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Bellingham's Favorite Hometown Newspaper

May 2023



The Bellingham Concert Band won its second-ever gold medal at the Massachusetts Instrumental and Choral Conductors Association (MICCA) Festival this year.

Bellingham Concert Band Wins Gold Medal

By SYDNEY KEANE

On Friday, March 31, 2023, the Bellingham High Concert Band won a gold medal at the Massachusetts Instrumental and Choral Conductors Association (MICCA) festival. This is the second time in history

Bellingham High School has received this honor, the first time being in 2004.

Under the strong leadership of band director Marie Forte, the Bellingham Concert Band performed a selection of three pieces, including "Hands

Across the Sea" by John Philip Sousa, "As Summer Was Just Beginning" by Larry Daehn, and "Trail of Tears" by James Barnes.

MEDAL

continued on page 2



New Bellingham Girls' Lacrosse Coach Peter Kelleher has high hopes for his team this season. Photos used courtesy of BHS Lacrosse.

Bellingham Looking To Make The Jump

By CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Last spring the Bellingham girls' lacrosse team was only able to secure a single win in 21 contests while scoring a mere 53 goals (an average of 2.5 per game). First year Blackhawks

coach Peter Kelleher is hoping to change all that this season.

"This team has the talent and from what I've seen so far they can shoot the ball," the

LACROSSE

continued on page 23

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MEDAL

continued from page 1

The statewide MICCA festival was held the weekend of March 31- April 2, with performances divided among six Massachusetts high schools. In addition to performing, Bellingham High School was also one of the host locations, with about 1,000 students performing at Bellingham alone.

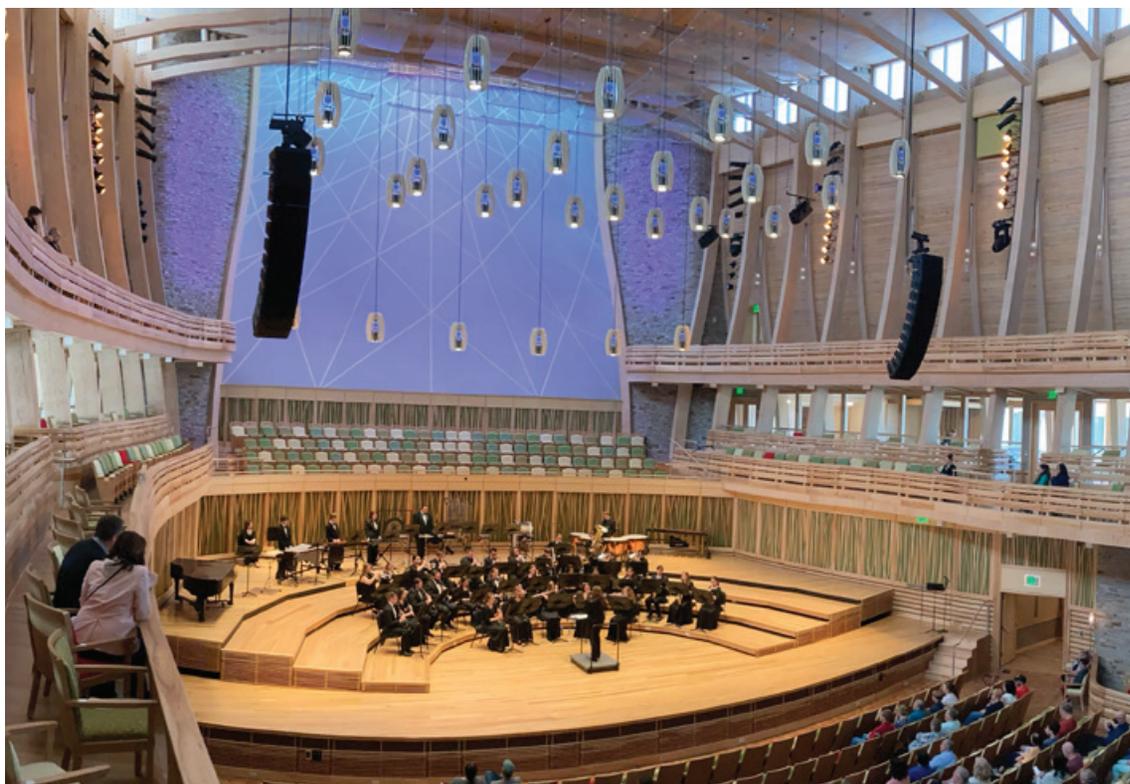
Of 152 concert bands that participated in the MICCA festival, only 13 received gold medals. Recipients of the gold medals were then invited to then perform at the 23rd annual MICCA Gold Medal Showcase. The Bellingham Concert Band performed on Saturday, April, 15 at the Groton Hill Music Center.

Despite the fact this year's concert band of 38 students is the smallest group she has worked with thus far, Forte praises the resilience and determination of the concert band. As a non-audition band, all students are welcomed to join. Additionally, the band has faced a number of obstacles over the past few years related to COVID interruptions.

In the face of all obstacles, Marie Forte found her students, especially the younger and newer band members, rose to the challenge with ambition and delight, allowing the music program to rebound. Forte herself was also inducted into the MICCA Hall of Fame this year for her inspirational leadership and teaching style as a music conductor and educator.

In response to this year's successes, Forte wishes to extend a large thank you to the parents and volunteers comprising Bellingham Friends of Music. The Bellingham Concert Band owes a great deal to this group's endless support.

A big congratulations to the Bellingham Concert Band for their unparalleled performances and for making history with their second MICCA festival gold medal in history!



The BHS Concert Band assembles at Groton Hill Music Center.

Bellingham Senior Center 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 canceled 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 Captain Brad Kwatcher will bring an installment of his popular Senior Safe program.

Now, about those free lunches. Atria Draper Place in Hopedale, Cornerstone at Milford, and The Enclave of Franklin have teamed up to provide them. Your choices

are lobster rolls, cranberry and chicken salad wrap, and turkey sandwiches. Sign up early!

In addition to these three popular local assisted living facilities, other vendors at the Health Fair include Aging Well Associates, At Home Hearing Health, Mobility by Dennis, Bellingham Supportive Day, YMCA, Tri-Valley Inc., SHINE, Mass College of Pharmacy, Salmon Health, Magnolia Heights, Franklin Foot Care, Fal-

lon Health, Senior Helpers, Dementia Friendly Massachusetts, Landmark Place, MedMinder Pharmacy, LifeFone, Godin & Hausmann Chiropractic, and Charm Medical Supply.

We are looking for volunteers to help set up/take down for the health fair. Sign up with Terri Graham at tgraham@bellinghamma.org or call (508) 966-0398.

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FOR UPDATES

1st Bellingham Pride Fest June 24th

By DAVID DUNBAR

Bellingham's first Pride Festival will premier in town on Saturday, June 24 for four hours at the Town Common.

The planning committee is chaired by Senior Center Director Josie Dutil. "This family-friendly event will feature artisans, crafters, vendors, food trucks, information and activities." She continues, "We're hoping to bring together different generations of the LGBTQ+ community and friends of the community."

Students at Bellingham High School are helping with the planning. The art club was tasked with coming up with a logo for the event, voted on the submissions, and the one from Gwen Todd was chosen (and you can see it above).

"There are few things in life," says Dutil, "that bring various generations together like the overwhelming desire for equal human rights. This effort has brought together high school students, elders of the LGBTQ+ community and allies like noth-

ing else I've witnessed at the Senior Center."

"Elders in the LGBTQ+ community have lived a lifetime of shame and trauma," observes Dutil, "and have been on the receiving end of hateful comments directed at who they are. Having the Senior Center be part of the efforts to pull this event together hopefully helps those members of our community feel the love and respect they spent many years only dreaming about."

PrideFest will begin at 2 p.m. and end at 6 p.m. on June 24 at the Bellingham Town Common. What can you expect to see?

As of this writing, there are nine sponsors and 13 vendors. There will be (available for purchase) handmade greeting cards, unique jewelry, painted beach stones, sewn and crocheted items, art and photography, antiques, pine needle baskets, and caricature portraits. Sponsors include Dean Bank, Town of Bellingham, Senior Center, Lovely Party, Inc., Briggs Property Management, State Rep Mike Soter, Randy Shore and

Jack Murphrey, Anne Marie Genereux and James Ehwa, and New Hope, Inc.

Cindy McNulty, a member of the PrideFest Planning Committee and the town's Select Board, adds, "Our friends at Devlin's Tavern will be offering a Drag Brunch starting at 11 a.m. to help us kick off this event."

Committee member John Murphrey invited folks to come and "meet people they may or may not be aware of in their community and learn what they bring to the community."

McNulty continues, "We are looking to create an event that brings people together to celebrate and embrace their own uniqueness and differences in a positive, informative, engaging, and all-inclusive way."

You may also find at PrideFest a bouncy house provided by the YMCA, children's activities including painting and coloring of community flags, a dance troupe and karate demonstrations, perhaps the high school choir, a "balloon person," and tee shirts for sale with the Pride-



Fest logo on them. There will be a shuttle bus for the vendors and Micky G's will be cooking and serving all kinds of food.

A special Facebook page has been designed to help get the word out. You can check it out, just search for Be You Bellingham.

"And personally," says Dutil, "I want to be part of this effort to thank those who travelled be-

fore me, making it possible for me to be married to the person of my choice, in a part of the world where fear has not been a factor when it comes to my sexuality. If it were not for their sacrifices, my life would not be possible. I want to be part of a celebratory event that encourages members of my community that living peacefully with all human beings is possible."

Bellingham Resident among MassBay Student Athletes Named to Region 21 Academic Honor Roll

Mia Todd, of Bellingham, Mass., was one of 18 MassBay student athletes were recently named to the National Junior College Athletic Association (NJCAA) Region 21 Academic Honor Roll for their achievements in the classroom during the fall 2022 semester. The honor roll recognizes student athletes who have earned a 3.2 GPA or better.

To learn more about MassBay, visit massbay.edu.



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Who's Dining in my Garden?

BY MELINDA MYERS

You take a walk through the garden and find branches trimmed, flowers missing or bark damaged. Of course, the culprit is nowhere to be seen. You may have suspects in mind but a close look at the damage and surroundings can help you identify who is dining on your plants. Knowing this can help you reduce the risk in the future.

Rabbits can be found year-round in the landscape. They have sharp teeth, making a 45-degree clean cut much like your bypass pruners. Their damage usually occurs within their 3-foot reach.

They eat a variety of flowers and vegetables throughout the spring and summer. As these plants fade in fall, they begin dining on trees and shrubs. You may find bark gnawed and branches, stems, and buds clipped off the plants.

Deer tear vegetation, leaving a ragged tip on browsed plants. You may find damage on a variety of flowers, vegetables,

trees, shrubs, and plants pulled out of the ground with the distasteful ones left behind. In fall, the bucks rub trunks of young trees damaging the tender tissue below that transports water and nutrients between the roots and leaves. Deer usually feed at dusk but as they become comfortable around people they can often be seen dining during the day.

Voles are brown rodents that look similar to field mice with small ears and short tails. Their trails of disturbed grass found as the snow melts may be your first clue that they are present. These rodents are active year-round, unlike moles that hibernate for winter. They eat seeds, plant roots, and bulbs, not insects like moles. As the snow recedes, you may also notice bark damage on trees and shrubs. They leave 1/4" side-by-side grooves in the wood at the base of the plants.

Squirrels are fun to watch; that is until they eat all the birdseed and damage your plants. They dig bulbs and uproot other plants, eat and bury nuts in the

lawn and garden, and take a bite out of multiple tomatoes, strawberries, and more. They damage trees by ripping off the bark and clipping off branches. If that wasn't enough, they may gnaw on structures and furnishings. Treating the damaged area and a 12" radius around it with a repellent can help discourage more damage.

Chipmunks are active from spring through fall. They don't hibernate but are inactive in winter depending upon their food stash to survive. You will find them digging in potted plants, hanging baskets, and rock walls. They eat grains, nuts, berries, seeds, insects, mushrooms, carrion, young birds, and bird eggs.

Their tunnels can be 20 to 30 feet long and are well hidden. The openings are only 2" in diameter with no surrounding mounds of soil.

Commercial and homemade scare tactics are an option. Unfortunately, most of these critters have become accustomed to people and are not deterred.



Damage to a tomato plant after being visited by a hungry critter.

Motion-activated ones are a bit more effective but make sure they are not annoying to you and your neighbors.

Fencing tight to the ground with a secure gate and at least 3 feet – preferably 4 feet – high is effective for preventing rabbit damage. Deer on the other hand need a much taller fence. Although they can jump 7 feet or higher, a 5-6' fence is often enough to keep them out of smaller gardens. Sink fencing 4-6" into the ground to protect plants from voles.

Repellents labeled for controlling the critter that is causing the damage are another option. Organic Plantskydd (plantskydd.com) is labeled for repelling, not harming, all of these critters so you only need one product. Since it is rain and snow resistant, you won't need to apply it as often. Always read and follow label directions for the most effective control.

A bit of defensive action goes a long way in protecting your gardens and landscape from hungry critters this season.

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Active May Schedule For Ladies Sodality

Plans for May's Paint Nite meeting on May 11, at 7:00 p.m. in the St. Blaise Parish Hall were finalized at the April meeting. Each painter will be able to choose from a number of different designs and receive all materials and assistance in completing the project for \$20. Also, please remember to bring a nonperishable food item for the Loaves & Fishes Food Pantry.

The annual Plant Sale will take place on May 20-21, after all Masses at St. Blaise. Each pot will include three varieties of colorful annual plants to add beauty to your home or perfect for planting at the cemetery in time for Memorial Day. The pots are only \$5 each.

This year's Memorial Mass to honor Sodality members deceased within the past year will be offered at 10:00 a.m. on May 21, at St. Blaise. This Mass will honor Mildred "Millie" L. Woodman, Helen N. Dubois, Marion R. Richer, Patricia A. Lamothe, Marie L. Cote, and Eleanor "Ellie" J. Letourneau. All St. Blaise parishioners and

members of the Bellingham community are welcome to attend this Mass. Family members have received invitations to attend the memorial for their loved ones, followed by a collation in the Parish Hall.

The Chair of the Officers' Recognition Banquet gave the following information. The Banquet will be on June 8 at 6:00 p.m. at Box Seats in Franklin (across from Big Y). The buffet meal will include steak tips, chicken parmesan, baked haddock, mac 'n cheese, vegetable, rice pilaf, garden salad, and all nonalcoholic beverages, such as soda, water and coffee. The cost is \$33.50 per person. All checks should be made payable to St. Blaise, with a note on the memo line stating "banquet", and dropped in the collection basket at any Mass. Payment must be made by May 29th. Please contact Pat Goddard, (508) 883-8995 or Dodi Hardsog, (774) 277-2300 if you have any questions or to sign up for the banquet.

BESG May Events

It's spring! It's almost time for speedos and bikinis! Well, maybe not speedos and bikinis, but you get the idea. The warm weather is coming and along with it is the beginning of the BESG cookouts. And the first one will be on Thursday, May 11, at 4 p.m.

To start the season, our first special sandwich will be sausage and peppers. May is a very busy month! In addition to the cookout, we will be having our annual veterans' dinner on Saturday, May 20, at 5pm (Armed Forces Day) and it will feature spaghetti and meatballs or sausage. The dinner is free for all vets. We'd like pictures of vets in uniform to so they can be honored on a poster. Bring 'em in by Wednesday, May 17!

The BESG Birthday Dinner is Thursday, May 25, at noon. Fish and chips by Micky G! It's very important to sign up for these meals so we can plan properly. To sign up, please call the Friday before the dinner.

When 100 people sign up for a dinner, the BESG pays for 100 dinners. If 20 people don't cancel and don't show up, we still have to pay for the dinners. Just a reminder, starting this month, the dinners are now \$12 each. We have had a very busy couple of months with our St. Patrick's corned beef and cabbage dinner and our Chinese food dinner... both very well attended. And our \$3 lunches will continue through June.

Remember, we are always looking for used wheelchairs, transport chairs, and shower chairs. Please consider donat-

ing and bring them to the Senior Center.

BESG cookouts are back! These popular outdoor cookouts will return to the Senior Center on Thursday, May 11, at 4pm. Chef Bill Eltzroth will be at the grill... you don't want to miss this! They were a hit during the pandemic and are back the second. Thursday of each month from 4 to 6pm. Menus vary and include the most popular dinners including sausage, pepper, and onions on the 11th. Please call ahead to (508) 966-0398 so we can plan to serve you the best!

Mass Fiscal Alliance Challenges Proposal by Speaker

Massachusetts Fiscal Alliance rebuked Speaker Ron Mariano for once again standing in the way of tax relief for taxpayers. Last summer, Speaker Mariano was responsible for stopping a legislative tax relief from becoming law, despite the fact that the legislation had already passed both chambers with unanimous support and the previous Governor supported its passage. At the time, the Speaker made excuses that the popular voter approved tax cap and rebate law known as 62F was the reason for why the legislature was not going to finish passing their own tax relief bill through the reconciliation process. The Speaker's contempt for taxpayer relief was obvious all along. Leading up the weekend before session ended last July, Speaker Mariano told reporters when asked if lawmakers would consider undoing the trigger

enshrined in Chapter 62F, "Everything's on the table. We could undo the law, we could change it, we could postpone."

This of course raises the obvious question, if the Legislature is successful in changing the voter approved law, what is stopping them in the future from changing the amount taxpayers receive to an even lower amount or eliminating the law altogether? The answer is nothing.

"Make no mistake, Speaker Ron Mariano's latest attempt to attack a popular, voter approved tax cap and rebate law only shows his disdain for the taxpayers and it's a trojan horse to eliminate one of the few protections taxpayers have from Beacon Hill taxing and spending. If the Speaker's proposal is passed,

LAW
continued on page 9



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2. Roger Rabbit stops by Nick and Jen's house for Easter and leaves a bunch of eggs around the yard. Unfortunately, the eggs that weren't found attracted mice to the property, and the rodents damaged the HVAC system. Would their homeowner insurance cover the damage from mice?
3. Jeff and Kia host their wedding in the backyard and invite 150 guests. One of the guests trips down the back steps and is injured. Would their homeowner insurance cover the injured guest even though the customers were having over 100 people at their house?

Answers:

1. The insurance company can issue a cancellation.
2. No - mice/vermin are excluded from coverage.
3. Yes, the number of people at the house does not matter.



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Getting Rid of Ants, The Most Common Home Invader

WPC Pest and Termite Control reminds families that ants are more than a nuisance pest.

While homeowners across the country enjoy the warm weather and the sights, smells and activities of the season, they also must contend with increased pest activity. This season, WPC Pest Control is reminding homeowners to be on the lookout for one of the most prevalent pests – ants.

Often considered the No. 1 nuisance pest, ants also pose significant health and property risk as they destroy wood and contaminate food items. And with more than 700 types of ant species in the United States, it's not surprising that ants can quickly become a source of disgust, frustration and concern for homeowners.

“Most ants thrive in warm and moist conditions, which is why it's best to eliminate moisture or standing water near or

inside the home,” says Jim Maz-zuchelli, Owner at WPC Pest and Termite Control. “In some cases, the only way to completely remediate an ant infestation is to call a qualified pest professional who can locate and remove the identified species' nests.”

Jim from WPC Pest Control reminds homeowners that the first step to remediation is to properly identify which ant species is present in the home.

Some of the most common home invaders include:

- **Odorous House Ants:** These ants get their name from the unpleasant odor they give off when crushed, often described as smelling like a rotten coconut. They typically nest in wall voids and crevices and prefer sweet foods.

- **Pharaoh Ants:** Pharaoh ants prefer sweets, but also consume grease and even shoe polish. They live in extremely large colonies and keep warm near artificial heating sources like baseboard heaters and ovens.

- **Carpenter Ants:** This species hollows out nests in both dry and moist wood, though they prefer the latter. They can be particularly hard to remove since their nests can be more difficult to locate.

- **Fire Ants:** Fire ants can cause severe allergic reactions in addition to structural damage caused by chewing through the insulation around electrical wiring.

Homeowners who suspect an ant infestation should contact a licensed pest professional who can identify ant species and recommend a course of treatment. To learn more about ants, please visit www.nobugnopests.com or call (508) 366-1820 to talk with Jim.

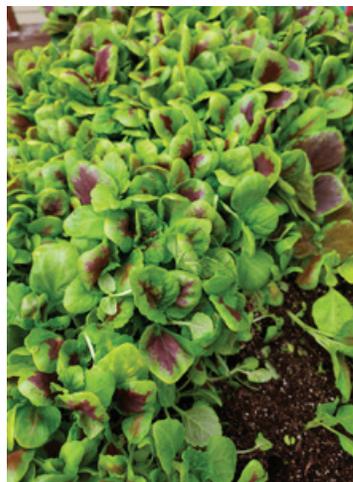
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Seedlings for sale are growing in the new greenhouse at the Bellingham Community Garden.

Bellingham Garden Club Plant Sale

The Bellingham Garden Club plant sale is in our Farmstand at 200 Center St on Saturday, May 13th from 10 a.m. -12:00 pm for veggie, herbs and floral plants/seedlings.



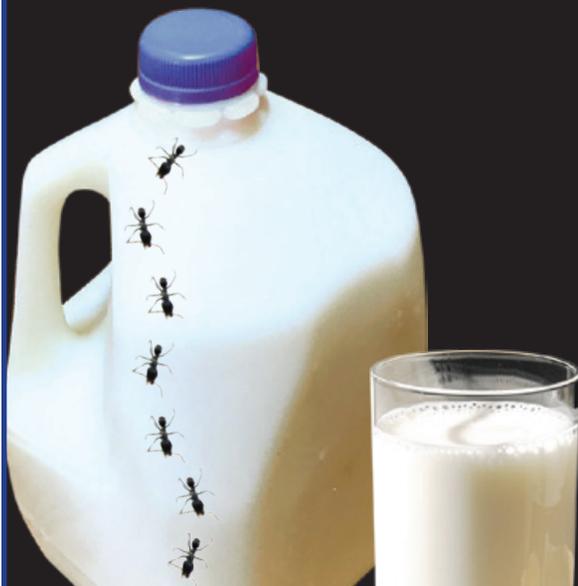
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From The Town Clerk

It's Election Time! 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 p.m.

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)

Annual Spring Town Meeting

Bellingham's Annual Spring Town Meeting will be held on Wednesday, May 24th at 7:30 p.m. in the Auditorium at the Bellingham High School. Copies of the original warrant are available at the Town Clerk's office. Copies of the Finance Commit-

tee's Recommendations will be available at least 10 days prior to the Town Meeting. Come join us and make your voices heard.

2023 Census and Dog Licenses

If you have not registered your dog yet, please do so immediately. As of May 1st, a late charge has been assessed as your dog license expired on March 31st. To apply, come to the Town Clerk's office, with proof

of current rabies vaccination certificate which is obtainable from your veterinarian. You may also mail in the application you received with your census form with rabies certificate or place 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. In accordance

with a new Town Bylaw, there is a one-month grace period before a late fee of \$25 per household is assessed on May 1st. 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 to avoid potential fine or day in court!

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152nd Memorial Day Ceremony Scheduled for May 21

By KEN HAMWEY,
STAFF WRITER

Bellingham's 152nd Memorial Day ceremony will be held on Sunday, May 21, starting with a parade that will begin at 1 p.m. at the Memorial School.

Both the parade and the ceremony at the Town Common will focus on the holiday's theme — the 50th anniversary of U.S. troops withdrawing from Vietnam.

"Fifty years later, Vietnam veterans are still feeling the effects of their service there," said Jim Hastings, Chairman of the Memorial and Veterans Day

Committee. "They've lost friends they served with in Vietnam and friends who served, came home and died of agent orange."

At the Bulletin deadline, Hastings was still working on lining up a keynote speaker.

The parade route will start at the Memorial School and continue along Route 126 to Bellingham center. Hastings is requesting that parade participants refrain from parking at the school's lot. "It will help if people are dropped off so there'll be room for parade participants to line up and form the marching order," he said.

Those marching in the parade include the Army and Marine Color Guards, the Bellingham High School Band, the Old Colony Bagpipe Band, the Douglas High School Band, the Silver Dolphin Drill Team of Groton, Conn., the Bellingham Historical Commission, Bellingham's American Youth Football players and cheerleaders, and Milford veterans.

Floats in the parade will represent the Bellingham Memorial and Veterans Day Committee, the Bellingham DPW, Vietnam veterans of Rhode Island, Milford veterans, the Bellingham Women of Today, the Bellingham Senior Center, the Bellingham VFW and its Auxiliary. Other floats include the Crawford Vietnam Memorial, Tomb of the Unknown Soldier, the Huey Gun Ship and military vehicles provided by the Bellingham Historical Commission.

A new event for the parade will be multiple Fire Department trucks (surrounding towns and Rhode Island) displaying patriotic themes. They will be judged

before the parade starts for "the most patriotic vehicle." The winner will be announced during the ceremony. Also, a dozen classic cars will be included in the parade.

The ceremony at the common will begin at 2 p.m. with a wreath-laying to honor Bellingham servicemen who made the ultimate sacrifice from the Civil War to the Vietnam War. A prayer will be offered at the War Memorial near the Route 140 entrance.

An invocation will start the program at the gazebo followed by the National Anthem (sung by Joe and Robbie Oliver), and the Pledge of Allegiance. A reading of the Gettysburg Address will follow the pledge.

Hastings will deliver opening remarks and State Representative Mike Soter will offer his thoughts on the meaning of the holiday.

"Memorial Day is a time to pause and honor the memory of our servicemen and women for protecting us," Hastings said. "If it weren't for those who made the ultimate sacrifice, we'd be living in a different type of United States. They're the ones who've enabled us to enjoy the freedoms we have today."

The ceremony will continue with Nick Mobilia reading the names of deceased Bellingham veterans who passed away during the last year. A new twist has been added when the names of Bellingham residents who died in service to their country are read. The 190-year-old bell at the nearby First Baptist Church will be rung after each name is read.

The bell was cast by George Holbrook who learned bell founding (melting metal into a mold) and clock-making as an apprentice to Paul Revere. Holbrook, who was born in 1767 in Wrentham, maintained a long friendship with Revere until his death.

"It's an honor for our church to participate in the ceremony," said Baron Rodrigues, Pastor of the First Baptist Church. "The bell was repaired and restored last year. Its majestic sound will memorialize all those Bellingham veterans who fought and died for the freedoms we enjoy today. It's a privilege for our church to be a part of this meaningful ceremony."

Closing ceremonies will include the reading of names by Sam Cowell of all Bellingham residents who made the ultimate sacrifice in the service of their country during the Civil War, World War I, World War II, Korea and Vietnam. The Old Colony Bagpipe Band will perform Amazing Grace followed by a rifle volley, Taps and the closing prayer.

The Memorial and Veterans Day Committee strongly encourages those attending the parade to remain for the ceremony at the Town Common.

"The purpose of the holiday is to honor the memory of all servicemen and women who gave their lives while serving their country and their community," Hastings emphasized. "It's a solemn time to remember their sacrifices."

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Your Money, Your Independence

“Hey, I showed this last year, do something!”, Sincerely Your Tax Returns.



Glenn Brown

I get it, dealing with your taxes can be emotional.

Add the IRS stating that the average tax refund paid out was 9.8% less than 2022. Ugh.

You’ve had some separation, it’s time to return for an honest conversation. Maybe even bring in some outside help.

A CFP’s goal with tax planning is to help clients take proactive steps to save money on their taxes now and help reduce liabilities in the future. Aspects include lowering your AGI (adjusted gross income), leveraging tax deductions, taking advantage

of tax credits, tax deferrals and timing of large purchases, sales and realization of income.

Consider potential ways to make impact for 2023:

Exercising Restricted Stock Units (RSUs) - Sold some RSUs and get a large tax bill? Connect with HR to discuss withholding options before your next exercise. Also, learn of the benefits and drawbacks of concentrated positions as well as short-term versus long-term capital gains.

Adjust your W-4 - If you got a large refund, lower your withholding and do more with your money, like ~4% money market interest. Also, if both spouses work and one is self-employed, consider raising your W-4 withholding to avoid potential penalties for underpaying estimated taxes on a growing small business.

Track Your Side Hustle - Government announced Venmo and payment apps report income for goods and services worth \$600 or more annually — a sharp drop from previous \$20,000 threshold. Panic and confusion followed, so the IRS postponed by a year.

Whether you receive a 1099-K form or not, you’ve always been obligated to report

income. To help offset, get up to speed on potential deductions including expenses, amortization, and dedicated home office space.

Revisit Work Benefits - You can impact your adjusted gross income (AGI) through 401k contributions as well as funding a HSA funding, FSA for dental/vision, FSA dependent care and Commuter Benefits - especially if required to go back into the office.

While some changes can’t happen until open enrollment (and impact 2024), don’t forget if you have a life event - new child, spouse loses or changes job - you have 30 days to revisit and reset your work benefits.

Minimize Taxes In Retirement

Taxes are inevitable with retirement savings, deferred compensation and/or pension income, but consider:

Before Retirement - Contribute to Roth 401(k) and Roth IRA (if eligible) now. After age 59 ½ and owned for at least 5 years, withdrawals are completely tax free. Added bonus is Required Minimum Distributions (RMDs) don’t exist for Roth accounts nor are balances in Roth accounts a factor in determining RMDs for your tax deferred accounts.

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

Before or During - Roth Conversion and Backdoor Roth. Yes, pay the taxes now for benefits of Roth later. Consider larger conversions in years of lower income if self-employed and/or time away from work. Also, when 20% (or more) market corrections occur consider an opportunity to convert investments over to Roth, paying less in taxes and allowing for rebound inside Roth.

Tax planning is complex, but it doesn’t need to be complicated. Work with someone to help you save money, stay organized and reduce liabilities in the future.

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

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

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LAW

continued from page 5

it will open the door to taxpayers never again receiving a rebate from Beacon Hill through this law. Our legislative leaders will simply modify it before it gets triggered. Supporting Speaker Mariano’s change to 62F is support for eliminating the rebate for taxpayers and silencing the will of the voters,” stated Paul D. Craney, spokesman for the Massachusetts Fiscal Alliance.

“The legislature got rid of term limits for their Speaker and Senate President positions when they were set to be triggered. What will stop them from getting rid of 62F the next time it gets triggered if taxpayers allow them to change it now,” questioned Craney.

“The Speaker may not like it, but MassFiscal is calling his bluff. No one should believe Mariano has the interests of taxpayers at heart. If he did, Mariano could simply pass his own separate rebate law and keep 62F intact.

This is clearly an attempt to slowly chip away at a very popular voter approved tax cap and rebate law without being so obvious,” concluded Craney.

A past poll published by the Fiscal Alliance Foundation found support for keeping Chapter 62F intact stood at around 63%, with only 17% favoring repeal of the law. The poll found a majority of registered Democrats, Republicans, and Unenrolled voters were united in its support.



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Unibank Supports Bellingham Music Students With Grant to Bellingham Friends of Music

The Bellingham Friends of Music is pleased to announce that the organization is the recipient of a grant from UniBank in the amount of \$1,250. These grant funds will be used to support scholarships for Bellingham students, allowing them to receive one-on-one music lessons that are imperative to student success. The lessons are provided by school-approved instructors and help students of all abilities who are striving to improve their musical abilities – all students of music benefit from this focused approach to learning.

As with many local school districts, the school budget alone cannot fully support a highly-active and highly-successful music program. This is why the support provided the community to the Bellingham Friends of Music is so critical to providing an enriching experience to students of the musical arts.

“The arts enhance the overall quality of life in our local communities,” stated UniBank CEO Michael Welch. “As a community bank, we are dedicated to supporting community-focused organizations like the Bellingham Friends of Music and we are pleased to provide this grant to the talented student musicians in Bellingham.”

UniBank is rooted in the Blackstone Valley with assets of \$2.5 billion as of December 31, 2022. A full-service, mutually owned community bank, UniBank has branches in Central Massachusetts and the MetroWest region of Massachusetts. UniBank is dedicated to contributing to the overall quality of life and economic health of the communities it serves, while maintaining a high level of financial soundness and integrity. UniBank is an Equal Housing Lender and Member FDIC and Member DIF. UniBank NMLS #583135. The company website is www.unibank.com.



The Bellingham Friends of Music (BFOM) is a parent-run organization that supports the music programs in grades K-12 in the Bellingham Public School District. The organization is a 501(c)3 supporting the band, chorus, and color guard programs in the District with funding and parent support. To learn more, get involved, and find out how you can support the musical arts in Bellingham, visit www.bellinghammusic.org.



The Bellingham Friends of Music is pleased to announce that the organization is the recipient of a grant from UniBank in the amount of \$1,250. These grant funds will be used to support scholarships for Bellingham students, allowing them to receive one-on-one music lessons that are imperative to student success. (L-R): Dave Cutler, Principal of Bellingham Memorial Middle School; Bellingham Memorial Middle School music students: Antonia Gagnon, Teagan Horman, William Hunt, Joshua Cousens; Julie Signa, Music Instructor, Bellingham Memorial Middle School; Matt Catalano, Relationship Branch Manager, UniBank in Blackstone.

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Library Resource of the Month – Universal Class

The library has been awarded a federal grant to assist Bellingham area businesses with meeting the challenges of the 21st century by offering resources and workshops on a number of business-related topics. This grant has enabled the library to purchase the database Universal Class, which offers over 500 continuing education online courses on a wide-range of subjects, many of them business-related. The courses are free-of-charge for Bellingham Library cardholders.

Because of the extensive variety of subjects, there is something for everyone, and to support businesses there are courses on the following topics:

- Accounting and Financial Management
- General Management
- Human Resources
- Marketing
- Starting & Growing a Business
- Software & Computer Training

Just to give you an idea of the variety of subject matter, some of the more popular courses are Cake Decorating,

How to Start and Run a Small Business, Salem Witch Trials, PowerPoint 2021, Reiki First Degree, Nutrition, Chakras 101, Film Appreciation, Accounting & Bookkeeping, Retirement Planning, ESL Grammar Skills, Watercolor Painting, Wedding Planning, Investing, Business Etiquette, Microsoft Word 2021, and Floral Arrangement. This is just a very short list of all the subjects offered. Although they are designed for adults, many of the courses are appropriate for a variety of ages and there is a category of courses just for homeschoolers!

The courses are not just tutorials; they are real courses which include lessons, exams, assignments, discussion boards, and actual assessments of your progress. They are self-paced, and instructor-led. You can learn when you want at a time that is convenient for you! You do not need to be online at a specific date or time. An instructor is available to monitor and assess your performance as well as help you locate additional

resources if you need more help, and you will receive actual grades. Most of the courses can be completed within 10-20 hours.

The majority of courses offer International Association for Continuing Education and Training (IACET) continuing education units (CEUs). Universal Class, Inc. has been accredited as an Authorized Provider by the IACET. You will earn a certificate documenting the CEUs, contact hours, and course completion. According to the IACET website, the following Massachusetts organizations accept IACET CEUs:

State of Massachusetts Board of Professional Engineers, State of Massachusetts Board of Registration in Nursing, and the State of Massachusetts Department of Education.

To access Universal Class, go to the Bellingham Public Library's website at www.bellinghamlibrary.org. Click on the Business Resources tab, and then click Online Courses. You will need to create an account

using your Bellingham Library card number. Create your account today and start learning something new!

The grant that has made the purchase of this resource possible is from the federal In-

stitute of Museum and Library Services through the Library Services and Technology Act. The grant is administered by the Massachusetts Board of Library Commissioners.

Happy Mother's Day!



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Stormwater, the runoff water after it rains or snows, is best managed by directing it to seep into the ground (recharge) rather than allowing it to run off. A new development approach called Low Impact Development or LID uses design techniques that help to increase recharge and reduce stormwater pollution.

Pictured are a few LID techniques:

- A rain barrel captures roof runoff so that it can be used later to water gardens and lawns.
- A vegetated wetland to which stormwater is diverted so that it can be "cleansed" by wetland plants.
- A parking lot with permeable pavement (top) rather than impermeable pavement (bottom) – notice that the top surface has no puddles because the stormwater has soaked down into the pavement!
- A vegetated swale to which stormwater is diverted so it can slowly seep into the ground.
- A sidewalk lined with permeable materials to capture and recharge runoff.

Many communities are promoting or requiring the use of LID techniques at new building and development sites. By mimicking the flow of stormwater in natural surroundings, LID strategies help to restore stream flows, replenish drinking water wells, and reduce flooding.



For more information, visit our community's website or go to www.stormwatermatters.org.

Put a LID...



on stormwater pollution!



iStent Inject and Microgoniotomy for Glaucoma

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

What is glaucoma and how is it treated?

Glaucoma is a chronic disease defined by characteristic optic nerve damage. It is a multi-factorial disease with over 300 different anatomic variations and affects over 40,000,000 people worldwide. Glaucoma is a slowly progressive and irreversible disease and, in most cases, causes a painless loss of eyesight. It is, in short, “the silent sneak thief of sight”. The damage to the optic nerve is commonly caused by a fluid imbalance, or pressure, in the eye, as well as possible alterations in the blood flow to the optic nerve. It is well established that lowering the intraocular pressure can slow the process of optic nerve damage. The degree of pressure lowering necessary to prevent optic nerve damage is individualized for each person and each optic nerve. The greater the optic nerve damage, the lower the intraocular pressure is needed to achieve stability and

prevent further optic nerve damage and further visual field loss.

If glaucoma is left untreated you may experience vision loss and eventual blindness. Treatment strategies for glaucoma are individualized to achieve the greatest lowering of the intraocular pressure with the least amount of risk to the individual’s eyesight and well-being. Commonly, in the United States, topical medications are used as a first line of treatment. In many situations, multiple medications are tried to achieve the desired pressure level. Unfortunately, there can be difficulties with compliance, cost and side effects with many of these medications and laser therapy is commonly substituted as a first line of therapy.

What is the iStent® trabecular micro-bypass stent?

Minimally invasive glaucoma surgical procedures, so-called MIGS involve alterations of the drainage area that are performed inside the eye. The iStent® trabecular micro-bypass stent is

a surgical therapy for patients who have mild to moderate open angle glaucoma and have been tried possibly on topical medications or laser therapy. It is designed to improve the aqueous outflow to better lower the intraocular pressure and reduce the need for medications. The iStent® is the smallest medical device approved by the FDA to date. It is placed in the eye into the drainage area, so-called Schlemm’s Canal through the trabecular meshwork. The iStent® is an elective procedure. The iStent® is potentially beneficial in helping to reduce the number of glaucoma medications and drops needed to control this condition.

What is microgoniotomy surgery?

Microgoniotomy surgery (using the iAccess trabecular trephine device from Glaukos) is another type of MIGS. This procedure provides control of the eye pressure at lower risk than more traditional glaucoma surgeries. It alters the eye’s drainage system to lower the eye pressure



and reduce the need for medications. Microgoniotomy can be done standalone or combined with iStents during cataract surgery in a tissue sparing fashion to improve resistance to outflow in glaucoma. This tissue-sparing procedure can help lower the pressure even more compared to implanting iStent alone. During this procedure and ophthalmologist (Eye MD/ surgeon) will make 3 trephination cuts in a part of the eye’s drainage system called the trabecular meshwork. This will allow fluid to leave the eye much easier.

Benefits (how the surgery can help)

The goal of the iStent and microgoniotomy surgery is to lower your eye pressure and help preserve vision. It will not bring back vision already lost from glaucoma. After implantation, many patients are able to better control their eye pressure with fewer medications.

Risks

As with any surgery, there are risks with the iStent and microgoniotomy procedure. The surgery may not lower the eye pressure or control the glaucoma even when it is properly performed. In addition, sometimes there can be complications that do not appear

in the early post operative period but may develop days, months or years later. Further treatment or surgery to treat those complications may be needed. As with any intraocular surgery, there may be loss of vision, blindness, loss of the eye, as well as bleeding, infection and injury to the eye or nearby body parts.

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Robin Ewing from the Bellingham Lions with the Easter Bunny

Bellingham Lions, WorkingMom Social Club Hosted Pictures with the Easter Bunny and Spring Games

On Saturday April 1, the Bellingham Lions and the WorkingMom Social Club hosted "Pictures with the Easter Bunny and Spring Games." Due to inclement weather, we extend a big thank you to the Bellingham Library for letting us hold the event in their venue. A good time was had by all.

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Celebration Held for Completion of SNETT Section in Franklin

BY MARJORIE TURNER HOLLMAN, CONTRIBUTING WRITER

SNETT (Southern New England Trunkline Trail) ribbon cutting celebrating the completion of the Grove Street to Prospect Street, Franklin. Franklin-Bellingham Rail Trail Committee president Cobi Frongillo did the honors of cutting the bright red ribbon on a rainy Saturday morning in late March. Multiple trail advocates, including State representative Jeff Roy, attended the ceremony. Once the ribbon was cut the group headed off to do what the trail was intended for—walking (and biking).

The rail trail committee has hopes of extending the trail back towards Franklin downtown area. Stay tuned!



R-L Cobi Frongillo (holding scissors) and State Rep. Jeff Roy, surrounded by many trail advocates and enthusiasts, celebrating the completion of the SNETT in Franklin from Grove to Prospect Street.



And the ribbon has been cut! R-L Cobi Frongillo and Jeff Roy, surrounded by many who have played important roles in getting this section of the SNETT completed.



Cobi Frongillo, President of the Franklin-Bellingham rail trail committee, addresses the crowd gathered for the ribbon cutting ceremony. Frongillo recapped all that has been done to create the trail so far, and what steps the committee hopes to take next, including crossing lights at the trailhead on Grove Street.



On the left, Cobi Frongillo addresses the crowd that gathered for the ribbon cutting ceremony for the completed section of the SNETT trail from Grove to Prospect Street, Franklin.

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2023 Bellingham Lions Golf Tournament

2023 Bellingham Lions Golf Tournament

Reminder the 2023 Bellingham Lions Golf Tournament is on Monday May 22 at the New England Country Club shotgun start at 8:00 a.m. Proceeds go to scholarships for local high school seniors and local charities.

Golfers and Sponsors can find information and can register on <https://bellinghamlionsgolf.weebly.com/> or contact Elena Rosemere by Email erosemere@mindspring.com or call (978) 390-9913.

Town Democrats to Hold Caucus

The Bellingham Democratic Town Committee will hold a Caucus on Saturday, June 3 at 10AM in the Arcand Room of the new Town Hall, 10 Mechanic St. The purpose of the Caucus is to elect delegates to the State Democratic Convention, being held on September 23 in Lowell.

Any registered town Democrat may seek to be elected as a delegate. There are also additional delegate slots for youth, disabled and LGBTQ candidates. The Caucus is open to the public. For more information, call Kevin at (508) 533-1600 or e-mail kev-law2@verizon.net.



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Wednesday June 28. 6pm – 8pm. Kids Night with Wayne Potash and Trevor the Games Man.

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Wednesday July 12. 6pm – 7pm – Free pony rides. 6:30pm – 8:30pm Morse Code (classic rock).

Opening Act: **The Wild Beyond** (classic rock)

Wednesday July 19. 6pm - 7pm. Free pony rides., 6:30pm – 8:30pm Riverboat Stompers (Dixieland)

Wednesday July 26. 6pm – 7pm. Free pony rides., 6:30pm – 8:30pm Back Pages. (rock and pop).

MENDON TOWN BEACH

Wednesday Aug 2. Free Pony Rides 6:30pm – 7:30pm., 6:30pm – 8:30pm. Brass Connection (brass band).

Wednesday Aug 9. Free Pony Rides 6:30pm – 7:30pm., 6:30pm – 8:30pm Tobe Rode (60s, 70s, 80s rock)

Wednesday Aug 16. Free Pony Rides 6:30pm – 7:30pm., 6:30pm – 8:30pm Jesse Liam (contemporary pop)



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Stall Brook Elementary Inclusive Playground Project Touch-a-Truck May 20th

By JENNIFER RUSSO

It might seem fairly cut and dry when we think about it – all kids, regardless of their differing abilities, should have the resources they need to easily play. Unfortunately, though initial planning of play spaces did not set out to intentionally exclude them, many children are not able to join in on the fun because the space was not universally designed.

For example, the current playground at Stall Brook Elementary School does have a swing that is accessible to children who might be wheelchair bound or are unable to walk easily due to a physical disability, but to get into the playground, there is a raised surface. Teachers or aids would need to carry the wheelchair or child over the edge to access the space. This, among other considerations, prevents true inclusion.

Hallie Glassman, the lead Special Education classroom

teacher at the school, recognized this need after a wheelchair bound student was not easily able to join their friends at recess.

“I knew I had to do what I could to help,” says Glassman. “So, I arranged a meeting with the school administration to see what could be done. Our playground was built so long ago that we can’t make simple changes to comply with new regulations – this means we needed to work on a plan to start from scratch.”

A venture like this obviously costs a good amount of money, between \$250,000 and \$300,000, but it allows for the design of a playground that is going to make a true difference and be completely inclusive. Slowly, but surely the money is being raised to accomplish the goal. The PTO was able to raise around \$12K through a read-a-thon, various donors have given close to \$42K, and State Representative Mike Soter was

recently able to secure a grant of \$25K toward the project. Last year’s successful Touch-a-Truck event had over 3,000 people attend and brought in about \$16K.

If you are tracking that math, you have deduced that about \$100,000 has been raised toward this project, so there is still quite a long way to go.

“I know I have been that annoying squeaky wheel of a person calling businesses and others about donating and sponsoring this goal,” says Glassman. “But we need this. We are working with the Doug Flutie Foundation for Autism and through it I have become aware of a lot of great companies which help provide resources for those with different abilities.”

An inclusive playground goes beyond just adding ramps. Hallie shared that in order to have a space meet the needs of all, there needs to be a firm, but pliable surface – currently

the playground has woodchips, which create mounds and valleys that make it difficult for many people to walk on and certainly do not work for wheelchairs or those with any visual deficits, not to mention younger children or children with autism, who may put small objects into their mouths. There needs to be ground-level play opportunities and sensory elements - points for interaction and imaginative play that teachers can set up ideas around for games. Everything should be designed to encourage engagement and participation for all students.

As the new playground will be publicly accessible, considerations will also be made for parents who may have disabilities or older relatives who walk with canes and walkers, and there will be structures or trees in the space that offer appropriate shade.

As part of the last Touch-a-Truck event, there were survey boxes available to obtain the community’s input and ideas as well. Potential sketches of what the playground would look like were shown so people could comment on them.

Hallie hopes to extend the idea to other communities as well so that this need can be addressed in an even broader way.

“It is more difficult than people often realize for families who have children with disabilities,” she shares. It is tough for them to be included in birthday parties or other events that don’t have accessibility. It is tough to find a sitter for your children when they have special needs. Many of these families feel very alone. Let’s make strides to change that.”

When around 75% of the project cost is reached, a contractor will be secured, and official plans will start being made to design and build the structure. Our community can help by attending the next Touch-a-Truck event scheduled for May 20th and participating in other events that will be planned. Donations from community members or local businesses are encouraged to help meet the funding goal.

Learn more about the inclusive playground project by visiting www.ourplayability.com or the Facebook page at Facebook/OurPlayAbility

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Senior Center News Briefs

Garden Planting Event - Now that we have fresh, fertilized soil in our eight raised beds, it's time to plant! Join us on Thursday, May 18, at 1 p.m. for the joy of pushing seeds into soil! Our "Garden Guru" Kate Donovan will be on hand to direct us and we'll have all the seeds. We're aiming for a bumper crop of fresh vegetables that we can offer to our seniors over the summer.

Grandparents Raising Grandkids - There's a support group for that! Twice each month, meetings are held at The Bernon Family YMCA in Franklin... in-person and on Zoom... second and fourth Wednesdays of the month, 6-7pm. More information is available from the Y at (508) 528-8208. And free childcare is available.

Drive By Lunches - Continuing this month will be the popular lunches delivered at the Senior Center. Tuesdays and Thursdays from 11:30 a.m. to

12:30 p.m. lunches will be provided by Mickey G's. \$3 per meal for Bellingham residents.

Coffee & Conversation - Every Tuesday at 9:30 a.m. Sometimes, we'll have a surprise guest or two that you will not want to miss. Call ahead, please, and reserve your seat at the table.

Tales of American Presidents - Crowd-pleaser Paul Arsenault will be back on Friday, June 9, at 11am with more stories about the inhabitants of the Oval Office. This one will be Teddy Roosevelt.

The Affordable Connectivity Program is a federal program that offers financial assistance to low-income households for their broadband services and internet connected devices. If you'd like to know more about it, please call Lisa Loo at (508) 657-2714 or email lloo@bellinghamma.org.

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Sharon Timlin Memorial Event: A Race to Cure ALS to be held on June 17th to benefit The Angel Fund

Mike Timlin and family will be on hand for race

This year marks the 20th year for the Annual Sharon Timlin Memorial Event: A Race to Cure ALS (Lou Gehrig's Disease) which will be held on Saturday, June 17th at Hopkinton High School.

The popular road race and family fun day benefits The Angel Fund for ALS Research and its research at UMass Chan Medical School. The race has raised more than \$2 million for ALS research since its inception.

The event is held in memory of Sharon Timlin, mother of for-

mer Red Sox relief pitcher Mike Timlin who was diagnosed with ALS (Amyotrophic Lateral Sclerosis), a disease better known as Lou Gehrig's Disease, in May 2001. She died less than a year later, in March 2002. The event also recognizes and honors the Timlin family's commitment to ALS research and The Angel Fund for ALS Research. Mike and his wife Dawn will be guests of honor at the event.

"As a family, we are so thankful to have supported the Angel Fund through the Sharon Timlin



Memorial 5K run," Mike and Dawn said. "The support of the town of Hopkinton has meant the world to us and we look forward to seeing you as we continue this fight against ALS. In this time, we have seen the impact of our contributions to Dr. Brown at UMass Chan Medical School in his research. We are just so thankful for all the support we have received over a 20-year period. We hope you will join us on Saturday, June 17th, 2023."

The course is a fully supported USATF certified 5K racecourse, with timed mile markers. The 5K race begins at 8:30 a.m., followed by the family fun day activities with live music, food, games, raffles, and other activities from 8:30 to 12 noon. A Kids Color Run will held as well

Participants can register at <https://sharontimlinrace.org>. Registration is limited to 1,800 registrants and online registration closes when capacity is reached, or at 11:59 p.m. on June 16, 2023.



The 5K race fee is \$40 for runners who register on or before May 29, 2023. Registration is \$45 after May 29, 2023. Registration for the virtual option is \$25 plus shipping. The first one thousand race participants will receive a commemorative race T-shirt and can enjoy post-race food and Family Fun Day.

Awards will be presented to the top three male and female finishers. The top three finishers in the following age groups will also receive awards: 14 and under; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-plus; male/female 80+, and wheelchair division. There will be no duplicate awards.

Runners and non-runners are encouraged to take part in the Angel Fundraising Challenge, a fun and easy way to go the extra mile and fundraise by setting up their own personalized fundraising page.

"Proceeds from this event benefit The Angel Fund for ALS

Research and the UMass Chan Medical School, where world-wide groundbreaking research is being done daily," Rich Kennedy, President of The Angel Fund added. "To date, thanks to you, we've raised over \$2 million for critical research for this devastating disease where there is no treatment or cure."

For information about the Sharon Timlin Memorial 5K Race to Cure ALS, visit the website www.sharontimlinrace.org

In addition to the Angel Fundraising Challenge, donations in Sharon Timlin's memory are also welcome and would be greatly appreciated. Donations can be made online at <https://sharontimlinrace.org>, at The Angel Fund website at www.theangelfund.org, or by sending a check made payable to The Angel Fund and mailed to The Timlin Race, 149 Wood Street, Hopkinton, MA 01748.



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Bellingham Library May News & Events

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, May 29th for the Memorial 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.

Conducting Business in a Virtual World - Saturday, May 6th at 9:30 a.m.

Digital meeting tools have been around for many years, but have become essential since the

pandemic. This session will identify some of the most popular digital meeting and webinar tools and how they can help increase your business's reach. We'll discuss free and paid accounts for Zoom, Google Meets, GoTo Webinar and Webex. Learn how to make your meetings more professional and engaging. 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.

Business Resources - Wednesday, May 17th at 6 p.m.

There is so much technology out there that can help business owners get the brand recognition needed to succeed. In this session, we'll explore services that can help you keep your business in the forefront by providing email campaigns, customer relations management, logo production, business printing, website hosting, and development. Included will be a preview of MailChimp, ConstantContact, Fiverr, Vistaprint, HostGator and more. 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.

KMA Arts Night - Thursday, May 11th from 6-7:30 p.m.

Join the students of Keough Memorial Academy for their second art exhibit at the library. Their art will be on display in the Community Room through the end of the school year. Light refreshments will be served cour-

tesy of the Friends of the Bellingham Library.

1950s Concert with the Retro Polatin Duo - The Golden Age of Music - at the Town Common

Friday, May 19th at 6 p.m.
The 1950s were a time of changes and the music of the decade both reflected the cultural changes that were happening while still holding on to the societal norms of the past. Music was dominated by the birth of rock and roll. This educational and entertaining program with the Retro Polatin Duo explores classic pop hits and rock and roll from the 1950s.

Location: Bellingham Town Common. In case of rain or other weather issues, the concert will be held at the Bellingham Public Library. If the location changes the library website, calendar and Facebook pages will be updated. Registration preferred but not necessary.

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

Council, a state agency.

Virtual 50+ Job Seekers Networking Group - April Topics:

Interview Preparation/Strategy, Wednesday, May 3rd, from 9:30 a.m. to 11:30 a.m. or Wednesday, May 10th from 6-8 p.m.

Interview Practice - Wednesday, May 17th from 9:30 a.m. to 11:30 a.m. or Wednesday, May 24th 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.

May Children's Program Schedule

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

Join us for stories, songs, crafts and open play! Similar to a traditional story time, with movement breaks and supports built in. For children ages 2-5 of all abilities. Space is limited and registration is required for each session, so please register early! No class on May 24th!

Rhyme Time with Miss Laura - Mondays at 9:30a.m., Tuesdays and Thursdays at 11 a.m.

Join us for some rhyme fun! We'll read, sing, dance, do finger-plays, all as we build pre-reading skills. There will be a themed activity after circle time to extend the learning! Intended for ages 3-5 but bigs and littles are always welcome. Drop in, no registration! No class on May 1st.

LIBRARY

continued on page 20

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LIBRARY

continued from page 19

Picnic Stories on The Common – Tuesdays at 12 noon. Join us on the Town Common, at the gazebo, for a story and outdoor fun! This program is weather dependent. Heat and rain can result in the program being canceled. Check the library calendar, Facebook page or call us if you are unsure!

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

For ages 0-5. Songs, a story, music, instruments, and beach balls = a lot of noisy fun! Join us! No registration required.

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

For children under 2, older siblings welcome. Songs, stories, and play/discussion time for you and your baby/toddler. Drop in! No class on May 24th!

1st Saturday Family Fun – Saturday, May 6th, from 10 a.m. to 12 noon

It's Comic Book Day and we will be having some comic book fun! Come in and draw your own comic book pages, do a superhero scavenger hunt to win a prize and do some superhero crafts! Drop in fun – no registration required.

Monster Squad – Thursday, May 4th 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, May 11th at 6 p.m.

Welcome Homeschool families! Join us for a meet up to discuss ideas, resources, and other subjects important to our local homeschool families. Miss Laura will be present to assist with any research and information that may be needed as well as offering ways the library can help meet the community needs. Drop in, children are welcome to accompany adults and have some fun too!

Building & Engineering Fun – Thursday, May 18th at 4 p.m.

Use a variety of building materials to free build a creation of your own or take on an engineering challenge – it doesn't matter as long as you are being creative and having fun! Drop in activity, registration not required!

Starlight Story Time – Thursday, May 25th at 6:30 p.m.

Drop in the library after dinner for a story to help everyone unwind from the busy day. Come in your PJs if you want and feel free to bring a blanket

and a stuffed friend. We'll meet in a calm space to share a story as we slow our minds and bodies in preparation for a night of restful sleep. Ages 1 - 100 everyone is welcome!

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 p.m. 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 p.m. - 4:45 p.m. Stop by the Community Room after school to make crafts, use a Chromebook, play on the Wii, play board games and hang out with friends! Registration is required for this program, so pick up a registration form during library hours or after school. Questions? Contact Diane Nelson, dnelson@cw-mars.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 2:00 p.m. - 4:45 p.m. Stop

by the Teen Room to use computers, play on the WiiU and Xbox1, play board games and hang out with friends! There is no registration needed to attend this program. Questions? Contact Amanda Maclure, amaclure@cw-mars.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@cw-mars.org for details.

Friends of the Library generally meet on the second Tuesday of the month at 7 p.m. Email library@bellinghamlibrary.org for details.

The Library Board of Trustees generally meets on the second Thursday of the month at 7 p.m. Email library@bellinghamlibrary.org for details.

Adult Writing Group is back to meeting at the library. Their new meeting date is the second Tuesday of the month at 6:30 p.m. Email marjorie@marjorie-turner.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 Wednesdays from 6-8 p.m. 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.

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Be Sure to File Mortgage Discharge When Mortgage Is Paid Off

Norfolk County Register of Deeds William P. O'Donnell reminded consumers today about the importance of filing a mortgage discharge in a timely manner after their mortgage has been paid off.

Register O'Donnell stated, "As consumers, we all need to borrow money. There are many reasons why consumers borrow money—to purchase a house, to make home improvements, or to help pay for the ever-increasing tuition payments of our children. The borrowing of money involving real estate leads to a mortgage being recorded against the title of that real estate."

In calendar year 2022, there were over 130,000 documents recorded at the Norfolk Registry of Deeds, and of that number, more than 23,200 were mortgages, nearly 20% of all documents recorded in 2022.

To clear a homeowner's property title when a mortgage has been paid off, a mortgage discharge document needs to be recorded with the Registry of

Deeds. A discharge is a document (typically one or two pages) issued by the lender, usually with a title such as "Discharge of Mortgage" or "Satisfaction of Mortgage."

"As a consumer, you want to make sure a discharge has been recorded at the Registry of Deeds, which tells the world that that mortgage has been paid off," noted Register O'Donnell.

In some instances, mortgage discharges are filed directly by banks or settlement closing attorneys with the Registry as part of a property sale or as a result of a refinancing transaction. In other cases, the mortgage discharge is sent to the property owner, who then becomes responsible for making sure the document is recorded.

Register O'Donnell cautioned, "Whether or not the mortgage discharge is recorded by the lending institution or the individual property owner, it is imperative that the property owner makes sure all necessary documents have been recorded at the Registry of Deeds."

Individuals with property recorded at the Norfolk County Registry of Deeds can check their title and make sure all their mortgages have been properly discharged using the Registry's online records at www.norfolkdeeds.org. By going to the Online Research section of our website, property owners can verify that all mortgages associated with the property have been discharged.

Register O'Donnell cautioned residents, "Please remember that not having a mortgage discharged will result in a title issue and thereby impact the process of selling one's home."

The Register further noted that there have been cases where no discharge has been recorded against a long-paid-off mortgage. "Unfortunately, some of the lending institutions that provided funds for these mortgages are no longer in existence. In other cases, financial entities have merged with another lending institution."

If a property owner needs to retrieve the original discharge

of a mortgage, and it is unclear which lending institution is now responsible for providing the document, an option is to contact the Massachusetts Division of Banks at 1-800-495-2265 x-1 and then x-61501. Another option is to access the Federal Deposit Insurance Corporation website, www.fdic.gov. Then find the BankFind tab approximately halfway down the home page, put in the lending institution in question, then click on the lending institution link, and you will be able to determine who has responsibility for the mortgage.

When recording a mortgage discharge, the original docu-

ment is required. By law, the Registry of Deeds cannot accept photocopies or faxed copies of documents. The filing fee, set by state statute, is \$106.

In conclusion, Register O'Donnell stated, "After paying off all the mortgages on their property, homeowners want to know they have a clear title to their property, especially if they are contemplating selling. Knowing what steps need to be taken to ensure all paid-off mortgages have been properly discharged will go a long way in giving the homeowner assurances that they have clear title to their property."

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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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Statement on House Vote Subverting the Will of Voters and Gutting 62F Tax Rebate Law

Following a House vote that significantly waters down Governor Maura Healey's proposed tax relief package and fundamentally changes the voter approved tax cap and rebate law known as Chapter 62F, the Massachusetts Fiscal Alliance issued a statement condemning lawmakers for failing to do enough to keep Massachusetts economically competitive and subverting the will of Massachusetts voters.

"When lawmakers were shepherding through the income surtax amendment, they frequently cited the importance of following the will of the voters. Over the years it's become increasingly clear they only feel bound to that will when it benefits them, such as approval of a tax increase or automatic pay raises for legislators. When vot-

ers pass tax relief laws, legislators have no issue ignoring them and we're seeing that arrogance again on full display today. Even if you support the modest tax cuts the House approved, gutting Chapter 62F is a complete subversion of the intent and spirit of CLT's successful tax cap ballot question and the will of the voters who endorsed it, thus a poison pill to the entire tax reform proposal," noted Chip Ford, recently retired executive director of Citizens for Limited Taxation.

Earlier today, the American Legislative Exchange Council released their annual "Rich States, Poor States" ranking for all 50 states, and Massachusetts dropped four places due to the narrow passage of the millionaire's tax last November.

"Over the last three years, our state has seen a net loss of over 100,000 people. As the full effect of the income surtax amendment begins to be felt, we're absolutely going to see that trend continue, but this time with a cohort composed of our largest taxpayers. Our economic competitiveness rankings are in free fall. If our state government is to address this issue and head it off before it becomes catastrophic, they need to take bold action. The changes to the estate and capital gains taxes put forth by the House won't cut it and the Speaker's attempt to gut the voter approved tax cap and rebate law known as 62F is nothing more than provocation to the taxpayers," stated Paul Diego Craney, spokesperson for Massachusetts Fiscal Alliance.

Rep. Soter announces \$15,000,000 for Town of Bellingham PFAS Treatment at Hartford Avenue

Representative Michael Soter (R-Bellingham) announced that the Town of Bellingham will be receiving a \$15,000,000 loan through the Final Calendar Year 2023 Intended Use Plan (IUP).

This funding will go to PFAS treatment at Hartford Avenue in the Town of Bellingham. This project is Drinking Water State Revolving Fund. The State Revolving Fund (SRF) financing is administered by the Massachusetts Clean Water Trust and finances projects implemented by cities and towns, regional water supply and wastewater treatment districts, and the Massachusetts Water Resources Authority (MWRA).

The projects include 50 drinking water construction projects (see Table 1) totaling approximately \$381 million. An additional \$4 million will be

offered by the Trust as grants for 39 Asset Management Planning projects. Communities offered SRF financing in this round must decide to move forward with the project by June 30, 2023, and secure local funding authority.

The Drinking Water SRF provides \$431 million in financing for drinking water projects across the Commonwealth. Approximately \$311 million will finance 39 new construction projects, approximately \$69 million will be allocated towards financing 11 previously approved multi year projects, \$5 million will fund an emergency set-aside account, \$10 million has been set aside to finance planning and PFAS design projects, and \$35 million has been set-aside to finance lead service line replacement projects.

Save the Date!

HMEA's incredABLE Day – Sunday, June 11th, 2023

Event from 10 a.m. – 1 p.m. at Jefferson Elementary School, 628 Washington Street, Franklin, to include 11 a.m. Community Stroll, games and activities for people of all abilities. Meet famous mascots, enjoy some (free!) hot dogs, hamburgers, and chips, and spend the day with the HMEA community!

Fundraising and donations ahead of the event, and through June 30, 2023, are gratefully accepted at hmea.org/donate. Participation in the incredABLE Dream, Elite, and 50/50 raffles is strongly encouraged!

Coming Up at Bellforge Arts Center

The following events are free, but registration is encouraged. Visit <https://bellforge.org>.

FieldFest Music Festival

Local music is one of the heartbeats of Bellforge Arts Center, and we kick off the 2023 live music season with performances by bands from the "Bellforge Triangle" of Boston, Worcester, and Providence. Catch Jennifer Tefft, Shotgun Waltz, and others for an afternoon of engaging alternative rock sounds.

Saturday, May 6, 12-5 p.m.

Fun at The Forge

Saturday, May 20, 10 a.m.-2 p.m.

The kids take the spotlight for our annual event focusing on the younger generation. A true all-ages afternoon, join us for magic, music, face-painting, and plenty more to keep both the kiddies and the adults entertained.

New Life 5K

Saturday, May 13, 10 a.m. – 1 p.m.

Join us as we team up with New Life Furniture Bank for this annual 5k around the expansive

Medfield grounds. For non-runners, we'll have TrillFit keeping the campus active and beat going strong with free cardio classes.

Pride Celebration

Saturday, June 10, 12-7 p.m.

Bellforge Pride is a joyful event honoring the equality, visibility, and acceptance of our LGTBQ+ community members and allies. All are welcome at this family-friendly, fun and free celebration. Live music will range from alternative to indie to pop; lineup coming soon!

Juneteenth Celebration

Saturday, June 17, 12 -7 p.m.

All are welcome to join us for our annual Juneteenth Celebration at Bellforge, an afternoon of art and music that showcases and celebrates Black excellence. There will be live performances of rising New England talent, homegrown DJs keeping the beat strong all day long, and community vendors offering retail, food, and beverage.

Summer Sounds

Wednesday, June 21, 5-8 p.m.

Summer Sounds is the perfect mid-week getaway right in our own backyard. Join us after work until dusk for a free evening of food trucks, beer garden vibes, lawn games, and live music performances from rising homegrown bands and artists. All ages, Wednesdays, all summer.

To Get to Bellforge Arts Center:

Take Rt. 27 to Hospital Road. Make a left on Hospital Road, then a left on Service Drive.

If using Google Maps or Waze: Use I Service Drive, Medfield in your GPS

If using Apple Maps: Use 45 Hospital Road, Medfield in your GPS

You will turn in to the hospital grounds when you see the school buses. Drive up the hill, where you will find several available parking lots on your left. Bellforge is on the right (walk between the brick buildings) with events located outside on the grounds of the former Chapel.

For more information, visit bellforge.org/events.

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Docket No. N023P0771EA
Estate of: Joseph William Liberty
Also Known As: Joseph W. Liberty
Date of Death: January 8, 2023

To all persons interested in the above captioned estate, by Petition of Petitioner **John P. Liberty of Salem, MA**. John P. Liberty of Salem, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

Sports

LACROSSE

continued from page 1

new Coach said. “I just can’t understand why they couldn’t score more than 53 goals, especially with the shooters on this team. I am hoping that with a new system in place they’ll be able to get open more.”

Kelleher moved to Bellingham a few years ago and was looking to get involved with the youth lacrosse program in town, but Ella Lage, who is on the high school lacrosse team and works at camp Bow Wow, where Kelleher takes his dog, informed him of the opening at the High School. With that knowledge he put his name in the hat and was lucky enough to have been chosen.

Having never coached girls before Kelleher wanted to surround himself with people who could help him in the ways of coaching the opposite sex. With that Sarah Saillant will be on the sidelines with him as the Bellingham assistant coach.

The Blackhawk coaches will be beginning their tenure at Bellingham with only three seniors, so they will definitely be looking to build a strong foundation within the program while growing the core of the team so that they have some sort of leadership next spring. Thus far, according to Kelleher, the girls all understand what he and Saillant are implementing and trying to do.

The first goal at hand in building for the future is to make sure that all the girls have their skills of the game up to speed. Once that is accomplished Kelleher feels confident that the squad can be competitive within the Tri-Valley League top to bottom.

“We want to show the league that we are not a pushover and that we will be competitive with them this year and will be coming after them next year,” Kelleher said. “I also want the seniors to go out on a good note.”

The trio of seniors taking the field for Bellingham this spring will be co-captains goalie Sarah Kidd and attack Ella Lage as well as midfielder and attack Madison Ferreira. The three

are all in at helping the first-year coach in developing the younger players so that the program has a promising future.

“All three seniors are coachable and taking their new roles to heart,” the coach said. “Sarah is strong and fearless in the net and communicates well; she is the quarterback of the team. Madison has the talent to put the ball on net and score, while Ella has not scored a varsity goal yet. My number one goal for her is to get her there, giving her more freedom while positioning her to get that opportunity.”

According to the consensus of the team Bellingham really didn’t have much of an offense in place last season and that is something that Kelleher and Saillant are looking to change.

“When we scored eight goals in a scrimmage earlier in the season it was the most goals that they had scored in a single game,” he said. “As a coach you can see the individuals who have played the game and they’re playing much looser and with smiles. The girls told me that last year was more of a punishment instead of fun; we’re looking to change all that.”

Kelleher will be looking for junior midfielder Rebecca Pipitt to make an impact on this year’s team. The coach said the midfielder is called the “Draw Queen” and has shown that she has a phenomenal talent in winning a majority of her draws and that in turn gets the offense moving in the right direction.

Other girls the coaches are hoping to take a step forward and make a name for the team are sophomores Luci Walden, a transfer from BVT who was a varsity starter last year, attacks Jocelyn Zahn and Samantha McNamara, both legitimate threats. Two other sophomores the coach has on his radar are Abigail Pelletier and Abigail Wallace.

As the team prepares for its opening game against Norton, the Bellingham Coaches are very optimistic in what this group of girls can accomplish.

“We have a lot of younger athletes that have already shown maturity and are working really well with one another,” Kelleher said. “Being that the girls are



working together is something that I have rarely seen coaching boys as they usually have more of a me first attitude. With this team mentality and everyone on the same page, coaches, and players, I feel this year is going to be a step in the right direction at building a strong foundation for this program and the years to come.”

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Sports

Flynn: An Unsung Contributor For BHS Lacrosse Team

BY KEN HAMWEY
BULLETIN SPORTS WRITER

A major plus for Steve Linehan, Bellingham's varsity boys lacrosse coach, was having an assistant like Mike Flynn by his side for the last six years.

Linehan, who became the Blackhawks' head coach in 2017, relied on Flynn as a volunteer aide during his first season. But, a year later, Flynn became the junior-varsity coach and Linehan's varsity assistant. The program benefitted immediately. The Blackhawks went from 2-18 to a 6-12 record as the team tripled its victory total.

And, during their six years, the program earned a tourney berth — facing powerhouse Nantucket last year in a first-round loss. That playoff appearance was Bellingham's second in the 13-year history of the program.

The 58-year-old Flynn, whose son Mic scored 54 goals during the revitalized 2018 campaign, no longer is on the sidelines. He stepped away from coaching for two reasons — to see his son play lacrosse at UMass-Boston and for health considerations.

Linehan greatly appreciated Flynn's six-year run and the assets he brought to the table.

"In our first year together, Mike and I decided our top priority would be to build a program based on accountability,

responsibility and commitment," Linehan said. "As our jayvee coach, he developed talent and he promoted our culture of accountability and commitment. As my varsity assistant, Mike managed the substitution box. He did a fine job making sure that we had the right combination of players on the field at the right time."

Linehan, who started the youth lacrosse program in Bellingham in 2013 and played the sport at St. Michael's College in Vermont, wanted an aide who taught at the high school and could bring the discipline of the classroom to the program. "Mike also was terrific at impressing upon our players to be proud to represent their school and the lacrosse program," Linehan said.

"I really enjoyed coaching," Flynn said. "I'll miss the spirit and the determination of the players and I'll also miss the bus rides after a victory. That atmosphere was always enjoyable. And, when Mic played, I just loved being around the team."

A native of Bellingham and a 1982 BHS graduate, Flynn has been on the high school's faculty for 27 years and will continue to work in the special education department. He majored in second-



Mike Flynn, right, assisted Bellingham lacrosse coach Steve Linehan, left, and was on the staff when his son Mic, center, became the Blackhawks' all-time points leader.

ary education at the University of Rhode Island and earned his masters from Providence College in special education.

The personable Flynn learned all the details and nuances of lacrosse when his son played in Bellingham's youth league. "Actually, it was Mic who taught me everything I know about the sport," Flynn offered. "Mic learned a lot by going to camps and clinics. I'm glad he had success and it came because he was self-driven. I never pushed him. He inspired me."

Mic is Bellingham's all-time leading scorer with 173 points (131 goals and 42 assists).

A volunteer for the youth league, Flynn did whatever was needed. "I set up nets and provided youth supervision," he said. "Whatever they needed, I offered to help."

And, that's how it worked as Linehan's right-hand man.

Flynn was an ideal choice for the jayvee post. In that role he was acutely aware that the top priority was to get players ready to compete at a higher level. Winning was important but player development was crucial.

"I taught eighth and ninth graders during school and many of my jayvee players were my students," he said. "I liked the responsibility of coaching and I

stressed the attributes that Steve emphasized. The players learned commitment and accountability. I also tried to strengthen their passion for lacrosse so they could eventually be contributors on the varsity. And, I also made sure that every player participated."

As Linehan's varsity assistant, Flynn's prime role was managing the substitution box — a pressure-packed job that requires quick-thinking. "Lacrosse substitutions are like hockey," Flynn noted. "They're made very quickly and it can be challenging. The decisions involve the right combinations to deal with the situations on the field."

Linehan also relied on him to keep tabs on players during school hours. "It helps to have a coach in the system," Flynn said. "Behavior can be monitored and it also was helpful to see the kids to discuss grades or whatever was on their minds."

Flynn's assets as an assistant were his commitment, his approachable nature and the discipline he brought to the program. "I have a sense of humor and I would use that to defuse a tense situation," he said. "And, I provided a second set of eyes to help Steve in his decision-making."

Linehan listened to his assistant's suggestions and liked the way Flynn reinforced his coaching philosophy.

"Mike's thoughts were always credible," Linehan offered. "We had a good friendship and I would often use Mike as a sounding board before I would speak to the team on a key issue. Mike shared my core values and his strengths were his intense commitment to the program and his ability to make players comfortable with what he had to say. He was approachable and that's a prime asset for any coach."

Flynn's favorite moment was in 2018 when the Blackhawks defeated Dedham in overtime. It was senior night and a large crowd was on hand. "We won

the game when we took the ball from the defensive end and advanced all the way to the offensive end," Flynn recalled. "Mic passed to Colin Day who scored. It was exciting and I was happy for the kids."

Although BHS lacrosse has struggled, Flynn firmly believes it will keep improving with Linehan at the helm.

"The players' skills are improving, players have the benefit of learning the sport in the town's youth league, more players are choosing lacrosse as a second sport and they like it's up-tempo nature," he offered. "My advice to the players is to keep working hard, keep grinding and prove people wrong. And, my advice for parents and fans is to keep supporting the kids. It means a lot for their confidence and competitive nature."

His advice is solid because at the Bulletin's deadline, BHS had a 3-2 record.

Flynn, who played two years of basketball in high school, is the son of Frank Flynn, the first athletic director at BHS and the first inductee into Bellingham's Athletic Hall of Fame.

"My dad died when I was two but I've heard so many positive words about him," Flynn said. "I've been told he was motivating and inspiring. He also coached three sports — cross-country, basketball and baseball. And, he coached some of our early stand-out athletes, like Glenn Garriepy, Roger Canestrari, and Ron and Jim Bonollo."

Flynn's position with the lacrosse team has been filled by a former BHS lacrosse player, George Pearson. Linehan and Pearson will see Flynn at as many games as he can attend.

"Mike has an open invitation to attend all practices and games," Linehan emphasized.

Mike Flynn's departure should be viewed in positive terms. The program is still striving to be competitive in the Tri Valley League, but, thanks to his caring and commitment, Bellingham's lacrosse program is in a better place.

His imprint on the program is indelible.

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Register O'Donnell Promotes Massachusetts Homestead Act

Register of Deeds William P. O'Donnell today reminded Norfolk County homeowners about the importance of filing for Homestead Protection.

O'Donnell noted, "If you own a home, and it is your primary residence, you have an automatic homestead exemption of \$125,000. However, if you file a Declaration of Homestead at the Registry of Deeds, the exemption increases to \$500,000. The Homestead Law provides a homeowner with limited protection against the forced sale of their primary residence to satisfy unsecured debt up to \$500,000 if they have filed. This is especially important when you consider that for most of us, a home is our most valuable asset. Consumers should take steps to protect that asset."

Another feature of the Homestead Law is the allowance for the filing of an Elderly Homestead Declaration, which defines an elder as a person who is 62 years of age or older and

provides protection of \$500,000 for each qualified person.

The Register further noted, "In March of 2011, the Homestead Law was updated so that a valid Homestead is not terminated when refinancing a mortgage. Other changes that took place back in 2011 state that a Homestead can provide protections for a primary home even if it is held in a trust. The definition of a primary residence was also expanded to include a manufactured or mobile home."

A Declaration of Homestead also protects the sale proceeds if the home is sold for up to one year after the date of the sale or on the date when a new home is purchased with the proceeds, whichever comes first. Additionally, if the home is damaged by a fire, for example, the insurance proceeds are protected for two years after the date of the fire or on the date when the home is reconstructed or a new home is purchased, whichever is earlier.

While the Homestead Statute

provides important protections for homeowners, it is important to note that certain debts are exempt from protection under the Homestead Act. These include federal, state, and local tax liens, as well as mortgages contracted for the purchase of a primary home and nursing home liens. Most other mortgages, debts, and encumbrances existing prior to the filing of the Declaration of Homestead, along with probate court executions for spousal and child support, are also not covered under the Homestead Protection Statute.

Declarations of Homestead are recorded at the Registry of Deeds for a state-imposed fee of \$36.00. Additional information about the Homestead Law and the forms are available at no cost by going to the Registry's website

at www.norfolkdeeds.org.

Register O'Donnell concluded, "I want to reiterate that a Homestead provides limited protection against the forced sale of a homeowner's primary residence to satisfy unsecured debt up to \$500,000. While the debt is still owed, homeowners can have peace of mind knowing that with a Declaration of Homestead recorded at the Registry of Deeds, their primary residence cannot be forcibly sold to satisfy most debts."

If you have any questions about a Homestead, please contact the Norfolk County Registry of Deeds Customer Service Center at 781-461-6101, Monday through Friday between the hours of 8:30 a.m. and 4:30 p.m.

To learn more about these and other Registry of Deeds

events and initiatives, "like" us on Facebook at facebook.com/norfolkdeeds. Follow us on Twitter and Instagram at [@norfolkdeeds](https://twitter.com/norfolkdeeds).

The Norfolk County Registry of Deeds is located at 649 High Street in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information. All land record research information can be found on the Registry's website www.norfolkdeeds.org. Residents in need of assistance can contact the Registry of Deeds Customer Service Center via telephone at (781) 461-6101, or email us at register-odonnell@norfolkdeeds.org.



Cast of Urinetown

Bishop Feehan Theatre Company Nominated for Multiple 2023 Ocean State Star Awards

Twenty-two Nominations including Outstanding Musical! Bishop Feehan Theatre Company is honored to receive 22 Ocean State Star Awards for their production of Urinetown: The Musical. The Ocean State Star Awards is part of the Provi-

dence Performing Arts Center's Education initiative which recognizes, honors, and encourages excellence in all aspects of musical theatre performance and production among area high school students.

Bellingham Business Association State of State Meeting May 10th

Join the Bellingham Business Association for its 2023 State of the State Meeting on May 10, 2023 at Savini's Pomodoro, 476 Rathbun St., Woonsocket, RI, from 6-8 p.m.

Joining the BBA will be Massachusetts State Rep. Mike Soter and Massachusetts State Senator Becca Rausch.

The cost for members is \$25.

For more information about the BBA, visit www.Bellingham-BusinessAssociation.org.

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Register O'Donnell Reports on March 2023 Real Estate Activity in Norfolk County

Norfolk County Register of Deeds William P. O'Donnell reported that Norfolk County recordings for the month of March 2023 indicate a continued decrease in overall real estate activity, with significant drops in mortgage activity and the average property sale price as compared to March 2022.

"Spring has arrived, ushering in a new home-buying season, which is reflected in March's rise in real estate activity over the previous month," said Register of Deeds William P. O'Donnell. "As compared to last year, however, we are still seeing significant decreases in the number of documents filed."

The Norfolk County Registry of Deeds recorded 8,541 documents in March 2023. This was 31% less than in March 2022 and 27% more than in February 2023.

"Despite easing inflation, high food and energy costs are still limiting customers' ability

to save money," said Register O'Donnell. "The number of recorded deeds, which is one measure of document volume, shows a drop in real estate sales from the previous year."

The number of deeds for March 2023, which reflect real estate sales and transfers, both commercial and residential, was 1,250, a decrease of 17% from March 2022 and an increase of 29% from the previous month of February.

"Although home prices have fallen significantly, they are still higher than pre-pandemic averages, with March 2023 home prices 34% higher than March 2019." O'Donnell went on to say, "The lack of available real estate inventory is likely one reason why property prices are still higher than they were before the pandemic, along with the desire to live in local communities."

Sale prices for March appear to have dropped compared to March 2022. The average sale

price in March was \$886,486, a 21% decrease from March 2022 and a 6% decrease from February 2023. The total dollar volume of commercial and residential sales is down, decreasing 38% from one year ago and increasing 34% from last month.

"A continued decline in the number of deeds and mortgages recorded at the registry may indicate that homeowners who took advantage of lower interest rates in 2020 are hesitant to make moves with average mortgage interest rates above 6%," O'Donnell added, "Although average sales prices are declining, current homeowners and first-time buyers may be holding out hope for lower interest rates."

Overall lending activity showed a continued downward trend for the month of March. A total of 1,280 mortgages were recorded this month, 47% less than a year ago at the same time and up 41% from last month.

"According to the data, we are recording significantly fewer mortgages than in the past, which can be attributed to a number of factors that the country is experiencing right now, such as the rising cost of living and a spike in mortgage interest rates," explained O'Donnell. "These aspects of the economy can affect the local real estate market."

The Norfolk County Registry of Deeds has been closely monitoring the foreclosure market. In March 2023, there were 4 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, whereas in March 2022, there were 5 recorded. However, in March 2023, there were 30 notices to foreclose, the first step in the foreclosure process, significantly more than the 11 recorded in March 2022.

"The substantial increase in the number of these notices is troubling. It suggests that more of our neighbors may have financial difficulties in the future," said O'Donnell. "We will continue to monitor these figures."

For the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action Programs (617-479-8181 x376) and NeighborWorks Housing Solutions (508-587-0950) to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General's Consumer Advocacy and

Response Division (CARD) at (617) 727-8400.

"If you are having difficulty paying your monthly mortgage, please consider contacting one of these non-profit agencies for help and guidance," said Register O'Donnell.

Register O'Donnell concluded, "The limited inventory of available property on the market and the high demand for homes are likely factors in keeping property values above pre-pandemic levels, while the decrease in prices may be due to homebuyers' reluctance to take out mortgages at current interest rates."

To learn more about these and other Registry of Deeds events and initiatives, "like" us on Facebook at facebook.com/norfolkdeeds. Follow us on Twitter and Instagram at @norfolkdeeds.

The Norfolk County Registry of Deeds, located at 649 High St., Dedham, is the principal office for real property in Norfolk County. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities, and others with a need for secure, accurate, and accessible land record information. All land record research information can be found on the Registry's website, www.norfolkdeeds.org. Residents in need of assistance can contact the Registry of Deeds Customer Service Center at (781) 461-6101 or email us at registerodonnell@norfolkdeeds.org.



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House Republicans Support \$1.1 Billion Tax Relief despite Argument against 62F Change

State Representative Michael Soter (R-Bellingham) and the members of the House Republican Caucus recently presented a united front as they attempted to preserve the will of the voters on the Chapter 62F tax law, while approving a sweeping \$1.1 billion tax relief package.

House Bill 3770, *An Act to improve the Commonwealth's competitiveness, affordability, and equity*, was engrossed by the House of Representatives on a vote of 150-3 on April 13. The wide-ranging bill consists of a series of tax relief provisions that would double the Senior Circuit Breaker tax credit, increase the rental tax deduction, reform the estate tax, provide a higher state match on the federal Earned Income Tax Credit, and phase-in a reduction in the short-term capital gains tax over two years.

The bill also calls for changes to the voter-approved Chapter 62F law, which was passed in 1986 but has only been triggered twice in the last 37 years, first in 1987 and again in 2022. Chapter 62F ensures that excess tax revenues are returned to the state's taxpayers whenever revenue collections in a fiscal year exceed an annual cap tied to wage and salary growth, which resulted in nearly \$3 billion in excess revenues being returned to taxpayers last year in the form of a rebate.

Representative Soter explained that under the current Chapter 62F law, the amount of money returned to taxpay-

ers corresponds to a percentage of their individual tax liability. House Bill 3770 includes language that proposes any future 62F payouts instead be distributed to all taxpayers in an equal amount, regardless of their income or tax liability.

During floor debate on the bill, the House Republican Caucus offered an amendment to strike the proposed changes made to 62F. Representative Soter supported the amendment, citing the importance of upholding the will of the state's voters and not tinkering with the law, but it was defeated on a vote of 26-128.

While Representative Soter remains strongly opposed to making any changes to the voter-approved law, he also acknowledged that the proposed changes will likely result in more lower and middle-class taxpayers receiving a larger 62F refund than they did last year, if and when the law is triggered again in the future.

Despite the Chapter 62F changes, Representative Soter said that he voted for the underlying legislation because it will provide over \$1 billion in tax relief to Massachusetts residents and business owners phased in over three years. Specifically, House Bill 3770 would:

- Double the Senior Circuit Breaker tax credit from \$1,200 to \$2,400;

- Increase the tax deduction available to renters from \$3,000 to \$4,000;

- Lower the tax on short-term capital gains from 12 percent to 8 percent in the first year of implementation and then to 5 percent in year two;

- Raise the estate tax threshold from \$1 million to \$2 million, and eliminate the "cliff effect" by making the tax applicable only to the value of the estate that exceeds \$2 million;

- Reduce corporate excise taxes for companies that operate in more than one state by assessing the tax using a single sales factor, rather than the current assessment that is based on in-state sales, local payroll and property holdings;

- Expand the state match on the federal Earned Income Tax Credit from 30 percent to 40 percent; and
- Provide for a combined child care and dependent care tax credit totaling \$310 per dependent in the first year, \$455 in the second year and \$600 beginning in the third year, while also eliminating the current cap on the tax credit.

The tax relief package must still be approved by the Senate and signed by Governor Maura Healey before it becomes law. Representative Soter said that he and the rest of the House Republican Caucus will ask Governor Healey to veto the changes to Chapter 62F should those provisions make it into the final version of the bill.

12th Annual FBRTC 5K Road Race and Walk May 13th

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