiting Ecuador. While presenting the poster, I incorporated my experience, memories, and knowledge of Ecuador into the presentation. For example, we offered samples of plantain chips, a popular food snack, that came from having tried them for the first time in Ecuador. The plantains there are prepared in many ways, but I especially loved them fried and served with the main course or as dessert."

In addition to the student-

run booths, there were Day of the Dead activities, a visiting artist, dance lessons, and a cultural performance. J&L Dance Studio instructors shared a brief history with those who had signed up for a lesson and taught the basic steps to dance Salsa and Merengue. While GP Vahan, an Armenian artist from the Armenian Museum of America, discussed culture in artwork and assisted students in creating a personalized wheel of eternity. The day also included a cultural performance by Crocodile River Music, which shared the universal influence of African rhythms, melodies, and traditional African outfits.

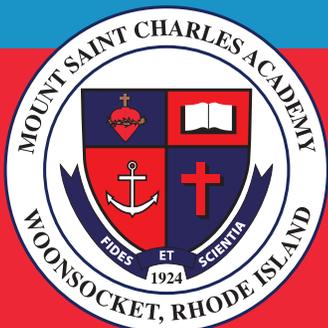
The interdisciplinary event was a successful collaborative effort supported in part by grants from the Douglas, Hopedale, Millbury, Sutton, Upton, and Uxbridge Cultural Councils, local agencies supported by the Mass Cultural Council, a state agency.

Join in the celebration and explore the various cultural offerings by viewing a video produced by student videographer Jenna Dolber showcasing the event:

[www.valleytech.k12.ma.us/multiculturalfestival2022](http://www.valleytech.k12.ma.us/multiculturalfestival2022)

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# MASSCAP, DHCD, Community Action Agencies, MEDA Launch Annual Statewide Heating Help Awareness Campaign

## Home Energy Assistance Available Now

MASSCAP, Self Help Inc., along with the Massachusetts Department of Housing and Community Development (DHCD), the network of Community Action Agencies (CAAs) in Massachusetts and the Massachusetts Energy Directors Association (MEDA), recently launched its annual statewide awareness campaign to ensure that vulnerable Massachusetts households are able to stay safe, warm and healthy this winter. Households of all kinds may be eligible for help with their home winter heating bills, no matter the energy source.

Applications for home energy assistance are currently being accepted online, and income-eligible households may receive help from November 1, 2022 through April 28, 2023. Both

renters and homeowners are eligible for assistance. Depending on your heat source, households may be eligible for more than \$1,000 in assistance.

Applying has never been easier with the ability to apply online directly to the agency serving your town. The website [www.heatinghelpMA.org](http://www.heatinghelpMA.org) (connected to the MASSCAP website) provides information for those in need of heating assistance as well as energy efficiency program information and a link to DHCD's online application portal, [www.toapply.org/Mass-LIHEAP](http://www.toapply.org/Mass-LIHEAP).

This winter, heating costs are anticipated to rise significantly across the region. The awareness campaign will include local outreach, television and billboard advertising, and

will place a special emphasis on digital marketing and a push to reach families with children under 6.

The campaign started with a kickoff event at Self Help Inc. office in Brockton that was also streamed on the MASSCAP YouTube Channel. Speakers included Congressman Stephen F. Lynch, U.S. Congress, 8th District of Massachusetts, Senator Michael Brady, Second Plymouth & Bristol, Representative Michelle Dubois, 10th Plymouth, Elizabeth Berube, Executive Director, Citizens for Citizens (CFC), Jonathan Carlson, CEO, Self Help Inc., Joseph Diamond, Executive Director, MASSCAP, Janice B. Fitzgerald, Director, Brockton Council on Aging, Mary Knittle, Energy Director, Worcester Community Action Council (WCAC), Louis Martin, Director, Division of Community Ser-

vices, Department of Housing and Community Development (DHCD), John Messia, Director of Constituent Services, Mayor's Office, City of Brockton, Peter Ostrosky, Massachusetts Fire Marshal, and a couple of Self Help clients that have benefitted from the programs. We also heard video messages from Senator Edward Markey and Senator Elizabeth Warren.

"As the temperature drops, families across the Commonwealth are struggling to keep up with the rising cost of energy, caused by the ongoing impacts of the COVID-19 pandemic and Putin's war of aggression in Ukraine," said Senator Markey. "Now more than ever, we need to ensure that we're fueling the Low Income Home Energy Assistance Program with the funding and support it needs, so that it can in turn help heat households across the Commonwealth this winter. I look forward to continuing to work alongside MASSCAP, Self Help Inc., and the Massachusetts Energy Directors Association keep LIHEAP on full blast in the months ahead."

In her video, Senator Warren reminds us that "No family should have to make the decision between paying their bills to keep their children warm, putting food on the table, and keeping the lights on. LIHEAP helps families avoid having to make that terrible choice." She went to say, "I pushed consistently in the Senate for more and for expedited LIHEAP funding, and I am going to keep on doing so with all of my Senate colleagues."

"We are proud to work with excellent local partners at Community Action Agencies to provide relief to families across the state," said Jennifer Maddox, Undersecretary, Massachusetts Department of Housing and Community Development. "We encourage anyone who may need assistance paying their winter heating bills to explore their eligibility, and we ask others who know loved ones or neighbors who could benefit from this free resource to apply, as well. No one should have to worry about their ability to access adequate heating."

**ENERGY**

*continued on page 25*



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**ENERGY**

*continued from page 24*

Joe Diamond, Executive Director, MASSCAP explained, “Every year we update the state legislature on the need for state resources. We are grateful for their past support including resources early in 2022. In light of the extreme rise in the cost to heat your home for all fuel sources, we are asking the state to consider providing resources of up to \$50M for this season. Diamond also notes, “The goals that we pursue have everything to do with helping our vulnerable friends and neighbors living with low incomes to become economically stable and mobile. The Home Energy Assistance Program is a comprehensive approach to helping so many households across the Commonwealth heat their homes safely and efficiently. We work closely with allied organizations to help us reach the people we know need it the most.”

Home energy assistance is offered through the federal program (LIHEAP) that helps households making less than 60% of state median income to address home energy costs. In Massachusetts, the program is administered by DHCD in partnership with community-based organizations, CAAs, and the City of Cambridge. Eligibility

for LIHEAP is based on several factors, including household size and combined gross annual income of residents 18 and older. The program provides assistance for all sources of heat, including oil, electricity, natural gas, propane, kerosene, wood and coal. For example, a family of four, making up to \$81,000 would be eligible for help.

Through related programs available through the same application, there are home energy efficiency opportunities that provide not only payment relief and utility discounts, but also life-saving emergency heating repair and replacement and stabilizing, full scale energy efficiency measures. These holistic programs allow both renters and homeowners to spend a smaller percentage of their income to meet their energy costs.

“This coming winter, market manipulation by the gas and oil lobby will cause sky high home heating prices. Thankfully for Brockton we have Self Help that will distribute federal and state heating dollars to individuals and families in need,” State Representative (10th Plymouth) Michelle Dubois proclaimed. “I encourage everyone who is worried about how they are going to heat their homes to apply for Fuel Assistance.”

“Fuel assistance is a lifesaving program, plain and simple, and with the sustained high cost

of energy and utility costs, and the unprecedented cost of living increases, our clients are facing a financial storm not seen in a generation,” reported Jon Carlson, Executive Director, Self Help Inc. “We are grateful to Congressman Lynch for his tremendous support and advocacy in Congress, as well as our local legislations, for their continued effort, especially this past year, with the releasing funds that has been critical in helping those that are of low-income stay warm.”

“Getting fuel assistance and a new heating system has made such a difference in my life, and being on a fixed income, I would not have been able to stay in my home, I will forever be grateful to Self Help, Inc.,” Eva Haynes from Brockton declared.

Eligibility guidelines (snapshot of guidelines below) can be found at [www.heatinghelpma.org](http://www.heatinghelpma.org). It is important to note that eligibility is based on the last four weeks of gross income and that any additional stimulus funds or pandemic unemployment assistance funds do not count toward income.

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# Blackstone Valley Tech 2022 Annual Report Now Available

Blackstone Valley Tech is proud to announce that copies of its annual report are now available to residents of the Blackstone Valley Vocational Regional School District. The report titled powerful driving force spans the 2022 fiscal year and highlights

the remarkable achievements of students and staff in addition to financial information.

According to Superintendent-Director Dr. Michael F. Fitzpatrick, the document plays a role in keeping the community informed about its vocational-technical ed-

ucation system. "With your continued support, we prepare our students for personal and professional success in an internationally competitive society through a fusion of rigorous vocational, technical, and academic skills," said Fitzpatrick. "Therefore, it is

our custom to go beyond sharing the facts and figures of our operation in the pages of our annual report and share student success stories and district achievements that exemplify our mission."

Demonstrating what is achievable with their high-quality education, BVT alums are the best ambassadors for vocational-technical education. The annual report includes a profile of Lindsey Testa, a 2019 graduate of the Dental Assisting program. With an open mind and skilled hands, she, like many BVT graduates,

is taking what she learned and shaping the future workforce while giving back to her alma mater. You'll want to read about her drive, passion, and call to action in the annual report or by visiting the school website at [www.valleytech.k12.ma.us/alumnispotlights](http://www.valleytech.k12.ma.us/alumnispotlights).

You can obtain the annual report at [www.valleytech.k12.ma.us/annualreport](http://www.valleytech.k12.ma.us/annualreport) or by contacting the Superintendent-Director's office at (508) 529-7758 x3037.

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Answers: 1. No, Fin needed the Permitted Incidental Occupancies endorsement included on his policy to cover minor at-home business exposures. 2. Yes, the workers compensation policy would pay. 3. No, there is no coverage.



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## Register O'Donnell Announces 2022 Holiday Food Drive through December 13th

As inflation rates continue to rise and the cost of living becomes an increasing challenge for some families across Norfolk County, Register of Deeds William O'Donnell is asking people to take a moment to contribute to the Annual Registry of Deeds Food Drive, starting Monday November 14th and running through Tuesday December 13th.

"There is no doubt that Norfolk County is a desirable place to live and to work. However, there are people throughout the county that are truly hurting. This year we, as a community, have seen an unprecedented rise in inflation rates, especially in the cost of food. Some Norfolk County families are hit harder by these increased costs and worry about putting food on the table this holiday season."

Today, according to the latest Project Bread statistics, 19.6% of households in Massachusetts are considered food insecure. Fur-

thermore, 22% of children in the state are also considered food insecure. The increasing cost of housing and food are likely factors that contribute to the rising rates of food insecurity.

Non-perishable food items can be brought directly to the Registry of Deeds, which is located at 649 High Street in Dedham. A donation bin will be set-up in the Registry's lobby and food can be dropped off Monday through Friday between 8:00 a.m. to 4:30 p.m. Suggested donations include canned goods, breakfast cereals, pasta, sauces, toiletries, and paper products.

If you can't get to the Registry of Deeds building to drop off food, you can check the Registry website at [www.norfolkdeeds.org](http://www.norfolkdeeds.org) for a pantry location in your community.

Working together, we can truly make a huge difference this holiday season," concluded Register O'Donnell.



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# Bellingham Veterans Day, 2022

Bellingham Public Library was packed for the town's annual Veterans Day Ceremony this year. After presentation of the colors by The Blackstone Valley Young Marines, the National Anthem performed by Robert Oliver III, and an invocation by Pastor Baron Rodrigues of the First Baptist Church, Bellingham Library Director Bernadette Rivard welcomed guests, and Jim Hastings, from the Bellingham Memorial and Veterans Day Committee, gave opening remarks. Featured guest speakers included Bellingham residents James Begley, (US Nav-RET) and Bill Eltzroth (US Nav-RET), with Lt. Col. Andrew A. White, Commander for the US Army Garrison at Natick Soldier Systems Center as keynote speaker.



I have served in the company of heroes," and that "may we feel a deep sense of gratitude for the service and sacrifice of veterans" and their families.

Lt. Col. White began with a discussion of Armistice Day's origins, quoting Gen. Douglas MacArthur in that it is the soldier who must suffer the wounds of war, acknowledging the service and sacrifice "of the men and women who have donned the uniform and defended this country," adding "I can tell you,

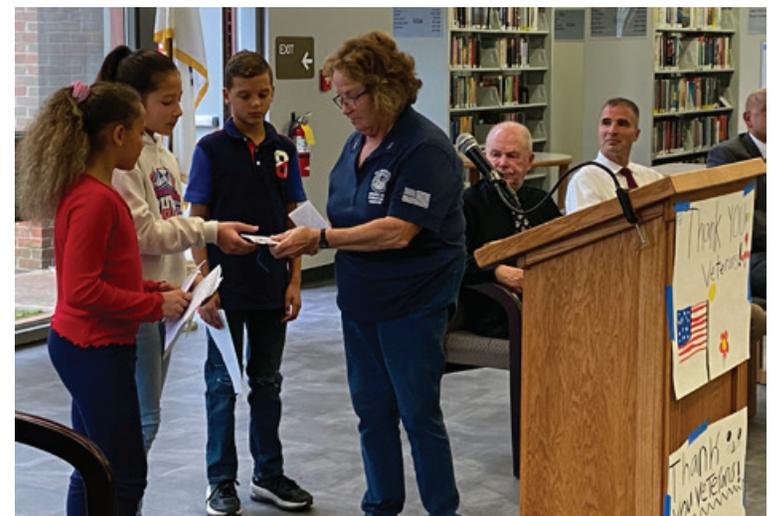
Following guest speakers, Lori Fafard presented the three winners of the 2022 Veterans' Day 4th Grade Memorial School poster contest. They included Logan King, Addison Boyer and Leah Taychack.



Following that presentation and Oliver's performance of "Possible Dream," Rep. Mike Soter gave remarks, encouraging guests to remember veterans have fought for freedom and de-

mocracy and not to let that die. Soonafter, Andrew Bolliro, of The Blackstone Valley Young

**VETERANS**  
continued on page 30



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## Sports

# DuTremble Excels for BHS Eleven in Unsung Fashion

## Guard-Nose Tackle a Dynamic Competitor

BY KEN HAMWEY,  
STAFF SPORTS WRITER

Most athletic teams at every level invariably have an unsung player — a competitor who gets a job done quietly, effectively and without any fanfare. Sean DuTremble definitely fits that description for Bellingham High's football team.

The 6-foot, 307-pound junior, who started at guard as a sophomore, also plays nose tackle on defense. His work on both sides of the ball was dynamic and helped the Blackhawks to qualify for the playoffs for the fourth straight year.

After eight games, coach Dan Haddad's squad surprised its fans by posting a 5-3 record, good enough to earn a berth in the post-season tourney, where the Blackhawks were eliminated by Lynnfield, 38-7, in the first round.

BHS was an underdog all season long, because it was a sophomore-junior team that lacked in-game experience. It had lost nine seniors and had only five experienced players return.

"It was a rebuilding year, but I hated to use that word because I knew our players had the ability and the desire to surprise people," Haddad said. "We were eliminated in the playoffs, but to get there was very satisfying."

What also was satisfying for Haddad was watching DuTremble in practice and during games. It was like observing a master craftsman.

"Sean is one of the best linemen I've ever coached," Haddad offered. "He's got all the ingredients for success. His work ethic is great, he's got a high football IQ, he's athletic, and he's quick and strong. When you watch him, you never know if we're winning or losing because he keeps going until the last whistle. He treats each game like a professional, and his mental toughness is incredible."

The 17-year-old DuTremble is acutely aware that his work in the trenches goes unnoticed but his passion for football never dips below 100-percent effort. He embraces playing guard and nose tackle.

"I like playing guard where I can clear a path for our running backs and provide protection," he emphasized. "It's great when the guards pull and knock our opponents off their feet. The key at guard is hand-and-foot placement, strength and quickness. I also like nose tackle. It's where I get low and maintain leverage, enabling me to throw an opposing lineman off balance and get a sack. I like the one-on-one competition."

DuTremble, who started playing football as a seven-year-old at the Pop Warner level, had admirable goals when the 2022 season started. He wanted to improve daily and play the best he could, qualify for the playoffs, advance and get to the Super Bowl. Some of his objectives were fulfilled, but getting eliminated from the playoffs was disappointing.

"It was tough to bow out in the opening round," he said. "Lynnfield gave our defense trouble early, scoring 22 points in the first half, and we couldn't generate offense. I felt bad for all my teammates, especially the seniors who worked so hard. But, I was happy we qualified. Our lines did their job after losing two players for several games during the season, and we didn't have two other players available for the Lynnfield game."

What was rewarding was the way the Blackhawks progressed and beat teams like Dedham and Medfield and came close to defeating Dover-Sherborn, the Tri Valley League Small champion. "Some people might have been surprised at our achievements, but I always felt we could do well because our players kept pushing themselves, and our coaches were very motivating," DuTremble emphasized.

It's easy to understand why DuTremble calls Bellingham's 6-0 victory over Medfield his best game. "I had eight tackles, five of them for losses, and three sacks," he recalled. "It was fun beating a TVL large school. That victory boosted our confidence because we had lost to Westwood, 40-7, the previous week."

At the Bulletin's deadline, the Blackhawks were 5-5, giving



Sean DuTremble enjoys playing guard where he can clear a path for running backs and provide protection.

them a .500 record after losing a non-playoff game to Seekonk. A victory over Norton on Thanksgiving would ensure them of a winning season.

DuTremble knew what it took to have a winning effort in the weight room. The Bellingham native rates winning the "King of the Weight Room" award two straight years as his top thrill. "Whoever lifts the most weight for three days during the last week of the offseason gets that trophy," he said. "I lifted 1,375 pounds last August."

DuTremble has a high regard for colleagues who fall into the unsung category. Three linemen he admires are junior center Donovan Turner and senior tackles Ethan Silva and Connor LaLonde. "Donovan and Ethan are captains who are motivators, they're inspiring, and they're talented. Connor is a hard-worker who gives 100% all the time."

Calling Haddad a "great guy," DuTremble, who calls his coaches and his parents, Jamie and Melissa, his role models, says his coach "is a top-notch motivator, very solid tactically, and encouraging, always eager to push us to be at our best."

"If you're giving your best and striving to reach your potential, then winning usually follows," he emphasized. "I also compete in track (shot put and discus), and both sports have helped me learn valuable life lessons — like being resilient, being a good teammate, to work hard and to be able to rely on others and have them rely on me."



Sean DuTremble has won the "King of the Weight Room" award two straight years. The trophy goes to whomever lifts the most weight for a three-day stretch at the end of the offseason. In August, he lifted 1,375 pounds.

Unsure of where he'll attend college or what he'll study, the honor student would like to continue his gridiron career. "I don't know what division I'll play in, but I'm looking forward to collegiate football," he said.

One situation won't change for DuTremble. He'll still be un-

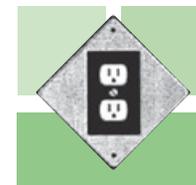
sung — blocking and tackling with little notice and hardly any fanfare.

"A lineman knows what he does is important, and coaches respect what we do," he said. "We play football without looking for praise, but it's nice when we do get recognized."

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VETERANS

continued from page 28

Marines, was recognized for his contributions, Pastor David Mullen, of St. Brendan's Church, gave closing remarks, and the proceedings moved outdoors for laying of the wreath by James Begley, Bill Eltzroth, and Andrew A. White. Chaplain Rick Marcoux (RET) of Bellingham Fire Department, gave final closing remarks.

Shown are some images of the event.



# McGovern Applauds \$159 Million for Massachusetts to Help Families with Rising Home Heating Costs this Winter

Massachusetts' Second District - With cold weather on the horizon, Congressman James P. McGovern (MA-02) announced

today that Massachusetts has been awarded \$159 million in funding for the Low Income Home Energy Assistance Pro-

gram (LIHEAP). Administered through the Administration for Children and Families at the U.S. Department of Health and

Human Services, this funding will help low-income individuals and families pay for home heating costs this winter and cover unpaid utility bills. These funds will also help families make cost-effective home energy repairs to lower their heating and cooling bills.

"LIHEAP has been essential to ensuring that Massachusetts families can stay warm during the winter," said McGovern. "As Big Oil continues to rip off consumers and the war in Ukraine continues to drive up energy costs, our delegation requested an expedited release of home heating assistance, and I'm proud to see this huge amount of funding moving quickly into the hands of folks who need it."

Democrats in Congress allocated an additional \$1 billion nationwide to address rising energy costs and another \$100 million through President Biden's Bipartisan Infrastructure Investment and Jobs Act—providing an additional cushion of home energy assistance for Massachusetts households.

"Our number one priority is working to lower costs and getting money into the pockets of working families, and that's what this LIHEAP funding will do for thousands of households across the Commonwealth," added McGovern.

The \$158.9 million awarded to Massachusetts includes \$118 million from regular LIHEAP funding, an extra \$36 million in supplemental funding from Congress, and \$3.7 million in funding from President Biden's Bipartisan Infrastructure Investment and Jobs Act.

For more than 40 years, the Low Income Home Energy Assistance Program (LIHEAP) has provided federally funded assistance to help individuals and families maintain safe and healthy indoor temperatures. LIHEAP helps low-income households pay home heating and cooling bills, prevent energy shutoffs, restore services, make minor energy-related home repairs, and weatherize homes to make them more energy efficient. The U.S. Department of Health and Human Services announced the release of \$4,492,719,317 through LIHEAP to all 50 states, the District of Columbia, three territories, and more than 125 tribes. Individuals interested in applying for energy assistance can visit [energyhelp.us](http://energyhelp.us) or call the National Energy Assistance Referral (NEAR) hotline toll-free at 1-866-674-6327.



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Check Back Each Month for more Helpful Ways to Save!



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# Calendar

## December 2

**Bellforge Arts Center 8th Annual Holiday Stroll, 4-9 p.m.**, 30+ local artist vendors, carolers, ice sculpture demonstrations, and festive activities in Downtown Medfield. All events within walking distance of Main Street, 3 indoor sites: Zullo Gallery, the United Church of Christ, and the Memorial Public Library.

**MyFM 101.3 Annual Toys For Kids and Teens Drive, 9 a.m.-3 p.m.**, outside Walmart in Bellingham.

## December 3

**Operation Graduation Craft Fair, 9 a.m. - 3 p.m.**, Bellingham High School, 60 Blackstone St., Bellingham

**Winter Farmers Market, 10 a.m. - 2 p.m.**, Fairmount Fruit Farm, Franklin, local farms, vendors, artisans and crafters

**MyFM 101.3 Annual Toys For Kids and Teens Drive, 9 a.m.-3 p.m.**, outside Walmart in Bellingham.

**SL "Hay" Ride, 3-6 p.m.** (registration required), Fairmount Fruit Farm, lit up tractor a wagon ride with cocoa, blankets, holiday jingles around orchard, \$10 pp

## December 4

**Bellingham Youth Cheer Dinner with Santa, 4:30-6 p.m. or 6:30-8 p.m.**, Bellingham VFW Post 7272, 940 S. Main St., Bellingham, will include salad, bread, pasta, meatballs, dessert and of course, photos with Santa, as well as raffle baskets and a 50/50 raffle! \$15 pp; \$10 for children 10 and under. Visit LINKTR.EE/BAYFC to reserve tickets

**The Charles River Chorale Winter Concert, 2 p.m.**, Medway High School Auditorium. Doors open at 1:30 p.m. \$20 adults, \$15 for seniors and students. Children 5 and under free. Purchase tickets at [www.charlesriverchorale.com/tickets](http://www.charlesriverchorale.com/tickets). Tickets can also be purchased at the door with payment by cash or check.

## December 7

**Bellingham Business Association Holiday Party, 6 p.m.**, Savini's Pomodoro Italian Kitchen & Bar, 476 Ratburn St., Woonsocket, RI, \$35 members, significant others, employees, [contact@bellinghambusinessassociation.org](mailto:contact@bellinghambusinessassociation.org)

## December 10

**St. Blaise Winter Candyland Fair, 9 a.m.**, St. Blaise Parish Hall, features many favorite games and activities, such as the card game/win a theme basket every game, 9:30 a.m. Santa will arrive and be available for pictures and to listen to the Christmas wishes of kids of any age.

**SL "Hay" Ride, 3-6 p.m.** (registration required), Fairmount Fruit Farm, 885 Lincoln St., Franklin, lit up tractor a wagon ride with cocoa, blankets, holiday jingles around orchard, \$10 pp

## December 14

**Sandy Hook Vigil, 6:30 p.m.**, candlelight vigil to honor the memories of the victims of the Sandy Hook Elementary School shooting. All welcome.

## December 15

**Ladies of St. Anne Sodality Christmas Gala, 6 pm**, at Restaurant 45, in Medway, buffet menu will include main entrees Chicken Parmesan, Baked Haddock and Steak Tips and sides and cake with surprise theme topping provided by the Gala committee. \$32 per person. Payment, either cash or check made out to St. Blaise with "LoSA Gala" on the Memo line, is due by December 4. Questions to Ann-Marie at (508) 488-8528.

## December 17

**BWOT Muffins with Santa, 9-11 a.m.**, St. Blaise Church, 1158 S. Main St., Bellingham

**Winter Farmers Market, 10 a.m. - 2 p.m.**, Fairmount Fruit Farm, 885 Lincoln St., Franklin, local farms, vendors, artisans, and crafters

**SL "Hay" Ride, 3-6 p.m.** (registration required), Fairmount Fruit Farm, 885 Lincoln St., Franklin, lit up tractor a wagon ride with cocoa, blankets, holiday jingles around orchard, \$10 pp



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