

Local Man Pens Book about Adults in Kids' Sports

'Obnoxious Parents and Ruthless Coaches' Details Youth Baseball Gone Awry

By GRACE ALLEN

A Norfolk resident with years of experience coaching and officiating in youth baseball games has written a book about the damaging role adults often play in kids' sports. Randy Corwin's book, "Obnoxious Parents and Ruthless Coaches" is a compilation of true stories of bad behaviors by parents, fans, and coaches in recreational leagues locally and across the country.

Corwin has coached and umpired Little League and Babe Ruth baseball games for a combined 25 years now. The book took him twelve years to write, plenty of time to gather the stories that deftly illustrate how problematic adult over-involvement in kids' sports can be.

His goal, he said, was to point out that seemingly well-intentioned parents and coaches are ruining a kids' game by competitive, intense behavior and over-complicated organization.



Randy Corwin's book addresses the insanity he and others have seen in youth baseball.

"I found that even in the local recreational baseball league, where winning is supposedly not the priority, so many coaches and parents were taking these games way too se-

riously," said Corwin. "I saw coaches doing anything to win games, from cheating, to trying

BOOK

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Photo courtesy of Robert Umenhofer Photography.

Wrentham Elementary Schools Building Project on Docket for Town Meeting

CONTRIBUTED BY JOE STEWART

Wrentham voters will be asked to approve funding for a Roderick School replacement feasibility study at this fall's Special Town Meeting, scheduled for Monday, November 13 beginning at 7 p.m. at the King Philip Regional High School auditorium.

Although the warrant will not be published until October 23, residents can expect the expenditure will be listed, according to Phil Jordan, the chairman of the

Wrentham Elementary School Committee.

Dr. Allan Cameron, Superintendent of Wrentham Public Schools, said that in late 2022, the Roderick School was invited to enter the Massachusetts School Building Authority (MSBA) "Eligibility Period," which begins the process of MSBA grant funding for school building projects. Dr.

SCHOOLS

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BOOK

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to 'stack' their team, to benching the weaker players while the stars played every minute."

The book details instances of parents almost starting a brawl in the bleachers, coaches getting into fights with each other, and adults screaming at Little Leaguers who dropped a fly ball. Corwin himself once needed a police escort to his car after officiating a game.

While some stories might elicit a headshake, others illustrate the earnestness of competitive parents fixating on a child's game in the unspoken hope of a college scholarship or a professional contract for their offspring later on in life. The risk of burnout for the kids is real, says Corwin.

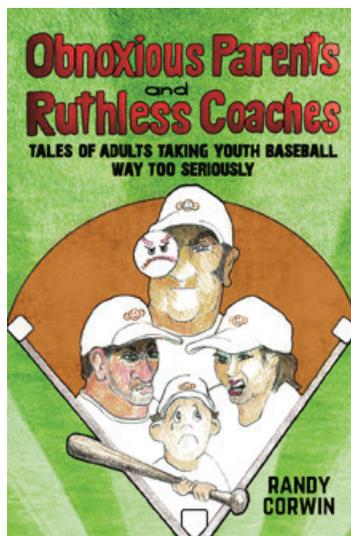
He points out that Little League is geared for boys and girls ages 9-12, and that parents and coaches forget that baseball for his generation used to be a

simple pickup game, no adults allowed. It's now evolved into an almost-unwieldy apparatus that employs a draft, pages of rules, a code of conduct for spectators, and all sorts of political machinations designed to field teams that coaches secretly hope will dominate the league.

The real losers here are the kids, argues Corwin.

"What really bothered me about all the things I saw was that the kids look up to the coaches and parents at this age," he said. "They watch what their coaches do in game situations. They watch how their parents conduct themselves at the games. And that's how they learn to conduct themselves, not just on the field but in real life."

After his own children aged out of youth sports, Corwin turned to umpiring as a way to stay involved with baseball, eventually running the Norfolk youth umpiring program up until two years ago. He himself still umpires close to 150 games a year.



A member of the Central Massachusetts Baseball Umpires Association (CMBUA), Corwin says the bad behavior by adults in youth sports has also impacted the number of officials certified to umpire and referee games. When he first joined the CMBUA in 2011, there were 175 umpires but now there are only 92 members left. Ironically, by badgering officials, parents and coaches are

only hurting themselves and the kids, because youth umpires and referees are now quitting in high numbers, says Corwin. And they are the pipeline to patched officials, so high school games get impacted, too.

Earlier this year, umpires in Taunton stopped officiating Little League games because of threats of violence towards them. In May, referees and umpires rallied at the Massachusetts State House, asking for stronger protections from parents and fans at youth sporting events. Several bills are now pending on Beacon Hill that seek to impose strict penalties on anyone verbally or physically harassing sports officials at kids' games.

Corwin, 67, uses humor and sarcasm to deal with the serious situations in the book. The owner of Housework Haters Cleaning Service, Corwin and his family have lived in Norfolk since 1986.

Corwin says he has always enjoyed youth sports because he believes they teach valuable life

lessons, including how to handle adversity.

"It's always more fun to win than to lose," he acknowledged. "But you have to learn how to win graciously, lose with dignity, and when you disagree with something that may happen in a baseball or football game, you have to learn to accept what the authority figure has ruled and move on. Because that's the way it is in life. You can't challenge everyone you disagree with to a fight in the parking lot."

"Obnoxious Parents and Ruthless Coaches" has been endorsed by Dan Shaughnessy, sportswriter for the Boston Globe, and Dave Wallace, former pitching coach for the Boston Red Sox, among others. It's available online at Amazon and Barnes and Noble, as well as at An Unlikely Story in Plainville.

For more information, or to contact the author, visit <http://www.obnoxiousparentsandruthlesscoaches.com>.

Center School Lot in Downtown Wrentham Reopens

Wrentham's Center School Lot reopened to the public on September 12.

Prior to its reopening, the Center School Lot was a dirt lot left after the former Center School was demolished in the 1970s. The dirt lot was rutted, had sections of old foundation sticking out and was an eyesore in the downtown area.

Beginning in 2022, the Office of Facilities & Central Services, along with the Town Administrator's Office, began its efforts to renovate the existing lot into a modern, aesthetically pleasing lot

in the center of Wrentham.

The renovation project, which took five months, includes two entrances/exits, landscaping upgrades, curbing, accessible sidewalks, and the addition of 112 paved parking spots, including six accessible spots and accommodations for four future Electric Vehicle charging stations.

As part of the project, existing trees in the lot were relocated to where hundreds of native plants and trees will be planted.

Truckloads of earth, granite and concrete left from the old Center School were also removed from the lot so it could be repaved with pervious and impervious asphalt. The pervious asphalt is used in the parking areas and minimizes the amount of water going into drains by allowing it to pass through the asphalt and back into the ground.

New crosswalks and flashing signs were also added to the lot to provide a connection to down-

town businesses and community open spaces, including the town common and Sweat Park.

The project totaled just over \$ 1.3 million and was funded with American Rescue Plan Act (ARPA) funds.

"With the use of our ARPA funds, we were able to take a lot that wasn't being used in town and revitalize it so it can be of

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MERIT (Millis Educational Resource Initiatives Team) is a nonprofit organization. MERIT's Mission is to award grants in the Millis School District to fund educational tools that are not typically provided by the district's budget.

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LOT

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SCHOOLS

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Cameron noted that the Roderick School was invited into the program on its first request - this is unusual and indicates that the MSBA ranks the school's needs as compelling and the Wrentham community's readiness as high.

According to the MSBA, the Roderick School is 55 years old - it opened in 1968 and was last renovated in 1988. Glenn Gillespie, Wrentham Public Schools Facilities Manager, attended fourth, fifth, and sixth grades in the Roderick, graduating in 1978. He joined the district's staff in 1998 and was appointed Facilities Manager in 2014.

Gillespie highlighted ongoing problems with the school building. In the 1950s, single pane windows and pneumatic heating systems were common, and neither are particularly efficient; today, schools are built to much higher efficiency standards. Furthermore, the pneumatic system uses a continuous earthen trench that passes under every heated space in the school. When repairs are needed, floors are torn up, repairs performed, and then

the floor replaced.

Dr. Cameron noted the impacts to students and teachers, highlighting the small classrooms (800 square feet vs. today's 1,150 square feet) and the noise in classrooms, especially those surrounding the combination gym-cafeteria, a 1950's innovation that did not stand the test of time.

The next step in the MSBA process is to conduct a feasibility study, funding for which requires Town Meeting approval. The MSBA typically provides grants that cover up to 48% of project costs. Jordan, the school committee chair, estimates that the cost to the town will be less than \$500K and would likely not require borrowing.

When asked why voters should vote to approve funding, Jordan said, "Our schools are our jewels, they draw families to Wrentham, making our community more vibrant and increasing property values." He also noted that sharing nearly 50% of project costs with the State is better than the town shouldering all the costs. And he highlighted that Wrentham has a unique opportunity to build a school for the future, one that leverages advances in tech-



Earthen trench, part of pneumatic system that heats the school. Photo courtesy of Wrentham Public Schools.

nology and its use in classrooms as well as one that can mitigate the effects of climate change on learning--where once educators accounted for "snow days" in the academic calendar, they're now planning for "heat days" in September, May, and June.

For more information, visit the Roderick School Building Project at <https://bit.ly/RoderickProject>.



The combination gym and cafeteria at the school. Photo courtesy of Wrentham Public Schools.



Photo courtesy of Wrentham Public Schools.

LOT

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better use for our community," Town Administrator Kevin Sweet said. "With the renovation of this lot and its added parking spaces, we are excited to see the positive impact it will have on traffic for the local businesses nearby. We encourage these businesses to use this parking, and also inform their customers that this parking now exists."

Added Director of Facilities and Capital Planning Chad Lovett, "I would like to thank the Board of Selectmen and the Town Administrator's Office for their support throughout this process. Together, we have worked to transform a dilapidated parcel into a beautiful lot to benefit the residents, businesses and visitors to our downtown area."

The lot will have its landscaping completed by early October. Once completed, an official ribbon-cutting ceremony will be held. Additional details will be shared at a later date.

Community members should note that overnight parking is not allowed in this lot.



Pictured above is the before and after of the Center School Lot. (Photo courtesy Town of Wrentham)

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The Revolutionary War Veterans monument, an Eagle Scout project by Wrentham Boy Scout Jackson Frye, was officially unveiled on Saturday, September 16. The monument, located on the town common, was recognized by the Col. Henry Knox Regimental Color Guard from the Massachusetts Sons of the American Revolution. A wreath was laid at its base and the regiment offered a black powder musket salute in recognition of the monument and in honor of the soldiers from Wrentham who fought in the Revolutionary War. *Contributed photo*

Southern Rail to Perform in Wrentham

The Original Congregational Church of Wrentham will present the acclaimed bluegrass group Southern Rail on Saturday, October 28 at 7 p.m.

Join us for an evening of Bluegrass and Blueberry Buckle in honor and memory of Ken Graves, founder and organizer of the OCC Coffeehouse, which returns for one time only on this special evening. The home-baked blueberry buckle is not to be missed!

Tickets are available in the church office or at the door. Donation of \$20, cash or check only.

For more information, call 508-384-3110 or email office@occhurch.net.

The Original Congregational Church is located at 1 East St. in Wrentham. Parking is available in the church lot or the town lot across the street.

The Original Congregational Church of Wrentham presents

Southern Rail

Saturday October 28 7 PM



Southern Rail's bluegrass is high octane exuberant fun with stunning harmonies, irrepressible good humor and sparkling banjo, guitar, and mandolin. The group has 11 recordings to their credit, and two of the band's members, guitarist Jim Muller and banister Sharon Hovovitch, were recently inducted into the NEBA Bluegrass Hall of Fame.

Featuring acclaimed bluegrass group "Southern Rail" in a special evening of Bluegrass and Blueberry Buckle! The home baked blueberry buckle is not to be missed!



Please join us in honor and memory of our beloved Ken Graves, founder and organizer of The OCC Coffeehouse, which returns for one time only on this special evening!

Tickets available starting 9/26 in church office or at the door.

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Faith Development Programs at the First Universalist Society

The First Universalist Society in Franklin is pleased to announce our fall 2023 Children's, Youth and Adult Faith Education programs. We hope that you will join us for all or some of the opportunities. Everyone is welcome, always.

For Children and Youth

Each Sunday at 10 a.m., children and teens gather in age-appropriate groups to explore Unitarian Universalism (UU) values and ideas. This fall:

- Ages 6-9 will be exploring UU ideas and values through folk and fairy tales.
- Ages 10- 12 will be following the UU faith curriculum, "Windows and Mirrors," which teaches that there are always multiple experiences, perspectives and viewpoints and everyone's viewpoint matters.
- Ages 13+ "The Breakfast Club" will gather and determine what is important to talk about today, while working as a group and with their adult mentors to plan service projects which engage with the larger congregation and Greater Franklin community (or beyond!).

In addition, on special Circle Sundays, our entire group gathers in community to share the experience of creating worship services, artistic offerings like our holiday pageant and our children's art show, and service projects like our battery recycling drive.

A nursery and social play area for those 5 and under is staffed each Sunday by trained caregivers.

If you have any questions about the faith development programs please contact Diana Tesni, Director of Religious Education at DRE@FUSF.org or call 508- 528-5348. More info is on our website: https://fusf.org/.

For Adults

Please join us for "Joseph Campbell and the Power of Myth: A Discussion Series."

This series is centered around the groundbreaking PBS six-episode series. World renowned mythologist and professor of religion Joseph Campbell and journalist Bill Moyers discuss myths as metaphors and the path to transcendence in dialogues that adroitly span millennia of history and far-flung geography. We will view each episode, and then engage in a lively discussion of how it moves and inspires us.

The sessions will be held on 6 consecutive Mondays (October 2, 9, 16, 23, 30 and November 6) from 7 to 8:30 p.m. in person at First Universalist Society in Franklin. This discussion series is FREE. Please pre-register by emailing David Gerlits at davegerlits@gmail.com or by calling 508-446-4453.

Problems at Wrentham's Crocker Pond Dam

CONTRIBUTED BY JOE STEWART

Following the tropical storms in mid-September, including the storm which produced tornado warnings for Wrentham, nearby resident Steve McKinney noticed that Crocker Pond had broken through some of the rocks surrounding the Crocker Pond Dam.

McKinney noted that he's watched the dam deteriorate over the past 5 years. Where once just a little water seeped through the rocks, now many of the rocks are missing and nearly as much water flows through around the dam spillway as flows through the dam spillway.

According to Kourtney Allen, Attleboro's Water Department Superintendent, Crocker Dam is owned by Attleboro and is a low hazard dam in poor condition which needs significant repairs. Attleboro has been planning to replace the dam for several years and has budgeted close to \$250K for a Phase 1 Design, Permitting, and Bidding project possibly in fiscal year 2028.



Crocker Pond Dam has been deteriorating for several years now. Photo courtesy of Steve McKinney.



After recent storms, water is flowing through both the spillway and on the far side. Photo courtesy of Steve McKinney.

Allen said that the Water Department dispatched a crew to Crocker Dam shortly after the storm and then again a few days later to confirm normal operations.

New England's exceptionally rainy summer has focused new attention on local dams, which some experts say may not be able to handle climate-induced

storms. Several dams state-wide are considered vulnerable to extreme weather, which seems to be increasing.

McKinney has observed that ponds now form on both sides of Myrtle Street downstream from Crocker Dam. The stream from Crocker Dam passes through a culvert under Myrtle Street and ponds are forming immediately before and after the culvert. He

also recalled that a sinkhole developed on Myrtle Street last year above the culvert, which was repaired. At press time, Wrentham's Department of Public Works was unable to provide details.

Similarly, Wrentham's Red Dam, which forms Lake Pearl, and Eagle Dam, which is downstream from Lake Pearl and forms a pond near Franklin

Street / Route 140, are also in disrepair. Red Dam, which is categorized as a Large Size, Significant Hazard Potential Dam, has been found to be "structurally deficient and in poor condition." The state's Department of Conservation and Recreation issued a Certificate of Non-Compliance and Dam Safety Order to Wrentham.

The Dam Safety Order directs Wrentham to conduct every six months a "Poor Condition Dam Follow-up Inspection" on Red Dam and report results, perform a "Phase II Inspection and Investigation" with the final report due October 1, and bring the dam into compliance by October 1, 2024. As of press time, the reports were not available.



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Learn About Tri-County Building Project at Oct. 11 Meeting

The Wrentham Democratic Town Committee has organized a Community Conversation

about the Tri-County Regional Vocational Technical High School (RVTHS) building project.

The meeting will take place on Wednesday, October 11 from 7 to 8 p.m. at the King Philip

High School cafeteria. Residents from any community that sends students to Tri-County are welcome to attend.

Dr. Karen Maguire, Superintendent-Director of Tri-County RVTHS, and Tracy Stewart, School Committee member, Tri-County RVTHS, will speak.

This event offers a platform for residents to learn more about the project's details, implications, and benefits in preparation for the upcoming October 24 special election to approve funding for the building project. Questions or concerns about the project will be addressed.

Attendees are asked to register at <https://bit.ly/RSVPTriCountyRVTHS>.

Questions? Email info@wrenthamdemocrats.org.

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Special Election on October 24

There will be a Special Election on Tuesday, Oct. 24 to vote on a new school building for Tri-County Regional Vocational Technical High School. The eleven towns that send students to Tri-County will be voting.

In Norfolk, residents can vote from noon to 8 p.m. at the Freeman Kennedy School, 70 Boardman St.

In Wrentham, residents can vote from noon to 8 p.m. in the Training Room of the Public Safety Building, 89/99 South Street.

For more information on the project, visit <https://www.tri-countybuilding.com/>.

Wrentham Lions Club to Hold Trivia Contest

Show your Wrentham pride and knowledge at the first annual Wrentham Lions Club Team Trivia contest on Friday, Oct. 13 at the American Legion at Wampum Corner. The event starts at 7 p.m.

There will be pizza, desserts, and a cash bar. Teams of 8 are welcome, as well as individuals and small groups. There will be twelve tables of 8, and the winning table will receive a cash

prize of \$500.

Tickets are \$25 per person. Please email wrenthamlions33k@gmail.com for more information.

Organizers urge Wrentham groups, organizations, and neighborhoods to sign up. All proceeds will go to various Wrentham charities.

As special guests, Wrentham's 350th Committee will get a complimentary table.

Dean College Announces 2023-2024 Theatre and Dance Season

Dean College is proud to announce its new 2023-2024 performing arts season. Running from October to May, the lineup includes four theatre shows, four dance shows and multiple showcase performances featuring Dean College students in the School of the Arts and the Joan Phelps Palladino School of Dance. Season ticket packages and individual show tickets are now available online at www.dean.edu/performance. Packages include the Full Season Package (eight theatre and dance events), the Theatre Series Package (four events) and the Dance Series Package (four events).

The 2023-2024 theatre season starts with the Olivier Award-winning comedy “The Play That Goes Wrong” by Henry Lewis, Jonathan Sayer and Henry Shields from October 25-29, 2023. The fall musical production is Jonathan Larson’s iconic show “RENT,” winner of five Tony Awards including Best Musical, which runs from November 15-19, 2023. Moving into 2024, “She Loves Me” is an intimate and heartwarming musical by Joe Masteroff, Jerry Bock and Sheldon Harnick, which runs from February 28 to March 3, 2024. Closing out the theatre series, from April 4-7, 2024, is Samuel D. Hunter’s bittersweet comedy “Pocaterello” in its regional premiere. Please see the attached show breakdown for more details on each event.

The 2023-2024 dance series begins on November 3-4, 2023 with the collaborative show “Arts Mosaic,” showcasing student works in dance, theatre, music, film and much more. “Faculty Dance Works” runs from December 7-8, 2023 and will be comprised of original works created by School of Dance faculty and guest artists in a wide diversity of dance styles. “Choreographers’ Concert” runs from March 22-23, 2024, featuring Dean emerging student-choreographers’ work. The dance series concludes with the annual “Dance Company,” from April 25-28, 2024, with mixed bill repertoire ranging from hip-hop to jazz, tap, modern and ballet in new and restaged works by award-winning faculty and guest choreographers. Please see the attached show breakdown for more details on each event.

In addition to the mainstage performances listed above, there are multiple showcase events featuring the diverse talents of Dean

College students, including “New Thespian Showcase” (November 30 & December 2, 2023), “New Dancer Showcase” (December 1-2, 2023), “Dance Senior Showcase” (April 12-13, 2023) and “Theatre Senior Showcase” (April 19-20, 2024). These events are not included in season ticket packages but are available for single ticket purchase.

Full season ticket packages offer a 20% discount on regular single ticket prices. The Full Season Package (eight events) is \$132 for general public and is \$72 for senior citizens and non-Dean students.

The Dance Series Package (four events – “Arts Mosaic,” “Faculty Dance Works,” “Choreographers’ Concert” and “Dance Company”) is \$66 for general public and \$36 for senior citizens and non-Dean students.

The Theatre Series Package (four events – “The Play That Goes Wrong,” “RENT,” “She Loves Me,” and “Pocaterello”) is \$66 for general public and \$36 for senior citizens and non-Dean students.

Individual show tickets range from \$5-\$22.

Dean College has moved to a ticketless validation system for all events. There are two ways to receive your online season tickets – digitally, via your cell phone or mobile device (highly preferred) or by printing your receipt at home and picking up your tickets at the Will Call line at the Main Stage kiosk starting 60 minutes prior to performances with a valid I.D.

All events and performances are subject to change. Please be sure to visit www.dean.edu/performance for all up-to-date and applicable venue policies. Ticket holders who do not comply with venue policies will not be admitted.

Please note: Dean College welcomes children and families to all of our performances. However, infants and children under 2 years of age are not allowed in the theatre, and children under the age of 16 must be accompanied by an adult. All patrons must have their own ticketed seats; lap sitting is not permitted. Only ADA-certified service animals are allowed in the theatre.

2023-2024 School of the Arts Theatre Season breakdown

“The Play That Goes Wrong”

October 25-28, 2023 – 7:30 P.M.

October 28-29, 2023 – 2:00 P.M.

Main Stage

By Henry Lewis, Jonathan Sayer, and Henry Shields

An Olivier Award-winning comedy that is a hilarious hybrid of Monty Python and Sherlock Holmes. A farcical murder mystery, a play within a play that was conceived by the hysterical Mischief Theatre Company from London.

It’s the opening night of “The Murder at Haversham Manor,” where things are quickly going from bad to utterly disastrous. There’s an unconscious leading lady, a corpse that can’t play dead, actors who trip over everything (including their lines) and lots of laughs for everyone in the audience.

“By far the funniest show of the season.” – Forbes.

“The Play That Goes Wrong” is presented by arrangement with Dramatists Play Service under license from Mischief Worldwide Ltd.

“RENT”

November 15-18, 2023 – 7:30 P.M.

November 18-19, 2023 – 2:00 P.M.

Main Stage

Music, lyrics, and book by Jonathan Larson

The iconic musical “RENT” is finally coming to Dean College! “RENT” opened on Broadway in April 1996. The Pulitzer Prize-winning show ran for 12 years and was nominated for 10 Tony Awards, winning five including Best Musical.

Based loosely on Puccini’s “La Boheme,” Jonathan Larson’s “RENT” follows a year in the life of a group of impoverished young artists and musicians struggling to survive and create in New York’s Lower East Side, under the shadow of HIV/AIDS.

“There’s only us, there’s only this. Forget, regret, or life is yours to miss. No other road, no other way. No day but today.” – “RENT”

“RENT” is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are supplied by MTI.

“She Loves Me”

February 28-March 2, 2024 – 7:30 P.M.

March 2-3, 2024 – 2:00 P.M.

Main Stage
Book by Joe Masteroff, Music by Jerry Bock, Lyrics by Sheldon Harnick

An intimate and touching show perfect for the Dean Col-

lege Main Stage! “She Loves Me” was nominated for five Tony Awards in 1964. The 1993 Broadway revival won the Olivier Award for Best Musical Revival, the Drama Desk Award for Outstanding Revival of a Musical and the 1994 Critics Circle Award for Best Musical.

Considered by many to be the most charming musical ever written, “She Loves Me” is a warm romantic comedy with an endearing innocence and a touch of old-world elegance. The Mikos Lazlos play “Parfumerie,” on which it is based, has inspired many adaptations, including the beloved film “You’ve Got Mail” starring Meg Ryan and Tom Hanks.

The New York Times wrote, “This musical is remarkably generous to all its performers: a half-dozen supporting characters are given showstoppers, too.”

“She Loves Me” is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI.

“Pocaterello”

April 4-6, 2024 – 7:30 P.M.

April 6-7, 2024 – 2:00 P.M.

Main Stage

Written by Samuel D. Hunter

In its regional premiere, the bittersweet comedy “Pocaterello” will close the 23-24 theatre season at Dean College.

Eddie manages an Italian chain restaurant in Pocaterello – a small, unexceptional American city that is slowly being paved over with strip malls and franchises. But he can’t serve enough soup, salad & breadstick specials to make his hometown feel like home. Against the harsh backdrop of Samuel D. Hunter’s Idaho, this heartbreaking comedy is a cry for connection in an increasingly lonely American landscape.

People have raved about “Pocaterello” – “Skillful and moving, humanely rendered and shrewdly structured.” – Time-Out New York and “Hunter, as warmhearted a dramatist as can be experienced these days, crafts Pocaterello as if it were a Robert Altman film.” – Entertainment Weekly. Pocaterello premiered off-Broadway at Playwrights Horizons in 2014. The perfect show to close an outstanding season of theatre at Dean.

“Pocaterello” was originally conceived and developed under the title “When You’re Here ...” at the Williamstown Theatre Fes-

tival, Jenny Gersten, Artistic Director and further developed at Geva Theatre Center, Rochester, New York.

2023-2024 Joan Phelps Palladino School of Dance Season breakdown

“Arts Mosaic”

November 3-4, 2023 – 7:30 P.M.

November 4, 2023 – 2:00 P.M.

Guidrey Center

Enjoy select student works and collaborations, integrating dance, theatre, music, film and much more. Join us as we celebrate the diversity of the arts on the Dean College campus.

“Faculty Dance Works”

December 7-8, 2023 – 7:30 P.M.

Main Stage

Join us for two energetic and exciting evenings of dance, featuring outstanding works conceived by the Joan Phelps Palladino School of Dance faculty and renowned guest artists. Dean College Dance students will perform in a diverse variety of dance styles, from modern dance to ballet to tap and more.

“Choreographers’ Concert”

March 22-23, 2024 – 7:30 P.M.

Main Stage

Student choreographers will have selected works showcased and adjudicated by renowned industry professionals in this two-night opportunity. You will have the chance to see the creative talents of emerging student choreographers in a full production setting. Friday evening’s presentation will feature live commentary from the guest artists following each work, while the program will be reprised as a regular concert on Saturday evening.

“Dance Company”

April 25-27, 2024 – 7:30 P.M.

April 27-28, 2024 – 2:00 P.M.

Main Stage

Award-winning faculty and guest choreographers showcase the impressive talent of our dance majors through a mixed bill of new and restaged dance works, ranging in style from hip-hop to jazz dance, tap to modern and ballet.

To learn more about performances, venue policies, and to purchase tickets, visit www.dean.edu/boxoffice.

The College Admission Interview

The college admission interview is a great way to humanize the college application. It provides the admission counselor the opportunity to get to know the student as a person and not just as a number, and more importantly, it allows the student to tell their story.

What is the Purpose of the College Admission Interview?

The admission interview is a conversation where the student and the college learn more about each other to determine if there is a match. With the more selective colleges, the interview often takes a more evaluative approach where the student's overall performance is one of the factors that is considered in their final application assessment. The most common approach though is the informative interview, which allows the college and student to ask questions in a more casual and relaxed environment. These interviews do not weigh in as an admission factor, but offer a chance for the admission counselors to get to know the student better and for the student to learn more about the school- a win-win.

An interview can seem terrifying for some students, but colleges are honestly just looking for ways to connect with the student and learn more about their interests. The interview is rarely ever the deciding factor in an admission decision. A student should think of the interview as a chance to share information beyond their transcript- talk about their passions, their future goals, go deeper with an activity that is important to them, demonstrate how they will contribute to the college's vibrant campus life - just be real! Interviews are also a way for the student to learn firsthand if the college is a "good fit" for them. It is important to note that not all colleges offer interviews. Check the college admission requirements on the college websites to see if they include information about the types of interviews that are available and the registration timeline.

Preparing for the College Interview

The most effective way to have successful results with the interview is simply to prepare. Regardless of how nervous a student may be, it will be easier if

they take time to prepare ahead for the interview. One of my favorite interview resources is from the College Essay Guy- "How to prepare for the college interview in 1 hour." Highlights are below.

1. Prepare an answer to the following three topics

- 10 minutes: Research the "Why Us". Why do you want to attend their college and how does their college help you meet your goals.
 - 5 minutes: Think about potential majors, interests, and the fields of study that you may want to pursue - and why?
 - 5 minutes: Identify your favorite interests besides academics.
- ### 2. 5 minutes: Prepare three questions to ask your interviewer. A few sample questions are below.
- Inquire about a specific program that you are interested in and what have students from this program accomplished after graduation?
 - What makes students at your university different?
 - What sort of internship and career-placement services does the school offer?
 - What types of onboarding programs do they have for first-year students?



Maryline Michel Kulewicz and Tracy Sullivan of College 101 Admissions Consultants

- **FREE RESOURCE:** if you would like a complete list of College 101 Interview Questions, email tracy@mycollege101.com.
- 3. **5 minutes:** Write down 4 or 5 things you would like to share with the representative about yourself.
- 4. **5 minutes:** Organize the information onto one sheet of paper and keep it in front of you for reference.
- 5. **20 minutes:** Read through the brief article below from the College Board to help with potential interview questions and response tips:

<https://bigfuture.collegeboard.org/plan-for-college/your-college-application/prepare-for-interviews/college-interviews-practice-questions-and-strategies>

We have an in depth PDF that offers questions and strategies. Email tracy@mycollege101.com for a copy.

- 6. **5 minutes:** Meditate - as Amanda Augustine, a career-advice expert says, "Meditation can be as simple as closing your eyes for a minute, taking a few slow, deep breaths, and visualizing yourself crushing the interview."

Good luck and enjoy the journey!

College 101 Admissions Consultants LLC. Website: www.mycollege101.com. Email: tracy@mycollege101.com. Phone: 508-380-3845.

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Blessing of the Pets

St. John's Episcopal Church in Franklin will hold a special pet blessing at an outdoor service on Sunday, Oct. 8 at 10 a.m. Everyone is welcome.

The blessing will be held in honor of St. Francis of Assisi, known as the patron saint of animals and the environment. Animals should be crated or leashed for the service.

For more information, call 508-528-2387 or email admin@StJohnsFranklinMA.org.

St. John's Episcopal Church is located at 237 Pleasant St. in Franklin.



Your Money, Your Independence

Update: Changes to 2024 Catch Up 401(k) Contributions

Since 2019, Congress continues to place a growing number of changes as well as restrictions on Americans' retirement planning.

Passed in December 2022, Secure Act 2.0, which stands for "Setting Every Community Up for Retirement Enhancement," was designed to further improve retirement-saving opportunities.

One would believe expanding personal choices would be an enhancement.

Think again.

Planned changes for 2024.

For Secure Act 2.0, when lawmakers drafted changes to 401k catch-up provisions (currently \$7,500 additional to 401k plans by those over age 50) they "mistakenly" left out specific language. As a result, under their original Section 603, no participant could make catch-up contributions whether on a pre-tax or Roth basis starting in 2024.

This was a big problem.

Congressional leaders said this was not the intended outcome, but instead to broaden the amount of employers offering a Roth option in their 401k plans. Interesting, cause simply mandating a Roth option in 401k plans does this and provides more choice for everyone.



Glenn Brown, CFP

Instead, Congress determined it was best to require individuals who earned more than \$145,000 in FICA wages the previous tax year to make all catch-up contributions on a Roth basis only. Meaning, it eliminated the choice of taking upfront tax break on catch-up contributions for "higher earners" by only allowing these deposits in after-tax Roth accounts.

With this as the only catch-up option available, lawmakers know this pressures employers to update both retirement plans to allow the Roth option AND align payroll service capabilities with retirement plans to identify those who earned more than \$145,000 in FICA wages the previous year.

The cynic in me asks:

- Why is this link being established?
- What's in future laws given these new aligned capabilities?
- When did \$145,000 become the new \$400,000 for "high earners"?

It gets complicated.

Beyond employers, plan administrators and plan/payroll service providers having to update capabilities at additional costs, there are several unanswered questions on how to execute.

For example, what's in place to allow an employer to verify a new employee's FICA wages made the previous year at a former employer? Or what of those who don't have FICA wages and are omitted from the new law, like state and local government employees or partners at a law firm? Ironical or mistakenly omitted?

This led to over 200 entities made up of Fortune 500 companies, firms, and public employers,

plus the American Retirement Association and plan administrators including Schwab, Vanguard, and Fidelity to ask Congress for a two-year delay to the Roth catch-up rule to 2026.

IRS delays changes until 2026.

On August 25, 2023, the IRS released Notice 2023-62 which pushed enactment of Section 603 out to January 1, 2026.

Thus, it is business as usual for 2024 and 2025, while stakeholders work behind the scenes to get compliant. It also gives time for revised Congressional legislation.

Your next steps.

If over age 50, you can continue making catch-up contributions to 401k plans based upon your personal choice of what's best for you now and later in retirement, regardless of income.

Now, don't get me wrong, the Roth 401k selection can have tremendous benefits.

Furthermore, I've actively illustrated to clients the potential benefits and drawbacks to

switching to the Roth 401k option. But in the end, it should be about choice for the individual to do what is best for them in planning for their retirement.

If you don't know which choice is right for you, talk to your Certified Financial Planner.

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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Call for Pumpkins

Annual Haunted Car Crawl Set for Oct. 28

Put your carving skills to work and make a pumpkin for this year's Haunted Car Crawl, sponsored by the Norfolk Community League and the Norfolk Lions.

We need lots of jack o' lanterns to fill the pumpkin patch and create a spooky atmosphere to kick off the crawl! Everyone is welcome to carve a pumpkin and contribute to this event that raises money for our community.

Where To Drop Off Your Pumpkin

Take the entrance to the Freeman Kennedy School near the Norfolk Grange and leave your pumpkin in the field across from the back of the school. Pumpkins can be brought to Freeman after 9 a.m. on Saturday, October 28, the day of the event. Put your name on it so you can easily find it if you want it back.

Pick Up Your Pumpkin

Please pick up your pumpkin by noon on Sunday, October 29. All pumpkins not picked up by noon will be discarded.

Thank you in advance for supporting this event! We appreciate your time and effort and it really adds to the spirit of the evening.

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Fall Financial Tidbits

Summer has come to an end. Now that the hottest days, family vacations and back-to-school rush are behind us, it's a great time to give some attention to your personal finances. Prepare for the coming months – and the holidays on the horizon – with these fall tips:

- Pay quarterly estimated taxes. If you're self-employed or you have extra income you haven't reported on your W-2, now's the time to make sure you're paying both state and federal quarterly estimated income taxes, so you don't get stuck with a big bill from Uncle Sam in April. September 15th was the deadline to pay your third quarter estimates, but don't let that stop you from sending some-
- thing in anyway.
- Prepare for the cooler months. Although you may still have summer on your mind, staying warm gets expensive when winter hits. Many utility companies offer "budget billing" plans that allow you to spread your heating costs over the year while avoiding a surprisingly large bill for a particularly cold month. Also, winterizing your home this fall conserves energy and saves money.
- Start saving for the holidays. It may sound excessive to start thinking about the holidays in October, but Christmas is a less than 90 days away. Now is a great time to create a holiday spending plan. For instance,



Jeffrey Schweitzer

if you plan to spend \$300 on gifts, you should start saving \$3-4 per day to get there. Stashing away cash in advance allows you to buy gifts for everyone on your list without taking on debt. Resolve to start a "Christmas Club" savings account in the New Year to jumpstart your savings habit.

- Teach children to save. When kids return to school, they often have a renewed sense of focus and determination. Schools across the country are incorporating financial literacy into the classroom. Take this opportunity to talk to your children about money and the importance of saving. Your efforts will be rewarded as your child develops an understanding of financial principles and positive financial habits. We have a great FREE guide entitled "Money Doesn't Grow on Trees...Teaching Kids

About Money". Please feel free to call me and I will send you a copy right away. My number is below.

- De-clutter and donate. As summer winds down and you start spending more time inside, take a hard look at all the stuff you've been stockpiling. Sorting through clothes you no longer wear along with electronics and unused household items can free up space and even make you a little cash. Sell items at a local consignment shop or donate them (by making a tax-deductible contribution).
- Conquering the Clutter in your Financial Closet. You need only to keep credit card receipts, ATM transactions, and deposit and debit card receipts until you verify the transaction on your monthly statements and then you can shred them. In the event that you have a small business, some of these records should be kept longer. Feel free to reach out to me and I can provide you with some details on how long to keep specific items. Always remember that any financial transaction, receipt or account statement should be shredded. NEVER throw them in the trash.
- PERMANENT items you may want to keep:

- Educational records
- Employment records
- Health records
- Retirement and Pension Plan information
- Contents of your safe deposit box

CURRENT items, which need to be reviewed every 3-6 years, before deciding whether to continue keeping or shredding them include:

- Cancelled checks
- Bank statements
- Insurance policies
- Home purchase, repair and improvement records
- Warranties
- Income tax records

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

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Notable People and Places of Wrentham

As part of Wrentham's 350th anniversary celebration, the committee planning this year's events has asked residents to submit memories of significant people and places in the town's history. Following is a submission the anniversary committee shared with Local Town Pages.

Wrentham Developmental Center (formerly the Wrentham State School)

Many of us drive by the large area now known as the Wrentham Development Center (WDC) and know little about its often-painful history and transformation. This article has been compiled from numerous online sources as well as former WDC employee Ingrid Grenon's book, "From One Century to the Next: A History of Wrentham State School and the Institutional Model in Massachusetts."

The Wrentham State School, located on a large campus at the junction of Emerald and North Streets, was an historic state-run medical facility for the treatment of psychiatric and developmental disorders. It was built in 1906 for the purpose of reducing crowding at the Fernald School in Waltham. The original campus was built out of nine converted family farmhouses on 500 acres of land.

Dr. George L. Wallace, the original Superintendent, accepted 10 boys who were transferred from the Fernald School in Waltham to the new land in

Wrentham. He proposed to have a total of 60 boys there by summer 1907. Wallace, like many other mental health physicians at the time, followed the teachings of Dr. Samuel G. Howe of Boston. Howe believed in teaching and training of the mentally disabled, and preparing them for integration into society, rather than segregating them from the general population. In the early years of the facility, able-bodied young men with developmental disabilities were brought to the school to do farm work, and to learn skills of manual labor.

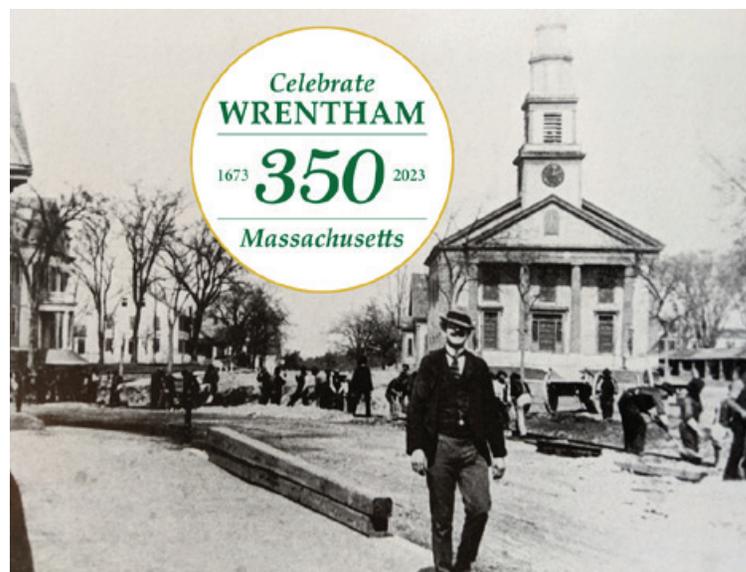
In its early days, the school was able to serve its population, and became a model for other state institutions. In her book, Grenon includes excerpts from people who visited the school around 1920: "It's painting on the walls. It's so wonderful. It's nothing like the other places they had visited that were like institutions," Grenon said in a Sun Chronicle article, echoing comments from those long-ago witnesses.

But, as time progressed, Wrentham State became overcrowded. And over time—as the school accepted more patients, both male and female ranging in age and degree of disability, and as societal trends of institutionalizing disabled and developmentally disabled people grew—reports of abuse and scandal became ongoing at Wrentham. The school's certification was revoked



in 1976 due to the facility's "inability to meet minimum Federal Standards." Overcrowded, understaffed, and underfunded, the school was unable to provide quality care, and conditions for patients were described as "deplorable." There were also reports of fluoride and radiation testing on patients there.

With the abuse accusations, numerous lawsuits against the school, and the onset of deinstitutionalization, many patients were moved into group homes in the late 1970s and early 1980s. And as the population of the school declined, the living conditions improved for those who still remained at Wrentham. The name of the school was changed to the Wrentham Developmental Center in 1995 and the facility is still open, caring for the devel-



opmentally disabled in a group home environment.

Though the past cannot be erased, the mental health field has grown in its understanding of patient issues and treatment/rehabilitation for those with developmental disabilities. The focus of the WDC is now to serve as a safe place for the aging population to live out the rest of their days in a group home environment. Individuals, ranging in age from 30-90, live on the campus and access day services on the campus or in the community. The school was added to the National Registry of Historic Places in 1994.

So when you drive by or come by to watch your kids play at the Rice Recreation Complex or attend the Crackerbarrel Fair, you'll now know a bit of the history and amazing transformation of WDC.

COMPILED BY PAULA KOWALEWSKI SULLIVAN, WRENTHAM 350 MEMBER.

Sources for this article include: *The Boston Globe*, *The Sun Chronicle*, *Patch*, *Wikipedia*, the *Asylum Projects' discussion on WDC*, the *Mass. Dept. of Development Services 2021 "Report on the DDS Community Services Expansion and Facilities Restructuring Plan,"* and *Ingrid Grenon's book, "From One Century to the Next: A History of Wrentham State School and the Institutional Model in Massachusetts."*

Wrentham Cultural Council Grant Cycle Open

Do you have an idea for a cultural program? The grant window for Wrentham's Cultural Council funding is open until October 17.

All applications must be submitted online at <https://massculturalcouncil.org/local-council/wrentham/>.

Applications are considered with the following FY24 local priorities in mind:

- Performance Arts suitable for outdoor Arts Festival (Arts on the Common – late spring).
- Projects that are innovative, creative, collaborative, and community based.
- Projects that support established community cultural programs.
- Projects that show strong planning and evidence of ability to follow through.

- Programs and events that bring diverse voices into the community.

The WCC encourages applicants to team up with a local organization to jointly present a cultural project that has a specified program/event date and venue, a marketing plan for attracting the target audience to the program, and a contingency plan for partial grant funding. Average grants are modest (\$300 – \$600).

Applicants may not submit more than two project applications per grant cycle and are limited to two consecutive years that a particular project can be re-submitted for funding. Applicants must provide their own publicity materials for their project and make materials available to the Wrentham Cultural Council for publicity.



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October Program Highlights at the Norfolk Senior Center

RSVP to 508-528-4430 or register at the Norfolk Senior Center, 28 Medway Branch Road, Norfolk.

Tuesday, October 3 at 1 p.m. **Fuel Assistance Q&A** It's almost time to start thinking about heating your homes. The Fuel Assistance Program may help. Outreach Coordinator Becky Poyntot will discuss income guidelines, the application process, and how the program works. Pumpkin muffins will be served. RSVP required.

Wednesday, October 4 from 11 a.m. to 1 p.m. and from 2 to 4 p.m. **Flu Clinic** Metacomet Public Health Alliance is having a flu clinic at the Norfolk Senior Center for residents 18 years and older. Register online at Norfolk.ma.us. Call the Senior Center if you need help making an appointment.

Thursday, October 5 from 10 a.m. to 1 p.m. **Shredding Event** Norfolk District Attorney Michael W. Morrissey is sponsoring a secure document shredding event in the parking lot of the Norfolk Senior Center. All are welcome.

Tuesday, October 10 at 10 a.m. **Tracking Priorities on iPhone and iPad** Keep your day organized using Notes, Calendars, Reminders, and Siri. Kevin from KevTech Services will answer questions, even if you have an Android phone. RSVP required.

Thursday, October 12 at 10 a.m. **Smoke Detectors with Fire Department** Learn about smoke detectors with the Norfolk Fire Department. Gain knowledge on testing, changing batteries, and correct locations. Apple cider and cider donuts will be served. RSVP required.

Tuesday, October 17 from 8:45 a.m. to 5:15 p.m. **Encore Casino Trip** Join us for a fun day at Boston's premier casino. Deluxe motorcoach transportation and \$20 free slot play. Cost: \$35. RSVP by October 6.

Tuesday, October 17 at 2 p.m. **"All Booked Up" Book Club** A monthly book group at the Senior Center facilitated by Norfolk Public Library Associate Director Courtney Allen. We will be discussing "Lillian Boxfish Takes a Walk" by Kathleen Rooney. RSVP required.

Wednesday, October 18 from 11:30 a.m. to 3:30 p.m. **Splish Splash-Bobby Darin Music** Bobby Darin music starring Ron Gartner at Lake Pearl, Wrentham. Plated luncheon of baked stuffed chicken or vegetarian lasagna, salad, potato, vegetables, breads, dessert, and coffee/tea. Cost: \$79. RSVP by October 6.

Wednesday, October 25 from 1 to 2 p.m. **Witchy Wanda's Halloween Spooktacular Variety Show** Witchy Wanda and her strange, fun-loving friends sing, dance, make jokes and much more in this fun performance. Dessert will be served afterwards. Costumes optional. RSVP required.

Thursday, October 26 from 10 to 11 a.m. **Hands-Only CPR** Learn how to save a life! Metacomet Public Health Alliance will teach how to recognize cardiac arrest and act quickly and effectively to perform hands-only CPR, including practice. This class is for educational purposes only and you do not receive a CPR certification. RSVP required.

Thursday, October 26 from 8 a.m. to 6:45 p.m. **Connecticut Rail and Sail Trip** Enjoy fresh baked goods at Lyman Orchard's Apple Barrel and a seafood lunch at Lenny & Joe's Restaurant. Ride the Essex Steam Train and take a riverboat cruise. Motorcoach transportation. Cost: \$134. RSVP by October 12.

Monday, October 30 at 10 a.m. **Mitch the Norfolk Comfort Dog** Calling all dog lovers! Meet Mitch, the Norfolk Police Department's comfort dog. His handler, Officer Joseph Choiniere, will talk about the role of comfort dogs. Officer Michael Milano, liaison between the Senior Center and the Police Department, will also answer questions. Lots of interaction with Mitch. RSVP required.

Guest Column

Parental Responsibility in a New World

By G. GREGORY TOOKER

"It's 9 p.m. Do you know where your child is tonight?" Do you remember that line? Decades ago, it reflected concern for the welfare of innocent children not necessarily under the watchful eye of their parents. We live in

a far different world these days, characterized by a social structure that's badly frayed around the edges. Families stressed by the need to produce more income, as well as a growing number of single parent households, have diminished the supervision

and guidance needed by youngsters growing up in a challenging environment. This has increased opportunities for youth to engage in whatever activity they consider rewarding, resulting in serious problems throughout the country.

The recent street riots in Boston on August 27 near the AMC Boston Common 19 complex are a clear example of the growing problem of "flash-mob" youth activity. Law enforcement is severely challenged in its ability to react effectively to these situations. In addition to being greatly outnumbered, officers responding to the scene are limited in crowd control techniques they may employ without risking civil liability lawsuits. On August 27, officers were physically attacked by underage youth working in teams and in at least one instance, using a choke hold against an officer. Non-violent, verbal crowd control techniques are of little use at this level of violence.

Injuries and damages to innocent third parties, in addition to those sustained by responding civil servants, are not insignificant in these situations. Mass shoplifting events are becoming more common during which thousands of dollars of store inventories have been looted. Allowing this behavior to go unpunished will only perpetuate and increase its growth. The question is, what penalties and solutions are both justified and effective in deterring its continuation?

Parents of children responsible for injuries and damages resulting from these incidents should not be permitted to disclaim responsibility, otherwise there is no incentive for them to get involved. In that paying for damages caused by their children is sometimes impractical, there are more pragmatic approaches to stimulate their participation, such as requiring their attendance at community-sponsored remedial behavior seminars and discussion groups. From a prevention standpoint, clearly a potential solution is to provide unsupervised youth with avenues for constructive activity. Community youth centers need to be increased in number. Operating these facilities offers employment opportunities for some, including both youth and parents.

There are many social and economic challenges on our plates these days but we should not make the mistake of downplaying the enormity of the threat posed by growing restlessness among American youth.

Opinions expressed in the Guest Column do not necessarily reflect those of the publisher.

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Dean College Announces New Deans for School of the Arts and Sanders School of Business

Dean College is pleased to announce the appointment of Bill Ingram, Ph.D., as the new dean for the Dean Sanders '47 School of Business and Patsy Collins Bandes as the new dean for the School of the Arts.

Bill Ingram joins Dean from the University of North Texas Dallas, where he was on the faculty since 2016, most recently serving as the assistant dean for the School of Business. He brings 10 years of experience teaching business and hospitality operations at both the undergraduate and graduate levels, as well as over 10 years of professional experience in hotel and restaurant management with Walt Disney World Resort, Loews Hostels and Sky Hotels and Resorts. Ingram holds a Ph.D. in hospitality management from the University of Central Florida and an MBA from the University of North Texas. He is also an alumnus of Texas Tech University, where he earned both a bachelor's degree and master's degree in restaurant, hotel and institutional management.

As dean of the Sanders School of Business, Ingram will oversee programs in Athletic Coaching

and Recreation Management, Business Management, Communications, Criminal Justice, Criminal Justice and Homeland Security, Marketing, Sport Management and Sports Broadcasting. He is tasked with building the baccalaureate culture and raising the bar for the College's business programs to stay current with the ever-changing industry.

"My biggest focus is aligning our business programs with what the industry wants and needs, especially in areas of cross concentration, whether that be data analysis, accounting, artificial intelligence or business ethics," Ingram explained. "I'm also here to create business partnerships locally, maximize the relationships we already have, like with Kraft Sports + Entertainment, and think globally so that our students have opportunities that lead to careers."

Ingram is also heavily focused on building experiential learning into every area of the Sanders School of Business.

"I want our faculty to be as innovative as possible," he said. "I want to be able to walk through downtown Franklin and see our students out there working, get-

ting hands-on experience and getting outside of the traditional classroom. The courses they are taking should look very similar to the jobs they'll be doing once they graduate, so they are prepared for a seamless transition to their careers or graduate work."

Meanwhile, Patsy Collins Bandes comes to Dean after 18 years with the Boston Conservatory at Berklee. She first joined the Conservatory as the production stage manager in 2004, joined the theatre and dance faculty in 2006, and served as chair of the Conservatory's Theater Division from 2018 to 2022. As an arts administrator and academic leader with a diverse background in the management of theatre production, Collins Bandes has directed, produced and stage-managed productions for a number of companies, including the Boston Conservatory, North Shore Music Theatre, National Theatre Conservatory, Lizard Head Theatre Company, Intermezzo Chamber Opera, Prometheus Dance, Boston Children's Chorus and Denver Center Theatre Company, which received a 1998 Tony Award for Excellence in Regional Theatre

during her tenure. She holds a B.A. in theatre with an emphasis in directing from the University of Northern Colorado and a Master of Liberal Arts with a concentration in dramatic arts from Harvard University Extension School.

Collins Bandes will oversee the entire School of the Arts at Dean, which includes Bachelor of Arts degree programs in Arts and Entertainment Management, Performance, Production and Design, and Theatre Studies, as well as new Bachelor of Fine Arts degree programs in Acting and Musical Theatre. She aims to build on the school's foundation of holistic education while increasing the visibility of Dean's arts programs both locally and nationally, as well as building industry-leading inclusive and diverse curriculum and practices.

"In the first semester, my focus really is getting to know the students and the culture and learning what everybody feels like they love and what they feel could change," Collins Bandes explained. "Another priority is how we can make our performances, our season and our curriculum culturally aware and as

diverse and inclusive as possible and actively engage in anti-racist theatre work. Over the course of the year, we'll be looking at what is working really well and how we can bring some change into our curriculum and productions."

To accomplish this, Collins Bandes is taking a holistic approach – not only training students to be artists, but to be citizen artists.

"Every student is a unique human being that has something to offer the world," she said. "I truly believe that the goal of art is to change the world. By training students to be citizen artists, they can each go out and do so. My responsibility as an arts educator and an arts leader is to help students be a better version of who they are, not strip them down and make them into cookie cutter artists. And what's great about Dean is that the idea of training the whole student and using a holistic approach is already built into The Dean Difference. It is perfect synergy with my own personal philosophy of how we teach theatre and the arts."

To learn more about Dean College, visit www.dean.edu.

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The b.LUXE *beauty beat*

Get To Know The b.LUXE Experience

BY GINA WOELFEL

As the team that brings you The Beauty Beat each month, we love writing engaging and informative content for our readers and connecting with you to share the latest trends and hot topics in our industry.

But what many of you may not know is that we often find ourselves inspired by our client conversations at our salon. When you're in our chair, we love chatting about your beauty routines, challenges, and goals and use those insights for our monthly topics.

That's why, this month, we'd love for you to get to know the studio behind The Beauty Beat!

We're your one-stop beauty destination and take pride in being Massachusetts' most highly-rated beauty salon. Check us out on Google.

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Despite threats of a hurricane on Sept.16, Wrentham's 350 birthday parade went off without a hitch. In a year of celebrations, this one just might have been the biggest event of the year. Photos courtesy Wrentham 350 Committee.



PARADE & CELEBRATION

Living Healthy

Understanding Ocular Migraines

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

Migraines are notorious for their debilitating headaches, but they can also manifest in other ways. Ocular migraines, often misunderstood and underdiagnosed, are a unique subtype of migraine that primarily affects vision. In this article, we'll delve into the world of ocular migraines, exploring their symptoms, causes, diagnosis, and management.

What Is an Ocular Migraine?

Ocular migraines, also known as retinal, visual, or ophthalmic migraines, are a distinct form of migraine characterized by temporary visual disturbances. Unlike typical migraines, which involve throbbing head pain, ocular migraines primarily affect the visual system. They can be frightening and disorienting, but they are generally not as painful as traditional migraines.

Symptoms

The hallmark symptom of an ocular migraine is visual disturbance, which can vary from person to person. In those shapes can appear when they do not exist (positive hallucinations) and in other shapes disappear when they exit (negative hallucinations).

Common symptoms include:

Shimmering lights: Perhaps the most recognizable sign of an ocular migraine are the scintillating scotomas which are shimmering or flickering lights that appear in the field of vision. These lights often have a jagged or zigzag pattern and can expand over several minutes before fading away.

Blind spots: Some individuals may experience temporary blind spots in their vision. These blind spots typically last for less than an hour and can occur before or during the headache phase of an ocular migraine.

Blurred vision: Distorted images or a sense of looking through frosted glass may occur during an ocular migraine episode.

Headaches: Although ocular migraines are primarily associated with visual symptoms, some individuals may experience a mild headache after the visual disturbances subside. However, this headache is usually less severe than typical migraines.

It's important to note that ocular migraines do not result in permanent vision loss. The visual disturbances are temporary and resolve on their own on average, 10 to 15 minutes later.

Causes

The exact cause of ocular migraines remains unclear, but they are believed to be related to the same underlying mechanisms as traditional migraines. Some potential triggers and factors that may contribute to ocular migraines include:

Vasospasm: Ocular migraines are thought to involve the temporary narrowing (vasospasm) and subsequent dilation of blood vessels in the retina or other parts of the eye. These vascular changes can disrupt blood flow and lead to visual disturbances.

Cortical Spreading Depression: This is a neurological event, which occurs in both traditional and ocular migraines, characterized by a wave of decreased electrical activity in the brain. It is believed to contribute to the visual aura experienced during migraines.

Hormonal Fluctuations, particularly in women, may trigger ocular migraines. These can be linked to menstruation, pregnancy, or the use of birth control pills.

Stress and Anxiety: Emotional stress and anxiety can be migraine triggers for some individuals, including those with ocular migraines.

Dietary Causes: Certain foods and beverages, such as caffeine, alcohol, and processed foods, may play a role in triggering migraines, including ocular migraines, in some people.

Diagnosis

Diagnosing ocular migraines can be challenging because their symptoms often resemble other eye conditions, such as retinal detachment or glaucoma. Therefore, it's crucial to seek medical attention if you experience any unusual visual disturbances. A comprehensive eye examination and medical history review are typically conducted to rule out other potential causes of visual symptoms.

In some cases, diagnostic tests like visual field testing, optical coherence tomography (OCT), or imaging of the blood vessels may be necessary to confirm the diagnosis and rule out other conditions.

Management and Treatment

Managing ocular migraines often involves a combination of lifestyle changes, preventive measures, and acute treatments:

Identify Triggers: Keeping a migraine diary can help identify specific triggers or patterns associated with ocular migraines.



Avoiding triggers like certain foods, stress, or hormonal fluctuations may reduce the frequency of episodes.

Lifestyle Modifications: Adopting a healthy lifestyle can be instrumental in managing ocular migraines. Adequate sleep, regular exercise, stress reduction techniques, and a balanced diet can all contribute to migraine prevention.

Medications: In some cases, healthcare providers may prescribe medications to help prevent or alleviate ocular migraines. These can include beta-blockers, calcium channel blockers, or anti-epileptic drugs. Additionally, acute treatments like pain relievers or anti-nausea medications may be prescribed for the headache phase.

Vision Correction: Correcting any underlying vision problems with eyeglasses or contact lenses may improve overall eye health and reduce the frequency of ocular migraine episodes.

Migraine Medications: Some individuals with frequent ocular migraines may benefit from medications specifically designed to prevent migraines, such as triptans or CGRP inhibitors.

Conclusion

Ocular migraines are a unique and often bewildering subtype of migraine that primarily affects vision. While they may not cause severe head pain, the temporary visual disturbances they produce can be disconcerting. It's essential to understand the triggers, causes, and management strategies for ocular migraines to minimize their impact on daily life. If you experience unusual visual disturbances, consult a healthcare professional for proper evaluation and guidance on managing this condition effectively. By addressing triggers, making



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EYES

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Living Healthy

It's not just a bump on the head

A concussion is a traumatic brain injury that affects your brain function. Concussions are usually caused by a blow to the head from contact sports, auto accidents or a fall. Some concussions cause you to lose consciousness, but most do not. Immediate symptoms can include headache, ringing in the ears, nausea, vomiting, fatigue, drowsiness, blurry vision, balance and coordination issues. Long term symptoms may include sleep disturbances, concentration and memory issues, sensitivity to light and noise, depression, irritability and issues with taste and smell.

Jack H. presented to our office after a collision on the football field. He hit his head pretty

hard and was removed from the game pending an exam by the trainer. He was sent for a CT scan and was diagnosed with a concussion. Jack was told to rest, reduce screen time and stay in a dark room until he felt better. His mom became concerned when Jack's school work started to suffer and his focus and concentration started to fail. Over time he went to his PCP and was told that these things take time. Jack reported that he was having trouble sleeping and complained of daily headaches which Advil did not resolve. That is when she decided to bring Jack in to our office to be evaluated.

Upon exam it was confirmed that Jack was still experiencing long term symptoms

of his concussion. He was put on a program of care including Chiropractic adjustments, NIS(neurological integrative systems) work, and supplements to reduce the inflammation in the brain and the body. Within a short time Jack's symptoms started to resolve and within 3 months he was back to himself and back playing sports.

If you need help to recover from a concussion don't hesitate to call The Holistic Center at Bristol Square (508)660-2722, located at 1426 Main Street, Walpole,MA.

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EYES

continued from page 16

lifestyle changes, and, when necessary, using medication, individuals with ocular migraines can often find relief and maintain a better quality of life. Our center and ophthalmologists have state of the art equipment to diagnose and treat many eye problems, including ocular migraines. 7 dedicated eye care providers here to help you in 3 state-of-the-art facilities in Franklin, Milford and Millis. We are available and have Saturday and after-hours appointments. From the basic eye exam to the high-tech surgeries performed locally in Milford, our center is now able to better recognize and manage the problem of ocular migraines and continue to provide world class eye care for the entire family.

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FPAC to Host Annual Fundraising Gala

The Franklin Performing Arts Company (FPAC) will hold their annual fundraising Gala hosted by Broadway's Ben Cameron (original cast of *Wicked*) on Saturday, November 4 at 6:00 pm at THE BLACK BOX. Attendees will delight in a vibrant fundraising extravaganza filled with cocktails, fine dining, and Broadway celebrity guest entertainment. Both in person and live-stream options are available to participate in the live, silent, and online auctions. A Red Carpet will be hosted by Broadway's Christopher Rice-Thomson (*Hamilton*). Proceeds from the Gala support the professional development of emerging artists and enable world-class talent to perform in downtown Franklin, amplifying the cultural fabric of MetroWest Boston.

From the beginning, FPAC has followed a mission dedicated to promoting the performing arts with an emphasis on youth development. Through FPAC, THE BLACK BOX stage is graced by Broadway stars, professional artists, local performers, and students of the arts. Their performances feature live orchestras and professional artists, and they often provide a first glimpse into the world of theater for local youth.

Gala and Telethon host, and longtime FPAC friend, Ben Cameron has appeared on



Broadway in *Aida* and the original casts of *Wicked* and *Footloose*. He has toured with *Sweet Charity*, *Fame*, *Tommy*, *Footloose*, and *State Fair* and is currently the creator/host of Broadway Sessions at The Green Room 42 in New York City.

FPAC is an Actors' Equity Small Professional Theater company based at THE BLACK BOX in downtown Franklin. Each season, FPAC produces musicals, plays, ballets, and more featuring Broadway stars, professional actors, local artists, and students of the arts. This season FPAC will present Disney's *The Little Mermaid*, *Buyer & Cellar*, *Bright Star*, an immersive *Tarzan* starring Broadway's original Tarzan Josh Strickland, and *August: Osage County*.

For tickets and more information, visit www.FPACOnline.com or call the box office at (508) 528-3370.

Former Student-Athletes to be Inducted into KPHS Athletic Hall of Fame

On October 21, fifteen former athletes, two coaches, and one honorary member will be inducted into the King Philip High School Athletic Hall of Fame.

The event, to be held at Lake Pearl Luciano's, celebrates the achievements of the inductees, and recognizes their contributions to the school's athletic department.

Glen Olson ('67), Stephen Daniels ('70), Tom Rose ('79), Mike Kuza ('83), Dan Gill ('91), Kaitlin (Seigenberg) Dunham ('98), Derek Darling ('01),

Lofa Tatupe ('01), Richard Chute ('02), Erica (Shapiro) Morin ('03), Maggie Quealy ('10), Katelyn (Kelleher) Orsos ('10), Alec May ('11), Chris Allen ('12), and Jake Layman ('12) all enter the hall as former student-athletes. Joining as coaches are Bob Goldberg and Wayne Samarrian. Rich Harwood also joins as an honorary inductee.

The King Philip Hall of Fame committee is looking for sponsors for the program booklet. Those interested should contact King Philip Athletic Director Gary Brown at browng@kingphilip.org.

New Assistant Principal at King Philip Middle School

Shawn Connors has been appointed the new assistant principal of King Philip Regional Middle School.

Connors, who replaced Kyle Alves, began his new role as part of the King Philip Regional Middle School's administrative team on Monday, Aug. 28.

"We are happy to have Shawn join our team at KPMS as he brings with him valuable experiences and knowledge to our school," Principal Michelle Kreuzer said in a statement.

Connors has over 18 years of educational experience teaching English. For the past decade, he has worked at the South Shore Charter Public School in Norwell instructing grades seven through twelve.

He most recently taught ninth and eleventh-grade English Language Arts (ELA) at South Shore Charter while simultaneously serving as the middle school athletic director. In addition to running the middle school athletic program, he also coached cross



Shawn Connors has been selected as one of King Philip Regional Middle School's new assistant principals. (Photo courtesy King Philip Regional School District)

country and track at both the middle and high school levels.

During his first seven years at South Shore Charter, Connors also ran a theater workshop.

Prior to joining the educational field, Connors served in the United States Marine Corps as a sergeant aviation operations

specialist. While in the Marine Corps, Connors discovered his passion for teaching while instructing Marines under his charge.

His time in the Marines helped him develop a philosophy that he has carried with him throughout his career in education. Connors believes that through his work, he and other teachers are preparing students to be functioning members of society, not just teaching curriculum.

Connors recently completed the Massachusetts School Administrators' Association's Leadership Licensure Program and is currently enrolled in a Certificate of Advanced Graduate Study program in Educational Leadership/Management through Fitchburg State University. He holds a Master of Education from the University of Massachusetts-Boston and a bachelor's degree in English from the University of Massachusetts-Dartmouth.

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Not Just for Newcomers!

The Franklin Newcomers Club will hold its October meeting on Wednesday, October 11 at 7 pm. at Escape Into Fiction, 12 Main St., Franklin.

The club is a multi-generational, member-driven organization for residents of Franklin or any surrounding town without a newcomers club. New faces and

new ideas are always welcome. In addition to meetings, the club holds events and fun activities to stay connected throughout the year.

Save the date for the club's 48th annual craft fair on Saturday, November 18 at Tri-County High School in Franklin. The popular event is an opportunity

for members to volunteer and work together to help raise funds and give back to the community.

For more information, visit www.meetup.com/Franklin-Newcomers-Friends or on Facebook at www.facebook.com/FranklinNewcomersCraftFair/.

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Sports

KP Volleyball Squad Aiming for More Tourney Success

By KEN HAMWEY
STAFF SPORTS WRITER

Kristen Geuss has guided the King Philip volleyball team to seven straight state tournament berths. An eighth-straight invitation isn't automatic but the program's tradition and its players' passion for the sport make the Warriors likely playoff participants again.

KP's record was 2-3 at Local Town Pages deadline, numbers that suggest the Warriors had their share of early-season challenges. The 2023 squad has a tough act to follow because last year's contingent displayed dynamic staying power in the tourney.

"The deepest advance we've experienced during my first seven years as head coach was last season," Geuss noted. "We finished 18-2 overall, then beat Notre Dame (Hingham), Nashoba, Westwood and Melrose before losing in the state final to Westboro. We ended our season at 22-3."

This year's team lost three straight matches after an opening-day triumph over Stoughton. KP bowed to Franklin, Oliver Ames and Wellesley before defeating Attleboro.

"We played three top-notch teams early on but we've started to jell and the girls are settling into their positions," Geuss noted. "Their confidence is building every day."

KP began the season with an experienced group (eight returnees). The junior-senior laden team is scrappy, relies on a strong work ethic and is solid on defense. And, it has the ability to rally on offense.

"Our strengths include experience, depth, athleticism, and a volleyball IQ that continues to develop," Geuss said. "Our technique is good because we work on that aspect every day. Mental toughness and resiliency are other key attributes that we have."

KP's goals at the start of the season were daily improvement, aim for the Kelley-Rex Division title, qualify for the tourney and go as deep as possible. Geuss says four factors play a role in a deep advance.



The 2023 edition of the King Philip volleyball team that's aiming for the program's eighth straight tournament berth.

"A team has to be peaking at the right time," she emphasized. "Staying healthy is a must and a little luck can help. And, your team chemistry has to click."

The Warriors senior captains — Ryann O'Sullivan (middle hitter), Shea Mellman (defensive specialist/libero) and Kate O'Neil (outside hitter) — are a good starting point when assessing team chemistry.

"They lead by example, they're vocal and communicative, and they're supportive," Geuss said. "Ryann has stepped up in her role as a middle hitter. Her volleyball IQ is solid and she gets her share of blocks and kills. Shea is the leader of the back row. A great communicator, she's excellent on serve-receives, is a good passer and solid on defense. Kate is a strong hitter who gets playing time in the back row. She's consistent in compiling kills and is adept at keeping the ball in play."

Seniors Ava Kelley and Meghan Sullivan are defensive specialists who excel in the back row. "Ava is scrappy, has lots of energy and is great in the back row," Geuss said. "Meghan's defensive skills are very good and she's experienced in the back row."

The squads other two seniors are hitters — Olivia Keough is a middle hitter and Emily Zapala plays on the outside. "Olivia works hard and has good blocking skills," Geuss said. "Emily has come on strong as an outside hitter, serves effectively and is energetic."

Junior Madison Asprelli is in her second year as KP's starting setter. "She runs our offense effectively," Geuss said. "Madison serves well and has a high volleyball IQ and good courts sense."

Fiona Bailey is a junior outside hitter labeled by Geuss as "a capable hitter who blocks well and who also is a capable all-around competitor." Anna Vinson, an-

other junior, is a right-side hitter who "handles her role effectively and has improved as a blocker."

Juniors Avery Reda and Tamanda Clarke are middle hitters whom Geuss says "have blocking ability and the potential to be highly effective middle hitters."

Juniors Alex Pauline, a defensive specialist, and Paige Ballantyne, a setter, continue to

improve. "Alex is strong in the back row, is an effective server and can play multiple positions," Geuss said. "Paige is learning to be an offensive leader. She's strong on defense and is improving her volleyball IQ."

Cecelia Kilroy is the only sophomore on KP's squad. Able to play either right-side hitter or setter, Geuss says "she's versatile, a great attacker who finishes well, and a phenomenal server."

Geuss' athletic philosophy focuses on improving daily, making sure her players reach their potential and enjoy their sports journey. "Life lessons my players can learn from volleyball are how to work as a team, how to set goals, how to be leaders and how to overcome adversity," she noted. "I also want our players to be good people on and off the court."

NOTES & QUOTES: Geuss rates Franklin, Attleboro and Oliver Ames as the teams that will contend for the Kelley Rex Division title. "They're talented, well-coached and have strong tradition," she said.

KP's jayvee coach is Carly Adams and the program's freshman coach is Haley Dennis. "They're excellent coaches who prepare our younger players to compete at a higher level," Geuss noted.

Players from last year's outstanding team who are competing in college are Emily Sawyer at Sacred Heart University, a Division 1 school in Connecticut; Ahunna James at Southern Connecticut University (Division 2); and Sami Shore at Suffolk University (Division 3).

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Antje Duvekot to Perform at the Circle of Friends Coffeehouse

Antje Duvekot returns to the Circle of Friends Coffeehouse in Franklin on Saturday, October 28, at 8 p.m.

Duvekot has solidified her reputation as one of Boston's top singer songwriters. Her songs are stunning paintings of color and shade and always generate the heat and light that real art should. In an unpoetic and "in your face" world, she is lyrical and subtle.

She has won some of the top songwriting awards including the Grand Prize in the John Lennon Songwriting Competition, the prestigious Kerrville (TX) Best New Folk Award, and in one of the nation's top music markets,

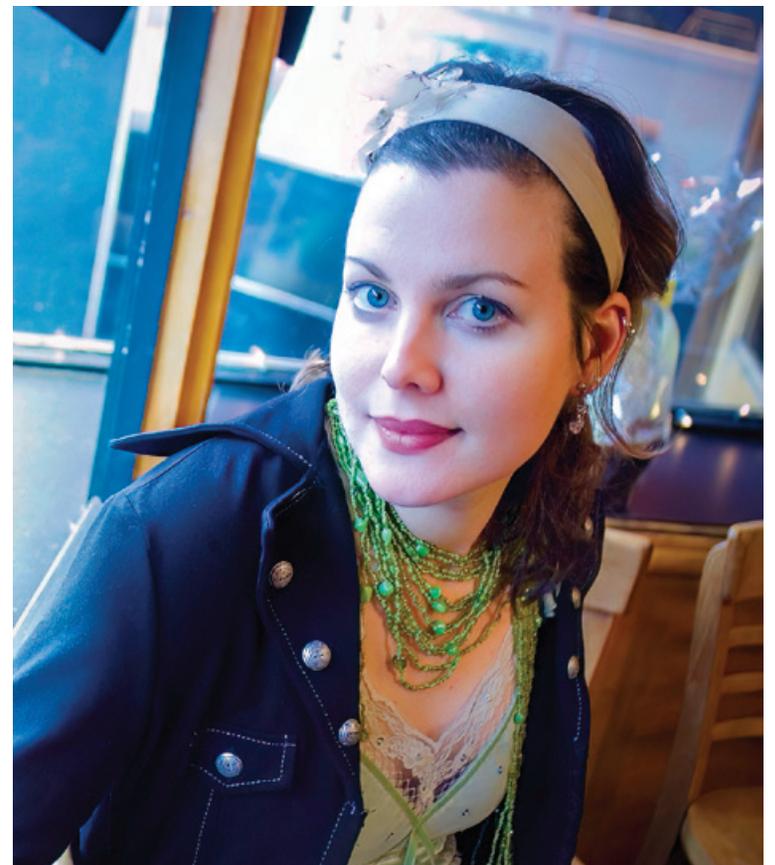
she won the Boston Music Award for Outstanding Folk Act, three of the top prizes in the singer-songwriter world.

"Duvekot has gotten hotter, faster than any local songwriter in recent memory. Her songs feel at once fresh faced and firmly rooted, driven by the whispery sensuality of her voice. She believes in the redemptive power of the shared secret; and is utterly unafraid to mine the darkest corners of her life for songs that turn fear into resilience and isolation into community." -- The Boston Globe

For more information about Duvekot, visit <https://antjeduvekot.com/>.

Admission for this performance is \$25. Visit <http://www.circlefolk.org/> to purchase tickets or for more information.

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



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LGBTQ History Month Recognized at First Universalist Society in Franklin



FUSF's Welcoming Congregation Team.

In recognition of October as LGBTQ history month, First Universalist Society in Franklin is inviting the community to two events on Sunday, October 22 to honor LGBTQ individuals and allies alike.

At 10 a.m., the worship service will focus on the contributions of LGBTQ folk to its religious tradition and society at large. From 11:30 a.m. to 1:30 p.m. there will be a teen romance/comedy movie

showing exploring teen relationships, connections, and the nature of love. Following the movie there will be an opportunity for discussion and conversation.

For more information, contact interim minister Rev. Bev Waring at Minister@FUSEF.org or 508-528-5348.

First Universalist Society in Franklin is located at 262 Chestnut Street, Franklin.

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Wrentham Residents to participate in Boston Marathon Jimmy Fund Walk

Nine residents from Wrentham will participate in the 35th annual Boston Marathon Jimmy Fund Walk presented by Hyundai on Sunday, October 1.

Renee Polechronis, Jody Sears, Ruthann Wright, Trish Vickery, Andrea Murphy, Elizabeth Garrigus, Ligia Morales, Nicole Maguire, and William McGrath, along with thousands of other walkers, will participate in the iconic annual event that will unite the community to raise funds to support all forms of adult and pediatric care and cancer research at the nation's premier cancer center, Dana-Farber Cancer Institute. The Jimmy Fund Walk has raised more than \$167 million for Dana-Farber Cancer in its 34-year history, raising a record-breaking more than \$8.8 million in 2022.

The Jimmy Fund Walk is the only organized walk permitted on the famed Boston Marathon course, and participants have the flexibility to choose from four

distance options: 5K walk (from Dana-Farber Cancer Institute's Longwood Medical Campus), 10K walk (from Newton), Half Marathon walk (from Wellesley), and Marathon walk (from Hopkinton).

Whatever route walkers choose, participants will be treated to 10 refueling stations as well as poster-sized photographs of patients – Jimmy Fund Walk Heroes – displayed at each mile and half-mile marker as inspiration. All four routes of the Jimmy Fund Walk will culminate at the Jimmy Fund Walk Finish Line Powered by Schneider Electric. Due to construction in Copley Square, the Jimmy Fund Walk Finish Line location has been moved to the Fenway neighborhood for 2023. Walkers should know that distances may be slightly shorter as we finish the walk in front of Fenway Park. The finish line will include a celebration complete with food, music, and a speaking program.

To support a walker, visit www.JimmyFundWalk.org or call (866) 531-9255.

About the Jimmy Fund

The Jimmy Fund, celebrating its 75th anniversary in 2023, is comprised of community-based fundraising events and other programs that, solely and directly, benefit Dana-Farber Cancer Institute's lifesaving mission to provide compassionate patient care and groundbreaking cancer research for children and adults. The Jimmy Fund is an official charity of the Boston Red Sox, the Massachusetts Chiefs of Police Association, the Pan-Mass Challenge, and the Variety Children's Charity of New England. Since 1948, the generosity of millions of people has helped the Jimmy Fund save countless lives and reduce the burden of cancer for patients and families worldwide. Follow the Jimmy Fund on Facebook, Twitter and Instagram: @TheJimmyFund.

Senator Rausch to Host Community Town Halls this Month

Senator Becca Rausch (D-Needham) will host several community town halls in October.

During these town halls, Senator Rausch will provide legislative updates, local and statewide budget victories, and offer residents an opportunity to share their questions, concerns, and challenges.

"Civic engagement is an important part of our democracy," said Senator Rausch. "Listening to the perspectives of my constituents informs my legislative work on Beacon Hill. I look forward to hearing from residents and collaborating with them to further support our families and our communities."

On Monday, October 16 at 6 p.m., a town hall will take place at the Franklin Senior Center, 10 Daniel McCahill St.

On Monday, October 30 at 6 p.m., a town hall will take place at the Norfolk Public Library, 2 Liberty Lane.

For more information, visit www.beccarauscha.com/townhalls.

Senator Becca Rausch represents the Norfolk, Worcester and Middlesex District, comprised of Bellingham, Dover, Franklin, Medfield, Milford, Millis, Needham, Norfolk, Plainville, Sherborn, and Wrentham. Now in her third term, Senator Rausch serves as the Senate Chair of the Joint Committee on Environment and Natural Resources, the Senate Vice Chair of the Joint Committee on Children, Families, and Persons with Disabilities, and the Vice Chair of the Senate Committee on the Census.

Norfolk Community League Seeks Nominations for Person of the Year

Do you know someone who makes Norfolk a better place? Someone who makes a significant, positive impact on the community?

The Norfolk Community League is now accepting nominations for its 2024 Person of the Year. Nominees must be at least 21 years of age and a resident of Norfolk. The nominee cannot be a previous winner or an NCL board member.

Three finalists will be selected by NCL's board and posted online by February 10, 2024. The community will then be able to vote for the 2024 Person of the Year out of the three finalists. The winner will be honored at the Norfolk Community League Gala on March 9, 2024.

To nominate someone, visit www.norfolkcl.org. All nominations are due by January 1, 2024.

Southwood Hospital Redevelopment Public Workshop on Oct. 10

Community members are invited to attend the Norfolk Planning Board's Southwood Hospital Redevelopment workshop on Tuesday, October 10 at 7 p.m. The workshop will be held in Room 124 at the Norfolk Town Hall, 1 Liberty Lane. A Zoom and call-in option will be available.

During the workshop, the Planning Board will discuss different scenarios under consideration for the redevelopment of the Southwood Hospital site, as well as a zoning analysis.

The presentation was prepared by the Metropolitan Area Planning Council, and it will explore scenarios that provide the greatest opportunity for viability and how best to begin translating those into zoning bylaws. Community members will have the ability to ask questions and provide their input on the scenarios.

"The future of the former Southwood Hospital site is important to not only the residents in the immediate vicinity, but it's very important to everyone in the Town of Norfolk," said Town Planner Rich McCarthy. "There

are a variety of opportunities for the site, which include opportunities to add to the Town's tax base. We encourage community members to attend this workshop and provide their feedback as this project will impact everyone in town."

Added Town Administrator Justin Casanova-Davis, "This is an important opportunity for community residents to not only provide further feedback based on the presentation given but to also become more informed about the possibilities at the site. It is an exciting and important project for the Town."

About the Southwood Hospital Redevelopment Project

The Town of Norfolk was awarded grant funds from the Metropolitan Area Planning Council (MAPC) and Executive Office of Energy and Environmental Affairs (EEA) in 2021 to conduct an extensive public engagement process and zoning analysis related to potential future zoning changes to enable redevelopment of the Southwood Hospital site.

The site of the former Southwood State Hospital, which was closed in 1997, consists of 87 acres along Route 1A. This property was identified in the town's 2022 Housing Production Plan as a site to consider for possible future market rate and affordable housing development.

To date, the town has conducted a robust community engagement process that has included the examination of alternative future uses of the site with the goal of coming to a consensus on and implementing future zoning changes to enable future housing redevelopment of the site.

To learn more about the project and proposed scenarios, visit the Planning Board page on Norfolk.ma.us.

Residents can also attend this meeting via Zoom or call in at 929-205-6099 (Meeting ID 844 7404 6211).

Email Rich McCarthy, Town Planner at rmccarthy@norfolk.ma, with questions or comments, or for the Zoom link.

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King Philip DECA Announces New Senior Officers

Start of Year Updates Announced

It is a new year with new beginnings for KP DECA, the high school's internationally recognized student business and entrepreneurship organization. Last year was a huge success for the KP DECA chapter and more exciting things are ahead this year as the chapter is recruiting all grade levels.

The chapter's senior officers for the 2023-2024 school year have been announced and are as follows:

- President Ashleigh Guenette
- Vice President of Marketing Marisa Hughes
- Vice President of Leadership Lindsey Field
- Vice President of Finance Bridget Swezey
- Vice President of Hospitality Ryan Taylor
- Vice President of Competitive Events Ava Rietz
- Vice President of Membership Zunairah Syeda
- Co-Vice Presidents of Development Luke Anderson & Stephen Quartarone

King Philip DECA hosted an orientation for prospective students on Sept. 5. On Oct. 5, members will attend the high school's annual open house during which they will showcase their 2023 mini-mall and sell cookies to visitors.

On Nov. 1, King Philip DECA will also hold its annual



The King Philip Regional High School DECA chapter. (Photo courtesy King Philip Regional School District)

breakfast and installation ceremony as the official start of the King Philip DECA season. Parents and students will come together to celebrate the induction of new members and senior officers while projects will

be showcased to parents. More details will be available at a later date.

About King Philip DECA:

King Philip DECA is a high school business organization.

The group is part of a larger network of over 215,000 high school students around the world. DECA prepares young leaders and entrepreneurs, in high schools and colleges, globally for careers in marketing,

finance, hospitality, and management. Students will take part in three rounds of competition. Districts in Mansfield, SCDC in Boston, and ICDC in Anaheim, California.

Help Support the Arts in Wrentham

The town of Wrentham is seeking community members interested in serving on the Cultural Council.

The Wrentham Cultural Council funds library, school, and senior center programs, as well as other local arts and humanities projects per Massachusetts Cultural Council guidelines. The group holds quarterly poetry nights and organizes the Arts on the Common festival each spring. Grant reviews take place during October and No-

vember.

WCC meetings take place on the second Tuesday of each month, from September to June, usually at the Old Fiske Museum, currently via Zoom. The time commitment is not enormous, but the rewards of working to support the arts are many. No experience necessary and new ideas are welcome.

Interested residents are asked to send an email to contactwcc@wrentham.gov. Several spots are available.

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FPAC's *The Little Mermaid* to be Directed by Broadway Star



The Franklin Performing Arts Company (FPAC) will open their 2023-24 Season with Disney's *The Little Mermaid*. FPAC is known for bringing Broadway talent to their casts and creative teams and the Disney hit is no exception. Broadway's Christopher Rice-Thomson will direct and choreograph the show running October 13-22 at THE BLACK BOX.

Rice-Thomson, who recently finished a stint touring North America with *Hamilton*, has appeared on Broadway in *The Book of Mormon* and *Pretty Woman*. He is also the creator of the viral dance series "#Tappy." His impressive performance credits also include a five year history with FPAC. Rice-Thomson first came to Franklin in 2018 when he starred in their production of *Newsies*. Since then he has appeared in shows like last season's *Something Rotten!*, many galas and concerts, and choreographed *The Sound of Music*. He even premiered Christopher Rice's *The Tappy Christmas Special: LIVE with FPAC in 2019*. "I never thought I'd say that I have a home-away-from-home in Franklin, Massachusetts, but I am so thrilled I get to say that now," says Rice-Thomson. "So many things about the beautiful town and supportive community stuck with me. I am honored to be back with my Franklin family for this exciting new production of *The Little Mermaid!*"

Based on one of Hans Christian Andersen's most beloved stories and the classic animated film, Disney's

The Little Mermaid is a hauntingly beautiful love story for the ages. With music by eight-time Academy Award winner, Alan Menken, lyrics by Howard Ashman and Glenn Slater, and a compelling book by Doug Wright, this fishy fable will capture the heart with its irresistible songs, including "Under the Sea," "Kiss the Girl," and "Part of Your World." On staging this iconic story at THE BLACK BOX, Rice-Thomson comments, "THE BLACK BOX is so unique and truly allows us to tell the story a million different ways. We have chosen new and inventive ways to bring the worlds above and under the sea to life. You'll have to come see it to experience it for yourself!"

Featuring a cast of New York and New England talent, the show is led by NYC's Malia Monk as Ariel, Mike Cefalo (Broadway's New York, New York) as Eric, Oscar Whitney Jr. as Sebastian, Katie Gray as Ursula, and Daniel Barrett as Scuttle. Rice-Thomson notes, "Our new staging— with the audience on both sides of the theater and the actors at the heart of it all, creates an immersive experience that will make you feel like you're part of Ariel's world."

Disney's *The Little Mermaid* runs October 13-22 at THE BLACK BOX. For tickets and more information, visit FPACOnline.com or call the box office at 508-528-3370.

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Real Estate Corner

Merger Unites Two Law Practices

Attorneys Jim Brady and Steve Brady are pleased to announce the merger of their Injury and Workers' Compensation Law, Criminal Law, and all aspects of Real Estate Law.

With a legal career spanning over 38 years, Attorney Jim Brady has deep roots in the community as a dedicated volunteer who has actively contributed to various boards and committees. Jim's service as a Navy Seabee in the Far East during the Vietnam Era has informed his ethos of ensuring every client receives their due measure of justice, a principle he tirelessly upholds.

Complementing Jim's skills, Attorney Steve Brady brings a wealth of experience as a former United States Army officer and a distinguished member of the United States Army Judge Advocate General's Corps. Steve's military background includes two combat deploy-

ments to Afghanistan, where he was awarded the Combat Action Badge and the Bronze Star Medal.

Steve's legal prowess extends beyond military circles, encompassing a tenure as a former police officer and special district attorney. He has a proven track record in numerous cases across the Commonwealth of Massachusetts and the federal court system. Steve's collaboration with the Boston College Innocence Program stands as a testament to his commitment to justice. His involvement contributed to the release of an individual who had spent nearly three and a half decades in prison.

Attorneys Jim and Steve Brady & Associates, P.C. are located at 1068 Main Street Walpole, MA 02081. Visit their website: www.bradylaw1.com or contact the office at (508)660-8888.



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Average August Property Prices Reach Record Highs

Norfolk County recordings indicate average property sales prices rose to a record high for the month of August as compared to previous years, according to Norfolk County Register of Deeds William P. O'Donnell. This increase can likely be attributed to a limited inventory

of new housing up for sale and a lack of existing houses on the market.

"Average property prices in August are up significantly this year compared to the same month in previous years," stated Register of Deeds William P. O'Donnell. "Seasoned home-

buyers and those looking to purchase their first home are faced with the challenge of property values that are 19% higher than 2022 prices, 34% higher than 2021 prices, and 37% higher than 2020 prices, in addition to a mortgage interest rate that for some exceeds 7%."

The average sale price of commercial and residential properties for August 2023 was \$1,212,694, a 19% increase compared to August 2022 but a decrease of 17% from July 2023. The total dollar volume of commercial and residential sales is down, decreasing 6% from last year and 12% from last month.

Notwithstanding the increase in average property sales prices, the total number of deeds recorded for August 2023, which reflects both commercial and residential real estate sales and transfers, was 1,478, down 12% from August 2022 but up 16% from July.

According to O'Donnell, overall real estate activity is on a downward trend compared to the previous year, driven by two

likely factors: limited inventory and high interest rates, resulting in a reduction of the number of deeds and mortgages, which make up a large portion of the total document volume at the Registry. A slight increase in the number of deeds from last July may suggest that some sellers are taking advantage of higher property values, increasing the number of existing homes on the market.

The Registry of Deeds recorded 9,527 documents in August 2023. This was 18% less than in August 2022 but an 11% increase compared to July 2023.

Register O'Donnell noted, "Higher mortgage interest rates have an impact on the number of mortgages and deeds recorded at the Registry. Higher interest rates affect seasoned homebuyers' eagerness to refinance, which means fewer mortgages. It also affects a homeowner's willingness to sell, which results in fewer homes on the market that can be bought. Higher interest rates also impact buyers."

For the month of August, lending activity overall continued to decline from last year. A total of 1,328 mortgages were recorded, which is 33% less than last year but 6% more than last month.

In addition to fewer people refinancing, the decline in lending activity can also be attributed to fewer first-time home loans, noted Register O'Donnell. High property prices and increased mortgage interest rates make it more challenging for first-time homebuyers to afford a mortgage and to keep up with payments.

The Norfolk County Registry of Deeds monitors the foreclosure market. In August 2023, there were 4 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, whereas in August 2022, there were 7 recorded. Additionally, this month, there were 25 notices to foreclose, the first step in the foreclosure process, less than the 33 recorded in August 2022.

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Town of Plainville Collecting Donations for Migrant Families Amid Humanitarian Crisis

The Plainville Humanitarian Response Team is collecting essential goods for migrant families amid the ongoing humanitarian crisis.

In June, Gov. Maura Healey declared a state of emergency due to rapidly rising numbers of migrant families arriving in Massachusetts in need of shelter and services, and a severe lack of shelter availability in the state. At least 70 communities in the state, including the town of Plainville, are navigating the circumstances surrounding the emergency placement of migrant families in hotels across the Commonwealth.

The families coming into town are being provided shelter in line with Massachusetts'

"Right-to-Shelter" Law. The town of Plainville and the Plainville Humanitarian Response Team are working to support these families and will be collecting donations as part of this effort.

Collection bins are set up at 6 Wilkins Drive, Suite 105-106. Donations will be accepted between 9 a.m. and 1 p.m., and 4 p.m. and 6 p.m.

Clothing items in need (for men, women, and children 6 months to 8 years): socks, fall and winter attire (i.e., coats, gloves, mittens, hats), and underwear.

Food: Individual-sized snacks (i.e., Goldfish, animal crackers, etc.), boxes of cereal, granola bars, oatmeal, shelf-stable juice

(i.e., apple juice), gift cards (i.e., Stop & Shop, Shaw's, etc.), and bottled water.

Personal Care Items: Feminine hygiene products (i.e., pads, tampons), diapers (sizes 4, 5, 6), diaper wipes, bath soap, liquid hand soap, hand sanitizer, baby soap/powder, shampoo/conditioner, deodorant, toothpaste and toothbrushes, razors and shaving cream, lotion, lip balm, hairbrushes, and laundry detergent.

Thermometers are also needed.

Any questions regarding donations should be directed to Jennifer Plante at 508-965-5208 or plante.jennifer@hotmail.com.

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