

Norfolk & Wrentham

Postal Customer
Local

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Free to Every Home and Business Every Month

September 2020

The Voice of Your Community

Wrentham Native Laces Up for a Virtual Boston Marathon

BY GRACE ALLEN

It won't be the Boston Marathon she planned and trained for, but like everyone else Gianna Bender has had to adapt in these challenging times. Because of the coronavirus pandemic, the Wrentham native will be running in a reimagined, virtual Boston Marathon this month instead of in the iconic race usually held on Patriot's Day in April.

There will be no crowds cheering her on, no post-marathon celebration with her team. Even her pre-pandemic goal to run under 3:30 no longer really matters. Instead, Bender's primary focus will be on why she is running: to raise money for Dana Farber Cancer Institute, and to honor the memory of a high school friend.

Bender is a pediatric hematology-oncology nurse at Boston Children's Hospital. By participating in the lifesaving work that goes on there every day, Bender understands how important it is



to fundraise for cancer research. Her patients, she says, are the motivation behind her desire to run Boston.

"I feel so privileged to care for the children and families on the oncology unit," said the former collegiate runner. "Their strength and ability to be courageous, de-

spite their circumstances, is inspiring."

The memory of a high school friend has also factored heavily in Bender's desire to run the Boston Marathon. King Philip High

MARATHON
continued on page 9

Hey Neighbor, Our Website is Your Website

Local Town Pages is excited to announce the re-launch of its website www.norfolkwrenthamnews.com. It has a bright



WEBSITE
continued on page 6

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Mario's Quality Roofing, Siding, and Windows

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After one bad experience too many with an unreliable contractor who used shoddy materials, Stephen Goulston founded Mario's Roofing.

"I didn't like the way things were going in this industry," he says. "I wanted to make a change. I started Mario's with the philosophy that I wouldn't do to your house what I wouldn't do to mine."

Thus began a fifteen-year quest for the perfect balance of craftsmanship, quality, and affordability. Mario's Roofing has grown beyond Stoughton to over a dozen local offices servicing Eastern Massachusetts and Rhode Island. Mario's has also garnered several awards, including the Diamond Approval Award from Customer Track-Record, the CertainTeed Tenured Member and Governor's Awards, and the Triple Crown Champion Award.

"In all of North America, only eleven roofing companies have achieved Triple Crown status and we are one," Goulston says. "We're really proud of that."

A phone call or a website request for a quote brings a Mario's Roofing specialist right to your home. They'll make targeted recommendations, then spend time with the homeowner explaining what they've found.

"With roofing, we have a video for the customer to demonstrate every step in the process," Goulston says. "The key to a good roof is the preparation of the roof and the underlayment beneath the shingles. For the homeowner, it's the way it looks. For us, it's the way it performs."

Goulston stresses continuing education for his teams, regularly inviting experts to teach his staff about the latest developments in techniques and materials. "Our guys are quality experts. Delivering the best to our customers requires we know what the best is. Then to make optimal use of it, we've got to know how and when to apply it. That's where my team comes in. We invest in experts so we can make the right recommendation for a client's situation." They'll even offer help with financing.

Business spotlight

MARIO'S QUALITY
ROOFING
SIDING & WINDOWS

That commitment to cutting-edge materials is at the forefront with their siding. While Mario's offers basic vinyl siding, they also showcase a full selection of the newest and most versatile options, such as Everlast, a triple-composite formula that combines inorganic minerals, polymer reins, and acrylic colorant to create the most durable siding on the market.

"September and October are the best times to work on your house," Goulston says. "Massachusetts winters can be hard on a home. Your roof needs reliable drainage to protect against ice dams. You need the gutters clear and ready to do the hard work. The siding needs to insulate against the snow and wind. Every part of a well-maintained exterior works together for the entire house's protection."

Take windows, for example, which directly impact heating and insulation. Older windows may vent heat in winter or trap too much warmth in the summer. Replacing old windows with energy-efficient ones is an easy way to enhance a home's beauty and efficiency.

Mario's offers a variety of windows, including custom design. Goulston says, "With windows, the installation is the most important part. All our window installers are highly-trained, and our policy is that the person who measures the windows is the person who installs them."

Window installation involves work on both the inside and outside, and Mario's will move the furniture and the curtains rather than expecting the homeowner to do it, then set it back in place. Goulston says, "It's part of doing the job one hundred percent. Our workmanship sepa-



rates us from everybody else, but over the years, it's also become a huge part of our reputation that we care."

Early on, Mario's adopted the tag line, "We won't soak you to keep you warm and dry." They've held to that commitment with quality materials, expert craftsmanship, and competitive pricing.

Mario's website showcases a photo gallery of their best work, as well as before and after pictures with a slider bar so homeowners can visualize their own home's transformation.

Jobs range from new front doors to re-roofed apartment complexes, or even a single basement window. Goulston says, "A small touch like that is important—not only because it looks good, but for increased security and insulation. Our customers see those details every day, and when it's all working right, they feel proud of their home."

To get a quote for your home

repairs and upgrades, visit <https://mariosroofing.com> or call (781) 344-2420.

"We won't soak you to keep you warm and dry."



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Guess What May Be Coming Back

Though it never went away in Massachusetts, the last few years have been a respite from worry over federal estate taxes. That may soon come to an end. The government may be trying to get their hands into your and your loved ones' pockets again -- and in a VERY BIG way!

We can't predict who will win in November and which party (or parties) will control the Presidency, Senate, and House. But we do need to let you know what may happen if Democrats wind up winning the Presidency and having a majority in the House and Senate, an event which is looking increasingly likely according to recent polls. Dennis Sullivan & Associates is not taking a political stand, we're a diverse and divided office politically, but we do want to discuss how taxes may change, and what actions can be taken now, so please don't shoot the messenger!

Democrats and media have raised

significant issues about the wealth and income inequality rampant in our country. One solution for this inequality, now being expressed more vocally, is a major overhaul of the federal estate tax. For example, here's an article that appeared this summer in the New York Times, entitled "Tax the Rich and Their Heirs."

The current Estate Tax exemption, the amount that can be passed at death tax-free, is \$11.58 million (potentially twice that for a married couple). In short, very few people in the US need to worry about federal estate taxes.

In Massachusetts, we have an estate tax exemption of \$1 Million dollars. If you are married, there is no automatic doubling of the exemption, but it is possible with planning to double the amount to \$2 Million for a married couple.

However, as the cited article recommends, that exemption may be significantly reduced at any time. While the current exemption is \$11.58 Million, if it changes before you die, that is the exemption that applies to you. The only exemption that counts is the one in the law when you pass away -- and a new Congress and President could change that. There have already been calls to reduce the Estate Tax exemption to as little as \$1 million, with everything over that taxed at 40% or more, which would place many Massachusetts homeowners' families at risk of owing federal estate taxes!

What Can You Do? Why Do It Now, Why NOT Wait Until November?

There *are* planning techniques, beyond a Living Trust, that you can use now to take advantage of the current

large Estate Tax exemption while it's still in the law. Dennis Sullivan & Associates can help.

If you wait until the November election, there may not be enough time before year end to analyze your options and properly put into place the appropriate strategies. You may want to do some "pre-planning" now, make your choices ahead of the election and be ready to implement them right away after election day.

Don't wait until next year. It's likely that any Estate Tax change is likely to be made effective retroactively to January 1! Don't see your planning opportunities dry up.

Call our office for a free consultation. Don't wait, review your estate tax planning options now! Call 781-237-2815 to learn more!

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DECA Students Volunteer During Pandemic

King Philip High School students Samantha Asprelli and Isabella Fraone, members of DECA, the high school's business club, recently spent time volunteering with the Wonderfund, a non-profit organization that works alongside the Massachusetts Department of Children and Families (DCF) to serve children who have experienced abuse, neglect, and trauma.

The Wonderfund provides emergency aid, financial assistance, and enrichment experiences to children in need. Lauren Baker, the First Lady of Massachusetts, serves as the Wonderfund's Vice Chairman.

On Wednesday, July 22, the two students helped the Wonderfund team assemble "Wonder Kits," also known as "Trauma-Stress Kits." Working in assembly lines, Asprelli and Fraone packed bags with stress balls, coloring books, playdough, bubbles, beach balls, and more.

The group put together close to 1,500 care packages for children across Massachusetts. Each of the twenty-nine DCF locations in the state will receive 50 of these "Wonder Kits" to provide comfort for children in traumatic situations.



From left, Fraone and Asprelli packing kits with the Wonderfund.

After being isolated at home for months, Asprelli and Fraone were eager to volunteer alongside the Wonderfund and help others during the pandemic as part of their 2021 DECA project.

DECA prepares emerging

leaders and entrepreneurs in marketing, finance, hospitality and management in both high schools and colleges around the world.



The Wonderfund staff, volunteers and DECA team excited to send off care packages to the DCF offices.

Faith Formation Registration at St. Jude, Norfolk

Online registration begins Aug. 24th for the 2020/2021 school year (Gr. 1-10). Please visit ejcatholic.org/registration-1. Classes will be mostly online, at home this year. Students need to complete both grades 1 & 2 of faith formation classes to receive Sacrament of Eucharist. Email stjudeff@ejcatholic.org with questions.

For additional information, contact the faith formation office at stjudeff@ejcatholic.org or call 508-528-1470.

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WEBSITE*continued from page 1*

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Remember, these have been difficult times, and it is so important to support the businesses that support our community. You can check out business profiles, leave a review, connect to their Facebook page and website.

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At *Local Town Pages*, we're part of your community. We're excited to highlight your town, and your neighboring towns, with a one-stop resource that opens the door to your hometown and what it has to offer.

St. Jude Welcomes New and Returning Students for Faith Formation Classes

St. Jude Catholic Church in Norfolk announces that online registration for faith formation classes for the 2020-2021 school year (grades 1-10) opened on Monday, August 24. Parents are encouraged to visit ejcatholic.org/registration-1 to register their child.

New parishioners and parents of incoming first graders should also register at this time. Students need to complete both grades 1 and 2 of faith formation classes to receive the Sacraments of Reconciliation and Eucharist.

Faith formation classes will be mostly home-based this year.

Contact the St. Jude Faith Formation Office (stjudeff@ejcatholic.org) with any questions.

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Schools Prepare to Re-Open for 2020-21 School Year

BY GRACE ALLEN

Schools in Norfolk and Wrentham are taking different approaches to reopening this month.

Elementary schools in Norfolk and Wrentham will begin the year with hybrid learning models, while the King Philip middle and high schools will start the year completely remote but with plans to transition to a hybrid model later in the fall.

Each plan will offer flexibility to pivot quickly to an all-distance learning model at any time if the health situation warrants.

Norfolk Public Schools

Students will return to school on Monday, September 14, with a mix of in-person and remote instruction. Students in grades one through six will be divided into two groups (cohorts) that will rotate in and out of school.

On Mondays and Tuesday, students in Cohort A will have in-school instruction, while on Thursdays and Fridays, students in Cohort B will be in school. When not in school, each cohort will participate in remote learning. On Wednesdays, all students will learn remotely while the schools undergo deep cleaning.

Parents will also have the option to have their child learn remotely 100% of the time.

Kindergarten students will also be divided into two cohorts, with Cohort A attending in-person morning sessions on Monday, Tuesday, Thursdays, and Fridays. Cohort B will attend in-person afternoon sessions on the same days. Neither cohort will eat lunch at school. At midday, the kindergarten learning spaces will be cleaned.

Norfolk Superintendent of Schools Dr. Ingrid Allardi noted in a statement, "As we begin this unprecedented school year, we have decided that the hybrid learning model is the best option for our students and faculty."

Wrentham Public Schools

Wrentham elementary school students from full-day kindergarten through grade 6 will return to school with a hybrid learning model, starting on September 14.

Students will be separated into two groups, Cohort A and Cohort B. The two groups will alternate time in the school buildings, with Cohort A learning in person on Mondays and Tuesdays and Cohort B learning in person on Thursdays and Fridays. When not in school, the students will participate in robust remote lessons. On Wednesdays, the schools will be deep-cleaned.

There is also a half-day kindergarten option.

The district has also planned for fully remote and in-person learning models, options "the district may adopt this school year, depending on the virus and needs of our community," said Dr. Allan Cameron, Superintendent of Wrentham Public Schools.

Complete information on all learning models is detailed in a 47-page plan and video, available on the district's website.

King Philip Regional School System

King Philip High School and King Philip Middle School will begin the school year remotely on September 16 but transition into a hybrid model if health conditions remain stable.

The continuum of learning model features four phases: purple, blue, yellow, and green. Students will be separated into Cohort A or Cohort B, regardless of the phase the district is in.

A smaller number of students needing daily in-person instruction will be assigned to Cohort C, while students fully remote will be in Cohort D.

The purple phase with all-remote learning begins on the first day of school and continues until October 15. If the district transitions to the blue phase on that date, Cohort A and Cohort B will alternate between in-person half-day sessions and remote learning. A "grab and go lunch" will be provided.

In the blue phase, Cohort A will participate in person on Mondays and Tuesdays with remote learning on Thursdays and Fridays. Cohort B will be remote Mondays and Tuesdays and in school on Thursdays and Fri-

Arthritis: A Natural Approach to Treatment

Arthritis is a common health problem that affects over 20 million people every year with distress in the form of joint pain, swelling and inflammation. Most people treat their symptoms with NSAIDs and analgesics for pain. In addition, many sufferers change their diet and exercise routine to help to alleviate the discomfort. Chiropractic care can be beneficial as well.

Arthritis can be categorized into degenerative or autoimmune. These are known as Osteo, Rheumatoid or Psoriatic. Osteoarthritis is from "wear n tear" or degeneration. Rheumatoid or Psoriatic are autoimmune in nature.

There are many foods that are considered inflammatory and can affect one's symptoms. These include high fructose corn syrup, processed sugars, saturated fats, gluten and casein, aspartame, caffeine and alcohol. These foods



Dr. Rochelle Bien & Dr. Michael Goldstein

trigger inflammatory messengers called cytokines which can result in pain.

Lisa P. visited the Holistic Center at Bristol Square after suffering with symptoms of arthritis for over five years. Lisa's joint pain in her shoulders, neck and back were unrelenting and prevented her from sleeping and doing daily chores, such as doing laundry, making her bed, even

loading the dishwasher. Standing for long periods aggravates the joints which affected her ability to stand at the sink for long periods of time.

After performing a comprehensive exam and evaluating her x-rays, Lisa P began a personalized care program, which included Chiropractic adjustments, changes in her diet by excluding wheat, dairy, refined sugars and caffeine, as well as an exercise regimen to support her health. Since implementing these changes, Lisa is now happily living her life, performing her daily chores and doing it all practically pain free.

If you are suffering from arthritis symptoms and are looking to improve your quality of life, contact the Holistic Center at Bristol Square, located at 1426 Main St., Suite 6, Walpole. Call (508) 660-2722 today to schedule an appointment

HEATHER HAMILTON

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SCHOOLS

continued on page 17

Business Spotlight: CBD ReLeaf Center

Business spotlight

CBD use has skyrocketed along with the number of places selling it. From pop-up mall kiosks to gas stations, it seems like CBD is everywhere. Unfortunately, it can be impossible to know what you're actually buying at these places. Many customers have no idea what the differences in CBD concentration or product type mean, and neither do the places selling it. In fact, many people both in front of and behind the counter have no idea what CBD is at all, besides being a fancy buzzword.

That's where the experts at CBD ReLeaf Center come in.

Joslyn and Doug Cochrane, co-owners of the CBD ReLeaf Center in Bellingham, had heard of a few acquaintances opening CBD stores a few years ago, after some states started legalizing CBD. They checked out the stores but found that the quality of the products wasn't great. They figured that there had to be a way to ensure that customers could buy only great products at affordable prices, so they decided to open their own retail store, and CBD ReLeaf Center was born.

So what's all the fuss about CBD?

CBD stands for cannabidiol, a compound found in cannabis plants. Although marijuana plants contain CBD, it's virtually impossible to extract the CBD for supplement use. However,

hemp, another type of cannabis plant, has enough CBD for supplements but contains barely any THC, which is the psychoactive compound in cannabis that produces a high. CBD products do not cause any impairment.

Although not regulated by the FDA, CBD has been shown to alleviate conditions like anxiety, depression, inflammation, and sleep disorders. All CBD products sold legally are hemp-based, including every product at CBD ReLeaf Center.

Joslyn and Doug opened their Bellingham store in June 2019 and a second store in Smithfield, Rhode Island shortly thereafter. There are also franchised CBD ReLeaf Center stores in Medway, Blackstone, and Worcester, and several more in Rhode Island and New York.

The Bellingham store is gorgeous, with products shelved on the walls, an open feel, and seating for customers to relax and try samples. Each store has the same high-end yet inviting atmosphere.

Joslyn, Doug, and the other folks at CBD ReLeaf Center know their products inside and out, which is great for their cus-

tomers, because different products and concentrations produce different effects. They might recommend an isolate product, which contains only CBD, or a broad-spectrum product, which also contains other cannabinoids except THC.

CBD products come in many forms, including oils, creams, roll-ons, gummies, and stress-reducing teas. Different products work differently, so it's best to talk to someone knowledgeable to make sure that you're buying the right product. Creams, for example, deliver the CBD to a specific area, like an inflamed knee, while oils and gummies carry the CBD to all areas of the body after they're ingested.

When Joslyn and Doug opened their store, they wanted to carry the best and most effective products. At first, they stocked only products by Koi. They've since expanded their line to include products by Original Hemp, Caduceus, Hemplucid, and CBD Medic (that's the line with Rob Gronkowski as a spokesperson). They'll soon be adding Rocky Mountain Oils essential oils to their lineup.

No matter the brand, CBD ReLeaf only carries CBD products that are made in the United States, are hemp-based, and are all-natural with simple ingredients. Every product that CBD ReLeaf Center carries is lab-tested.



Koi, still their most popular product line, also offers a facial line, including cleansers, serums, moisturizing creams, and a tightening toner. There is some evidence that CBD products can help battle acne and other skin issues, and Joslyn said that Koi's new line has been popular with her customers.

CBD ReLeaf Center also stocks pet products, including chews and oils. Why pet products? Some dogs, for example, have anxiety issues, either con-

sistently or caused by sudden noises like firework shows. Some dogs suffer from arthritis or other low-grade constant pain. CBD products can help alleviate those issues and more.

CBD ReLeaf Center offers the best CBD products along with unsurpassed knowledge and unbeatable customer service. Stop by the flagship store at 421 Pulaski Boulevard in Bellingham, or visit their website at www.mycbdreleafcenter.com.

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MARATHON*continued from page 1*

School classmate Henry Carr, who graduated with Bender in 2015, passed away from osteosarcoma in 2017.

"I'm also running in memory of Henry and it's been really special to be able to honor him in this way," said Bender.

Bender, who was the salutatorian of her high school graduating class, went on to study nursing at Boston College's Connell School of Nursing. She had always wanted to become a doctor, but after listening to her friend Henry describe the dynamic he had with his nurses, she changed her mind.

"I started to think maybe I was more suited to nursing because of the relationships you form with patients, and how much time you spend with them," she explained. "I felt that was more geared towards what I wanted to do."

In addition to her nursing studies, Bender was part of the women's track and field program while at Boston College. She ran the 9th fastest 1000-meter run in school history and competed in 7 ACC Championships. During her senior year, she was captain of both the in-



door and outdoor track teams.

In late May, the Boston Athletic Association (B.A.A.) announced that the 124th Boston Marathon (originally scheduled for April 20) would be held virtually in September. Participants must run the 26.2 miles in one shot, choosing a day between September 7 and 14 to run. After providing proof of time to the B.A.A., finishers will receive a medal and racing bib.

Running Boston has always been a goal, said Bender. She admits training has been tough, especially since the marathon date has changed. She had al-

most completed her training for an April race when she had to stop and refocus on a later date, essentially training for two marathons just months apart.

"I've never had to do runs this long, ever," the 23-year-old explained, noting she was a mid-distance runner in college. "With nursing you're on your feet all day long so the two together can wear you down. I definitely have some tweaks and pains leftover from college, but I know how to take care of my body and recovery is important."

Entrants in this year's virtual Boston Marathon can choose their own course. At press time Bender was considering two options: the official marathon route (from Hopkinton to Boston) or a route in the Wrentham area. If she runs around Wrentham, she may try to finish at the high school to acknowledge and honor her friend Henry and their time together on the KPHS track team.

Regardless which route she chooses, Bender hopes to recruit 26 different friends to each run a mile with her, both for fun and for safety reasons. There will be no EMTs, water stops, or porta potties for this year's Boston Marathon participants. The logistics of a safe race will



fall on the runners themselves, yet another challenge for 2020.

Bender still holds the girls 800 record at King Philip, and she was part of the 4x400 indoor and outdoor school record teams, as well as the record-setting 4x800 indoor and outdoor teams. In her senior year at the high school, the girls indoor track team won the Hockmock League Championships and the D2 State Championship. She was captain of the team both junior and senior years.

September is Childhood Cancer Awareness Month, so maybe it is apropos that the pediatric hematology-oncology nurse is running her first Boston

Marathon this month instead of back in April. Still, Bender will get a shot at running a "regular" Boston Marathon next year. She met her fundraising goal back in February, so she is automatically offered a bib for the 2021 race.

"I'm planning to run in 2021," said Bender. "I feel like I need the full experience, and it's going to a great cause. That's a good reason to go through all this again."

Boston Marathon charities are still accepting donations. Visit <https://danafarber.jimmyfund.org>, choose Dana-Farber Marathon Challenge, and then click on the GIVE button to donate to Bender.

Local Residents Named to the University of Maine Spring 2020 Dean's List

The University of Maine recognized 4,210 students for achieving Dean's List honors in the Spring 2020 semester. Of the students who made the Dean's List, 2,769 are from Maine, 1,333 are from 41 other states and 108 are from 43 countries other than the U.S.

The following local students received Dean's List honors for Spring 2020:

Norfolk: Julia Bean, Fiona Greaves, Keith Kahaly, and Mac Tragakis

Wrentham: Skye Cahoon, Lindsey DeRusha, Tim Hanson, and Brynn Yarbrough

About the University of Maine:

The University of Maine, founded in Orono in 1865, is

the state's land grant, sea grant and space grant university. It is located on Marsh Island in the homeland of the Penobscot Nation. As Maine's flagship public university, UMaine has a statewide mission of teaching, research and economic development, and community service. UMaine is the state's only public research university and among the most comprehensive higher education institutions in the Northeast. It attracts students from all 50 states and more than 70 countries. UMaine currently enrolls 11,561 undergraduate and graduate students who have opportunities to participate in groundbreaking research with world-class scholars. UMaine offers more than 100 degree pro-

grams through which students can earn master's, doctoral or professional science master's degrees, as well as graduate certifi-

cates. The university promotes environmental stewardship, with substantial efforts campuswide to conserve energy, recycle and ad-

here to green building standards in new construction. For more information about UMaine, visit umaine.edu.

This is Veronica

Veronica is sad. She is sad because she spent waaaayyy too much on her divorce. She hired an expensive lawyer.

Over the next two years, she was so stressed she didn't eat.

While her lawyer is on a fancy vacation, Veronica can't even go to Starbs, yoga, or spin classes.

Veronica can't get her nails done or even get a decent cut and color because her divorce cost so much.

Veronica wishes she called the nice mediators, who are also experienced divorce lawyers, at Next Phase Legal & Dispute Resolution in Norfolk and used the divorce mediation process.

Don't be like Veronica. Call Next Phase to resolve your divorce or other family law conflict through mediation. Then you can still enjoy other nice things.



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He's a Lucky Guy

BY GRACE ALLEN

Former Yankees pitcher Lefty Gomez is credited with saying, "It's better to be lucky than good."

Some people, however, are just good at being lucky. You could say that Ed Hamwey is one of those people, and coincidentally, that's one of his favorite quotes.

In late January, the 81-year-old Norfolk resident retired and closed his long-running business, Main Street Hardware & Supply. Did he see the pandemic coming? He says no, but it was certainly a fortuitous time to retire after 45 years in business. He did not have to lay off employees, implement new safety procedures, or worry about paying the bills during what has become one of the most difficult years ever for small businesses.

"It was a compilation of factors that made me decide it was the right time to retire, and it turns out it was," Hamwey said. "I've always felt in life it was better to be lucky than good."

Hamwey started Main Street Hardware & Supply in 1975, somewhat on a lark. He was a financial analyst at the First National Bank of Boston, but when an empty building became available in town, he saw a chance to start his own business. He had a degree in chemical engineering from Northeastern University and

an MBA from Babson College. He had worked at a string of blue chip companies--Ford, Honeywell, and Raytheon. Turning his back on corporate America to open a small store in Norfolk seemed risky.

"At the time, I had been married for five years and had two small children and a mortgage," he explained. "I was making a pretty good salary so it was a big gamble, not knowing what was going to happen."

But a business background turned out to be a good thing to have when opening a hardware store.

"I don't really like to work with my hands or fix things," Hamwey acknowledged. "But I knew about overhead, cash flow, keeping costs down, things like that." He figured he could make it work.

A little luck wouldn't hurt, either.

Norfolk, mostly farmland at the time, had a population of about 500 people. Naysayers told Hamwey the store might not make it. But the town grew rapidly in the late 1970s and early 80s, and business took off. Main Street Hardware & Supply became the go-to place for area builders, contractors, and painters.

The store hung on during the stock market downturn of the early 2000s and survived the growth of

the big box stores that rang the death knell for lots of small businesses. Hamwey's keen instincts helped the store thrive.

"When we first opened, salesmen told me what to stock the store with, but as time went on I kept the store tailored to what people would come in and ask for," he said. "I didn't put in anything fancy that nobody would want, just the nuts and bolts that people were looking for."

The store certainly did well enough to support Hamwey and his family. He and his wife Pat raised two children in town, Scott and Kim, both former student-athletes at King Philip Regional High School.

Hamwey's head for business first became clear when he enrolled at Babson for his MBA. His guidance counselor at Natick High School had told him she was surprised he wanted to study chemical engineering because his aptitude test suggested he'd be good in business. Turns out she was right.

"Chemical engineering was tough," Hamwey admitted. "But when I decided to go to Babson after undergrad, it was like I went to heaven."

Those courses in finance and investment have served him well, and not just in the running of his store. One of his long-time hobbies is playing in the stock market. Back in the 1970s, he bought quite a lot of stock in a small Southern



retail chain called Walmart (at \$11 a share). He also purchased Amazon and Microsoft stock early on and convinced his wife to invest in Apple.

Savvy? Or just lucky? Hamwey won't commit. One thing is clear though: he's the type of person you'd be smart to tap for advice. And just because he's seven months into retirement doesn't mean he's done contributing. After the pandemic is over, he might get

more involved in town government or volunteer activities.

"I have a pretty good background in science and business, so I'm pretty versatile," said the self-effacing octogenarian. "I'm not the brightest guy in the room but I am hardworking."

Which brings to mind another quote, supposedly attributed to Thomas Jefferson: "I'm a great believer in luck, and I find the harder I work the more I have of it."

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Expanded Voting Options for Upcoming Election

By BRENDAN ZIMMERMAN

Due to the COVID-19 pandemic, there are now more voting options than ever in Massachusetts.

Because of public health concerns with the pandemic, the Massachusetts state government has created a comprehensive expansion of voting options, signed into law by Governor Charlie Baker in July. Included in the bill is a newly expanded vote-by-mail option, along with an extended period for early in-person voting as well.

However, these expanded voting options only apply to the 2020 elections as of now.

Let's start with voting by mail. Prior to 2020, voters had to have a specific reason to request a vote-by-mail or an absentee ballot (such as being physically away during the time of the election). But now, the state has determined the COVID-19 pandemic is a reason for all residents to have the mail-in vote option. Absentee ballots are still available as well to all registered voters.

An application to vote by mail was sent to all registered voters in July for the primaries on September 1. If you did not receive a vote-by-mail application for the primaries, there are a couple of ways to get one.

You can download and print an application from the Secretary of the Commonwealth's website or from your Town Clerk's website. There will also be a second round of applications sent out by September 14 for the November 3 election. Lastly, there is also the possibility that you are an unregistered voter, and if so, you can register online, by mail, or at your local town hall in order to receive an application.

In order to vote by mail for the November 3 general election, registered voters will have to have sent completed applications to their local election offices by 5 p.m. on October 28. Once applications are approved, the state will mail an election ballot to your address.

After filling out your ballot, you must get it to local election officials by 8 p.m. on November 3. These ballots can be returned by mail or in person to your local election office at town hall.

In addition to mail-in voting, residents will still have the option to vote in person on November 3 if they prefer. In order to better protect in-person voters, the state has mandated social distancing guidelines and will also provide protective equipment for poll workers. Sanitization of polling locations will also take place dur-

ing the day.

There will also be an extended in-person early voting period that will run from Saturday, October 17 until Friday, October 30.

Mail-in voting is already starting to play a big part in our local election process. According to Anthony Turi, the Assistant Town Clerk for Norfolk, voter turnout is higher compared to previous years for the September 1 primary due to the mix of mail-in and absentee ballots requested. At press time, Turi says that around 2,000 ballot applications have been sent in, suggesting that mail-in voting will play a big part in the November election, too.

There are some fears of mail-in-votes not being counted though. Carol Greene, the Norfolk Town Clerk, assures residents that their votes will be counted if submitted properly.

"By state law, all properly returned ballots must be counted," said Greene. "As long as my office has received your ballot by the close of polls on Election Day, and the ballot return envelope has been signed and filled out, your ballot will be counted."

She also encourages residents that have any questions or concerns about the process to contact her office.

Elect Joe Kennedy

To the Editor:

I have never written a letter to the editor on behalf of a candidate running for office. However, we live in unique times with a number of serious issues that need to be collaboratively worked on and addressed.

I urge everyone to vote for Congressman Joe Kennedy in the Democratic Primary for the United States Senate. Joe Kennedy can meet the pressing issues of our society. He will make himself available to the communities that make up Massachusetts and the residents that live in our Commonwealth.

It is my hope that Joe Kennedy can make government work at the federal level for all of us. As an elected official whose job takes him to all 28 communities in Norfolk County I have been very impressed with Joe Kennedy since he undertook to represent a good portion of Norfolk County as an elected Congressman. Joe Kennedy's decency, compassion, thoughtfulness and record of accomplishment is a solid foundation with which to build upon in years to come.

Please consider voting for Joe Kennedy for United States Senator.

Sincerely yours,

Bill O'Donnell

Norfolk County Register of Deeds

John Gorka Concert Slated for Sept. 12

The Circle of Friends Coffeehouse presents an online concert by John Gorka, on Saturday, September 12 at 7 p.m. to benefit the Franklin Food Pantry.

Called "the pre-eminent male singer-songwriter of the New Folk movement" by Rolling Stone, John Gorka possesses a commandingly beautiful baritone voice. His articulate guitar playing compliments his superb lyrics on songs that are romantic, cosmic, poetic, haunting in their imagery or hilarious.

The Boston Globe says "Gorka is widely heralded for the sophisticated intelligence and provocative originality of his songs."

Many well-known artists have recorded and/or performed his songs, including Mary Chapin Carpenter, Nanci Griffith, Mary

Black and Maura O'Connell. With a tangle of songs that emotionally connect us all and leave a tender trace, John Gorka stimulates the cerebrum, keeps our smiles agile and fit and reconnects us with what really matters most in music: honesty. His atmosphere allows for the listener to feel his individualized attention, his lyrical tenderness, his care for the guitar and his true presence. Visit <http://johngorka.com/> to learn more.

View this show on YouTube, Facebook, or join a Zoom meeting to interact with the performer. More information and links will be available on the Circle of Friends website closer to the concert date. <http://www.circlefolk.org/>

There is no fee for the concert but donations will be accepted in

a virtual tip jar and will benefit the Franklin Food Pantry.

The Circle of Friends Coffeehouse is a non-profit organization affiliated with Franklin's First Universalist Society.

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Norfolk Lions Thank First Responders

The Norfolk Lions recently held a "Serving Norfolk!" campaign to thank Norfolk's first responders, and at the same time help local dine-in restaurants struggling during the stay-at-home requirements of the COVID-19 pandemic.

The Lions reached out to the community and hoped to raise enough money to purchase \$25 gift cards from area eating establishments for each member of the Norfolk Police and Fire Departments. But the enthusiastic response to the request, plus additional funding by the Norfolk Lions, raised enough money for the campaign to provide a \$30 gift card for each recipient.

Recipients each received a gift card to either Novatos Bar & Grill, Eagle Brook Saloon, or Horse N' Carriage Restaurant,

plus a gift card to Dunkin'. Accompanying the gift cards was a Serving Norfolk! thank you card containing a list of all community donors.

Lions Dany Rochefort, Kevin Roche and Tara Spellman presented the gift cards to Fire Chief Erron Kinney and Police Lieutenant Bob Shannon, along with members of both departments, on July 10 at the Norfolk Fire Department on Main Street.

The Norfolk Lions wish to thank all who contributed to the campaign. The Norfolk Fire and Police Departments, as well as the restaurants, were truly grateful for the support.

To learn more about the Norfolk Lions, visit <https://norfolkmalions.org> or follow the Norfolk Lions on Facebook.



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Why Now is the Best Time to Buy Life Insurance

Local Insurance Expert Recommends Putting a Financial Safety Net in Place

The current economy continues to put financial strain on many of us. So, it just makes sense to examine our budgets and look for ways to trim the fat from our monthly expenses and put more into savings, if possible.

“That’s a great way to help stabilize your finances, but it’s also important that you have a financial safety net in place in case something were to happen to you,” says Jeffrey N. Schweitzer, EPA, CEP, ATP, RTRP, a Tax, Insurance & Financial Services Professional with Northeast Financial Strategies Inc in Wrentham, MA. “Life insurance is one of the few guarantees your family could rely on to maintain their quality of life if you were no longer there to provide for them.”

There are 95 million adult Americans without life insurance, according to LIMRA, an insurance industry research group. “The fact is, the vast majority of Americans need life insurance and, sadly, most people either

have none or not enough,” says Schweitzer. “If someone depends on you financially, you need life insurance. It’s that simple.”

September is Life Insurance Awareness Month, making it the perfect time to take stock of your life insurance needs. Schweitzer offers three additional reasons why now is the best time to look into getting life insurance.

You’ll never be younger than you are now. While that may sound obvious, youth is on your side when it comes to life insurance. It makes good financial sense to get coverage when you’re young and healthy, as premiums are based on your age and health. For most policies, your premiums will be locked in at that rate over the life of the policy, and can’t be raised due to a change in your health status.

It’s affordable, with rates near historic lows. People overestimate the cost of life insurance by nearly three times, according to a recent study conducted by LIMRA and the LIFE Founda-



tion, a nonprofit insurance education organization. In fact, life insurance rates remain near historic lows; the cost of basic term life insurance has fallen by nearly 50 percent over the past decade. For example, a healthy 30-year-old can buy a 20-year, \$250,000 level-term policy for about \$13 per month.

Life happens. One day life is going along smoothly, and the next, you’re thrown a curve ball. No one knows what the future

holds. None of us expect to die prematurely, but the truth is roughly 600,000 people die each year in the prime of their lives. That’s why today is always the best day to take care of your life insurance needs.

“Life Insurance Awareness Month is the ideal time for a life insurance review,” says Schweitzer. “I urge everyone to take a few minutes out of their busy schedules this month to make sure they have adequate life insurance protection.”

According to Schweitzer, consumers can get a general sense of their life insurance needs by going to www.lifehappens.org/lifecalculator and using the online calculator offered by the LIFE Foundation. The next step, suggests Schweitzer, should be to contact a local insurance professional, who can conduct a more comprehensive needs analysis and help you find the right products to fit your specific needs and budget.

About Life Insurance Awareness Month

Held each September, Life Insurance Awareness Month is an industry-wide effort that is coordinated by the nonprofit LIFE Foundation. The campaign was created in response to growing concern about the large number of Americans who lack adequate life insurance protection. For more information on life insurance, visit LIFE’s website at www.lifehappens.org

Jeffrey Schweitzer can be found at Northeast Financial Strategies Inc (NFS) at Wampum Corner in Wrentham. NFS works with individuals and small businesses providing financial and estate planning, insurance, investments and also offers full service accounting, bookkeeping, payroll, income tax preparation, and notary public services. For more information, stop by the office, call Jeffrey at 800-560-4NFS or visit online - www.nfsnet.com

Help “Paint” Gilly’s House

Gilly’s House is being repainted, and the community is invited to help, virtually.

Pledge to paint a clapboard (\$25), shutter (\$50), door (\$100), or all three.

With every donation, participants will be entered to win one of several prizes. A clapboard donation is 1 entry, a shutter donation is 3 entries, and a door donation is 7 entries.

Prizes include the following:

- A weekend getaway for two to Martha’s Vineyard, with a two-night stay at the Vineyard Harbor Motel, round trip ferry tickets, dinner gift cards, and more.
- Handcrafted mosaic tile sofa table, created by interior designer Kathy Harford.

- \$100 gift card to Cardi’s Furniture.

Visit <http://weblink-donorperfect.com/oneclapboardatime> to donate, or make checks payable to Gilly’s House, P.O. Box 110, ATTN: Restora-

tion for Recovery, Wrentham, MA 02093. Donations are tax-deductible.







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Living Healthy

Computer Vision Syndrome

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

As our scholars go back to schools and colleges, let it be in person or remotely, more and more time is spent every day using computer screens and our eyes are paying the price. Research shows that 25 to 93 percent of computer users experience a problem so common there's a name for it: Computer Vision Syndrome. Symptoms include decreased or blurred vision, burning or stinging eyes, sensitivity to light, headaches and back and neck pain.

Computer Vision Syndrome is more common if we exceed 2 hours of continuous computer screen time a day. The most common causes of this syndrome include improper viewing angle or distance from the screen, glare on the computer screen, extended

computer use, staring without blinking and uncorrected vision problems.

The good news is that these problems are easy to fix, and identifying and treating the underlying cause usually eliminates this syndrome. Here what you can do:

1. Adjust your viewing angle

Studies have found the angle of gaze plays a key role in this syndrome. The angle used for computer work is different from that used for reading or writing. As a result, the requirements for focusing and moving the eyes place additional demands on the visual system when using a computer. To achieve the best angle, the center of the monitor should be placed 20 to 28 inches from your eyes and 4 to 5 inches

below eye level. Reference materials should be positioned so they can be seen without moving your head to look from the document to the screen.

2. Reduce glare

Letters on a computer screen are not as clear as letters on a printed page. Your eyes will work harder if there is too little contrast between letters and background or glare on the screen. This can result in sensitivity to light that can worsen under high-wattage fluorescent or flickering lights. Position your screen to avoid glare from overhead lights or windows. Close the blinds on your windows or switch to lower-watt bulbs in your desk lamp. If you cannot change the lighting to minimize glare, buy a glare filter for your monitor.



3. Rest your eyes

When using a computer for an extended period of time, rest your eyes periodically to prevent eyestrain. Every 20 minutes, look away from your computer to a distant object for 20 seconds. This will give your eyes a chance to refocus. After two hours of continual computer use, rest your eyes for 15 minutes.

4. Blink often

Our eyes need lubrication to see well. This is accomplished by a blinking reflex and leads to production of moisture (tears) on the surface of the eyes. People normally blink about 18 times a minute, but computer users tend to blink only one-fourth as often. This increases the chance of developing dry eye. To lessen this risk, blink more often, and refresh your eyes periodically with lubricating eye drops.

5. Get your eyes checked

Uncorrected vision problems—farsightedness or astigmatism, problems focusing or coordinating the eyes and eye changes associated with aging—can contribute to eye strain and musculoskeletal pain. Even if you don't need glasses for daily activities, you may need them for computer use. If you wear glasses or contacts and need to tilt your head or lean toward the screen to see it clearly, your lens

prescription may not be right for computer use. Having the correct prescription can help prevent pain in the neck, shoulders or back resulting from contorting the body to see the screen.

If the above measures don't work, don't put off seeing an ophthalmologist. If the underlying cause of Computer Vision Syndrome is not addressed, symptoms will continue and may worsen in the future. Your ophthalmologist can do a visual acuity measurement to determine how your vision is affected, test your eyes to find a prescription that will compensate for any refractive errors, and check how well your eyes focus, move and work together.

Computer vision syndrome is very common. As more screen work is needed, more eye strain can be expected. Our center and ophthalmologists have state of the art equipment to diagnose and treat many eye problems, including this syndrome. Seven dedicated eye care providers here to help you in 2 state-of-the-art facilities in Franklin and Milford. From the basic eye exam to the high-tech surgeries performed locally in Milford, our center is now able to better recognize and manage this problem and continue to provide world class eye care for the entire family.

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Living Healthy

Town of Wrentham Receives CARES Act Community Development Block Grant

Funds Will Assist Small Businesses and Local Food Pantries Impacted by COVID-19

The town of Wrentham has received a portion of a regional Community Development Block Grant-Coronavirus (CDBG-CV) to assist local small businesses and food pantries that have been financially impacted as a result of the COVID-19 pandemic.

The Coronavirus Aid, Relief, and Economic Security (CARES) Act is funding the CDBG-CV to assist communities in their work to provide vital services to low-income residents and small businesses affected by the recent outbreak.

“This pandemic has hit our small businesses and local services particularly hard, and we are grateful for receiving these funds to be able to help in any way we can,” Town Adminis-

trator Kevin Sweet said. “Even though some businesses are starting to re-open and things are slowly returning to normal, the effects of COVID-19 will be felt for quite some time and any assistance we are able to provide can make a big difference.”

The grant will award the six communities \$540,000 for local businesses and \$54,000 for food pantries. Wrentham will receive funding through Bellingham’s regional CDBG-CV application, which also includes the communities of Foxboro, Walpole, Medfield and Franklin. All communities will receive an equal share.

The Massachusetts Department of Housing and Community Development is currently

preparing grant agreements for the 39 lead communities who received the grants, which represent more than 120 communities across the state. Once the grant agreement comes back from the state fully executed, and special conditions (if any) are cleared, funds will be available for the small businesses and food pantries.

Small Business Eligibility

Income-qualified businesses, with five employees or fewer, may be eligible to receive grants up to \$10,000 to help offset costs incurred by COVID-19. Funds may be used for rent, payroll and other eligible business costs.

Applications will be available online. Any Wrentham busi-

ness owner who is interested in being considered to receive funds is asked to fill out an interest form. Anyone with questions can contact Director Benson, Wrentham’s Director of Planning & Economic Development, at 508-384-5486 or rbenson@wrentham.ma.us.

Eligible businesses must be currently operating and in existence since Jan. 1, 2019. The business must have a physical location in the town and cannot be in a category prohibited by the grant (including real estate sales or rental firms, chain stores or businesses, cannabis, liquor or firearms/weapons businesses).

Once determined eligible under program guidelines, busi-


nesses must document their losses due to COVID-19 and show that no other financial resources have paid these costs.


Specific eligibility requirements are listed in DHCD’s Notice of Funding Availability, available on their website.

“These funds will provide a much-needed boost to businesses in each of the six towns, and there has already been some interest shown from business owners in Wrentham,” said Director Benson. “We encourage anyone who thinks they may be eligible for funding to fill out the online form and we will submit their name to the state for consideration.”

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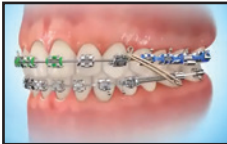
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Guest Column

Silver Lined Corona

By G. GREGORY TOOKER

For all of the horror associated with COVID-19, one has to look closely at this global pandemic to detect any trace of benefit which might derive from the battle to control and defeat the virus. A century ago, another virus challenged us when mankind was literally entrenched against itself over political and economic disagreements. Fortunately, the world presently enjoys relative freedom from widespread active combat during this skirmish with another potent microbe. But regrettably, the seeming intractable tendency of large segments of the population to reject the findings of medical science persists.

Recall the story of the little lad who, on his eighth birthday, received as a prank a large, beautifully wrapped present. He just loved animals, especially horses, and longed to ride through the meadows.

As he opened the big package, the ripe odor of manure wafted through the room. All in attendance recoiled in shock, thinking who would be so cruel to play such a trick. But the lad was not deterred and began digging through the leavings with fervor. The birthday guests were more than perplexed and

begged the boy to desist. He replied with enthusiasm, "But no! With all of this manure, there has to be a pony in here somewhere!" So let us take a sober, objective look for the possible long term benefits stemming from our present worldwide nightmare.

The health precautions encouraged by leading medical authorities, such as wearing a certified protective mask, social distancing and avoiding large crowds, are not unique to this pandemic. Asian and other cultures have practiced such measures regularly during recurring seasonal flu outbreaks. Masks can significantly reduce the probability of disease transmission. Until recently, however, western culture social taboos have discouraged the widespread adoption of medical masks. They just do not enhance the personal image. Witness some in high political office who continue to shun the safeguard. But slowly, the general population is beginning to get the message and in those areas where the practices have been adopted on a large scale, the savings in lives has been very significant.

So what if these practices were to be continued on an ongoing basis even after COVID-

19 has been run to ground? Medical masks are like seat belts for your lungs.; they will give you serious added protection when you collide with an infectious microbe. Healthcare insurance companies would be well served to encourage their policyholders to follow safe practice and supply protective gear at no cost. Rewards could even be given for diligent compliance.

Recent medical findings and data demonstrate that obesity can significantly increase your vulnerability to COVID-19. We have long known that excessive weight is unhealthy and can impact the body negatively in numerous ways. The COVID-19 pandemic may just be the tipping point, however, to move the scales in the direction of improved national health and fitness. Here too, health insurers can take the lead in providing incentives for wellness improvement. All leaders in the public and private sectors should step up to the plate and meet the challenge; it is an opportunity not to be missed.

Mr. Tooker, a Wrentham resident, served as a risk management consultant to the National League of Cities and state league municipal risk pooling organizations for over 25 years.

Wrentham Plans for the Future

Residents Encouraged to Take Survey

The town of Wrentham has begun work on "Wrentham 2030: A Vision of Tomorrow," a Master Plan that will guide the town's land use policy, investments and decisions for the next 10 years.

The survey, available on the town's website (wrentham.ma.us), is a first step in a year-long planning process. The questions aim to collect feedback on residents' vision for the town, its strengths, and opportunities for improvement. The survey is anonymous and all questions are optional.

Everyone who lives, works, or plays in Wrentham is invited to take the survey, which should take approximately 10-12 minutes to complete.

"The public's participation in this planning effort is critical to its success as we look to the future and where we want Wrentham to be," said Director of Planning Rachel Benson. "Over the course of the next year there

will be several other opportunities for residents to participate in the Master Plan effort, and we look forward to developing a plan that represents the many varied interests and needs of our citizens."

Town officials are guiding the plan process, with help from a steering committee made up of local leaders and technical assistance from the Metropolitan Area Planning Council in Boston.

The town-wide survey is part of the initial visioning phase, which will also include a public hearing and additional meetings from the steering committee. By later this year, the town will enter the plan development phase, which will include additional surveys, public hearings, and focus groups.

For more information about the project, contact Benson at rbenson@wrentham.ma.us or 508-384-5400 x 5486.

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THE BLACK BOX to Continue Outdoor Concert Series This Fall

THE BLACK BOX, the region's premiere concert, theater, and event venue, will continue their outdoor weekend concerts throughout the fall season in the theater's parking lot. The shows are presented in a 60-70 minute format. Tables are socially distanced and masks are required when patrons enter THE BLACK BOX building to access the box office, restrooms, and bar. Table groupings are limited to six.

The Fall Concert Series will feature an eclectic lineup of performers including the continuation of the theater's Broadway Series. The public is encouraged to follow THE BLACK BOX on Facebook (THE BLACK BOX Online), Instagram (@the_black_box_online), and Twitter (@BLACK_BOXonline) for performer announcements.

Patrons are asked to purchase tickets for their table group in one transaction. Audience members are only seated with family or those with whom they are comfortable socializing. Tables of up to six are set with the correct number of chairs and will be reserved according to the number of people to be seated. Ushers assist the seating process. There is bar service to the tables; the lobby bar is closed for walk-up service. Masks and social distancing are required in the lobby; typical gathering in the lobby is currently not allowed. Bar tabs will be closed out before the end of each show.

Tickets will be available at www.THEBLACKBOXonline.com or by calling (508) 528-3370. THE BLACK BOX is located at 15 W. Central St. in downtown Franklin.



Vocalist Katie Gray was featured as part of The BLACK BOX Summer Series. The venue will continue its outdoor weekend concerts throughout the fall season in the theater's parking lot.

SCHOOLS

continued from page 7

days. During this phase, students will be in the school buildings for about 20% of the time.

On Wednesdays, all students will learn remotely while the schools are deep cleaned.

If public health metrics support it, the district will move to the yellow phase on November 9. Cohorts A and B will return to school for full-day, in-person instruction alternating with remote instruction. During the yellow phase, the students will be in the buildings for about 40% of the time.

The district will remain in the yellow phase until it either has to move back to blue or purple, or the state announces the district can transition to green days, thus bringing all students and staff back into the schools full-time, noted King Philip Superintendent Paul Zinni.

At Local Town Pages deadline, school reopening plans had yet to be approved by the Department of Elementary and Secondary Education (DESE).



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Franklin School for the Performing Arts Begins Registration for Fall 2020

The Franklin School for the Performing Arts (FSPA) is currently enrolling for Fall 2020. The school is following FSPA's Reopening Plan in accordance with the Mass.gov/Reopening Massachusetts guidelines and will continue to update procedures and practices as updates become available. Prospective students are invited to make an appointment to come in person for a tour and to discuss program options. As an alternative, previously conducted virtual tours can be viewed on the FSPA Facebook page. Advance registration for fall is recommended. All FSPA programs will be taught in person or in a hybrid format. Students may elect to take all classes virtually if preferred.

Proudly serving more than 500 students annually from 45 communities in Massachusetts' Metrowest region, the Franklin School for the Performing Arts (FSPA) is committed to quality education in the arts with excep-

tional curriculum, outstanding professional faculty, and unwavering dedication to each and every student enrolled. Founded in 1985 by Director Raye Lynn Mercer, FSPA is a unique place where students of all ages and levels of ability participate in an array of music, dance, and drama programs with professional instruction and extraordinary performing opportunities. With broad-based and varied curricula, FSPA guides students in the development of technique, creativity, and artistic expression to last a lifetime. FSPA's faculty boasts outstanding professional artists, performers, and teachers. Their impressive credentials are indicative of the excellent instruction available in all programs. FSPA instructors strive to meet the individual needs of each student, working to develop each student's abilities to his or her own potential.

Performance is an integral part of an FSPA education and

the school offers unrivaled performing opportunities for students throughout the year. On the calendar annually are student recitals, concerts by faculty and guest artists, master classes, student showcases, holiday shows, the school's signature Spring Concert, and summer camps and intensives. In addition, for students whose level of interest is more focused, there are special performing ensemble opportunities available by audition.

FSPA Academy combines the flexibility of a virtual education with the practicality of a schoolroom, and can accommodate professional opportunities, rehearsal, and performance schedules. FSPA Academy partners with TECCA, a virtual Massachusetts Public School. The curriculum is taught by licensed, certified teachers through a combination of Live Lessons and individual assignments.

THE BLACK BOX, home of the Franklin Performing Arts Company (FPAC), a 200-seat flexible theater located behind FSPA, provides a professional venue for FSPA student productions, while FPAC offers opportunities by audition for student performers.

For more information about FSPA and its programs, visit www.FSPAonline.com, call (508) 528-8668, or stop by 38 Main St. in Franklin. Follow FSPA on Facebook, Instagram, Twitter, and YouTube.



Shown is a scene from a Franklin School for the Performing Arts student performance of 42nd Street.

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Deciduously Deciduous

A tall skinny conifer, minority of one,
Long deemed an outcast, his neighbors no fun,
Their foliage crowding, entangled his knees,
Scolded him constantly, those merciless trees!

All summer long, they boasted with ease,
As their broad leafy clothing, danced in the breeze,
We rule the forest, stand aside if you please,
They needed the conifer, relentlessly teased.

As the warm days grew fewer, the nights very crisp,
Deciduous gang, rainbow through fall mist,
Hastened to brag, not a chance did they miss,
Taunted our conifer, 'til his anger they risked.

All through the fall, they continued to preen,
Deciduously boring, they labeled his green,
If they could walk, far from him they'd flee,
His hue was quite wrong, they all did agree.

But then our deciduous friends did discover,
A terrible tendency to jettison cover,
A leaf by leaf process of slowly disrobing,
That set our conifer's laughter a rolling.

As November wore on, his neighbors were stripped
Of their finest adornments, by the wind as it ripped,
With nary a thought, for embarrassment wrought,
It was time that a lesson, strictly be taught.

G. Gregory Tooker c. November, 2014

Author's Comment

All living things on this earth have a tendency to seek their own kind. When that activity works to the disadvantage of those considered "different," moral injustices are sometimes committed. In general, Nature seems to practice the concept of fair play more effectively than mankind. Do you agree?

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Updates from the Fiske Public Library

Library Building Remains Closed to the Public

Curbside Delivery

We are continuing to offer curbside delivery for materials that are on the shelves or have been requested from other libraries since delivery has now resumed. Curbside pickup will be available Tuesday, Wednesday, Thursday and Friday from 2 to 4 p.m.

The NEW BOOK LISTINGS PAGE has been updated so you can see what has been arriving while we have been closed. The procedure for requesting a book is as follows:

1. You can place a hold on an item using the SAILS e-catalog on the library website or call us at 508-384-5440 x2 with your request(s). You must include your name and telephone number and library card barcode if you call.
2. We will call you when your item is available. Please be sure we have the correct phone number for you or we will not be able to reach you.
3. When you arrive at the library during the pickup hours:
 - Wait at the door if there are no other patrons waiting.
 - Call to let us know you have arrived or simply ring the doorbell located above the bookdrop.
 - We will bring your item(s) to the front door.

Something New to try at Fiske Library

Are you looking for a new outdoor hobby? Something to do alone or with your kids while social distancing? How about geocaching, which is the world's largest treasure hunt? Visit geocaching.com to watch an instructional video, download a free app, then put on your sneakers and enjoy!

Guess what?? You can find your first cache at FISKE PUBLIC LIBRARY! Come find our Bibliocache! You'll find that discovery, exploration and adventure still exist in the real world. It gets you outside! It's a great way to stay healthy while having fun. It's fun for the whole family. You'll discover places you never knew existed right in your own neighborhood. You will have stories to last a lifetime. Enjoy and share!

Story Walk

Looking for a place to social distance, take the kids for a walk in the fresh air and enjoy a good book at the same time? Check out the new Story Walk on the lawn at the Fiske Public Library. There is even a surprise in the children's room window when you reach the end. (Miss Liz will be changing the stories periodically during the summer!) Look for updates on our website or FaceBook page. Happy Reading!

Free Access to Ancestry.Com

Ancestry.com is now available remotely. The existing link under RESOURCES - ONLINE DATABASES has the instructions on how to access for free.

In addition, remember you can access books, movies, music and magazines online from Overdrive and Hoopla. Links to these and other remote resources are on the library's website.

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Sports

KP's Cropper Maintains Perspective as Fall Sports Await Decision

EDITOR'S NOTE: At Local Town Pages deadline, neither Governor Baker nor the Department of Education had ruled on the status of interscholastic sports for the fall.

By KEN HAMWEY
STAFF SPORTS WRITER

Lisa Cropper knows a thing or two about athletic competition.

After all, she's coached on both the east and west coasts, she started the softball program at Boston University, and she's directed teams at Tri-County Vocational, Franklin High and King Philip Regional. She's coached girls tennis, boys golf, girls basketball, softball and field hockey.

Now, as she begins her second year as KP's field hockey coach, the 57-year-old Cropper is hoping the 2020 season will be played, but she's acutely aware that health and safety are the top priorities as the country deals with a global pandemic that's claimed thousands of lives.

"It would be great if fall sports are scheduled but they'll be different," Cropper said. "We'll be on pins and needles to keep the season going and the focus will be on keeping everyone healthy. It's about being flexible and able to adjust. I'm very passionate about sports but the big picture is the health and safety of student-athletes and everyone in our community and the nation. Sports are not the priority. Pre-



serving life comes first."

Cropper knows if sports get a green light to proceed, there'll be procedural changes for field hockey, like distancing, wearing masks on the bench, eliminating post-game handshakes, and utilizing hand-sanitizing stations. She also knows that her 2020

squad is athletic, has depth and experience and is solid on defense.

"Our goals are to qualify for the tourney, contend for the Kelly-Rex Division title, get to the Sectional final and win it," said Cropper, who played on a national championship field-

hockey team at the University of Connecticut in 1981. "We need to focus on developing and sharpening our technical skills."

Last year's team split a pair of tourney games, bowing out in the second round to Somerset-Berkeley. Six players from last year's KP squad have graduated but Cropper will have 18 returnees with varying degrees of experience.

The Warriors' captains are all seniors — left wing Abby Nixon, goalie Makenzie Manning, midfielder Grace Crocker, and center-forward Olivia Kulesza.

"Abby has outstanding speed and she's fast and shifty," Cropper said. "She's technically sound and her stick-work is good. A Hockomock League all-star last year, she was one of our top scorers. Makenzie also was a league all-star. She's athletic, has command of the field, has a high field-hockey IQ, is instinctive and athletic. Grace is fast, passes well, is agile, athletic and very unselfish. Olivia has a high field-hockey IQ, is technically sound, passes effectively and is a good finisher."

Senior Paige Berdos, who started at right wing last year, will be counted on to set up the offense on the right side. "Paige is fast, athletic and very intense," Cropper noted.

A starter at sweeper last year, junior Molly Pillar is a key defender. "Molly gets good distance on her clears," Cropper said. "She's an intelligent player who's the anchor of our defense."

A trio of seniors — forward Isabelle Crocker, back Alli Beltramini, and forward Kayla O'Brien — buoy the Warriors' nucleus. "Their experience is a plus and they'll provide leadership," Cropper said.

Unfortunately for the Warriors, left back Haley Izydorczak won't be available if the season

gets underway. A starter last year, the junior is out for the year as she recovers from a torn ACL. "Losing Haley is significant," Cropper said. "She was steady, fast and tenacious on defense."

Before arriving at KP, Cropper coached field hockey at Franklin High at all three levels during a 15-year span. She also started the field hockey program at Dean College. Her varsity teams at Franklin qualified for tourney play eight times in 10 years and won four division championships, primarily because of the attributes she prefers in prospective players.

"The key is to have coachable kids who are willing to learn," Cropper emphasized. "It's also important to have players who are athletic and have leadership qualities. A high field-hockey IQ is good but that can be taught."

A three-time all-American at UConn, Cropper played on two NCAA title teams, one as a player (midfielder) in 1981 and the other as an assistant coach in 1985. Still competitive, she earned roster spots on the USA World Cup Masters team in 2014 (Netherlands), 2016 (Australia) and 2018 (Spain).

As her KP players prepare for their second year with Cropper at the helm, they know what to expect. But, both the coach and her players are in unfamiliar territory as they deal with changes to their sport, thanks to a global virus.

"There's no playbook for how to deal with a pandemic," Cropper noted. "We'll have to rely on our own ability to handle adversity and changing situations. It'll be about adjusting and being flexible."

Lisa Cropper hopes field hockey will be part of the fall sports menu at KP but she's also tuned in to the bigger picture — the health and safety of everyone.



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Sports

ADs Take Guarded Approach to State Agency's Sports Guidelines

EDITOR'S NOTE: The Mass. Interscholastic Athletic Association and the Department of Elementary and Secondary Education issued its guidelines as Local Town Pages was going to press. Sports for the fall season that are in the lower and moderate risk categories can compete with modifications but football, competitive cheer and unified basketball are classified as high risk. Those teams can only practice this fall but their seasons could get underway in a floating season that would run from late February to late April.

By KEN HAMWEY
STAFF SPORTS WRITER

Four of the area's veteran athletic directors are taking a wait-and-see approach to the guidelines for youth and amateur athletics that were announced by the Massachusetts Executive Office of Energy and Environmental Affairs (EEA) on Aug. 13.

The guidance, issued because of the coronavirus pandemic, puts football in a highly doubtful category. The Department of Elementary and Secondary Education (DESE) is expected to offer its guidelines soon and both sets will provide the Mass. Interscholastic Athletic Association (MIAA) with additional insight. To prepare for a fall season, the MIAA's COVID-19 Task Force will have to consider modifications for moderate- and high-risk sports to allow for competition.

If football is played this fall, games would have to eliminate contact by replacing tackling with flags or playing a two-hand touch in a seven-on-seven format. Two options could be the creation of an additional season between winter and spring sports or playing football next spring.

Before detailing how the area's athletic directors reacted to the EEA's guidelines, here's a rundown on what's been spelled out. The guidance classifies sports into three categories — Lower Risk, Moderate Risk and Higher Risk. For the fall, Lower Risk sports include golf and cross country. Moderate Risk fall sports are volleyball, field hockey

and soccer. Higher Risk fall sports are football and competitive cheerleading.

Moderate Risk sports are listed as "sports or activities that involve intermittent close proximity or limited, incidental physical contact between participants." Higher Risk sports are listed as "sports or activities for which there is a requirement or a substantial likelihood of routine close and/or sustained proximity or deliberate physical contact between participants and a high probability that respiratory particles will be transmitted between participants."

The EEA guidance lists four levels of play. Level 1 is individual or socially distanced activities; Level 2 is competitive practices; Level 3 is games; and Level 4 is tournaments.

Lower Risk sports get the green light to participate in all four levels. That would enable golf and cross country to compete and hold tournaments. Moderate and High Risk sports can participate only in Level 1, which translates to no practices, games or tournaments. Those restrictions would be lifted if they meet "minimum mandatory standards for modification to play."

For soccer, field hockey, volleyball and football to practice, the following requirements are a must: Training activities must be performed in groups of 10 or less. These same groups must be used for every training session or class. Boundaries must be marked so that those groups remain at least 14 feet apart. No more than 25 people can be on a playing surface at once. Groups can only compete against each other if they remain separate and no contact occurs.

For soccer, field hockey, volleyball and football to compete in games, two criteria must be followed. First, deliberate close contact must be eliminated. Deliberate close contact includes but is not limited to collisions, body checking, tackling, block-

ing, and racing/riding in packs. Second, minimize intermittent contact. Game situations that result in intermittent, close physical or face-to-face contact must be modified or eliminated, including restarts, faceoffs, throw-ins, scrums for the ball/puck, or similar activities. These activities may be allowed if face masks are used during contact.

Tom Angelo, Franklin High's AD, is concerned about over-reaction. "Too many people are jumping to too many conclusions without hearing from all governing bodies," said Angelo, who has 36 years of experience as an educator. "Whatever is decided, Franklin High School will be prepared to provide our student-athletes with a safe environment, by adhering strictly to the proper protocols established by our own school district, the EEA, DESE, MIAA and the Hockomock League."

Chuck Grant, who's been Millis High's AD for the last 18 years, emphasizes that it's not time to panic.

"No decision has been made on whether fall sports will be canceled," Grant said. "We're still hanging in. Other guidelines were issued in July but these regulations focus "on more elaboration and more concerns."

"There's still time for the virus numbers to trend downward," Grant noted. "There's still a lot of data that can be looked at. My hope for Millis and the surrounding towns is that we give fall sports a try, and that includes football. We'll all deal with the changes needed to minimize the spread of COVID-19. The EEA's guidance was issued a month before pre-season practice would start (Sept. 14). A lot can still change."

Gary Brown, King Philip's AD who previously worked as an associate AD at Harvard University, says many of the sports offerings for the fall at the regional school remain intact.

"As of now, we're planning on offering as many sports opportu-



GARY BROWN
King Philip Regional AD



TOM ANGELO
Franklin High AD

nities as possible for the fall, and that includes football, soccer, field hockey and volleyball," Brown said. "Our goal is to offer the best student-athlete experience while keeping health and wellness as our top priorities. Athletics continue to help student-athletes physically and mentally while competing in high school sports."

Brown emphasized that while athletics are an important element in youth development, "the big picture is still the health and safety of our students, families, communities, our state and nation."

Matt Baker, who's in his sixth year as Holliston's AD, is concerned the EEA's guidance clouds the fall sports picture because other agencies haven't weighed in.

"When I first heard there was guidance regarding athletics, my hope was it would start to give us some clarity regarding high school sports," said Baker, who previously worked in athletic administration at Framingham State. "I was inundated with calls, texts and emails. There was a lot of information everyone was trying to process and what it meant for high school sports. But as it turns out, this is just one set of guidelines being released by the state. We're still awaiting additional guidance from DESE and the MIAA and until then we're still in a holding pattern."

J.D. MURPHY

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Real Estate Corner

Local Mortgage Expert Offers Free Virtual Homebuyer Seminars

Michael Shain of Bay Equity Home Loans will host two free virtual homebuyer seminars in September in conjunction with Keefe at Night continuing education.

Homebuyer Bootcamp: Tuesday, Sept. 22 from 6:30 to 7:30 p.m.

Are you considering leaving your rental behind and becoming a homeowner? At this seminar, you'll learn crucial information necessary for home buying success and leave with all the tools you need to get started on your search:

- The importance of good credit
- Finding the right mortgage loan program for you
- The difference between buyer agents and listing agents
- How to win a bidding war
- Items to include in the offer that some buyers leave out
- How to get the most from your home inspection

Buying your home is likely the largest and most important financial commitment you will make. Buyers with the latest in-

formation will be more successful in the ever-changing real estate market.

VA Home Loan Benefits: Tuesday, Sept. 29 from 6:30 to 7:30 p.m.

This class will discuss the benefits of the VA guaranteed home loan. Available to active duty personnel, veterans, reservists and National Guard personnel, as well as surviving spouses, VA loans can be used for purchases or refinances. Down payments are as low as 0 percent, with no private mortgage insurance.

Pre-registration is required for both seminars. Visit <https://keefeatnight.org/> and search

for "Homebuying Seminar" or "Understanding and Using Your VA Home Loan Benefits" or call 508-416-2170. The links for the events will be sent to you a week before the class.

For more information, call Mike at 508-330-8487 or email mshain@bayeq.com.

About Mike Shain:

Shain has more than 30 years of banking and mortgage lending experience and hosts "Real Estate and Beyond," a local TV show about home buying and selling trends.

About Bay Equity:

Bay Equity is a family-owned, full-service retail mortgage lend-



ing institution that prioritizes personal relationships. Founded in 2007 and licensed in 42 states. For more about Bay Equity Home Loans, visit: www.bayequityhomeloans.com.

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REAL Trends + Tom Ferry Announce 2020 America's Best Real Estate Professionals List

8th Annual Real Estate Ranking

Kim Williams was Named to REAL Trends + Tom Ferry America's Best Real Estate Professionals.

Kim Williams of Coldwell Banker Realty was named one of America's most productive sales associates as a part of REAL Trends + Tom Ferry America's Best Real Estate Professionals, a ranking report produced by REAL Trends and Tom Ferry International. She is now a member of the "America's Best Real Estate Agents."

REAL Trends America's Best Real Estate Professionals ranks over 14,500 residential real estate professionals solely based on their excellence in real estate sales during calendar year 2019. All production numbers are independently verified by a third party to ensure accuracy and report integrity. This group of highly successful real estate sales agents represents the top 1 percent of all real estate practitioners in the United States.

"Congratulations to Kim Williams who made the America's Best list," says Tom Ferry, owner and founder of Tom Ferry International. "I have the pleasure of working with successful real estate professionals day in and day out, and I know all the hard work, late nights, and huge effort that goes into achieving such incredible results," says Ferry. "There are multiple ways to become successful in real estate. Yet, despite the differences, the real estate professionals on this list have one thing in common—they are simply the best. Congratulations to all recipients of this prestigious recognition."

The America's Best are ranked in twelve categories:

By Transactions

- Agent-owned brokerages by Transaction Sides
- Individuals by Transaction Sides
- Teams, Small (2-5 licensed members) by Transaction Sides

- Teams, Medium (6-10) by Transaction Sides
- Teams, Large (11+) by Transaction Sides
- Team-owned brokerages by Transaction Sides

By Volume

- Agent-owned brokerages by Volume
- Individuals by Volume
- Teams, Small (2-5) by Volume
- Teams, Medium (6-10) by Volume
- Teams, Large (11+) by Volume
- Team-owned brokerages by Volume

To qualify for inclusion, an individual agent must have closed at least 50 transaction sides or \$20 million in sales volume in 2019. For real estate agent teams, the minimum is 75 transaction sides or \$30 million in closed sales volume.

Real Estate Corner

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TRENDS

continued from page 22

"Those individual agents and teams who make up the 2020 America's Best Real Estate Professionals represent only about 1.5% of all Realtors® in the country yet account for over 10% of the closed transactions, and more than 16% of all the sales volume closed last year," says Murray. "To say that Kim Williams is an exceptional sales professional is an understatement. To attain this level of sales is extraordinary."

"I'm pleased and honored to be ranked on this ranking of the country's top residential real estate agents," says Kim Williams. "It represents the time and effort that we put into each client that we serve and how much work it takes to build a successful real estate career. The level of sales it takes to qualify makes it a special recognition."

Information on those receiving this recognition can be found online at <https://www.real-trends.com/rankings/americas-best>.

Methodology

REAL Trends + Tom Ferry America's Best Real Estate Professionals honors America's finest

real estate agents and their companies and is compiled and analyzed by REAL Trends.

The rankings are compiled based on surveys from virtually every nationally branded network, many state and local associations of Realtors®, MLSs, all applicants from past years' rankings, and the 900 largest brokerage firms in the United States. Verification from an independent source is required for all submissions. In addition, REAL Trends senior staff reviews every submission for completeness and **By Volume** accuracy.

About The REAL Trends + Tom Ferry The Thousand

The REAL Trends + Tom Ferry America's Best Real Estate Professionals ranking report is sponsored jointly by REAL Trends and Tom Ferry International. REAL Trends America's Best honors America's elite real estate agents and their companies and is compiled and analyzed by REAL Trends.

REAL Trends is a leading source of analysis and information for the residential real estate brokerage industry. Tom Ferry International is a nationwide real estate business and life coaching and training company.

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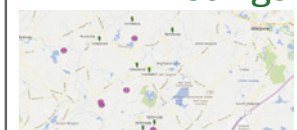
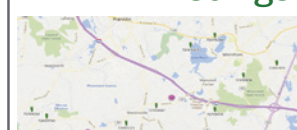






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The Kim Williams Team

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JULY 2020 <small>NORFOLK REAL ESTATE UPDATE</small>		JULY 2020 <small>WRENTHAM REAL ESTATE UPDATE</small>	
 \$536,735 Average Sold Price	17 Homes Sold	 \$517,290 Average Sold Price	15 Homes Sold
30 Active Listings		21 Active Listings	
	9% Average Sale Price <small>Decrease</small> <small>From July 2019</small>		9% Average Sale Price <small>Decrease</small> <small>From July 2019</small>
 15% Decrease <small>From June 2020</small>	47 Average Days On Market	 62% Increase <small>From June 2020</small>	97 Average Days On Market
 15% Sold Units <small>Decrease</small> <small>From June 2020</small>	<small>Source: MLS Pin</small>	 15% Sold Units <small>Increase</small> <small>From June 2020</small>	<small>Source: MLS Pin</small>




We wish you all Good Health!

Warm Regards,
Kim Williams and Team


Follow us on Twitter at [KimWilliamsHome](https://twitter.com/KimWilliamsHome), [#norfolkma](https://twitter.com/norfolkma), [#wrentham](https://twitter.com/wrentham) and on Instagram at [KimWilliamsTeam](https://www.instagram.com/KimWilliamsTeam).

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