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April 2023

Bellingham Community Garden Receives Donation

By J.D. O'GARA

Spring is officially here, and to mark the season, the Bellingham Community Garden opens for the season this month.

"The garden will be open up fully April first," says Micky DeFosses, Bellingham Community Garden manager and member of Garden Club of Bellingham, MA. "We are growing as a garden club, being very active focusing on membership and making sure the word gets out there. We also got a nice donation that came in, from Dean Bank, for \$500."

The new funds will pay for some raised beds in the community garden, says DeFosses, explaining that the raised beds will benefit the garden club's Youth Agriculture Program.

"Last year, we had a pumpkin patch specially dedicated for that purpose," says DeFosses. "We had some kids come in the garden and learn the power of seeds, and we're expanding on that."



Shown, Micky DeFosses and Jack DeDominici, of Bellingham Garden Club of MA, with a copy of a Dean Bank donation that will help fund raised beds for the Youth in Agriculture (YAG) program at the Bellingham Community Garden

Early this month, the garden club will install the raised beds for that program.

"We will welcome kids from the community, and we'll have seeds, or have them bring their own seeds so they can learn to eat healthy, learn job skills for agriculture and to also appreciate the power of the seed and how it can affect their lives by

helping their families to have nutritious food," says DeFosses, adding, "We also have the town raised beds that will be going in as well."

The beds will be an addition to the greenhouse put up last season.

GARDEN

continued on page 2



Bellingham Police Chief Gerry Daigle will be retiring on May 31 after a 39-year career in public safety.

Municipal Spotlight:

Chief Daigle to Retire

Served for 23 Years as Bellingham's Chief

By KEN HAMWEY,
BULLETIN STAFF WRITER

When Police Chief Gerry Daigle retires on May 31, it will definitely signal the end of an era in Bellingham.

The 64-year-old Daigle, who's been the town's chief for the last 22¾ years, will step down after 39 years of fulltime duty in the department.

DAIGLE

continued on page 3

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Good Luck to Boston Marathon Runners from Bellingham!

By J.D. O’GARA

At *Bulletin* press time, three Bellingham residents were registered to run the 127th Boston Marathon, which will take place on April 17th, 2023. They included Amanda Merrill, Michelle Zahn, and Cindy Murphy.

At press time, we were able to get in touch with Cindy Murphy, who has an impressive marathon-running resume. The 52-year-old Mom of three boys (almost all grown) qualified for the event, as she’s run it before and has placed in the top ten female runners in the past. This is Murphy’s 23rd marathon, her first being the Boston marathon 15 years ago.

“I’ve been running marathons ever since,” says Murphy, adding, “This will be my 11th Boston Marathon. Every marathon I’ve qualified for and have worked really hard to get in.”

Murphy says she’s been running since elementary school,

doing track in high school, and she’s spent time as a cross country coach for Bellingham High School track, happily getting the opportunity to coach one of her sons.

What’s her secret?

“I’ve been very fortunate, but it’s taken a lot of hard work. It’s always hard. It’s definitely not motivation, just discipline,” says Murphy, adding, “I try to think of it as something you just do automatically – that’s pretty much how I get it done, just the discipline of doing it every day and it becoming who you are and what you do every day.

My family, my friends, my husband and especially my three boys, they have been my biggest cheerleaders, my biggest inspiration.” Bellingham Bulletin was not able to get reach Merrill or Zahn for comment, but learned that Merrill will be running the marathon with Team John Hancock 2023 to raise money for Boys and Girls Clubs of Boston. Her fundraising page is located at <https://www.givengain.com/ap/amanda-merrill-raising-funds-for-boys-girls-clubs-of-boston/#timeline>

For more information on the event, run by the Boston Athletic Association, visit <https://www.baa.org/races/boston-marathon>.

GARDEN
continued from page 1

“Our greenhouse is fully functional, and it’s actually housing currently our delicate seedlings,” says DeFosses, noting that chard and spinach were being grown.

Speaking of seedlings, mark your calendars for the garden club’s annual seedling sale, which will take place on May 13th, from 10 a.m. to 12 p.m., site to be determined at press time.

“We’ll have very affordable fresh healthy veggie seedlings, floral seedlings and delicious healthy herbs,” says DeFosses, explaining, “We’d love to have it at the community garden, but if

the weather is poor, we’re kind of stuck.”

As soon as a location is finalized, information will be posted on the “Bellingham Garden Club of MA” Facebook page, as well as the group’s website, bellinghamgardenclubofma.com.

The Bellingham Garden Club of MA has nearly doubled since last year, but DeFosses explains that membership is always open.

“We’re a small group, but we are welcoming and would love to have individuals be part of the membership,” says DeFosses. Anyone who loves gardening is welcome to come join the group that works to beautify town spaces, such as Daigle Way in Bellingham, gives back to the community with food donations to local pantries and food fridges in Boston, and presented a horticultural festival last year.

The Bellingham Community Garden farm stand, fully renovated and functional now thanks to an infrastructure grant last year to the town of Bellingham, will open on June 10th, at 9:30 a.m. and continue Saturday mornings throughout the season.

The Bellingham Community Garden is located at 200 Center Street in Bellingham. For information on plots and raised beds in the community garden, contact Bellinghamfarmmarket.ed@gmail.com.

Volunteers Needed

Celebrate Earth Day Cleanup! Saturday April 15th *

The Bellingham Board of Health, in cooperation with the Bellingham DPW, Senior Center, and Bellingham Police Dept., are looking for volunteers to participate in our town cleanup.

If you have ever wanted to volunteer for a great cause this is the moment!

All ages are welcome but anyone under 12 must be with an adult.

Clean up will be held from 9 a.m. to 12 p.m. (Refreshments to follow)

The Following is provided for you:

- Volunteer Attire (gloves, masks, safety vests)
- Transportation to and from different sites (teams of 6 to 8)
- Refreshments (Donuts and Pizza)

Meet at Town Hall at 9 a.m. on April 15, 2023

Please wear proper attire (long pants, long sleeve shirts, no open shoes)

For more information or to volunteer please call the Board of Health at 508-966-5820 or send an email to lrenaud@bellinghamma.org.

You can also find us on Face Book:

Bellingham Board of Health Join our page for updates!

Save time and fill out your consent forms ahead. They are available online at www.bellinghamma.org and can be emailed to lrenaud@bellinghamma.org or brought with you.

Please respond by April 12th (head count needed for refreshments)

***Rain date is April 22nd**

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FOR UPDATES

DAIGLE

continued from page 1

Appointed as Bellingham's chief in August, 2000, Daigle has seen lots of changes in policing since that time. And, the Bellingham native has also seen the town grow rapidly, starting in 1978 when he began his career in public safety as an auxiliary police officer.

"Five events led to adjusting our style and delivery of policing," Daigle noted. "They were the 9-11 attack at the World Trade Center, the anthrax scares, the Washington, D.C., highway sniper attacks, COVID-19, and police reform due to recent legislative changes.

"Extensive re-training resulted. We deviated from traditional policing and had to learn about chemicals (anthrax). COVID-19 and police reform have led to a more cautious approach to policing. New regulations occur periodically, making it mandatory that every officer undergoes a week of in-service training annually that deals with updates on legal issues, firearms, CPR, etc. Under the changes, this info. on training and discipline is entered into a statewide database to verify that all officers are currently certified to be a police officer in Massachusetts."

Daigle believes that the current atmosphere towards policing has limited the numbers of those seeking law-enforcement careers. "It has scared many potential recruits away," he said. "That's unfortunate, because it's still a noble career."

Daigle has experienced good, bad and difficult times linked to public safety.

"The best part of being chief was leading distinguished men and women," he emphasized. "It's been great to see them advance and mature into very good police officers.

"A joyful occasion occurred in 2015 when the new \$6.5 million station was dedicated. That was my top priority, because there was a definite need. It's been a great morale booster, and it decreased the aggravation we previously dealt with on inspections. I patiently waited for it to become a reality, but it's been worth the wait."

The chief says difficult times arise when the department deals with death.

"We're a small town, so we get to know a lot of people and families in the community," he said. "Deaths from suicide, drug overdoses and fatal accidents are difficult, because it's tough to see people we know lose their lives."

Budget times aren't life or death situations but Daigle says "they're like roller-coaster rides."

"There have been ups and downs in budget sessions," he offered. "Sometimes the process goes smoothly and other times they're difficult. I've been short as much as 25 percent of my staff. That leads to juggling and restructuring our mode of operation."

One regret Daigle has during his two-plus decades as chief is the cold case murder of Theresa Corley. "Her death happened in 1978, 22 years before I became the chief," he recalled. "Her body was found on the side of Route 495. I regret that we weren't able to bring closure for that family."

The chief gets high marks for working with other town boards and his stance on keeping retail marijuana shops out of Bellingham.

"Working with other departments is crucial," he said. "It's important to have a positive relationship because so many aspects of residents' lives can be affected. On the marijuana issue, my position hasn't changed. It can be

grown here and distributed to other areas, but I don't want it sold in town. I'd be a hypocrite if I said retail sales are okay when I have officers teaching the dangers of drug abuse to kids in school."

When Daigle became chief, he directed a staff of 26 employees. When he leaves next month, the number will be 27. They include 2 lieutenants, 7 sergeants and 18 patrolmen (one recruit arriving soon).

One concern Daigle has about the police department's future is the impact that excessive residential and commercial growth will create. "The town's growth and expansion will have an effect on our service," he said. "More manpower will be needed, more streets will have to be patrolled, there'll be more businesses to check and there'll be more emergencies to respond to."

Excluding parking tickets and speeding infractions, Daigle says the most frequent police calls now are for house break-ins and the theft of catalytic converters from autos.

Daigle attended Assumption School before graduating from Bellingham High in 1976. He has three college degrees in criminal justice — associate degree (Dean College), bachelor's (Westfield State) and master's (Anna Maria College).

His ascent to chief began as a member of the Auxiliary Police Force (1978-1981). He became a part-time police officer from 1981-1984 and spent part of 1985 at the police academy. From 1985-1992 he served as a patrolman and became an acting sergeant for one year before becoming a sergeant from 1993-2000. He had a brief appointment to lieutenant before taking the chief's job in 2000.

Daigle and his wife Jane have three sons who work in public safety — Patrick is a police officer in Blackstone; Peter works in corrections in Walpole; and Matthew is a correction officer in Shirley.

Daigle's parents both worked for the town. His father, Gerry Sr., was highway superintendent and his mother, Phyllis, was a school cafeteria worker.

As he prepares to step aside, Daigle, who is willing to assist in the transition to a new chief, says he's pleased he worked for Bellingham's residents. And, he's grateful to all those who've stopped by the police and fire departments to drop off food or desserts "in appreciation for our efforts."

"I hope the community takes a good look at the men and women who protect them on a daily basis," he said. "They work hard and we should be proud of them. I know that as the department's chief, we weren't perfect but I believe we did a commendable job to keep people safe."

Daigle plans to start his retirement by taking a few months off, possibly seeking part-time employment, spending time with his family and assisting his 92-year-old mother.

Gerry Daigle's retirement — the end of an era.



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Dioramas are limited to shoe/boot boxes, no larger than 24 inches. Have fun and let your creative juices flow. There are suggestions and ideas online of PEEP creations. We look forward to seeing what the PEEPlers of Bellingham can produce.

Registration is required and must be received by Monday,

April 10th. Register early – space is limited. Entry categories will be Adult /Individual, Child (up to age 13) and Family/Group/Team. We encourage families, local businesses, organizations and other volunteer organizations to get in the spirit and build a PEEPtastic creation of fun and imagination. Registration Forms

can be found at the Bellingham Public Library, Facebook and by email request @bwotmaevents@hotmail.com.

Drop off Dioramas on Saturday, April 15th from 10 a.m. – 12 p.m. with your entry fee. Entry fee will be a donation of socks of any size (male/female/children) or personal care item such as shampoo & conditioner. All items will be shared with local area shelters in support of Domestic Violence Awareness.

Entries to be displayed in the Bellingham Library Community Room from 12 p.m. Saturday, April 15th to 12pm Thursday, April 20th.

Voting will be conducted by the public from 12 p.m. on April 15th to 12 p.m. on April 20th. Ballots can be obtained from the front desk in the library. Winners to be announced & prizes awarded at 1pm on Thursday, April 20th. Prizes given to the winner of each category and a grand prize to the “People’s Choice” entry.

StoryWalk® Ribbon Cutting Ceremony on the Town Common

The Bellingham Library and the Town Common Trustees invite the Bellingham Community to join us for a Ribbon Cutting Ceremony to formally open the Bellingham Town Common StoryWalk® on Saturday, April 29th at 1 p.m.

Joining us for the Ribbon Cutting will be Bellingham author and illustrator Renee Kurilla, and her story, *One Spring, Sing Day*, will be on display through the month of May.

StoryWalks® have become more and more popular as communities began offering them during covid to encourage outdoor activity and literacy. We are thrilled to have a professional installation on our Town Common in Bellingham. The Bellingham StoryWalk® was funded with federal ARPA (American Rescue Plan Act) funds.

Bellingham Business Association 2023 Calendar

Plan your upcoming year of participation in the Bellingham Business Association! Following is a tentative schedule of the organization’s events this year.

April 12 – State of the Town

May 10 – State of the State

June 7 – Awards

August – TBA

September 11 – Golf Tournament

For more information, email contact@BellinghamBusinessAssociation.org, visit [@BellinghamBusinessAssociation](https://www.BellinghamBusinessAssociation.org) on Facebook, or visit www.BellinghamBusinessAssociation.org.



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Family-run Affordable Junk Removal takes the stress out of cleanups

By CHRISTIE VOGT
CONTRIBUTING WRITER

Whether it’s one old fridge in the garage or an entire home of unwanted goods, the team at Bellingham-based Affordable Junk Removal offers a cost-efficient, stress-free approach to waste management. “You don’t lift a finger,” says owner Jason Schadler, who started the company along with his wife Christine in 2005.

The business offers same-day service for both residential and commercial clients across eastern and central Massachusetts and northern Rhode Island. In addition to junk removal, the company rents 15-yard dumpsters.

As a family-owned and operated company, Schadler says Affordable Junk Removal has lower overhead costs and is more accessible than national competitors. “I answer my phone 24 hours a day,” he says. “I was on vacation in Italy and Portugal, and I was still answering my phone on the beach. When you call us, you get me — not an automated machine!”

Schadler says the company has an environmentally friendly approach to disposal in which it recycles items when possible, properly disposes of non-recyclables and resells many items at the Schadlers’ secondhand store, Resellables. “We opened that store in Bellingham because we hated to see things thrown away,” Schadler says. “We have four kids and sustainability is extremely important to us.”

During the business’s early days, Schadler provided junk removal on nights and weekends when he wasn’t busy working at a machine shop. Eventually, the business grew into a full-time



endeavor, and the Schadlers invested back into the company with new equipment and techniques. “When I first started, for example, we didn’t have any tarps. I’m driving around and things are flying out of my truck,” Schadler laughs. “I’m like, ‘Oh my god, I need a tarp.’”

Schadler says his wife Christine “was equally as involved” in getting the business off the ground. “She handled the back-end while I did the heavy lifting, all while she was working at EMC,” he says. “Fast forward 17 years, and we both work full time managing the company as well as other endeavors. Business is doing great; it has grown tremendously to a fleet of trucks and dumpsters, and we’ve also been able to buy a pizza place, The Corner Market in Holliston.”

In addition to delivering an in-demand service to the community, Schadler is appreciative that Affordable Junk Removal has helped provide a work-life balance that suits his family. “It allows me to be able to do what I like doing and spend time with my kids,” he says. “I’m home to see my babies play softball and do all that stuff. We are also able to give back to the communities we serve.”

Business spotlight

The Schadlers say that Bellingham has been an excellent hometown for both Affordable Junk Removal and their Resellables shop, and they are proud to have many repeat customers and friends in the area.

One of the best parts of his job, Schadler says, is meeting



Christine and Jason Schadler, shown here with their children and dog, started Affordable Junk Removal in 2005.

and getting to know new people and developing relationships with returning customers. “We are really grateful for the repeat business and the chance to form connections with residents across

the MetroWest area,” he says. To receive a free junk removal estimate, call (774) 287-1133 or visit affordablejunkremoval.com.

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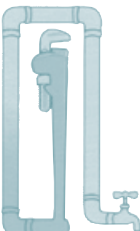
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Wee Folk Learning Center is a Home Away from Home

By CHRISTIE VOGT
CONTRIBUTING WRITER

A sense of peace for the parents, a sense of love and security for the kids — that's what Maureen Rosenlund hopes to give to the families enrolled at Connect United Early Learning Centers. Rosenlund, the executive director of the centers, oversees the organization's three sites in Bellingham (Wee Folk), Ashland (Dream Station) and Grafton (The Early Learning Center). She began her career more than 30 years ago as a teacher at Wee Folk where her own children later attended

preschool. "When we say that you're part of a second family at our centers, I can attest to what that truly means," she says.

That feeling of sincere connection was put to the test during the most challenging months of the pandemic. Rosenlund became emotional describing how Connect United, the nonprofit that owns the centers, continued to pay its employees during the lockdown and how families also supported the sites during a time of great uncertainty. "So many families continued to pay tuition, and Connect United walked out



Business spotlight

in faith knowing the burden that employees would have without any income," she says.

Despite serious challenges, the pandemic has made Connect centers stronger, Rosenlund says. "It was an opportunity for us to show families they could trust us," she explains. "As health regulations emerged, we met and exceeded those guidelines, and those changes have made us better. We really raised the bar by adding staff, improving ratios and finding new ways for children to play and learn."

Even as pandemic restrictions ended, the centers chose to retain certain changes that have benefited families and employees. "We didn't just settle back in. We made a comeback," Rosenlund says. "We learned to be more flexible for families as work schedules have changed, which has meant adjusting our hours, holding slots and showing parents extra compassion as they navigate the anxieties of both



Educator Meghan Whipple engages children in an activity at Wee Folk Learning Center in Bellingham.

parenthood and COVID."

The three sites offer child care for infants through preschool-age children in addition to after-school care. Connect Church owns the centers, although each site is secular and open to all families. Outside of its early learning centers, Connect Church has campuses in Ashland, Framingham and Bellingham where families can get involved with the ministry through various services and programs.

Rosenlund says that each learning center is committed to providing a nurturing environment where children receive individualized care. "We believe in a child-centered versus teacher-directed approach," Rosenlund says, "because that's how children learn best in the early years." One Bellingham parent said that at Wee Folk she always knew her kids were "safe and

loved" and "challenged to be the best version of themselves."

As demand remains high for child care, the Connect centers are hiring additional staff. "If educators are looking for stability, we are a great fit," Rosenlund says, noting that the core team has been with the organization for 15 to 20 years. "Whether you have a master's degree or you're just starting out in education, we're here to coach you and be a team," she says. "Everyone has the opportunity to contribute, and we encourage seasoned staff to mentor those who are newer to the field."

In addition to supporting professional goals, Rosenlund says the centers are invested in the personal well-being of employees. "We want them to be the best version of themselves," she says. One Wee Folk educator said she began her position during a difficult time in her life and the team "welcomed me with open arms ... This job and these people brought me back to life."

Speaking about the team's goals, Rosenlund concludes: "Ultimately, by providing a stable and loving environment, we hope children will leave our centers with strong confidence and self-esteem so they're ready to venture off to school."

For more information on Wee Folk (1178 South Main St., Bellingham), contact onsite director Kelly Davison at (508) 966-1551, or visit wfmwm.org.

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ELECT STEPHEN GOYETTE FOR PLANNING BOARD



Dear Bellingham Resident,



Boston Magazine ranked Bellingham as having the lowest home values of 153 surrounding communities and the American Planning Association wrote in a national publication, “Bellingham, Massachusetts, a suburb about 30 miles from Boston, has become a warehouse hub. Dunkin Brands, Best Buy, Snyder’s Snacks, and others operate out of large industrial buildings, with delivery trucks coming and going regularly.” These are not labels a small town should strive for and certainly not in the best interests of those who live here.

Tax revenue and preserving our community’s character do not have to be mutually exclusive. Proper town planning and development should consist of a vision that includes maintaining our small town’s community character and fully understanding every project’s impact on residents, such as traffic, pollution, noise, public safety, and home values.

The truth is that our concerns have not carried the weight they should, and if elected, while not infringing on the rights of developers, I promise to include the concerns of residents whose voices, in the past, have been ignored.

No development should negatively impact those who live here, and far too many people are paying the price for short-sighted decisions. We must remember that the Planning Board’s decisions result in structures and businesses that often remain for generations. Such responsibility should never exclude the genuine concerns of the residents of this town.

Let us change the status quo together and allow the resident’s voices to have meaning!



VOTE MAY 2nd STEPHEN GOYETTE

- 35-year resident of Bellingham
- Former town of Bellingham firefighter/EMT
- Retired healthcare executive
- Healthcare advocate
- Small business owner

Facebook - Protect Bellingham
Email - SWG756@gmail.com



Get Ready for the Spring Invasion!

Defend Your Home Now!

TOP FOUR SIGNS OF A TERMITE INFESTATION

Red flags that could indicate the presence of a termite infestation

This year, WPC Pest and Termite Control and the National Pest Management Association (NPMA) are working to spread public awareness about termites during the spring of 2023. With spring on the horizon, termites will begin swarming and could seek out your home for their new nesting space. Because the damage from a termite infestation can easily go unnoticed, WPC Pest and Termite Control is educating homeowners and offering FREE inspections to help identify the top four signs that signal their home is infested.

“Experts with the NPMA estimate that termites cause \$5 billion in damage every year,” said

Jim Mazzuchelli, owner of WPC Pest and Termite Control. “This could mean a costly repair bill for homeowners if they don’t spot and stop an infestation in its tracks. Unfortunately, most homeowners don’t recognize the signs of an infestation until it is too late.”

While pest professionals don’t recommend a homeowner inspect their home on their own, there are a few red flags that they should look out for that could signal the presence of an infestation. With the help from experts at NPMA, WPC Pest and Termite is sharing the top four signs that a home has termites:

- 1. Swarmer or Discarded Wings:** Swarmers, also known as reproductives, are young female and male winged termites. In the springtime, after the last freeze, termite swarmers will emerge from their nest to mate and search for a new location to start a colony, which typically includes our homes. Termite swarmers, or their discarded wings near windowsills and doors, are often the first (and only visible) sign of a termite problem.
- 2. Mud Tubes:** Subterranean termites, the most destructive termite species, build mud tubes to provide moisture while they travel between their colony and food source. Mud tubes are most often found near the home’s foundation and look like encrusted, dry dirt similar to the size of a drinking straw.
- 3. Wood Damage:** Termites tend to eat wood from the inside out, so wood that sounds hollow when tapped often signifies a termite infestation. Additionally, homeowners should also look for blistering pieces of wood.
- 4. Uneven or Bubbling Paint:** Uneven or bubbling paint is often a sign of moisture build-up, which could mean one of two things – water damage or termites.

“If you suspect you have a termite infestation, it is best to contact a licensed pest control expert as soon as possible to stop the damage before it gets worse,” added Mazzuchelli. “It is also recommended that homeowners have an inspection done every year to ensure their home is safe from termites.”

For more information on this pest, or to contact a licensed pest control expert,

Please visit WPC Pest and Termite Control at www.nobug-snopests.com

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From the Town Clerk.....

2023 Census and Dog Licenses

Happy Spring!!

Thank you to those who have returned their census forms. Collection of census data is winding down, as we have a cut-off in April. For those of you who haven’t, please do so as soon as possible to be counted. Remember, state aid to Bellingham is based on population, so it is important that all residents are counted. If there are no changes at your household, simply sign and date the form and return. Included with the census forms is a dog license application. If you do not have a dog, please recycle the dog registration form. If you do have a dog(s), kindly fill out the form and return it to the Town Clerk’s office, along with proof of current rabies vaccination certificate which is obtainable from your veterinarian. Both the census form and the dog application with rabies certificate may be returned via mail, in-person, or by placement in the blue drop box outside the front entrance of the Municipal Center. You may also apply for your dog license online by going to the Town website and clicking “Online Transactions”. Once processed, dog licenses will be mailed to you. Please remember that 2022 dog licenses will expire on March 31, 2023, therefore, application and payment for 2023 dog licenses are due by April 1st. In accordance with a new Town Bylaw, there is a one-month grace period before a late fee of \$25 per household will be assessed. Beginning in June, a one-time \$50 fine will be levied, followed by referral to the magistrate of Milford District Court. So *please* apply for your dog license before May 1st to avoid any late charge or potential fine!

2023 Town Election

Bellingham’s Local Town Election will be held on Tuesday, May 2nd at the Bellingham High School Gymnasium. Polling hours will be from Noon until 8:00 PM. For those who cannot make it to the polls

there is an absentee option. If needed, please contact the Town Clerk’s office for an absentee ballot application.

Offices on the ballot and official candidates are as follows:

Select Board (2	Kelly H. Grant (Incumbent) Donald F. Martinis (Incumbent) Michael Hennessey
Library Trustee (2.....	TWO OPEN SEATS
Planning Board (1.....	William R. O’Connell (Incumbent) Stephen W. Goyette
School Committee (1	John McCarthy Beverly Pierce
Housing Authority (1	Tenant Representative (to be appointed by Select Board)

Candidates’ Forum

There will be a Candidates’ Forum held at the Senior Center on April 11th at 10:00 AM. Come hear

the candidates’ visions for the future of Bellingham. Refreshments will be served. Please register with the Senior Center at 508-966-0398.

New Assistant Town Clerk

Please join me in congratulating Amy Bartelloni on her appointment to Assistant Town Clerk.

Amy has been working part-time in the office since 2019 and is sure to be a competent Assistant.



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Your Money, Your Independence

Peak Earnings Years Are Your 50's - Parents Maybe, You... Not So Much.



Glenn Brown

Given your earnings at 32, you may believe a similar trajectory of promotions and compensation will occur over the next 10 years into your "peak earning years".

Let's find age 52 to see the Top 10% earn over... \$150,222.

Wait a minute, must be a mistake.

How about age 51?

\$160,822.

Look, if you're head of a division or executive entering your 50's, you're exceeding. But by age 55 or older, you're also in the ~1-3% of workforce at that age in those positions.

As I explain to new clients in their late 30's and 40's, ageism is real in corporate America. Some dismiss it, so I ask, "How many peers on your level or above are in their 50's?" They answer, "There are some". Next I ask "How about over 55?". It's then that I get a pause with realization.

Several things can be done, start with 3 foundational steps.

Act As If. Apologies if you hear Ben Affleck's voice, but act as if you're at peak earnings today. What would you be doing differently? Do you save more? Do you invest differently? Is there

a career change? Would one of you in the household take a risk to work for a start-up, start a small business or become self-employed? How are your future income streams?

Budget. I know, it's a dirty word. Especially in dual income households making \$250-400K. Yes, we all need our "play hard" moments and/or family experiences, but has a once or twice a year indulgence become a monthly habit because you can?

Effective budgets are not envelopes, obsessive tracking or family meetings, but running a Cash Flow Analysis and review every 6-12 months to see if the projections are your reality. A proper analysis should show projected net free cash flow after all categorized expenses, taxes, and automatic savings allocations.

Savings Prioritization. In conjunction with your Cash Flow Analysis, you should have a clear rationale of where your savings are going. There is balancing between what's for today, the next 1-2 years and for the future un-

known.

Is it 401k, HSA or FSA, 529 plans, IRAs, Roth, brokerage, bank, down payment, emergency or an upcoming experience? Defined percentages or amounts are best, however it's more important to understand the purpose for prioritization and impact of your choices.

In closing, if you've done a financial plan see if the income assumptions are only adjusting for inflation and not bumping up in your 50's or worse, remaining constant until 65. If you haven't, consider a Certified Financial Planner that can help you build,

execute and monitor.

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. He 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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A myth young professionals face from family, peers, marketing and even financial professionals is that your peak earning years are in your 50's. There's trouble with this assumption in a financial plan. Let me explain.

Do you make over \$162,051 a year?

If you're age 42, then congratulations you're a Top 10% earner in the United States per the monthly Current Population Survey (CPS), conducted jointly by the U.S. Census Bureau and the Bureau of Labor Statistics.

Attorney Amy N. Azza

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■ WHY YOU NEED A HEALTH CARE PROXY

A health care proxy names someone you trust as your agent to express your wishes and make health care decisions for you, if you are unable.

■ WHY YOU NEED A DURABLE POWER OF ATTORNEY

A durable power of attorney gives extensive power to your chosen agent to act on your behalf, in case you are incapacitated. Without it, a family member or loved one would have to petition the court for that right.



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Franklin & Bellingham Celebrate Resurfaced SNETT Trail Section

On March 25th, residents of Franklin and Bellingham gathered for an exciting event – the ribbon cutting ceremony for the newly resurfaced section of the Southern New England Rail Trail. This project has been a long time in the making, and the community is eager to celebrate the completion of this important infrastructure upgrade.

The resurfaced section of the Franklin Bellingham Rail Trail was completed in late 2023 and runs from Grove Street in Franklin to Prospect St. The trail is used by walkers, joggers, cyclists, and skaters of all ages and abilities, providing a safe and enjoyable outdoor space for residents to stay active and enjoy the beauty of their surroundings.

The resurfacing of a section of the trail has been a top priority for local officials and community members alike. The previous surface was worn, uneven, and prone to flooding making it difficult for some users to navigate safely. The new surface is smooth, even, and durable, providing a comfortable and safe experience for all who use the trail.

The ribbon cutting ceremony took place at the trailhead located at Grove Street in Franklin. Attendees encountered festive atmosphere, with speeches from local officials and community leaders. The ceremony culminated with the cutting of the ribbon, officially marking the opening of the newly resurfaced section of the trail, followed by a group walk on the newly completed section of the trail.

Local officials are thrilled about the completion of the project and the positive impact it will have on the community. “The Rail Trail is a wonderful asset for our towns, and we’re proud to be part of its improvement,” said Franklin Bellingham Rail Trail President Cobi Frongillo. “This project will make the trail safer and more accessible for all users, and we’re excited to celebrate this important milestone with our community.”

The resurfacing project was designed by Franklin Department of Public works and carried out by Massachusetts Department of Conservation and Recreation. The Franklin Bellingham Rail Trail is a prime example of how investment in community infrastructure can have a positive impact on the quality of life for residents. The resurfaced section of the trail will provide a safe and enjoyable space for people of all ages and abilities to stay active and connect with nature.


The ribbon cutting ceremony for the resurfaced section of the Franklin Bellingham Rail Trail is an exciting event for the community, marking the completion of an important infrastructure upgrade that will benefit residents for years to come. Attendees can look forward to a celebration of community, outdoor recreation, and the power of investment in public infrastructure.

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Championship Saturday Highlights from Bellingham Youth Basketball



6/7/8 Girls Champion - Honey Dew Donuts
Record: 3-6
Top Row: Ella Park, Shannon Marino, Julia Magill, Aibhlin Cunningham, Head Coach Andy Donato
Front Row: Gianna Lonergan, Emily Bishop, Ava Donato (Not Pictured: Tyla Tofani)

The 2022-23 BYBA season was provided with an action-packed finale on Championship Saturday when Honey Dew Donuts narrowly squeaked out a win 29-28 over Nick Cerio's Kenpo Karate. It was a hard-fought game that was back and forth down to the final moments. Honey Dew's whole team contributed to the win with Aibhlin Cunningham hitting a huge free throw in the final moments to help Honey Dew hold onto the victory despite the opposing teams best efforts.

The 3-6 Honey Dew Donuts played their best basketball of the season when it mattered the most, winning 3 of their last 5 games to win the championship. Anchored by two 8th graders in Ella Park and Julia Magill, the whole team was able to get it done down the stretch. Shannon Marino provided great defense and scoring throughout the season, Emily Bishop and Ava Donato provided intensity and Aibhlin Cunningham, Gianna Lonergan and Tyla Tofani all made key contributions for the stretch run.



Kids that accepted their awards Championship Saturday : AJ Colon (not pictured) Oliver Steneham (not pictured) Nathan Perdomo, Colin Benkart, McKenzie MacNeil, Abigail Garrett (not pictured) Premere Chisman (not pictured) Brayden Marino, Amine Salti, Omar Salti, Shirese Hinds, Anthony D'Asti (not pictured)

This season with the challengers myself (Kate MacNeil), Coach Jim Begley and his daughter Melissa Begley led this season.

Coach Jim always says "we start as a team; we end as a team," and we do every week. These kids learn skills and drills to improve not only their skill but socializing skills as well amongst their peers.

Special thanks to hard court helpers :Ainsley MacNeil, Bernadette Pierce, Lucien Steneham, Ari Hinds. They help these kids and form bonds. Without them, we couldn't do this.



5th/6th boys Champions
Left to Right Top Row. Coach Eric Mounsey, Coach Kevin Landrigan, Sean Landrigan, Luke Proler, Ryan Gerbrands, Colin Hughes, Noah Wright, Coach Riley Hughes
Left to Right Bottom Row. Jayden Ward, Landon Freire, Tyler Mounsey, Aiden Keating. Not Pictured (Kenny Fecteau)

The Green Beans Team prided themselves on playing a Defense first style. They set goals every game on how many points they would let up per game. They bought into this system by putting in hard work during their practice time. The leaders of the team made sure everyone was involved in the game by giving them responsibilities on offense or guarding the best player on the other team on defense. This was a great group of boys who listened and worked on making sure they got better during the season. Great Job boys, the coaches are very proud of you!



Team Sponsor: McKeown Plumbing & Heating, Inc.
Team record: (regular season) 7W-2L (including playoff) 9W-2L
Names in photo - top row left to right: Coach Jim Cerone, Brock Barry, Kawan Ribeiro, Matthew Kelley. bottom row left to right: Dougie Walton, Michael Puopolo, Landon Voss, and Mason Cerone. Not included in the photograph was Zachary Lane.

This was the 4th meeting of the season for these two competitive teams. Prior to the championship game, team PJ's had won two of the three regular season matches, so team McKeown knew they had their work cut out for them. In the first half, team McKeown built a small lead, but both teams got into some early foul trouble to keep things interesting. In the second half, team PJs made a couple of runs that brought the game within a possession or two. However, the strong play of Brock Barry (game high scorer finished with 25 points) and Dougie Walton (who pitched in with 11 points) propelled the team McKeown to victory. Mason Cerone, Landon Voss, Michael Puopolo, Kawan Ribeiro, and Matthew Kelley all made positive contributions and helped ensure team McKeown never relinquished the lead once throughout the game; the final score was 51 to 42. We'd be remiss not to mention Zachary Lane and his contributions to team cookie monster throughout the season.

continued on page 24

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Milford -Franklin Eye Center World-Class Eyecare Closer to Home

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

Milford-Franklin Eye Center has been providing eye care to the community for almost 5 decades. Our mission is to deliver state-of-the-art eyecare by physicians, surgeons and optometrists who are predominantly from the community, live in the community and dedicate their careers to serving the community. During the past decades we have performed hundreds of thousands of procedures, many of those are complex and are only available in Boston. We serve everyone in the community, regardless of insurance coverage, race, or disability. Our practice physicians are local and are available daily for emergencies and difficult cases. Other practices do not do the same and often times the provider you see in those practices is not even a physician. If they have physicians, they are only there sporadically. When it comes to eyecare, ask your friends and neighbors

who is the best? Your eyes deserve the best.

Are all eyecare providers equal? Unfortunately, they are not. For example did you know if you have cataract surgery in a practice with no local ophthalmologist present daily you may end up referred to Boston in an emergency? We have you covered as our ophthalmologists (eye physicians/ surgeons) are local and available on a daily basis. Did you know that our practice is the only practice taking calls for our local emergency room at Milford Regional Hospital? The only practice! Other practices refuse to take call. We have been doing the same for 5 decades and are dedicated to you.

Milford Franklin Eye Center has a better vision for your eyes and is dedicated to our community. Our ophthalmologists have performed hundreds of thousands of surgeries, have lectured nationally and internationally and trained junior physicians and other ophthalmologists from

prestigious academic institutions. Choose wisely- Your eyes deserve the best.

With offices located in Milford, Franklin and Millis (Millis Eye Center), and soon a new satellite office in Hopkinton, our own award-winning surgery center in Milford and a support staff of 60, we are proud to be the leading medical and surgical eye care center in the area and one of the major eye care centers in the State. We are also one of the rare ophthalmology practices to own and operate our own surgical center, the Cataract Surgery Center of Milford. No longer need to travel miles and hours to have cataract surgery! Three experienced eye physicians/ surgeons and 5 optometrists are here to deliver comprehensive and excellent eye care for the entire family. If your eyecare provider is still asking you to travel far away for eyecare or surgery, call us for a second opinion.

Have you wondered where do other physicians and even oph-

thalmologists go for their eyecare and surgery? You guessed it! We have been privileged to care for other physicians and we have operated on other ophthalmologists. Those who know best about eyecare and surgery have consistently chosen us for their care and continue to do the same.

Our practice is proud to offer the latest and best in medical and surgical ophthalmology. For glaucoma we have the latest in selective laser trabeculoplasty to reduce eye pressure and offer Durysta implants to reduce dependence on eye drops. We also use stents and other procedures with cataract surgery to lower eye pressure and manage glaucoma. Our surgeons were the first surgeon in the area to offer bladeless laser assisted Femto cataract surgery. This laser procedure is offered locally at the Cataract and Laser Surgery Center of Milford. We have the only fellowship trained pediatric ophthalmologist in the area. We have the only dedicated optical shop offering a boutique style frames and glasses for our precious and unique little eyes. Our vitreoretinal specialists are world- renowned and have written the books on retina eye care. They have also trained other students and fellows in this field.

We are particularly proud of our surgery center, the Cataract Surgery Center of Milford. This facility is in your backyard and is proud to offer world class cataract surgery closer to home: Here in Milford. Our surgery center passed certification and accreditation by the most rigor-



ous State and National accreditation agencies.

Cataract surgery is all about better precision, more safety, and excellent outcomes. At Milford Franklin Eye Center, Dr. Kaldawy is proud to have been the first surgeon in the area and among the first in Massachusetts to offer bladeless laser assisted cataract surgery and the first surgeon in the greater Boston area to implant the PanOptix and Vivity lens implants. We have trained local and out-of-state surgeons on how to perform cataract surgery. We implant high quality premium lenses, with correction for distance, near and everything in between. Many cases of astigmatism are no longer a problem. Our percentage of posterior capsule complications and infections is one of the lowest in the Nation. 100% of the surgeries are performed under topical anesthesia, so only drops, no need for shots and no need for stitches.

We are also proud of our 5 optometrists who deliver comprehensive and routine eyecare to our community and for the entire family. They are all accept-

EYES
continued on page 13



MILFORD - FRANKLIN EYE CENTER



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EYES

continued from page 12

ing new patients and they have a zero-wait time appointments. They are here to help daily, with availability of late and Saturday appointments. All our optometrists work under the direct supervision and immediate access to our ophthalmologists/ specialists.

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Milford-Franklin Eye Center realizes you have choices when it comes to eye care. We are different. We are an M.D. physician/ surgeon specialist eyecare institute available for you daily and fully-headquartered locally with our optometrists helping with routine eye care only. We focus on excellent and advanced eye care and treat our patients as if everyone is family. We have surgical results that rival those of major centers in Boston- we can prove it. We are from the community, most of us live in the community and our focus is to serve the community. We believe in a better vision for your eyes. Your eyes deserve the best.

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Paid Political Ad

RE-ELECT BILL O'CONNELL

Bellingham Planning Board

Neighbor,

In my role as a Planning Board member, it is my job to review and evaluate whether development in Bellingham is in accordance with zoning laws. The Planning Board should be a catalyst for **smart and responsible** development by serving as oversight over development and putting the decisions back **in the hands of voters.**

In seeking re-election to the Bellingham Planning Board, I have the **experience** we need to **get the job done for all of Bellingham.**

I hope to **earn your vote** again on **Tuesday, May 2nd.**

~ Bill O'Connell

"I support Bill because he understands the important role of the planning board. I trust Bill to do what is right for all of Bellingham." – State Rep. Mike Soter

BILL O'CONNELL

PLANNING BOARD

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Bellingham Public Library News & Events for April

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

Spring Hours

Monday - Thursday 9:30 a.m. to 8 p.m.
Friday & Saturday 9:30 a.m. – 3 p.m.
The library will be closed on Monday, April 17th for the Patriots’ Day Holiday.

Special Programs

Bellingham is Open for Business Programs

The library has updated our website, <https://www.bellinghamma.org/library/pages/business-resources>, with information for local businesses and entrepreneurs, including a full schedule of workshops through June. Each month we will have at least two workshops that will help businesses and entrepreneurs expand their knowledge and skills. These programs are made possible by

a federal Institute of Museum and Library Services grant the library was awarded, through the Library Services and Technology Act. The grant is administered by the Massachusetts Board of Library Commissioners.

- **Bellingham Business Expo** – Saturday, April 29th, 9 a.m. to 12 noon.
Come to the library where local businesses will be on hand to talk to community members about their products and services! There will be food, music and giveaways! Businesses who wish to participate can complete an application at the above website on the Business Expo section of that web page.
- **Essential Soft Skills to Enhance Your Business** – Tuesday, April 4th at 6:30 p.m.
All businesses face customer service challenges that can be addressed by learning soft skills. In this workshop, teacher, coach and Bell-

ingham resident Kay Lock Kolp will share the essential skills that save the day in these challenging situations. Participants will learn how to apply soft skills such as compassionate listening, conflict resolution, understanding our own worth, perspective-taking and “interlacing”. Each skill can be applied in two directions: outwardly toward others and inwardly toward ourselves. The workshop will be 45 minutes of learning the skills and 45 minutes for discussion and Q&A. When people feel good, they do good things. This is a hybrid program, with a limit of 12 people attending in person. Register for in person or virtual. All will be sent the Zoom link.

- **Google Workspace- Is It For You?** – Wednesday, April 12th at 6 p.m.
In this session we will identify what Google Workspace is and how it works for busi-

nesses. We’ll discuss the difference between the free and paid tools, and learn how to use Google Contacts, Gmail, Calendar and how to store and share files using Google Drive. Learn security and file permissions and how to export your data to use outside of Google applications. In addition, we’ll demonstrate how to access your data seamlessly across devices. Bring a device to participate. This is a hybrid program, with a limit of 12 people attending in person. Register for in person or virtual. All will be sent the Zoom link. This program is instructed by Beverly Pierce, who has been designing and delivering engaging, effective training sessions to varied audiences since 2000.

- **Microsoft Office** – Monday, April 24th at 6 p.m.
Microsoft Office is a popular production software application used by many individuals and businesses. We’ll

demonstrate how Outlook can keep track of your contacts, emails, appointments, tasks and seamlessly integrate with other tools such as Zoom, Asana, and others. We’ll demonstrate some basic functions of Word and Excel, OneNote and how to create mail merges and export data to use outside of your Office products. Bring a device for a more engaging experience. This is a hybrid program, with a limit of 12 people attending in person. Register for in person or virtual. All will be sent the Zoom link. This program is also instructed by Beverly Pierce.

- Virtual 50+ Job Seekers Networking Group – April Topics:**
- **Creating a LinkedIn Profile**, Wednesday, April 5th, from 9:30 a.m. to 11:30 a.m. or Wednesday, April 12th from 6-8 p.m.

LIBRARY
continued on page 15

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Monday - Friday 7:30 a.m.-5 p.m.

Saturday Call for Seasonal Hours / Closed Sunday

Firewood SALE!

LIBRARY

continued from page 14

- **LinkedIn – Personal Branding** – Wednesday, April 19th from 9:30 a.m. to 11:30 a.m. or Wednesday, April 26th from 6-8 p.m.

This program will continue through June with two new topics each month.

The Massachusetts Library Collaborative 50+ Job Seekers Networking Group meets on the above days/times, via Zoom. If you are unemployed and actively looking, underemployed, seeking a new career direction, re-entering the job market after a long employment gap, or recently retired and looking for your “Encore Career”, this networking group program is perfect for you! Remember, 85% of jobs are found through networking!

To register for each workshop, go to the library calendar, select the workshop date and click on the link to register directly via Zoom. This group is sponsored by more than 60 Massachusetts public libraries.

Share the Stage – Saturday April 8th, 12 noon-2:30 pm

“Share the Stage” is presented by UpFront Guitars. Come, play, listen, support and celebrate the joy of music! We welcome single or small group (up to 3) players including teachers, students, and friends to share their musical journey in a supportive environment. Sign up for a 10-min playing time by visiting www.upfrontguitars.com/events. Sound and tech support provided by UpFront Guitars. Event is free and open to the public.

Microadventures in Massachusetts – Monday, April 10th at 6:30 p.m. This is an in-person event.

Looking for some fun day trips that are out of the ordinary, or opportunities to introduce younger family members to short experiences to test the waters, such as hikes with great views, kayak and canoe trips, waterfalls, wildlife tracking/spotting, dune hikes, “island” adventures, and abandoned towns? Experienced hiker and outdoorswoman Alison O’Leary provides a virtual tour of a dozen day trip options in Massachusetts that are sure to excite your family and provide memories for years to come. She is co-author of the *Appalachian Mountain Club’s Best Day Hikes*

Near Boston, and Inns and Adventures, as well as several nonfiction history books. Her website is alisonoleary.com. Registration is preferred for this program. The program is made possible by funding from the Friends of the Bellingham Public Library.

April Children’s Program Schedule

Sensory Story Time with Miss Melissa – Mondays & Wednesdays at 10:30 to 11:15 a.m., ages 2-5

Magic: The Gathering Club – Mondays at 2:30 p.m., For grades 4-8. Please register.

NEW! Rhyme Time with Miss Laura – Mondays at 9:30, Tuesdays and Thursdays at 11 a.m., Intended for ages 3-5 but bigs and littles are always welcome. No class on April 3rd or during school vacation week.

Ring a Ding – Tuesdays, Thursdays & Fridays at 10 a.m.

For ages 0-5. No class between April 14th and 21st.

Baby Time – Wednesdays & Fridays at 11:30 a.m.

For children under 2, older siblings welcome. No class between April 14th and 21st.

1st Saturday Family Fun – Saturday, April 1st from 10 a.m. to 12 noon

Monster Squad – Thursday, April 6th at 4 p.m.

Are cryptids real? Do monsters exist? We will review the “evidence” that has been collected and use our scientific reasoning skills to make decisions regarding the fact or fiction of these mysterious creatures. We will do some theme related STEAM activities too! For ages 8 - 12 / Grades 2 - 6. Registration is required, maximum of 12 participants.

Homeschool Meet Up – Thursday, April 13th at 6 p.m.

BabyPalooza – Friday, April 14th from 10 a.m. to 12 noon

Join us for “BabyPalooza” as part of the Massachusetts Act Early Campaign to celebrate the young child!

Dave & Cheri’s Red Nose World present If I Ran the Circus – Thursday, April 20th at 6 p.m.

Inspired by the story, Cherie & Dave decide to create their own circus. The show involves music, plate spinning, balancing chairs, and a volunteer to balance 4 spinning plates simultaneously.

Starlight Story Time – Thursday, April 27th at 6:30 p.m.

After School Programs

Please note: Our Fun Friday program ended in March. There are no library afterschool programs on Fridays for the remainder of the school year. Better weather and the beginning of spring sports and other extracurricular activities lead to declining attendance. A reminder to parents, the library closes at 3 pm on Fridays.

Our Monday through Thursday After School Programs are continuing! We have two programs for kids in grades 4 and up.

After School Kids (ASK) – for grades 4-6. When school is in session, ASK meets Monday-Thursday from 2:30-4:45 p.m. 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. 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, amclure@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 for details.
- **Friends of the Library** generally meet on the second Tuesday of the month at 7 pm. Email library@bellinghamlibrary.org for details.
- **The Library Board of Trustees** generally meets on the second Thursday of the month at 7 pm. Email 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 pm. Email marjorie@marjorieturner.com for details.

Bellingham Skein Artists Meet at the Library!

This group of knitters, crocheters and other skein artists meet in the Teen Room of the library on Thursdays from 11 am to 1 pm and all levels, beginners included, are welcome to join. Don’t have knitting or crochet needles? Did you know the library has a set in our library of things? You can borrow them to try before investing in your own!

- **Yoga** – Check the library calendar for details on dates and times and to register. Space is limited so registration is required.

Business Expo

Saturday, 4/29/23

9 am to 12 noon

Bellingham Library

Bellingham IS OPEN FOR BUSINESS

- Meet local businesses
- Learn about their products and services
- Giveaways, food, music, prizes and more!

This program is made possible by a federal Institute of Museum & Library Services grant through the Library Services and Technology Act. The grant is administered by the Massachusetts Board of Library Commissioners.

SheGrooves Celebrates Women's Voices at Circle of Friends April 1st

Using our Voices for Positive Change: A Celebration of Empowered Female Musicians!

SheGrooves will perform at the Circle of Friends Coffeehouse in Franklin on Saturday, April 1st, at 8 p.m.

SheGrooves is Boston's premiere female contemporary band. Groove-based, Neo-Soul and fierce, this group of Berklee College of Music women aims to represent modern female musicians. This family-friendly public event will explore how women historically have used their voices for positive change within the world. SheGrooves repertoire currently includes original tunes as well as unique covers of Joni Mitchell, Aretha Franklin, as well as jazz greats, Nancy Wilson and Dianne Reeves. We aim to in-

spire and empower communities to celebrate, elevate and respect the female voice.

This is a FREE show thanks to grants from the Massachusetts Cultural Council, but please email cofix@gmail.com to reserve seats. Thanks.

The Circle of Friends Coffeehouse is a non-profit organization affiliated with Franklin's First Universalist Society. Concerts are presented in a smoke free and alcohol free environment at the Society's handicapped accessible Meetinghouse, 262 Chestnut St. in Franklin, and begin at 8 p.m.; doors open at 7:30 p.m. Beverages and gourmet desserts will be available. Please visit <http://www.circlefolk.org/> for more information.

Exsultet! presents An Evening of Roses

Holliston, MA – Music of romance will fill the air at Exsultet's spring concert series. Exsultet! will perform "An Evening of Roses" on Saturday, May 6, 2023 at 7:00pm at First Congregational Church, 725 Washington Street, Holliston, MA and on Sunday, May 7, 2023 at 2:00pm at Allin Congregational Church, 683 High Street, Dedham, MA. These performances will include songs ranging from the 1920s to current Broadway hits that tell the story of a woman looking for love (sometimes in the wrong

places). Join us for a kaleidoscope of sound and emotion!

General admission tickets are \$20; students and seniors (65+) are \$15; and children 12 and under are free. Performances are not suitable for children under age 5. Tickets can be purchased starting April 1, 2023 through our website (www.exsultet.us) or by calling Stacey Balardini at 508-395-5600.

Founded in 2013, Exsultet! A Celebration of Voices is an auditioned women's chamber ensemble combining great music

and poetry to inspire audiences with adventurous and innovative concerts.

Exsultet's mission is to give women an opportunity to join together to make music, to showcase the works of up and coming composers and arrangers, to feature the talents of local musicians and actors, and to combine performance and advocacy by focusing on important community issues and partnering with other local organizations. For more details, please visit www.exsultet.us.

Register O'Donnell Urges Community Support for Local Food Pantries

Last month, during the distribution of more than 200 pounds of food donations to Norfolk County food pantries from the Registry of Deeds' Annual Holiday Food Drive Register

of Deeds William P. O'Donnell discussed the growing need for community support with several organization leaders.

"I would like to extend our deepest gratitude to the companies, community groups, families, and individuals who donated," said Register of Deeds William P. O'Donnell. "It was my pleasure to deliver these items to Food Pantries in Norfolk County and to help those with hardships during the winter season."

There are more than 33 food pantries in Norfolk County, and each of these organizations relies in part on food donations from the local community.

"Community donations are really a big help and give us a good deal of variety that we wouldn't otherwise have," said Rich Bielecki Operations Manager for the Marge Crispin Center.

Household food insecurity in Massachusetts is between 16 and 18%. At the height of the coronavirus pandemic, the number peaked at 19.6% of households being food insecure.

"With the rising cost of food, housing, and utilities taking their toll on struggling families and seniors on fixed income, we have seen a marked increase in the need for food," said Pamela Denholm, Executive Director for South Shore Food Bank.

According to the United States Bureau of Labor and

Statistics, home food prices rose 12.7% while wages only grew 5.1%, netting more than a 7.6% deficit at the grocery store.

"Many Norfolk County residents face both long-term and temporary hardships, including children, families, and individuals, and may be helped by a donation that you could provide," said Register O'Donnell.

Children are especially vulnerable to food insecurity. Recent trends indicate that food insecurity among households with children in Massachusetts is increasing, with rates ranging between 19 and 22% as of early January 2023.

Register O'Donnell concluded, "Hunger does not stop after the holidays fade into the past; it is a persistent issue affecting many of our neighbors. I urge residents to consider dropping off food supplies at their local pantries across Norfolk County. Pantries are requesting canned goods, breakfast cereals, pasta, sauces, toiletries, and paper products. Dropping off a food donation at a local pantry can make a world of difference in helping a family in need," noted Register O'Donnell.

To see a list of Norfolk County food pantries, visit the Registry of Deeds website: <https://www.norfolkdeeds.org/support/faqs/where-are-the-norfolk-county-food-pantry-locations-142>.



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BVT Annual Golf Tourney Benefits Athletic Programs

Even a ‘rough’ day on the golf course is a good day! Don’t miss this opportunity to hit the links and show off your trick shot (even those that land in the rough) at BVT’s 24th Annual Golf Tournament. A fun-filled day of golfing on Monday, June 12th, at Highfields Golf & Country Club in Grafton will benefit the Valley Tech Education Foundation and Athletic Department activities and programs.

The day promises to be full of fun and friendly competition. For all tournament details, to view sponsorship opportunities, donate a raffle item, or access the online golfer registration and payment portal, visit www.valley-tech.k12.ma.us/golftournament.

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

Blackstone Valley Regional Vocational Technical High School serves the towns of Bellingham, Blackstone, Douglas, Grafton, Hopedale, Mendon, Milford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge. Located in the heart of the Blackstone Valley, BVT creates a positive learning community that prepares students for personal and professional success in an internationally competitive society through a fusion of rigorous vocational, technical, and academic skills.



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Thimble Pleasures Quilt Guild Announces \$1,000 Scholarship

The Thimble Pleasures Quilt Guild is pleased to announce that they will 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 the Guidance Office of your high school or are available online at www.thimblepleasures.org. The deadline for application submission is May 1, 2023.

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23 Local Firefighters Graduate from State Fire Academy

Career Recruit Firefighter Class #S31 Graduated March 24th

State Fire Marshal Peter J. Ostroskey and Massachusetts Firefighting Academy (MFA) Director Jeffrey P. Winn presented certificates of completion to 23 graduating recruits on March 24th, 2023, at the Department of Fire Services' Springfield campus.

The recruits of MFA Career Recruit Firefighter Training Class #S31 represented the fire departments of Barnstable, Bellingham, Dudley, East Longmeadow, Falmouth, Franklin, Greenfield, Haverhill, Ludlow, Springfield, Westfield, and Westminster. They include Bellingham Firefighter Adam Carlson and Franklin Firefighter Nicholas Brosseau.

Video will be posted to the Department of Fire Services' YouTube channel (<https://www.youtube.com/user/DFSOSFM>).

The MFA provides recruit and in-service training at three separate campuses for Massachusetts firefighters and has graduated about 14,000 firefighters in more than 450 classes.

Coming Up at Tri-County Regional Chamber of Commerce

- April 10th - Multi-Chamber Business After Hours at Plainridge Park Casino
- April 14th - Leads & Lunch at Sol de Mexico - How to Retain Top Employees, including Millenials and Gen Zs
- May 16th - Nine & Dine Golf Tournament at Shining Rock Golf Club

For more information, visit <https://www.tricountychamberma.org/events>.

The Bellingham Youth Basketball Association would like to thank our generous local sponsors. Without their support, we would not be able to continue to offer reasonable registration rates.

Many thanks to all of our sponsors for the 2022/2023 Season:

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Soter Supports Supplemental Spending Bill to Fund School Meals and Extend Remote Public Meetings

Universal free school meals will be funded through the end of the school year and municipalities will be able to continue holding remote meetings for another two years under a \$635 million supplemental spending bill supported by State Representative Michael Soter (R-Bellingham). House Bill 57 received initial approval from the House of Representatives on March 1, passing on a unanimous vote of 153-0. In addition to providing \$65 million in funding for the school breakfast program, the spending bill also authorizes \$130 million in emergency food allotments for households participating in the Supplemental Nutrition Assistant Program (SNAP) to help offset the end of enhanced federal benefits that went into effect during the COVID-19 pandemic.

Franklin Art Association Welcomes Kim Morin Weineck April 5th

The FAA is excited to announce that multi-art media artist *Kim Morin Weineck* will be presenting at the upcoming 6:30 p.m., April 5th monthly meeting at the Franklin Senior Center. The public is invited to attend this exciting presentation. Kim is an artist working in all fine art mediums. She belongs to local art associations and is a Signature Member of the Pastel Painters Society of Cape Cod (PPSCC). Kim's work is widely collected, and she has won numerous awards, most notably for excellence in landscape at For Pastels Only for 2020 and 2018



Norwood, MA, Zullo Gallery in Medfield, MA, the Design Center at the Franklin Mill Store in Franklin, MA as well as other changing venues. She lives in Norfolk, MA with her husband and two daughters and is often inspired by her local landscape. For more examples of her work see www.kimweineck.com. The Franklin Art Association is supported in part by the Massachusetts Cultural Council, the Franklin Cultural Council and the Franklin Cultural District. www.franklinart.org, and on Facebook and Instagram.

and Best in Show for the PPSCC 2018 annual juried exhibit. A graduate with distinctions from Massachusetts College of Art and Design, Kim enjoys teaching classes and workshops around the country. Her work can be found at Gallery 9 in

Bellingham Women's Softball Information Nights

Bellingham Women's Softball will be offering information at the Community Room at the Bellingham Public Library, 100 Blackstone Street, Bellingham, MA 02019 on Thursday, April 13th and Thursday, April 27th from 6-8 p.m. All players must be at least 25 years old by April 27th, 2023.

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Event will be held on May 22nd, 2023 with a SHOTGUN start at 8:00 a.m.

The proceeds from this annual tournament are used to award scholarships to the Bellingham students to continue their education after graduating from the local high schools as well as other community charitable endeavors. This tournament is one of our largest fundraisers. Your support will ensure the future success of this annual event.

<http://bellinghamlionsgolf.weebly.com/>
180 Paine Street, Bellingham, MA 02019

Rep. Soter Supports \$350 Million Bond Authorization to Assist with Local Transportation Projects

State Representative Michael Soter (R-Bellingham) recently supported legislation authorizing \$350 million in bond appropriations to help cities and towns maintain their local transportation infrastructure. House Bill 3547, An Act financing improvements to municipal roads and bridges, received preliminary approval from the House of Representatives on March 23 when it was engrossed on a vote of 153-0. The bill includes \$200 million in Chapter 90 money to support local road and bridge projects, along with \$150 million in additional funding for six transportation-related state grant programs that are available to municipalities.

Representative Soter said House Bill 3547 will provide \$1,779,833.25 in Chapter 90 funding for the 8th Worcester District for Fiscal Year 2024. Established in 1973, the Chapter 90 program allocates funding annually to all 351 Massachusetts cities and towns, using a formula that takes into account the weighted average of a community's local road mileage (58.33%), population (20.83%) and employment (20.83%).

Town by Town Breakdown:
Bellingham: \$540,725.68
Blackstone: \$229,521.45
Millville: \$107,486.51
Medway: \$394,897.21
Uxbridge: \$507,202.40

Representative Soter noted that Chapter 90 funding is provided on a reimbursable basis, with cities and towns required to pay for the work up-front before being compensated by the state.

In addition to the \$200 million in Chapter 90 funding, House Bill 3547 also authorizes a total of \$150 million in funding increases for six state grant programs. The bill authorizes a \$25 million increase in each of the following programs:



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- Funding for municipal grants for bus-focused mass transit initiatives, which is increased from \$75 million to \$100 million;
 - Funding for municipal grants for accessibility improvements at mass transit and commuter rail stations, which is increased from \$75 million to \$100 million; and
 - Funding for municipalities to facilitate the transition to electric and zero emission vehicles, which is increased from \$50 million to \$75 million.
- Representative Soter noted that Chapter 90 program can be used for a variety of purposes, including road resurfacing, sidewalk repairs, traffic signalization, crosswalks, and street lighting. Other eligible construction projects include structural work on bridges, culverts, footbridges and pedestrian bridges, and retaining walls.
- Communities can also use Chapter 90 funding for the purchase or long-term lease of certain road-building equipment specifically related to a Chapter 90 project, such as backhoes, catch basin cleaners, concrete mixers, excavators and pavers.
- House Bill 3547 now moves to the Senate for its consideration.
- Funding for the construction, repair, and improvement of pavement and surface conditions on non-federally funded roadways, which is increased from \$140 million to \$165 million;
 - Funding for the Municipal Small Bridge program, which supports the design, engineering, construction, preservation, reconstruction and repair of, or improvements to, non-federally aided bridges, which is increased from \$125 million to \$150 million;
 - Funding for the Complete Streets program, which provides technical assistance and construction funding to

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McGovern Introduces New Bill to Permanently Increase Federal Reimbursement Level for School Meals

WASHINGTON—Today, U.S. Representative James P. McGovern (D-MA), Ranking Member of the House Rules Committee and a nationwide leader in the fight to end hunger and improve nutrition, introduced legislation permanently increasing the federal reimbursement level for school meals to help address funding challenges, enhance menus, increase access to locally grown food, and support expanded services like afterschool snacks and breakfast in the classroom.

H.R. 1269, the *Healthy Meals Help Kids Learn Act*, permanently increases the federal reimbursement level for all free, reduced-price, and paid-rate school meals by 45 cents for every lunch served and 28 cents for every breakfast served, with a yearly adjustment. School meals help shape lifelong healthy eating habits, and research shows that students who participate in school meal programs have better overall diet quality than nonparticipants. Higher food costs are adding to the urgency of this legislation, and a permanent solution will give school districts certainty as they upgrade their meal pro-

grams and plan for the future.

“If we want America’s kids to remain competitive in the 21st century global economy, we can’t just teach them science and math. We need to ensure they have access to healthy, nutritious food at school,” said Congressman McGovern. “The next generation of Americans—our future doctors, nurses, engineers, mechanics, and leaders in every field across the country—all need us to step up and improve the quality of food in our schools. Food is just as important to their education as a textbook or a laptop. And if we can give our children healthy breakfasts and lunches as a part of their school day while supporting locally sourced foods and scratch-cooked meals, it will be a win-win for our economy, our farmers, and our students.”

“School meal programs face crippling cost increases for the food, labor and supplies that are critical to ensuring students receive nutritious school meals that fuel their success,” said School Nutrition Association President Lori Adkins, MS, SNS, CHE. “When the additional funds Congress provided in the bipartisan Keep Kids Fed Act expire

in July, school meal programs will be incapable of covering costs. H.R. 1269 will help avert a financial crisis and ensure school meal programs can continue offering students meals that promote healthy eating habits.”

The Healthy Meals Help Kids Learn Act is endorsed by leading policy and advocacy organizations including the School Nutrition Association, American Heart Association, Food Research & Action Center (FRAC), Share our Strength, Save the Children, National Education Association, Mayors Alliance to End Childhood Hunger, Chef Ann Foundation, ScratchWorks, Project Bread, Massachusetts Law Reform Institute (MLRI), Chop Chop Family, Children’s HealthWatch, and the School Nutrition Association of Massachusetts.

Find the full text of the bill at https://mcgovern.house.gov/uploadedfiles/healthy_meals_help_kids_learn.pdf.

Auchincloss Receives ‘A’ Rating from League of Conservation Voters

Congressman Jake Auchincloss (D, MA-04) received an ‘A’ rating from the League of Conservation Voters for the third year in a row, demonstrating his continued commitment to climate action and the clean energy transition.

As one of his first actions as a Member of Congress, Congressman Auchincloss cosponsored the Green New Deal resolution. He has been a leading proponent of offshore wind development off Massachusetts’ South Coast. He has also supported an all-of-the-above clean energy strategy, including fusion energy, super-hot rock geothermal energy, and broad-based funding for renewables research, development, and deployment projects.

“The Commonwealth’s representatives in congress continue to prove time and again that they will lead with a strong, steady voice on priorities that fight climate change and protect the health of our communities,” said Elizabeth Turnbull Henry, President of the Environmental League of Massachusetts Action Fund, a state affiliate of LCV. “We are lucky to have lawmakers such as Congressman Auchincloss using their power to protect our planet for future generations and fight for environmental justice.”

To learn more about Congressman Jake Auchincloss visit <https://auchincloss.house.gov> or connect with him on Facebook, Twitter, Instagram, or YouTube.



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BVT Superintendent's Scholars Named Steele of Upton and Guyton of Uxbridge Earn Awards

Blackstone Valley Regional Vocational Technical High School (BVT) Superintendent-Director Dr. Michael F. Fitzpatrick is proud to announce that Katelyn Steele of Upton and Maxwell Guyton of Uxbridge are the recipients of the Massachusetts Association of School Superintendents Award of Academic Excellence. They are both in the Engineering & Robotics program at BVT. The annual commendation, also known as the Superintendent's Scholar



Award, is presented to the two seniors who exemplify the school's commitment to cutting-edge career technical training and rigorous academics.

Operation Graduation Fundraiser a Success; Group Seeks Businesses to Sponsor Grad Party

Operation Graduation committee wanted to give the Bellingham community an update about our fundraising efforts for the all-night party we'll be hosting for the graduates of Bellingham High School 2023. We are in the final planning stages for this amazing end of the year event.

On February 9th we held a Designer Bag Bingo fundraiser at the Millerville Men's Club. We had over 100 people who attended the event and raised more than \$5500. The Operation Graduation committee member and parents involved with organizing and running the event are extremely thankful for the support from people in the community who attended the event and the local businesses who donated toward this event. Lori Maiorano, Jen Sullivan, Kate Sherman, Kyra Silva, Jeanne Goulet and Susan Thibeault organized the event.

The excitement from all the women who won designer bags that evening was palpable. At

moments when the bingo numbers were being called, you could have heard a pin drop onto the floor. There was a total of six bags; crossbody, short handle purse and backpack style won over the course of the evening. Bags won included Tory Burch, Coach, Kate Spade, and Michael Kores. Additional smaller sized designer bags, clutches, and gift baskets were also raffled off during the night. (Please see separate email with photos from the event).

Although this was the final fundraising event for Op. Grad., parents on the committee are still seeking out local businesses to donate toward the end of the year event for the graduating senior class.

If you are interested in donating and helping us to create a memorable graduation night for the Bellingham High seniors, please contact Sue Magee at hawksopgrad2023@gmail.com .

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Sports

Formidable Season Likely for BHS Baseball Team

Nolan Eyes Improvement in 2nd Year as Coach

By KEN HAMWEY,
BULLETIN SPORTS WRITER

Andy Nolan's first year as Bellingham High's baseball coach had its share of ups and downs but his second season likely will produce some smooth sailing.

The Blackhawks, who had only one senior on their roster last year, posted a 9-10 record but they peaked late and earned a playoff berth. After defeating Clinton in the first round, they bowed to Abington, 3-2.

A majority of the young players that Nolan coached last year are returning and the 14 returnees possess a variety of strengths that should make Bellingham formidable in the Tri Valley League and in the playoffs.

"Our goals are to qualify for the tourney again, contend for the TVL Small Division title, compile some victories over the Large Division teams (0-6 last year) and to improve daily," Nolan said. "Dedham and Medway will be strong teams in the Small Division. Dedham has talent and Medway beat us twice last year. Reaching our goals can be achieved because we have talent and just about every player is back."

Pitching and hitting are keys to success in baseball and the Blackhawks have both. The players also provide other strengths.

"We have depth and experience," the 47-year-old Nolan emphasized. "Our pitching is strong and we've got power in the middle of the lineup. Our players are coachable, versatile and have a strong work ethic. They're striving to improve their baseball IQs."

The Blackhawks senior captains — Ryan Maiorano and Dylan Haggerty — are top-notch leaders. "Ryan leads by example and Dylan is more of a vocal captain," Nolan said.

A right-hander, Maiorano, who pitches and plays left field, was the TVL's Small Division Pitcher of the Year. He had a 3-3 record, an E.R.A. of 1.86, 86 strikeouts and 43 walks. He hit .333 and had two home runs. He's already committed to play at Fairfield University.

"Ryan is a fierce competitor," Nolan said. "He throws a fastball at 88 mph, and he's got a slider and change-up. His control and velocity are very good. Aggressive on the mound and at the plate, he hits for power. His two home runs tied for the team lead."

Haggerty, who can catch and play the outfield, is versatile. "Dylan is our back-up catcher," Nolan said, "and when he's on the field, he always affects the game in a positive way. He's got a high baseball IQ and has good instincts."

Juniors Tyler Ladouceur and Ryan Nolan (coach's son) were TVL honorable-mention all-stars last year. Ladouceur, who pitches and plays first base or the outfield, led the team in hitting (.359) and had two home runs and 18 RBIs. Nolan, who plays second base, hit .356.

"Tyler is a left-hander who relies on a fastball, curve, slider and change-up," Nolan said. "He's a foul-line to foul-line power hitter who relies on a good eye at the plate. He's also a steady outfielder. Ryan is our most consistent hitter. He's patient at the plate but he'll also go for the first pitch. Relying on a high baseball IQ, he can bunt well and is a very good fielder."

Sophomore John Sullivan, who'll be catching, hit two home runs and batted .316 last year. "John has been a varsity starter since eighth grade," said Nolan, who coached in Bellingham's youth league for 10 years. "His arm strength and release have improved, he's solid blocking the plate and he can calm down a pitcher. On offense, he's a good mid-order presence in the lineup."

Senior third-baseman Troy Simpson can also pitch. "Troy can be a valuable starter," Nolan offered. "A right-hander, he throws a fastball, curve and change-up but his curve is his out pitch. A mid-order hitter, he's consistent on the mound. He's stronger this year after spending time in the weight room."

A trio of seniors Robby Seyffert (first base) and Ely Syl-



Andy Nolan will have a talented roster in his second season as Bellingham High's baseball coach.

via (shortstop), and junior Ross Priscella (centerfielder) will play key roles.

"Robby is a power hitter who'll be an important presence in the middle of the lineup," Nolan noted. "Ely has good range and a strong arm at shortstop. He's quiet but has a high baseball IQ. Ross is quick and fast in the outfield. He had a terrific game against Dedham last year, getting a single that drove in the winning run."

Five junior pitchers provide Nolan with plenty of depth. They include right-handers Alex Hughes, C.J. Fama, Sean Brown and Joe Corsi, and lefty Jack Hildred.

"Alex will start," Nolan said. "He tied for the team lead with three victories. Relying on an arsenal of pitches, he keeps hitters off balance. C.J. had a 2.10 E.R.A. and will be used in relief. He throws at a variety of angles, he's calm and banks on a slider and curve. Jack had a 2.56 E.R.A. and will be used in relief. He's got great ability to work out of jams."

"Sean and Joe will work in relief. Both are dependable and they're intense competitors who want to play. Our freshman class is talented and there could be one or two on the roster."

Nolan's staff will include former varsity coach T.J. Chiapone, Mark Rebello, Tom Forbes (javee coach) and Dan Sylvia (freshmen coach). "They're all valuable assistants," Nolan said.

Relying on a competitive philosophy that focusing on reach-



Bellingham High's baseball team enjoying a day on Cape Cod after last year's campaign.

ing one's potential and having fun, Nolan says "winning is the by-product of those two facets." He also stresses that "when players are relaxed, they tend to do better." Life lessons that Nolan hopes his players learn are "to be team-first players, be leaders, strive to overcome adversity and be resilient."

A three-sport athlete at Winchester High (soccer, hockey and baseball), Nolan was a captain in hockey and an all-star as a goalie in soccer. A walk-on at Holy Cross in baseball, he was the team's MVP as a senior and

hurled a four-hit shutout against West Point.

A math and economics major, Nolan works as a financial manager for Welch Corporation, a construction firm in Brighton. He's married and he and his wife Janna have four children.

Andy Nolan is all about teaching his players to be fundamentally sound. He's hoping that relying on basics will lead the Blackhawks to a league title and tourney success that lasted longer than last year.

The journey begins April 1 in Winchester.

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Sports

Bellingham Track Begins Season April 4th

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Having coached the Bellingham track team previously, Peter LaCasse has been asked to come back and help out with the high school team this spring. While he does know some of the Blackhawk athletes, he is once again familiarizing himself with the rest of the team. Although it is still early in the season, he is going through a lot of notes to get up to speed, but believes that he will have 30-plus athletes on both the boys and girls squads when the season opens up.

Having rather low numbers last spring, the boys team seemed to struggle a bit, but the temporary coach is optimistic that with the increase in numbers this season that the team will be competitive within the Tri Valley League.

“I know that they can be competitive, and our goal is to be .500 or better,” LaCasse said. “We can compete against the majority of the teams in the TVL; Dover-Sherborn and Norton will be tough, but if they go out and do their job, we should be OK.”

Two seniors that Lacasse will rely heavily on for leadership this season will be Franci Marku and Colin Thibeault. Marku will participate in the longer sprints like the 400 and 800 as well as being a part of a relay team, while Thibeault will run the mile and ½ mile. Both athletes are expected to be an important part of the team in earning points each meet.

Twins Jeremiah and Dasha Domercant will also be looked upon to help Bellingham’s score on a regular basis. Jeremiah will

be returning to the team as a sprinter and hurdler, while his brother will be participating on the team for the first time.

“The two juniors will be really strong sprinters,” the Coach said. “Dasha is relatively an unknown to me, but he is a fast athlete who should be able to help us in numerous events.”

One other junior that the Coach is familiar with is Ryan Ginn, who has the potential to do the longer sprints as well as the middle distances. Ginn has done the 400 hurdles in the past, and LaCasse believes that he has progressed and should be able to pick up some points for the team. He will also have a chance to take part in the relays as well.

While the boy’s team had their struggles last year, the Bellingham girls squad had themselves a pretty good season.

“The girls had a solid season, and although they lost a few key seniors, we should be OK this year with the young ones coming up to replace them,” LaCasse said.

The Blackhawks have only two seniors that will be returning from last year’s team that the Coach knows about at this point. Baileigh Murphy will be back to take part in the 400, 800 and 400 hurdles, while Jamie Costello will participate in the sprinting events. The Coach is also hoping that the two seniors bring some leadership to the rest of the team.

In addition to the seniors, Lacasse will also field some quality underclassmen athletes. Sophomore Calleigh Elder will run the sprints, but will also return as the team’s number one javelin thrower as well being an

important part of the 4x100 relay team where she will run the opening leg. According to the Coach, Elder’s participation in the sprinting events will all depend on when the javelin takes place.

Another sophomore Olivia Carney will be looking to run the 100, 200 and 4x100 relay and could possible take part in a jumping event. Last year, Carney was the team’s number two sprinter in the 100.

Emma Smith, another sophomore, will take part in events anywhere between the 800 and 2-mile and freshman Elizabeth Ragain will run the 800 and mile with the mile being her niche race.

Bellingham Track will open the season on April 4 at Medway.

continued from page 11



L to R: Coach Joe Bird, Gavin Jacobson, Jack Bird, Andrew jennings, Evan Donlon, Jake Rothschild, Harry Gearhart, Rudy, Patete, Carter Lelievre, Nathaniel Smith, Aidan Schaefer, Donald Murray, Coach Donnie Murray, Jack Hildred, Alex Libbey, Anthony Romano, Tyler Enright, Andrew Sweet

After a brief hiatus due to Covid the SR League returned this season. Playing every Sunday at the middle school under the direction of coach Joe Bird and Donnie Murray, the boys began the season playing “pick-up” style basketball each weekend. After 5 weeks coach Bird and Murray

picked teams and played a best of seven series with Coach Murray’s team coming out on top. The season culminated with a free throw contest won by Jack Bird, a three-point contest won by Tyler Enright and one final game won by Coach Murray’s team.



Girls 3/4/5 Champions: Gallo's Moving and Storage Team record 8-2-1 (Regular Season 6-2-1)
Top row left to right: Darren Cormier (coach), Emily Cormier, Lauren Painchaud, Alexa Hebert, Sophia Carpentier
Bottom row left to right: Alexia Jacobs, Isles Azano-Brown, Mackenzie Mckeon, Caidence Gebelein

Gallo’s Moving and Storage had a fantastic season. We started the season off strong and after a couple tough losses we were able to regroup and finish in first place during the regular season. Even though many of the girls were new to basketball they were able to work together as a team and learn from each other. Each week their skills improved, and it showed on the court. Entering the playoffs, the team put an emphasis on defense, and it really made a difference down the stretch. In the final game both teams fought hard, but the girls were able to get the win by defeating Dairy Queen 16-8.



3/4 Grade Boys Champions - Grumpy's Restaurant record: 7-2
Names in photo:
Top row left to right: Assistant Coach Gerry Ortiz, Ryan Forbes, Vishanth Yegnesh, Matt Parker, Luka Borges, Head Coach Joe Tagliaferri
Bottom row left to right: Jamie Marcogliese, Joseph Tagliaferri, Rapheal Feliz, JohnnyMcGauley

Grumpy’s was a team to reckon with since the start of the season only dropping 2 games in the 9 game regular season, finishing 2nd in the standing, earning the team a 1st round playoff bye. Grumpy’s, led by 4th graders Ryan Forbes, Luka Borges, and Jamie Marcogliese, would hold a half-time lead in every game but 1, an 18-16 deficit during their 2nd round playoff game. This resilient group would battle back and take that game by a double-digit victory, propelling them into the Championship showdown everyone wanted.

Saturday, February 18th, Championship Saturday - the stage is set as the top 2 teams (#1 TLC Janitorial versus #2 Grumpy’s) from the Boys 3rd and 4th grade league square up for their 3rd head-to-head game of the season. Much like the 2 regular season matchups, where TLC Janitorial took game one 28-26 and game two 36-35, the game was tight and intensely played for the full 40 minutes. However, unlike the first two games, Grumpy’s held on to a thrilling, nail-biting 37-34 victory, taking the League Championship!

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

HEALTH FAIR 2023: Questions about your health?

Get your questions answered at the Senior Center's Second Annual Health Fair coming up on Friday, May 5, from 9 a.m. to 1 p.m. (The Center's regular programming will be cancelled for that day.)

For the first 150 people who sign up, there will be a free lunch. All you have to do is call the Center and reserve your spot at the Fair.

Tests will be available for your hearing and blood pressure. The YMCA will offer ideas for fitness programs. The Fire Department's LT Brad Kwatcher will bring an installment of his popular Senior Safe program.

LEARN THE ART OF PYSANKY: Would you like to learn how to make a traditional Ukrainian Easter egg to add to your basket? Now is your chance! Learn about the colorful world of Pysanky, the Ukrainian art form in which an egg is designed with traditional folk motifs using wax and dyes.

Registration is required. Class is limited to 15. This class is FREE and provided through a grant from the Bellingham Cultural Council. Join us Monday, April 3, 1 p.m.... please call the Senior Center to reserve your spot.

GARDEN HELP WANTED: This is the month people celebrate Earth Day, on April 22. April is also the month we're going to dig into the Senior Center's garden and move some earth.

There are eight, 3' by 8' raised beds that are filled with depleted soil. On Tuesday, April 4, at 8:30 a.m. we'll need help moving most of the old earth out and moving in special new "garden soil." If our earth-moving project is not complete, then we'll finish it one week later on April 11. You can volunteer at the Center's front desk and please leave your contact information.

GARDENING PRESENTATION: Seed Starting Made Simple" is the title of author Andy Tomolonis' presentation at the Center on Friday, April 7, at 1pm. Learn where/how to buy seeds, tools for sowing seeds, when/what to plant, techniques for tip-top tomatoes, indoor and outdoor planting and much more. Check out his book, *Organic Hobby Farming* for some great ideas. Please call the Center and let us know you'll be attending.

COFFEE AND CONVERSATION: There will always be someone to talk with! If you and your friends, or just you, want to have a place to go to have your morning coffee/tea and conversation come to the Senior Center on most Tuesday mornings at 9:30. And it's all FREE! Looking forward to meeting you! Please call the

Center and let us know you'll be coming.

LET'S TALK: On the third Thursday of each month, we host a TED Talk... which is a 10-20 minute speech given by various public figures, scientists, authors, and ordinary people that are thought-provoking and educational. We watch the presentation together at the Senior Center on a large screen TV and then sit in conversation around the topic we just heard about.

On April 20 at 1 p.m., we will watch and discuss Louie Schwartzberg's presentation of "Nature. Beauty. Gratitude." Please call the Senior Center to sign up. (508) 966-0398

Arm Chair Travel-Next stop, Rome in Italy: Join us on Wednesday, April 19, at 10 a.m. Watch it on a big screen TV at the Senior Center or join the tour from home via Zoom. And thanks to a generous grant from the Mass. Council on Aging, it's free. And then, on Friday, April 21, at 11 a.m., you can participate in a cooking workshop. Discover the secrets of Italian cuisine.

EMASS Senior Softball League Season Opens Late April

Eastern Massachusetts Senior Softball (EMASS) is opening its annual registration campaign for slow-pitch softball players age 50 and older. With over 450 members, the league attracts players from towns across Eastern Massachusetts with games played on fields in Wayland, Medfield, and Framingham. The EMASS sea-

son opens in late April with 16 or more weeks of regular season games and year-end playoffs completed by October 1. Interested players can register for the EMASS 2023 season at <https://e-mass.org/current-programs>.

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

Interfaith Teen Climate Change Group Continues Monthly

Join us on the first Sunday of each month at 7 p.m. On April 2, we'll continue planning our Earth Day celebration. We are specifically focused on Climate Justice (mitigating the effects of Climate Change on the poorest people of the world and our community). All young people are welcome, regardless of religious affiliation.

St John's Episcopal Church, 237 Pleasant Street in Franklin.

For more information:

Call (508) 528-2387, email Rector@StJohnsFranklinMA.org, like us on Facebook and Twitter, or visit www.stjohnsfranklinma.org.

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Holy Week Services at St. John's & Grace Episcopal

You are invited to join in Worship and fun with us at St John's Episcopal Church in Franklin and Grace Episcopal Church in North Attleboro:

Palm Sunday – April 2 at 10 a.m. at St John's & livestreamed to Grace

Maudy Thursday with foot-washing – April 6 at 4 p.m. at Grace

Stations of the Cross – Fri, April 7 at 12 Noon at Grace

Good Friday Liturgy with Veneration of the Cross – April 7 at 7 p.m. at St John's

Easter Egg Hunt – Sat, April 8 at 10 a.m. on the lawn at St John's

The Great Vigil of Easter – Sat, April 8 at 7 p.m. at St John's (begins outside)

Easter Day – April 9 at 10 a.m. at Grace

St John's Episcopal Church, 237 Pleasant Street, Franklin

Grace Episcopal Church, 104 N Washington Street, North Attleboro

For more information, call (508) 528-2387, email rector@StJohnsFranklinMA.org, like us on Facebook and Twitter, or visit www.stjohnsfranklinma.org.

Free Easter Musical Coming Up in Franklin

Easter Musical Production "Savior of the World" April 7 & 8 @ 7-8 p.m.

The Church of Jesus Christ of Latter-day Saints 91 Jordan Rd, Franklin, MA 02038

Reserve free tickets at savioroftheworldtickets.org.

Blackstone Valley Amateur Radio Club Library Demo, April 29th

The Blackstone Valley Amateur Radio Club will conduct a ham radio demonstration Sat., April 29, from 10 a.m. to 3 p.m. at the Bellingham Public Library, 100 Blackstone St.

The club will operate two radio stations outside the library as an introduction to ham radio. An indoor display will feature the history of ham radio, its purpose, the benefits of the

ham radio hobby and the public service hams render during national emergencies and natural disasters. Some vintage radio equipment will be displayed as well as a continuous Morse code demonstration.

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Library Resource of the Month – A to Z Business Databases

The Bellingham Public Library has been awarded a federal grant to help local businesses and entrepreneurs by providing programs and services to the Bellingham area business community. This grant award has enabled the library to purchase a business resource called A to Z Databases. All you need for access is your Bellingham Library card!

A to Z Databases is ideal for:

- Small Businesses – Find sales leads and mailing lists to grow their business
- Entrepreneurs – Find similar businesses along with competitors
- Students – Research businesses by industry or segment and company size
- Government Agencies – Employment statistics, mapping, and traffic modeling
- People Searching – Locate friends and relatives
- Job Seekers – Job search and resume templates
- Fundraising – Find income and home values in any neighborhood

This is a reference, research, marketing, mailing lists/sales leads, and job-search database. It includes 30 million business & executive profiles, executives email addresses, over 240 million residents with interests, hobbies and lifestyles information, over 7 million real-time job listings, 2 million new businesses, over 12 million healthcare professionals, over 12 million new movers, 2 million new homeowners, and much more. 350,000 new movers and new homeowners are added weekly.

A to Z users can email, download, and print. Users can easily email data among co-workers, family or friends. Up to 1,000 records internally and externally can be exported. Printing a quick, one-page profile in PDF format results in cost efficiency and the use of less paper. Users also have a place to make notes at the bottom of the detailed page.

The A to Z Databases can be accessed either in the library or remotely. Go to the Bellingham Library's website at www.bellinghamlibrary.org and click on the Business Resources tab. Click the Research and Resources box and then the A to Z Databases link. You will be asked to put in your library card number for access.

The grant that has made the purchase of this resource possible is from the federal Institute of Museum and Library Services through the Library Services and Technology Act. The grant is administered by the Massachusetts Board of Library Commissioners.

Don't just watch TV — Make it!



Come on down to the ABMI-TV studio and learn the "ins-and-outs" of video production...

We're always looking for interested volunteers!

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Calendar

April 1

Congressman Jake Auchincloss Franklin Town Hall, 9:30 a.m., Franklin Senior Center, 10 Daniel McCahill St, Franklin

Using our Voices for Positive Change: A Celebration of Empowered Female Musicians!

8 p.m., Circle of Friends Coffeehouse, Franklin First Universalist Society Meetinghouse, 262 Chestnut St., Franklin, doors open 7:30 p.m., free.

The Franklin School of Performing Arts presents Spectrum, performed by the FSPA Ballet Conservatory, 7:30 p.m. and April 2 at 2 p.m. Under the direction of Cheryl Madeux, the students represent Gerald Arpino's Viva Vivaldi, Western Revelries, Class Concert, and Contemporary works.

April 2

The Franklin School of Performing Arts presents Spectrum, performed by the FSPA Ballet Conservatory, 2 p.m. Under the direction of Cheryl Madeux, the students represent Gerald Arpino's Viva Vivaldi, Western Revelries, Class Concert, and Contemporary works.

April 4

Gardening with Drought Tolerant Plants, sponsored by The Franklin Garden Club, 7 p.m., Franklin Senior Center, 10 Daniel McCahill Street,

Franklin. Program presented by noted horticulturist Warren P. Leach, co-owner of Tranquil Lake Nursery, Inc. in Rehoboth, Mass.

April 8

Share the Stage, 12-2:30 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, presented by UpFront Guitars. We welcome single or small group (up to 3) players including teachers, students, and friends. Sign up for a 10-min playing time by visiting www.upfrontguitars.com/events.

Amy Fairchild, a multi-award-winning singer-songwriter, 8 p.m., Niagara Coffee Haus, 8 Exchange St., Millis, Opening folk-rock quartet, Hobo Coat. Tickets at Eventbrite. <https://www.eventbrite.com/e/585938516877>, sponsored by Middlesex Savings Bank.

April 13

Bellingham Career Fair on April 13th, 8:30-11:30am., Bellingham High School

April 15

Bellingham Earth Day Cleanup, 9 a.m. at Town Hall, For more information or to volunteer please call the Board of Health at (508) 966-5820 or send an email to lrenaud@bellinghamma.org.

First Annual Ladybug Trail Walk, hosted by Franklin Downtown Partnership, stop by the Franklin Historical Museum or Escape into Fiction for a free trail map and ladybug surprise. The Museum is open Saturdays 10 a.m. to 1 p.m. and Sundays 1 p.m. to 4 p.m. Escape Into Fiction is open Tuesdays through Saturdays 10 a.m. to 5 p.m. and Sundays noon to 5 p.m.

High and Dizzy (1920), 11 a.m., Silent comedy free showing, Franklin Historical Museum (free to public and open 10 a.m.-1 p.m.), 80 West Central St., Franklin

April 19

Spring Sing Fling! Free Concert from Noteable Blend, 7 p.m., Franklin Public Library, 118 Main St., Franklin

April 22

Speedy (1928), 11 a.m., Silent comedy free showing, Franklin Historical Museum (free to public and open 10 a.m.-1 p.m.), 80 West Central St., Franklin

April 29

Bellingham Business Expo, 9 a.m. – Noon, Bellingham Public Library, 100 Blackstone St., Bellingham, meet local businesssees, learn about products and services, giveaways, food, music, prizes

StoryWalk® Ribbon Cutting Ceremony on the Bellingham Town Common, 1 p.m. Bellingham author and illustrator Renee Kurilla, will be present, and her story, *One Springy, Singy Day*, will be on display through the month of May.

Blackstone Valley Amateur Ham Radio Demonstration, 10 a.m. – 3 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham

Electronics Recycling Day, The First Congregational Church of Milford, 4 Congress St., Milford, 8 a.m. to 12 noon.

April 30

Eid Celebration! 2 p.m., Franklin Public Library, 118 Main St., Franklin

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Zoom Into Health & Fitness!

Classes begin the second week of April.

This spring, Milford Regional is offering live-streamed wellness classes to enjoy from the comfort of your own home.

Class Options Include:

- | | |
|---------------------|-----------------------------|
| Chair Fitness (NEW) | Cardio, Core & Conditioning |
| Therapeutic Qi Gong | Pilates Barre Fusion |
| Zumba Toning® | Ease into Fitness |
| Core & More | Shape Up! |

For More Information/To Register:

Visit milfordregional.org & select "Classes and Events" on the homepage.





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