

## Wrentham Gets a New Animal Control Officer

BY GRACE ALLEN

A Norfolk native and 2016 King Philip High School grad is Wrentham's new animal control officer. Lexi Klenk has been on the job for less than three months, but her enthusiasm and love of animals suggests she is already a good fit for the role.

"I've always helped animals in need," says Klenk, who also covers Plainville. "Now I'm working to establish the office, and it's been super busy."

Klenk says she prioritizes being responsive, visible, and engaged with the community—not hard to do when she already knows so many people and their pets in the tri-town area. While reuniting lost pets with their owners is a highly rewarding part of her job, Klenk values equally her role in rescuing abused or neglected animals, and those with behavioral issues. It's her passion and what she considers her area of expertise; she estimates she has fostered over 100 dogs, plus cats and other animals, with a goal of saving them from euthanasia.



Lexi Klenk is Wrentham's new animal control officer. (Photo courtesy Wrentham Police Department.)

"Ever since I was 5 years old, I've wanted to help injured and problem animals," she said. "It's my go-to."

Klenk, 26, has worked with Taunton's animal shelter and has also been a dog trainer. Right after high school, she worked as a veterinary tech assistant at Tufts Veterinary Emergency Services in Walpole. This month she will participate in the state's Animal Control Certification Academy for state accreditation.

The new ACO says her most unusual animal encounter has been a goat on the loose in town. "Mama" went AWOL last month for one and a half days, and even managed to cross busy Route 1, before being captured outside the Supercharged Entertainment complex.

"That was probably my craziest experience so far," she said. "We've also had some loose horses, and pigs."

**ANIMAL CONTROL**  
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## Multi-Family Zoning Coming to Norfolk and Wrentham

BY JOE STEWART

Both Norfolk and Wrentham are assessing where to site their multi-family housing zones to comply with the MBTA Communities Act. Under the law, Norfolk is a "host community" for MBTA service, while Wrentham is considered a "served community" that abuts a town that hosts MBTA service.

In 2021, former Governor Charlie Baker signed the MBTA Communities Act, which requires the state's 177 communities served by the MBTA to have at least one zoning district for multi-family housing. According to the state's Executive Office of Housing and Livable Communities, Massachusetts has among the highest, and fastest growing, home prices and rents of any state in the nation and those high costs are a disadvantage in competing economically against peer states.

The planning boards of both Norfolk and Wrentham have been working to comply with the

law. Both towns will likely have their proposed zoning changes at their respective spring Town Meetings (Norfolk on May 15 and Wrentham on June 3).

### Norfolk

Following nearly a year's work, the Norfolk Planning Board voted in mid-February to recommend that the proposed zoning revisions be added to the warrant for the May 15 town meeting. The meeting was recorded and is available at <https://bit.ly/49hiTpw> (this link jumps to the MBTA Communities discussion).

Richard McCarthy, Norfolk's Town Planner, presented two overlay districts that best meet the MBTA Communities requirements, Town Hill and Pondville. The Town Hill overlay district is in and around the center of Norfolk while the Pondville overlay district is southeast of the 1A and 115 intersection.

**ZONING**  
*continued on page 2*

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## ANIMAL CONTROL

*continued from page 1*

Klenk is currently working on a case in town that involves rehoming some 500 animals from a farm to better living conditions. She says she is grateful she can help those animals.

Animal control officers work hand-in-hand with wildlife rehabilitators. Klenk credits Norfolk-based rehabber Susan Siegel, a family friend, as a source of support in her new role. Siegel is the founder of Return2Wild, a non-profit dedicated to rescuing and rehabilitating orphaned, ill, and injured wildlife.

“A lot of people think the animal control officer can handle wildlife, but legally we can’t unless the animal is visibly injured or aggressive,” Klenk explained. “I’m not allowed to relocate any wildlife unless it’s injured, so I’ll work with Susan or another rehabber. But people should call me first and I’ll make the judgement as to who can handle the situation.”

Klenk says the town has its share of bobcats and other elusive animals. There’s at least one bear in town, although she has not seen it yet.



“Most people don’t think these animals are around, but they are,” she noted. “They usually mind their own business, but I do encourage people with small animals to keep an eye on their pets outdoors.”

Klenk says her new job doesn’t leave her with much free time, but any downtime she does have is spent with her own pets—four rescued pit bulls and one foster, as well as four cats. She grew up with horses, so whenever she can she’ll get out and ride with a friend. She’ll also help other dog owners with training, and recently took in and then rehomed some bunnies.

“Basically, my life is all animals,” Klenk said, laughing.

The ACO says this job is a dream come true. Working with and helping animals is all she’s ever wanted to do since she was little. Now she has a title to go with it.

“This is what I love to do,” Klenk said. “I was already doing rescues and working with people and their animals. Now I’m glad I can officially be the person that people call when they need help. I want to do this forever.”

Klenk is stationed with the Wrentham Police Department and can be reached on the non-emergency line: 508-384-2121.

Follow the new ACO on her Facebook page: Town of Wrentham & Plainville Animal Control.

## ZONING

*continued from page 1*

In an interview, McCarthy said that while these zones allow multi-family developments, without public sewer it’s difficult to build high density housing. McCarthy also highlighted that Norfolk received \$1.8m in state grant funding (MassWorks) to rebuild the Bush Pond causeway and a previous state grant helped with the downtown sidewalks and decorative street lighting. To be eligible for future grants, MBTA Communities-compliant zones must be available.

## Wrentham

At Wrentham’s February Board of Selectmen meeting, Rachel Benson, Director of Planning and Economic Development, presented a summary of the areas considered as well as two zones that best meet Wrentham’s needs, the downtown area and the Wampum Village business district. Downtown overlay refers to the district behind the Dunkin’ Donuts, while Wampum refers to the district at the southern end of Wampum Corner near I-495.

In an interview, Benson highlighted that Wrentham secured a grant from the Massachusetts Housing Partnership to assist with developing Wrentham’s plan. With that funding, Wrentham hired Bohler Engineering, a Boston-based land development and site design consulting firm, to help Wrentham through the process. Working with Benson, Bohler analyzed Wrentham’s existing zones to assess which might be extended to comply with the MBTA Communities Act. Following analysis, the downtown and Wampum Village business districts were deemed to best meet Wrentham’s needs.

During her presentation to the Select Board (recording available at <https://bit.ly/48kbjcd>, beginning at minute 22), Benson noted that the MBTA Communities law addresses rezoning, but does not require that housing actually be built. The law does not set a production mandate nor require set asides. There is no Chapter 40B mandate associated with the law.

Starting with downtown, Benson described that Wrentham’s existing “Village Zone B” complies with MBTA Communities requirements, including zoning

language and location. Similarly, the Wampum district would not alter the allowed uses in its existing zoning. Benson then summarized areas that had been ruled out, including Wrentham Developmental Center, Hagopian Bird Farm off of Beach Street and Taunton Street, and an area off Green Street.

Benson reiterated that MBTA Communities does not mandate development; instead, it removes some zoning barriers to development. Benson emphasized that Wrentham may not see development for years. As with most zoning, it simply “sets the table” for future actions.

Following Benson’s presentation, Select Board chairman Joe Botaish opened his remarks by noting that the Select Board wrote a letter to the Commonwealth stating that Wrentham would not comply and that he plans to oppose this zoning. He noted that there are vacancies at the Point at Wrentham, and while he supports the downtown Village Zone B, that is enough. Botaish noted as well that other communities have opposed this law including Holden and more recently, Milton. In a closely watched and highly publicized referendum, on February 14 Milton residents voted not to comply with the MBTA zoning law, seen by some as a potential bellwether of public response to the Beacon Hill directive.

Select Board member Chris Gallo opened his remarks at the Select Board meeting with, “Let’s call this what it is: it is an unfunded mandate.” Gallo went on to highlight that the current development plan for downtown Village Zone B has a density of 8 units per acre, while with MBTA Communities the density would jump to 16 units per acre. Gallo pointed out that if Town Meeting adopts the MBTA Communities zoning, the developer would likely change its plan to take advantage of the higher density.

Following remarks from Botaish and Gallo, Select Board members Bill Harrington and Michelle Rouse shared their views. Harrington largely reserved judgment noting that the town wants people to move to Wrentham, particularly families. Rouse echoed concerns expressed by Botaish and Gallo but also noted that the state did not perform an impact assessment on Wrentham.

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Chuck Tashjian

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**Send Editorial to:**  
[editor@norfolkwrenthamnews.com](mailto:editor@norfolkwrenthamnews.com)

**Advertising Director**  
Jen Schofield  
508-570-6544  
[jenschofield@localtownpages.com](mailto:jenschofield@localtownpages.com)

**Creative Design & Layout**  
Michelle McSherry  
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# Children's Museum of Franklin to Foster Fun, Learning & Connection

By J.D. O'GARA

A place children can discover, imagine, and grow, through play and exploration – closer to home.

The Children's Museum of Franklin, an idea sparked by Franklin moms and volunteers Erin Gallagher and Meg Hagen, is gaining momentum. The newly approved 501c3 non-profit aims to eventually secure a permanent location in downtown Franklin. Even without a location, however, the children's museum is planning a pop-up museum to be held on a bi-weekly basis in the new year in Franklin and surrounding towns.

"Once we acquire a permanent space, we'll build exhibits for children aged 10 and under, with classroom and lab space for additional programming, STEM programming for elementary and middle school-aged kids, and leadership/internship opportunities for high school and college students," says Hagen.

The idea for the children's museum began, say the founders, as a shared dream.

"Meg and I were at a mutual friend's house for brunch in June, talking about the Davis Thayer



**Franklin moms, professionals, volunteers, and visionaries Meg Hagen, left, and Erin Gallagher, shown with their little ones, have created the Children's Museum of Franklin, a new 501c3 organization that will hold pop-up Indoor Mobile Museums around Franklin until it raises funds to land a permanent location in downtown Franklin. (Photo by Kyle Daudelin Photography.)**



**Students in the carpentry program at Tri-County have worked on mobile exhibits for the Children's Museum of Franklin.**

location as our original dream location," says Gallagher. "We laughed about it, but when we left, we said, 'Let's really do this.' Between us, Meg and I have five young kids, all seven years and younger. We are pursuing this with the goal of creating a common space for kids to learn and play both for our children and their peers—a spot where people can build community and foster

connections, and really grow together. Having raised kids, especially through the pandemic, so many of our kids lost out on connection. This is an opportunity to bring that back."

The closest children's museums, about 45 minutes away, routinely draw patrons from an hour away. A children's museum in the heart of town "would increase the vitality of the downtown and

the pull of the community," says Hagen. Drawing families to "the downtown space would support the local economy and local businesses. We want to give back to the town."

Both women, who've previously worked together as founding members of local support group Franklin Area Moms, already make supporting the town a priority.

Erin, a mom of three young children with a marketing and communications background, is currently Franklin Area Moms President. She also serves on the Franklin School Committee, is a member of the Franklin Master Plan Committee and is a volunteer foster care case reviewer for the Department of Children and Families.

Meg, a native of Raynham with a doctorate in pharmacy who lived five years abroad in Australia before settling in Franklin, holds a seat on the Franklin Conservation Commission and the Franklin Master Plan Committee. In the last several years, Meg has also taught preschool at the Franklin Children's School on top of being a mom to two young sons.

Facilitating Franklin Area Moms "gave us a sense of running a nonprofit, working with boards, building a network, and building a community,"

**MUSEUM**

*continued on page 4*

## Norfolk Lions College Scholarships Announced

The Norfolk Lions Club will be awarding four \$2,000 college scholarships to high school seniors who are residents of Norfolk. The students may attend public or private schools or be home schooled.

The scholarships will be awarded to candidates who have been actively involved in community service activities. Academic performance and other extracurricular activities are also factors in selection.

The scholarship application is available on the Norfolk Lions website at [www.norfolkmalions.org](http://www.norfolkmalions.org). Applications must be completed by March 10.

Email the scholarship committee at [norfolkliionsc@gmail.com](mailto:norfolkliionsc@gmail.com) with any questions.



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**MUSEUM***continued from page 3*

says Meg. “A lot of our mission and vision includes working in partnership and collaboration throughout the community.”

The two have enlisted elementary and early childhood education consultants for their

board to design what the children’s museum will look like, as well as an occupational therapist to ensure that space is inclusive for children of all abilities and sensory needs. In their planning process, they’ve sought feedback from various members of the Town Council and officials from the town, Dean College, and Franklin Public Schools.

Although exhibit space will be designed for 10 and under, the Children’s Museum of Franklin plans to offer clubs and programming through middle school, perhaps even supplementing an area of need.

“School budget issues have come up in one of the areas they had to cut for the time being – the funding for middle school clubs. We would love to be able to offer some programming for those gaps,” says Erin. One of the first programs they’re planning to roll out will be “Lean in Girls,” which aims to empower young girls as they transition from middle school years into high school.

A lack of space isn’t stopping the two right now. The partners have looked to Tri-county Regional Vocational Technical High School carpentry students to build mobile exhibits for their pop-up Indoor Mobile Museum at different venues around town.

“They’re building these really cool car ramps,” says Erin, “The students are really excited that what they’re building is going to make a lasting impact on the community.”

The Children’s Museum of Franklin has the following pop-up Indoor Mobile Museum events planned, with more to come in Franklin and in neighboring towns:

- March 5 at Franklin Public Library, 11 a.m. to 2 p.m., 118 Main St., Franklin
- March 16 at Franklin Public Library, 10 a.m. to 2 p.m., 118 Main St., Franklin

Of course, fundraising will be essential to making this dream happen, and the duo have a four-part strategy that includes:

- A Founding Families program: Those local families that provide a minimum \$1,000 donation will be featured permanently on the Children’s Museum of Franklin website and later, in the future permanent space.
- Grassroots fundraising: The Children’s Museum will host various fundraising events,

such as the Night at the Museum Gala, 7 to 10 p.m. on April 11, at THE BLACK BOX, 15 West Central St., Franklin (<https://www.childrensmuseumfranklin.org/gala>).

- Corporate fundraising: Hagen and Gallagher will reach out to potential corporate funders.
- Grants: Now that the Children’s Museum of Franklin is an official 501c3 nonprofit, the founders can apply for grants on the state and federal level, as well as to various foundations, depending on the space it finds.

To learn more or to become involved, visit the Children’s Museum of Franklin’s website, [childrensmuseumfranklin.org](http://childrensmuseumfranklin.org), as well as their Facebook and Instagram pages.

## Lions Polar Plunge Set for April 6

Wrentham, Norfolk, and Plainville Lions Club members are asking the public to join them in the 6th annual Polar Plunge at Lake Pearl in Wrentham, scheduled for Saturday, April 6 from 9 to 11 a.m.

Attendees can expect a fun, social event with food, drink, and music. Plungers are encouraged to come in costume for the jump into the

cold lake water.

All money raised benefits Mass Lions Eye Research Foundation, which provides funding to Boston-area medical institutions with the hope to someday eradicate preventable blindness.

To register as a plunger, or sponsor a plunger, visit [www.lionspolarplunge.org](http://www.lionspolarplunge.org). Questions? Email [wrenthamlions33k@gmail.com](mailto:wrenthamlions33k@gmail.com).

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## Norfolk Clean and Green Campaign Set for April 6

### 15th Annual Town-Wide Cleanup

The Norfolk Grange invites locals of all ages to celebrate Earth Day and participate in Norfolk’s 15th annual “Clean and Green Town-wide Cleanup” on Saturday, April 6. Volunteers of all ages are encouraged to pick up unsightly litter along roadways and public places to help beautify the community.

Participants may collect litter any day(s) of the week prior to and including April 6. Participants are asked to attest that the trash is not from a household.

Drop off collected litter and recyclables at the Grange Hall at 28 Rockwood Road from 9 a.m. to 3 p.m. on April 6. Alternatively, participants may request their litter collection or large items be picked up at the site of the cleanup. Contact Kevin Roche at 508-328-5604 if you would like a pickup on April 6 by Lions Club volunteers.

During this event, if applicable, please follow Massachusetts Covid Safety Guidelines. Also, participants may pick up volunteer certificates documenting their community service during drop off times at the Grange Hall.

For more important safety and general information pertaining to this event, please visit the Norfolk Grange Facebook page at [www.facebook.com/NorfolkGrange](http://www.facebook.com/NorfolkGrange) or contact Robin Biscaia at (508) 740-2777.

# “Flip Your Own Home”

Moms Painting can update your house before you want to sell

By JANE LEBAK

It’s a truism that homeowners only update their home’s appearance right before they sell.

But why wait? Melinda Currul, owner of Mom’s Painting, says, “When a seller first sees their updated kitchen, the thing I hear most often is, ‘Why didn’t I do this sooner?’”

Caring for a home’s appearance is a vital part of maintenance. Currul says, “Your home sets the stage for your life. Clean, bright walls and cabinets make it more comfortable to live in. Why save the benefits of updated décor for the home’s next owners, when you can have us do it for you right now?”

Mom’s Painting has developed a reputation for updating wood cabinets and trim to modern white or black.

“There’s no reason to delay until you’re selling to create the home of your dreams...and then move out of it,” says Currul. “Instead, homeowners can do the work a bit at a time. We call that ‘flipping your own home.’”

In other words, a homeowner can make all the updates one normally would do to sell, but spacing them out so to avoid the financial pressures and time pressures inherent in a move. Then afterward, the homeowner gets to enjoy them.

“By flipping your own home,” says Currul, “the person who walks into the home and is delighted...is you!”

Everyone’s heard of “curb appeal,” but updating the trim gives “foyer appeal.” The instant a buyer steps into the home, the first thing they’ll encounter is clean, bright trim rather than a lot of dark, dated wood. Currul says, “In the buyer’s mind, that wooden trim represents a lot of work to be done. It casts a shadow over the way they view the house.”

It’s difficult to turn over one’s home to someone else to change its appearance, and that’s where the “moms” part of Moms Painting comes into play. Currul says, “A mom is a person who cares. We pay attention to details. We look out for your home as much as if it were our own child’s home.”

Irena Cascella is one of the Moms. She says, “A house is so much more than windows and wall. This world isn’t always a pretty place, so when you go home, you want to feel comfortable in your space.”

For cabinets and trim, Moms Painting starts on Monday and finishes on Friday. It’s such a reliable process that some homeowners have scheduled vacations during the work so they’ll return

**Business  
spotlight**



to a freshly updated kitchen. “No one does work like ours,” says Currul. “We’ve developed a process unique to us, using an exclusive combination of products and techniques to deliver results that homeowners cannot believe.”

On Monday, the cabinets come down. The Moms will sand and degrease the wood, then apply two coats of a special bonding primer. “We had to experiment with several primers before identifying the one that goes on best and is most durable,” says Currul. “It’s not something every painting company will use.”

Once the wood is primed, the Moms apply a self-leveling paint that ensures an even coat. They do not spray on the paint even though that would be quicker. Instead, with a mom’s eye for de-



tail, the Moms use a specialized roller to create an even finish with no brush marks.

By Friday, all the coats are dry, and the work undergoes one final inspection before it earns the Moms’ approval.

Currul says, “We’re so proud of all the bright, beautiful homes we’ve updated. We keep our business small because that serves our customers best. Three Moms, one Dad, one part-timer, and one consultant, and that’s it. This keeps tight control over quality and standards. We all know every aspect of every project.”

Currul adds, “We all take pride together in the finished look, and then you can take pride in your beautiful home.”

Are you ready to ‘flip your own home’? Find Moms Painting at <https://www.momspainting-company.com> and on Facebook at <https://www.facebook.com/momspaintingcompany>. Or you can call 617-304-6654.

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# Wrentham Cooperative Bank Ribbon Cutting

On February 9th, the ribbon was cut at the new location of Wrentham Cooperative Bank at 144 Main Street, Norfolk. This is the bank's third location with the other two at 102 South Street and 1005 South Street in Wrentham.

Branch Manager Amy Linehan offered all a warm welcome. State Representative Marcus Vaughn presented Bank President Scott Terrien and Amy Linahan with a citation from the State House welcoming the bank to Norfolk.

Wrentham Cooperative Bank offers a range of business and personal products and services. The bank provides checking, money market, individual re-

irement, and savings accounts. The bank specializes in Residential Lending with local decision making and all loans are kept in-house. The bank is an active participant in the Mass Save HEAT Loan program.

More than just a bank, Wrentham Cooperative has been a place people can trust for all of their personal and business financial needs since 1901. Unlike most banks, they provide you with the services you actually want and need, not the services they want you to buy. They work quietly and steadily every day to improve their services and offices to ensure that their customers receive the best banking experience possible.



From Left to Right in the front row: Charlie Miller, Business Solution Advisory Group; Sarah Giovannucci, VP/Treasurer, Wrentham Cooperative Bank; Doug Mure, Director Wrentham Cooperative Bank; State Rep. Marcus Vaughn; Jason Hawkes, Primerica; Scott Terrien, President, Wrentham Cooperative Bank; Wrentham Selectman Kevin Kalkut, Andrea DiLorenzo, Universal Banker, Wrentham Cooperative Bank; Charlene Nevins, Loan Servicing, Wrentham Cooperative Bank; Amy Linehan, Branch Manager, Wrentham Cooperative Bank; Justin Casanova-Davis, Norfolk Town Manager; Tammy Sarkis, Wrentham Cooperative Bank; Scott MacLeod, President MacLeod General Contractors; Craig Fishman NES Group; Jack Lank, President, United Regional Chamber of Commerce.

# Hello, Neighbor

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# Advantage Appliance, where 'Our service is your advantage'

Advantage Appliance has been in business for 25 years, where they specialize in repairing, not replacing, all major appliance brands.

"We are local people helping local families to keep their daily routines with little to no disruption with appliance functioning needs," says owner Brian Kowal. "That is why our motto is 'Our service is your advantage.'"

Many of the staff have been with the company for decades and are considered part of the 'Team Advantage Family,' says Kowal. "Family-owned means that everyone here is family (Team Advantage Family) and not just a number. We invest in good people to get the job done right the first time."

Advantage Appliance's 'typical' customer is someone who does not want to go shopping for new appliances but wants to repair the appliances they have.

"Someone who cares about Mother Nature and our landfills, someone who wants to save some money because repairs are cheaper than replacements," says Kowal. "The cost of new appliances has gone through the roof, and we like to keep the old appliances running as long as possible."

They service all makes and all brand appliances right in the customer's home. And the Advantage Appliance Parts Department can get any part (that is still available) quickly and at the best possible price. Their parts are original and not after-market parts.

Customer service is a key focus at Advantage Appliance.

- When a customer calls, they'll speak to a real person.



- When they schedule a repair, they'll receive a confirmation email and text the night before
- Customers receive a photograph of their technician, so they know who will arrive at their home.
- Customers can track their technician's route on the day of service to better gauge when they'll arrive.
- All employees are background checked and drug screened.
- They service Whirlpool, Maytag, JennAir, Kitchen Aid, Roper, Kirkland, and Ingles brands.
- Customers can visit or call the store for help ordering appliance parts which can be delivered to their home.
- All parts and labor are guaranteed for one year.

Community service is also important to this local business.

"We have given away several washing machines and dryers in the past," says Kowal. "In the past, we donated a washer to a needy family that couldn't afford one, a dryer to a single mom who couldn't afford to repair it, and a washer to a retired veteran who used to go to the laundromat to wash his clothes."



For more information, visit [www.advantageappliance.biz](http://www.advantageappliance.biz) (where you can also schedule a service call), call/text 888-532-9355, or watch for the opening of their new location at 447 E. Central St. in Franklin.





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# A Lesson in Standardized Testing

We receive many questions about standardized testing from our students - Do I need to take the ACT or SAT test? Do I have to submit my test scores to all of the colleges? How do I prepare for the test? Being knowledgeable about test options, college test policies, and the benefits of testing can help to simplify the process.

The ACT and SAT are the most commonly used standardized tests in the United States. Colleges that consider test scores will accept either exam. Colleges will have one of the following test policies: "testing-required" where applicants are required to submit either an ACT or SAT score; "test-blind" does not consider applicant test scores, even if the scores are submitted; and "test-optional" where applicants can decide whether or not to submit their test scores. In the case of test-optional, students need to consider if the test score is a true representation of their academic ability.

At College 101, we do not believe that a student's standardized test score is a reliable measure of the student's future success. Test scores provide an additional piece of information in the student's application review. However, we do believe that stan-

dardized testing can be valuable, and we recommend that our students prepare for either the ACT or SAT exam through a planned test prep schedule. Students should also register for the junior year spring test exam (SAT or ACT), and then assess whether to submit their test scores or not, and to which colleges.

## Benefits of Test Prep and Taking the Exam:

1. Preparing for standardized exams can also enhance a student's high school performance. Our colleagues, Jeanne and Jeanine, co-owners of JeaniusPrep.com, tell their students "we do not teach tricks—we focus on skills: reading comprehension, grammar, a solid math review, and logic via charts, graphs, and data representation. All of this knowledge is useful not only for standardized testing but also for high school and college courses."
2. If a student does not submit their test scores, greater weight is placed on other factors of their application that include grades, course rigor, essay, extracurricular activities and letters of recommendation. A test score

can be helpful if one part of the student's application is not as strong.

3. Approximately 80% of colleges have test-optional policies, but taking the ACT or SAT exam can prepare a student if one of the college applications requires a test score.
4. In recent months, there has been an ongoing conversation about grade inflation. Providing a strong test score can serve as a confirmation of the student's academic performance.
5. Several scholarship opportunities will use standardized test scores for eligibility. One example is the PSAT National Merit competition which recognizes the top test scoring students in each state with a \$2500 merit scholarship.
6. Submitting test scores can also assist students from underprivileged backgrounds. In a recent conversation with Mike Bergin, President of Chariot Learning, he stated "The Dean of Admissions at Dartmouth College recently commented about the undesirable data deficit



Maryline Michel Kulewicz and Tracy Sullivan of College 101 Admissions Consultants

when scores are held back; while the school's President commented that diversity actually went down because students held back scores that would have helped them stand out, even if those scores were below the college's average scores."

7. The average test score has increased in recent years at test-optional colleges as students usually only submit strong test scores. When should a student submit test scores? According to Mike Bergin, "any score at the 25th percentile of the school's middle 50% average is probably worth submit-

ting. If an applicant has doubts about whether to submit a score to a test optional school, reaching out to the college's admissions department with specific questions often leads to a clarifying conversation."

Good luck and enjoy the journey!

College 101 Admissions Consultants LLC.

Website: [www.mycollege101.com](http://www.mycollege101.com).

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Your Money, Your Independence

# At or Near Retirement? Time to Say Bucket!

Those at or near retirement face many decisions.

Transitioning from a paycheck that builds savings to taking distributions from a lifetime of investing is a top challenge.

Retirees view risks differently, including market volatility, sequence of returns, interest rates, inflation, health, and longevity to outlive money. Still, the greatest risk is behavioral as gone are the days of throwing new money at poor planning and decision making.

Some retirees completely change strategies. Others attempt to align investments to high yields (and unintended risks) to meet income needs. Many overcompensate to a feel-good cash amount.

While noble, these "retirement strategies" lack in spending expectations, aspirational goals, variables, and opportunity costs. When market, economic or political turmoil depresses portfolios, fear drives many to react irrationally. This leaves them without a strategy and no new money to throw at poor planning and decision making.

How to approach a sustainable retirement income strategy?

**The Bucket Strategy.** In its simplest form, it's a retirement income strategy based on segmenting assets to when they're being spent. This creates a cash cushion to cover income gaps early in retirement years, while maximizing remaining assets over longer periods.

Time horizons and number of buckets are flexible, to start I propose 3 buckets.



Glenn Brown, CFP

**Bucket #1 needed in 1-3 years** is cash, money market and CDs in a taxable account. Liquidity, safety, and low taxation to access funds are key.

**Bucket #2 needed in 4-6 years** is a mix of investment grade bonds, low-volatility stocks and hard assets diversified across ETFs (exchange-traded funds) in taxable accounts and traditional IRAs.

**Bucket #3 needed in 7+ years** is a mix of diversified growth investments and if applicable, real estate, concentrated stock, and legacy investments across taxable, traditional and Roth IRAs. Given Roth IRA's tax-free benefits, these are the last funds to access.

As time moves forward, buckets are replenished in a tax efficient manner by either selling, transferring, and/or distributing (i.e. RMDs) assets from Bucket #3 to #2 and Bucket #2 to #1.

Easy? Let's discuss critical prerequisites.

**Know your income gap.** "We spend \$8K a month, so we need \$96K income a year." No, spending doesn't equal income needs. Say a spouse receives \$20K in social security and other gets \$35K starting next year. So Year 1 income gap is \$76K (\$96K - \$20K) while Year 2 is \$41K.

**All work and no play...** What of your aspirational goals in retirement? Don't wait until 75 to start, instead spend ahead and under control by planning a block of years and \$ amount. For example, "From ages 62-72, add \$20K extra per year for more travel."

**What of future liabilities?** A mortgage ending? New vehicles needed? A remodel or home repair? Moving to reduce costs and taxes? Assisted living? Gifting to help adult kids?

**Build your cash flow analysis.** By factoring income sources, assets, growth rates, planned distributions, living expenses, one-off expenses, liabilities, inflation, and taxes, we see positive or negative cash flows this year and in future years.

Negative cash flow, a.k.a. your income gap, varies each year.

Consider:

- 2024 -\$52K
- 2025 -\$44K
- 2026 -\$65K
- 2027 -\$34K
- 2028 -\$21K
- 2029 -\$24K

Bucket #1 is \$161K, #2 has \$79K and #3 is remaining assets seeking long-term growth.

Come June 2024, review and confirm your spending rate, rerun cash flow with updated values, then raise 50% of 2027 (~\$17K) from Bucket #2 to #1. In most tax efficient manner, move 50% of 2029 (~\$12K) from Bucket #3 to #2.

Rinse/Repeat every 6 months for ongoing 2.5 to 3 years of cash to cover income gaps. This reduces fear and large withdrawals, provides lifestyle confidence, and participates in long-term investment growth over market cycles.

More to consider than space allows, so speak with 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](http://www.PlanDynamic.com). Glenn is a fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents, and financial independence.

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# Broadway's Ruby Lewis and More Join Josh Strickland in FPAC's Reimagined Tarzan

Further casting has been announced for the Franklin Performing Arts Company (FPAC)'s reimagined production of *Tarzan* the Broadway musical starring Broadway's original *Tarzan* Josh Strickland March 8-17 at THE BLACK BOX in Franklin, MA. Ruby Lewis (*Paramour*) will star as Jane alongside Tyrick Wiltez Jones (*Hairspray*, *Finian's Rainbow*, *Bat Out of Hell*) as Terk. Maria Sylvia Norris and P.T. Mahoney will appear as Kala and Kerchak, with Nick Paone as Clayton and Liam Kerrigan as Young Tarzan. Katie Gray and Andrew Scott Holmes will be featured vocalists with the show's band.

The ensemble, comprised of NYC and Boston/Providence talent as well as collegiate actors from programs like Dean College, includes Casey Harkness Andrade, April Ball, Gia Chessa, Heather Dorler, Takaaki Matsumoto, Emiliano Morales, DJ Ormond, Julia Ormond, Myranda Rose Silva, Kellie Stamp, Johanna Stipetic, Lindsay Tomas, and Isis Wilson. The cast will be joined by Student Apprentice Perform-

ers from the Franklin School for the Performing Arts Elena Baker, Helena Cornwell, Devin Curley, Finley Doherty, Emmett Eastman, John Fitzhenry, Anya Fox, Macie Hoben, Matthew Packard, Ashley Pepin, Mason Sanford, Kate Settle, Angelina Willey, Owen Charles, Grayson Kerri-gan, and Colette Lelievre.

FPAC's flexible theater space, THE BLACK BOX, will be transformed into a multi-stage rock concert centering the iconic Phil Collins music, while telling the classic story by blending Broadway and concert experience. Conceptualized and directed by Raye Lynn Mercer and Ali Funkhouser, the show will feature choreography by Broadway's Clay Rice-Thomson (*Moulin Rouge!*, *King Kong*, *Newsies*, *Matilda*) and music direction by Hallie Wetzell. Based on Disney's epic animated musical adventure and Edgar Rice Burrough's *Tarzan of the Apes*, *Tarzan* features heart-pumping music by rock legend, Phil Collins, and a book by Tony Award-winning playwright, David Henry Hwang. High-fly-ing excitement and hits, like the



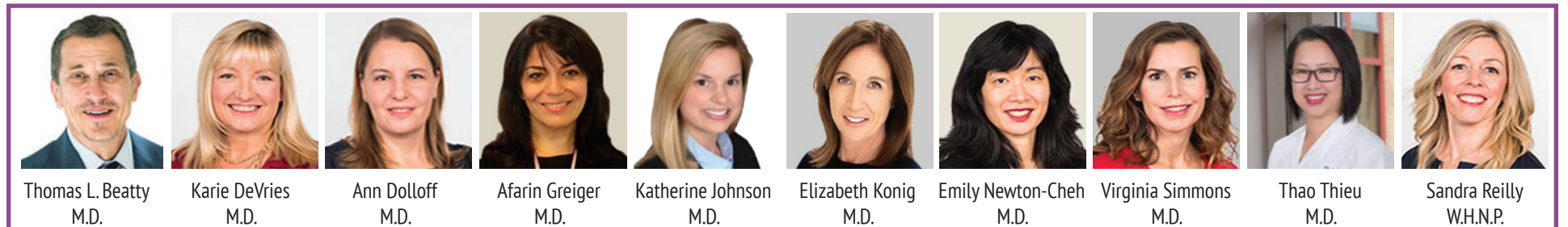
Academy Award winning "*You'll Be in My Heart*," as well as "Son of Man," and "Two Worlds," make *Tarzan* an unforgettable theatrical experience.

In 2006, Josh Strickland created the leading role of *Tarzan* in Disney's musical *Tarzan* on Broadway. In 2009, he made his starring Las Vegas debut in *Peep-*

*show* at Planet Hollywood Casino & Resort while concurrently co-starring in the hit E! reality show *Holly's World*. Strickland debuted his first single "Report to the Floor," which skyrocketed to the top-five on the iTunes Dance Charts the first week of its release, followed by "Last Dance." Ruby Lewis starred as Indigo in *Cirque*

*du Soleil's* premiere Broadway show, *Paramour*. She specializes in biographical roles, having played Betty Hutton & Peggy Lee in *Lights Out: Nat 'King' Cole* at the Geffen Playhouse (Ovation Nomination) and Marilyn Monroe in *Marilyn! The New Musical* (Best Broadway Performer Las Vegas) at the Paris Theatre in Las Vegas, backed by the Marilyn Monroe Estate. Tyrick Wiltez Jones led the U.S. Tour and Off-Broadway productions of *Bat Out of Hell* as Jagwire. His Broadway credits include Howard in *Finian's Rainbow* and *Hairspray* as well as the Broadway National Tours of *Miss Saigon*, *Seussical*, *Fosse*, and *Show Boat*.

FPAC is an Actors' Equity Small Professional Theater company based at THE BLACK BOX in downtown Franklin, MA. Each season, FPAC produces musicals, plays, ballets, and more featuring Broadway stars, professional actors, local performers, and emerging artists. Tickets for *Tarzan* are available at FPAConline.com or by calling the box office at (508) 528-3370.



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# Plainville Dental Care – Creating Beautiful Smiles

By JENNIFER RUSSO

A smile is one of the greatest tools we have. We smile when we meet someone, when we are happy, when we are excited and when we are proud. A smile can comfort someone and make them feel more accepted and welcomed. A smile makes us more approachable and inspires confidence when we see one. So, making our smiles a top priority is really something we should all be doing each day.

Dr. Peyman Beigi and Dr. Nina Raeisian believe in creating beautiful smiles at Plainville Dental Care, which has been a go-to place for both medical and cosmetic dentistry since 2010.

“It’s funny because I had intended to go to medical school and become a physician,” says Dr. Beigi. “Then one day I went to my dentist for a tooth concern, and he convinced me to look at dentistry as an option. In his words, there is more flexibility with your lifestyle as a dentist – you have more time to do great work and still enjoy your personal life. So, I decided to go that route.”

Dr. Beigi graduated from Tufts University School of Dental Medicine in 1995, followed by a residency at New England Medical Center. His focus is on oral and gum surgery, dental implants, and he is certified

in Invisalign® treatments. Dr. Raeisian earned her doctorate from Tufts University as well, and is certified in implant dentistry, Invisalign® and cosmetic dentistry. Both are also FBI-trained forensic dentists.

Dental care is important, and Dr. Beigi stresses that it isn’t just about looking good, but making sure we are at our optimal health as well.

“Our teeth are connected to the rest of our body. They aren’t just bone – there are blood vessels that go through the gums, and everything is connected to the rest of our organs. If you have a dental disease, that will go through the system and impact the heart and brain, as well as other parts of the body. Nerve tissues also run through your gums, so if bacteria finds its way to the nervous system, it also can cause detrimental impacts to your system. Caring for teeth is absolutely vital,” he shares.

A unique offering that the practice provides are same-day implants, where compromised teeth can be extracted, and an implant put right in. This option is perfect for patients who have an important event coming up, such as a wedding or business presentation, and don’t have time to wait for treatment. The doctors will expertly implant the prosthetics using a computer-

## Business spotlight



guided system. They also offer mini implants for those who want a less invasive procedure or have less bone volume where they are better suited.

The use of Platelet-Rich Fibrin (PRF) is also a stand-out part of implant procedures at the office. PRF is made from your own blood and DNA, which, when used as part of your treatment, can help your healing and growth be more effective.

For people who have a fear of going to the dentist, Dr. Beigi believes humor is the best medicine.

“I love people and I love to laugh. Authentic humor can put people at ease. No one wants to be sitting in a dentist’s chair – we know that – so even though we are serious about our treatment, we do not act 100% serious and stern. Who wants a dentist that doesn’t smile? Your comfort is always our number one priority,” says Dr. Beigi.

In addition to offering standard cleanings and preventative treatments, Invisalign®, dental implants, veneers and other cosmetic options, the practice also



Dr. Nina Raeisian



Dr. Peyman Beigi

offers orthodontics, as well as oral and maxillofacial surgeries for those who are experiencing conditions like TMJ, misaligned jaws, cleft lip, and palate, and more.

“We believe in going the extra mile,” says Dr. Beigi. “In fact, all my patients have my cell phone number so they can contact me directly. I don’t believe in an answering service – especially when someone is in any pain or discomfort. I believe in

compassion and putting myself in their shoes. I wouldn’t want to be sitting on hold with someone. They can get a hold of me anytime.”

To learn more about Plainville Dental Care and the treatments they offer, and view current specials, visit their website at [www.theplainvilledentist.com](http://www.theplainvilledentist.com) or call (508) 406-9590. Plainville Dental Care is located at 13 Taunton Street in Plainville, MA.

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## Norfolk Democratic Town Committee Announces Election Watch Night Party

The Norfolk Democratic Town Committee will hold an Election Watch Night Party on Tuesday, March 5 at Novatos Bar and Grill, 218 Dedham St, Norfolk, starting at 7:30 p.m. All are welcome to join the Norfolk Democratic Town Committee and several other local Democratic Committees to watch election results.

Attendees are asked to RSVP online at <https://www.mobilize.us/progressivemasswesternnorfolkcounty/event/606480>.

### About The Norfolk Democratic Town Committee

The Democratic Town Committee is a group of Norfolk Democrats whose shared goal is to improve the lives and well-being of Massachusetts residents and all Americans by helping elect Democrats to local, state and national office. The Committee is active in creating shared awareness of issues important to Democrats, recruiting town Democrats to assist in the activities of the Committee, and working with other local Democratic town committees and the State Committee to advance Democratic interests locally, across the Commonwealth, and nationwide.

## Wrentham Engagement Group Forms

Two Events Slated this Month

Wrentham Engagement (WE) is a local, grassroots, non-partisan effort to encourage greater awareness and engagement in Wrentham’s governance and future through events that introduce candidates to voters.

WE is hosting a Candidates Forum on Tuesday, March 12 beginning at 7 p.m. at the King Philip Regional High School. The forum will be facilitated by Jerry McGovern.

On Saturday, March 23, WE is hosting the third annual Candidates on the Common beginning at 11 a.m. on the town common. This event will be facilitated by Andrea Murphy.

To learn more about Wrentham Engagement, visit <https://www.wrenthamvoterguide.com/we>.

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# Stock Market Uncertainty? A Fixed Indexed Annuity Can Help Put You At Ease



Jeffrey Schweitzer

A crystal ball into the investing world – wouldn't that be useful! Unfortunately, predicting market performance to a T is not exactly possible. When markets experience downs, it is important to ask yourself: What can I do to help protect my savings and ensure future gains?

## Market Uncertainty Heightens

With the stock market currently in a bear market and down substantially from its highs, it's reasonable to ask whether we're seeing another market crash. While the market has declined, it hasn't been the type of sharp and sudden selling that typically accompanies market crashes. The declines have come as investors try to sort out the impact of high inflation, rising interest rates and a potential recession.

## We Must Diversify!

When markets decline, financial portfolios ultimately go down in value. Get ahead of the curve by checking in on the risk tolerance of your financial portfolio and making sure to diversify accordingly.

Diversifying may be the most important part of retirement planning. While there is no one

right answer – or guaranteed sure thing – having a balanced financial plan is a proven strategy for income growth and wealth protection. Diversifying can mean a mix of 401(k) funds, IRAs and Roth IRAs, fixed indexed annuities (FIAs), mutual funds, stock investments, and more.

## Protect Your Principal

With the stock market, there is no guarantee of upcoming returns. This is a continuous reminder to think about how we can continue to build our retirement income strategy. A smart first step is to evaluate savings vehicles that protect against market volatility. Enter a fixed indexed annuity (FIA).

An FIA helps protect your principal even in a negative market return. At the same time, it offers the opportunity to earn interest that is tied to the performance of a well-known index,

such as the S&P 500, Dow Jones, NASDAQ, etc. The index is used as an external benchmark – you do not actually invest your funds in it. In all, FIAs are contracts with insurance companies, where potential interest earned is linked to an external index. Expect a guaranteed minimum rate of return and tax-deferred growth as well.

## What's Next?

What will happen in the stock market? Anything is possible. Until a crystal ball can accurately tell us what we can expect, it is up to retirement savers to make decisions that will protect them from what lies ahead.

Adding an FIA to your retirement portfolio could be part of the answer. Talk with a financial professional at Northeast Financial Strategies to understand the specific product features and if the benefits ladder up to your

goals.

For your chance to win \$100 Visa Gift Card, find the NFS ad on this page, scan the QR Code and then look for the "March 2024 Survey" link on our website. Good Luck!

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 to set up an appointment - www.nfsnet.com

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## March Program Highlights at the Fiske Library

### At Home with Eleanor Roosevelt

Join author and historian Carol Cohen for a look into the life of Eleanor Roosevelt. The program will take place on Saturday, March 9 from 2 to 3 p.m.

During this interactive presentation, meet Eleanor Roosevelt at her home in Hyde Park, New York in December 1948. Eleanor has just returned from the United Nations where they have ratified the International Declaration of Human

Rights. Learn about her role as a human rights activist and inspect many primary sources that were a part of Roosevelt's personal and professional life.

### Collectibles Appraisal

Rick Keller, of Perfect Pastime 617, is offering a free community-wide collectibles appraisal event at the Fiske on Saturday, March 23 from 10 a.m. to 1 p.m.

Gather up all your Pokémon/sports cards/memo-

abilia, coins, video games/consoles, comics, broken and fine jewelry, sterling silver, etc. to see if you have treasure or trash. Keller is a native of Foxborough who has been involved in the industry for close to two decades. He is generously donating some of his time to share his valuable knowledge with the community.

Registration is required for this program, along with the following steps to participate:

- Sign up for a specific 10-minute time slot by calling 508-384-5440. If you do not sign up separately for a predetermined time slot, please be prepared during the event to wait until there is an opening.
- Email pictures of the item(s) that you plan to bring for appraisal to Rick well beforehand at: perfectpastime617@gmail.com.

## Poetry Night at the Old Fiske Museum

The Wrentham Cultural Council is pleased to announce that Poetry Night will take place on Wednesday, March 13, at the Old Fiske Museum at 6:30 p.m. The museum is located at 55 East Street, Wrentham, across from the courthouse and the town common.

The Council invites area poets and poetry fans alike to participate or attend to enjoy the readings. Each participant is welcome to read two poems by favorite authors or their own authorship. Please call Council member Jeanie Mattila @ 508 384 8779 if you are planning to attend.



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# School Resource Officer Honored Following Lifesaving Actions

Superintendent Dr. Rich Drolet and Principal Nicole Bottomley recently recognized School Resource Officer Todd Schwalbe for his exemplary service.

On Jan. 4, SRO Schwalbe helped a KPRHS student experiencing a medical emergency and used his training to provide lifesaving aid to the student until paramedics arrived and could further assist.

In recognition of his response, Officer Schwalbe, who has been the Wrentham SRO at KPRHS for 5-and-a-half years, was named School Resource Officer of the Month by the National Association of School Resource Officers (NASRO).

Officer Schwalbe was further recognized for his actions during the King Philip School Committee meeting on Jan. 22. He was commended for handling a difficult medical situation with leadership, care and support.

“We are incredibly grateful for Officer Schwalbe’s quick response, professionalism and calm demeanor during a tense and



**From left: Principal Nicole Bottomley, Assistant Principal Kip Lewis, School Nurse Tara Esposito, School Resource Officer Todd Schwalbe and Custodian Tom Lawler who were recognized by the King Philip School Committee on Jan. 22. (Photo courtesy King Philip Regional School District.)**

scary situation,” Principal Bottomley said. “We are happy to recognize him locally and to see him honored nationally for his actions.”

“Officer Schwalbe is a valued member of our school community and we appreciate everything he does to connect with

and support our students,” Superintendent Drolet said. “Our district is fortunate to benefit from public safety partnerships that help us to provide a safe and secure learning environment.”

Dr. Drolet and the King Philip School Committee also recognized Custodians Tom Lawler

and Steve Cline, School Nurse Tara Esposito, Assistant Principal Kip Lewis and Counselor Stephanie Doucett for their assistance and support on Jan. 4.

### About NASRO

The National Association of School Resource Officers is dedicated to making schools and children safer by providing the highest quality training to

school-based law enforcement officers. NASRO, the world’s leader in school-based policing, is a not-for-profit organization founded in 1991 for school-based law enforcement officers, school administrators, and school security and/or safety professionals who work as partners to protect schools and their students, faculty, and staff members.

## Wrentham Lions College Scholarship Applications Now Available

The Wrentham Lions Club is pleased to announce that it will be offering four scholarships to area graduating seniors, including one scholarship for qualified adult residents seeking to continue their education.

Applications are available now and will be accepted until April 2. Scholarship criteria, applications, and directions for submittal can be found on the Wrentham Lions website: [www.wrenthamlions.org](http://www.wrenthamlions.org).



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# The b.LUXE *beauty beat*

## Gray Blending: A New Way to Embrace Your Gray

BY GINA WOELFEL

Once upon a time, spotting your first gray hair felt like the beginning of the end, especially for women. In an age-obsessed society, women have felt the need to maintain a youthful appearance, and aging was often considered taboo.

However, nowadays, women are pushing back and embracing their gray hairs and the number of years it took to earn them! Accepting your gray has become synonymous with self-love and a more natural approach to beauty. We all age, so let's celebrate it!

Women, in particular, are often judged based on their appearance. Interestingly, the pandemic sparked the modern gray hair movement, prompting women to embrace their natural hair color. When salons closed, women had to skip their monthly color retouches. It was a challenging time, but we were resilient and adapted. With no end in sight, our roots grew in, and when one inch turned to three, many women saw their natural color for the first time and loved it. Their gray hair was beautiful, and the time spent away from judgment and scrutiny allowed them to reconnect with their natural selves.

We understand that not everyone will give up hair coloring and accept their gray hair. It's a big commitment that requires both emotional and aesthetic considerations. For many women, to stop coloring their hair altogether would be difficult. Unlike pandemic times, we're out in the world each day, and having half our hair without color could be quite an adjustment.

### Here's an analogy of the three levels of basic gray coverage.

1. Full coverage covers 100% of the gray with a one-process color. Think of this as wearing colored wool tights.
2. Demi-permanent coverage covers about 80% of your gray using a less pigmented dye. This process lets some of your natural tone and gray hair show through.

Think of this like wearing sheer, colored pantyhose.

3. No coverage, allowing your natural gray and silver color to come through completely, but glossing the hair to add shine, tone and eliminate yellow and brassy tones. Think of this like wearing sheer, nude pantyhose.

For decades, these three techniques were the standards for covering your gray, with most women opting for full coverage. This all-over, one-dimensional color application can be as light or dark as your natural or current color allows, but it will leave a hard line of regrowth at your roots. Modern formulas offer a wider range of hues and are more prismatic than their predecessors, but this technique still requires an appointment every 4-6 weeks. Many women, believing they still match their natural color, have dyed their hair this way for years. So many years, in fact, their original hair color has completely changed. But it's easy to get stuck in a rut. One process coverage works, but is it the best coverage for you now?

Gray, silver, and platinum hair is all the buzz, with more and more women ditching high-maintenance, monochromatic tones for more lived-in looks. Now, more than ever, you've got options.

### Have you heard about "Gray Blending?"

Gray blending is an umbrella term that describes the many techniques used to disguise and incorporate your gray hair. Without a hard line of regrowth, it's a more natural-looking alternative

Gray blending techniques incorporate foil highlights and lowlights that vary in weight and placement to provide a highly customized color unique to you. There's gray blending for blonde hair and gray blending for dark hair, as well as auburn and red hair. Gray blending uses multiple shades of hair color to create a gradual transition that incorporates your gray hair with your natural color (or chosen base

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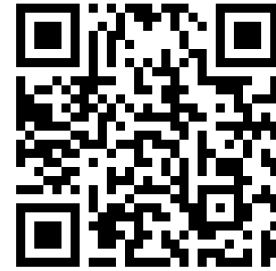


color.) With this multi-tonal technique, gray hairs aren't covered; they're enveloped within the pattern of color, resulting in a softer, more natural look that needs less maintenance than one-process color. You can choose to maintain your gray-blended look or use this process to slowly transition towards all gray.

### For clients who've been dyeing their hair a darker shade for years and want to grow out their natural color, you have a few options:

1. Using your previous color as a guide, your stylist can highlight or lowlight just around your face. Lowlights use the same technique as highlighting to apply color but use darker tones for depth and dimension. This method breaks up your gray regrowth and avoids a hard line of demarcation. It also allows clients with longer hair to pull it back in a ponytail, disguising their gray in the back.
2. Your stylist can also select a few areas where your gray hair is growing in, like through your part and around your face, and place a few strategically painted highlights they'll lift close to the color of your silver hair. A toner should then be applied to unify color, tone brassiness, and add shine.
3. Choosing to stop dyeing your hair altogether is an

Visit Our Gray Blending Page For More Info



Visit Our Website at bLUXE.com to Book an Appointment



Scan for more info

other option. Your hair grows about 1/2" to 3/4" per month, so growing your hair to a manageable, shoulder-length bob takes approximately a year and a half without intervention. Many people cut their hair short to remove most of the dyed hair and then let it grow out while getting regular trims to remove the remaining colored portions. Once the dyed hair is gone, your natural hair color can grow as long as desired.

4. Dying your entire head silver in one session is definitely an option, but one that comes with a few caveats. Many clients are curious about how long this process takes because they've seen incredible mega-transformation on social media. While it's technically possible for some people's hair to lift enough artificial color in one session, this level of alteration is uncommon. Despite online videos that seem to show quick and easy solutions, the truth is that these types of color appointments are costly and can take 10 to 12 hours in your stylist's chair, with no guarantee of the desired results.

5. We recommend a toner or tinted gloss for all gray-blending methods and existing gray clients. Natural gray hair can be yellow, brassy, or even mousy-brown. A toner will brighten and balance those undesirable tints, adding a mirror-like shine.

6. The timeline for hair regrowth varies from person to person and depends on factors such as the health and length of your hair, the coloring technique you and your stylist choose, and how quickly you want to achieve your desired transformation. Your stylist will likely want at least three to four months of regrowth to see your gray pattern. This time is not 100% necessary, but it allows your stylist to create the most effective color plan for you.

Once you start the transition process, you can expect your maintenance and upkeep to be about 8 to 12 weeks apart, depending on your chosen method. Typically, it takes about 3 to 4 salon visits to complete the process and get your hair to the desired state.

And remember, nothing is ever permanent! If gray blending isn't your thing, you can always go back. Your stylist is here for your aesthetic and whatever makes you feel most beautiful!

If you're curious about gray blending and would like more information, scan the QR code above to visit b.LUXE Hair and Makeup Studio's Gray Blending page that features before and after transformations.

b.LUXE Hair and Makeup Studio also offers complimentary color consultations.

Book yours today at bLUXE.com

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# Band Together School of Music – Making the World a Better Place, One Quarter Note at a Time

By: JENNIFER RUSSO

Imagine being a mathematician, learning diligently how math works and attempting to solve the most complicated numerical problems, working with, and developing formulas, principles, and techniques, but then having nothing in the real world to apply that knowledge to.

The same idea can apply to learning a musical instrument. According to Band Together founder Dylan DiChiara, putting context into the teaching of music is key. Not only learning an instrument, but how that instrument interacts with others, understanding where the music it is playing comes from, to make learning that instrument a more meaningful experience. This modern, holistic approach to teaching enables students to be their most creative.

“Nothing exists in a vacuum,” says DiChiara. “Learning how an instrument functions on its own is just a piece of the puzzle. With all of our teachers being multi-instrumentalists, we can not only help students learn at their own pace but show them how their instrument fits into the bigger picture. If a student is learning drums, why not bring in a bass guitar and play together?”

Dylan, who opened Band Together in May of 2023 after working as a music director for School of Rock and teaching home lessons for over a decade, also believes in helping learners understand the historical narrative of music. Each month they have different themes so that students aren’t just learning how

to play different songs with their chosen instrument but understanding that there is a whole other side to that music artistically, stylistically, and culturally. For example, the history of funk music starting in 1940’s New Orleans and its evolution through time.

“We also have what we call a Listening Club. Our students are invited to attend monthly sessions where we choose an album to listen to together from beginning to end. No phones allowed – just listening and discussion about what we just heard. We have done this with about fifteen albums already, and we emphasize that listening is a primary skill which precedes playing an instrument. Developing focus and understanding musical spheres of influence are invaluable traits, and a great springboard for deep conversations. Students always leave wanting to know more,” Dylan shares.

Though some students come in with strong ideas of wanting to learn an instrument, the instructors at Band Together also can guide those who aren’t as certain about the direction they are hoping to go.

“Music is very different commercially than it has been in the past,” says Dylan. “I might have someone come in who loves 90’s hip hop and wants to learn everything they can about playing music from that era and someone who comes in because they heard a song on TikTok and want to learn how to play that one song. Honoring their interests and meeting them where they are is what we believe in. We don’t aim

## Business spotlight



to apply our own subjective values to our students, but validate theirs, because ultimately music is an art form. We support everyone’s individual expression.”

In addition to privately instructing in guitar, bass, vocals, keyboard, drums, and ukulele, Band Together has group band and songwriting classes for all ages. Tiny Band for 5-7, Little Band for 6-11, Band for 12-17 and Adult Band for the biggest kids.

“We’re all about community here. Though the ages for the bands are specific, we do offer private lessons to kids who are younger if they have the interest and support. Our older students often help with the little ones, developing their own teaching chops – it’s great to have non-adult role-models and mentors for those students too,” Dylan tells us.

The House Band is an advanced program for a hand selected group of Band students who show their dedication and desire for a bit more of a chal-



lenge. It is an additional weekly 2-hour rehearsal at no extra cost. The House Band performs publicly and there is a show coming up in the Spring where they will play the Beatle’s entire Abbey Road album.

“Again, we really believe in meeting every student exactly where they are, taking what interests them and expanding their potential from there,” says Dylan. “If you want to learn more about music and understand where it comes from, learn how the instrument functions alone and in the context of others, and have

a comfortable place to express yourself – we are the place to be. We are all students here; we are not elitists – we just want music lovers to be successful, whatever that means to them.”

Try a free trial lesson and learn more about Learn more about Band Together and their offerings at <https://together.band>. They are located at 55 Rhoades Ave in East Walpole. You can also check out their Instagram and Facebook at @band-togetherschool.

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# Living Healthy

## iStent Inject and Microgoniomy for Glaucoma

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

### What is glaucoma and how is it treated?

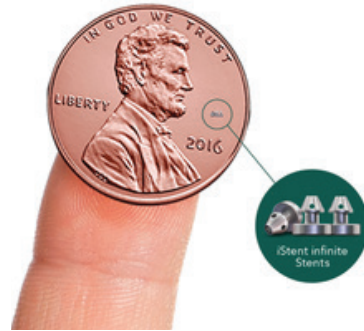
Glaucoma is a chronic disease defined by characteristic optic nerve damage. It is a multi-factorial disease with over 300 different anatomic variations and affects over 40,000,000 people worldwide. Glaucoma is a slowly progressive and irreversible disease and, in most cases, causes a painless loss of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

dividualized for each person and each optic nerve. The greater the optic nerve damage, the lower the intraocular pressure is needed to achieve stability and prevent further optic nerve damage and further visual field loss.

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

### What is the iStent® trabecular micro-bypass stent?

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



### What is microgoniomy surgery?

Microgoniomy surgery (using the iAccess trabecular trephine device from Glaukos) is another type of MIGS. This procedure provides control of the eye pressure at lower risk than more traditional glaucoma surgeries. It alters the eye's drainage system to lower the eye pressure and reduce the need for medications. Microgoniomy can be done standalone or combined with iStents during cataract surgery in a tissue sparing fashion to improve resistance to outflow in glaucoma. This tissue-sparing procedure can help lower the pressure even more compared to implanting iStent alone. During this procedure and ophthalmologist (Eye MD/ surgeon) will make 3 trephination cuts in a part of the eye's drainage system called the trabecular meshwork. This will allow fluid to leave the eye much easier.

### Benefits (how the surgery can help)

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

### Risks

As with any surgery, there are risks with the iStent and microgoniomy procedure. The surgery may not lower the eye pressure or

control the glaucoma even when it is properly performed. In addition, sometimes there can be complications that do not appear in the early post operative period but may develop days, months or years later. Further treatment or surgery to treat those complications may be needed. As with any intraocular surgery, there may be loss of vision, blindness, loss of the eye, as well as bleeding, infection and injury to the eye or nearby body parts.

At Milford Franklin Eye Center, we use state-of-the-art technology and lasers to diagnose and treat a variety of eye problems, including glaucoma. We offer high-definition optic coherence tomography testing (OCT) that can predict glaucoma before it even happens. We also offer laser treatment when medications alone are not enough. All our offices are equipped with OCT and state-of-the-art computerized visual field testing. We operate in a state-of-the-art surgery center close to home, here at the Cataract and Laser Surgery Center of Milford. All our surgeries are performed with an anesthesiologist in the room and an IV lane, in case of an emergency. No office-based surgery! We were among the first surgeons in New England to introduce this new technology and we offer stellar outcomes closer to home. With 22 years of established experience and tens of thousands of procedures performed, we are happy to offer state-of-the-art medical and surgical eye care and now the iStent inject /microgoniomy for treatment of glaucoma closer to home than ever before.

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# Living Healthy

## Cool That Internal Thermometer Naturally

Hot flashes are extremely common during menopause impacting up to 75% of affected women.

While not dangerous to your health, they can be extremely uncomfortable and often interfere with your quality of life, especially if they occur frequently at night interfering with sleep. Over time, this can lead to insomnia-related anxiety and depression. Most think it is a hormonal issue, but many times it is not.

Bonnie M. entered our office complaining of hot flashes, especially at night. Throughout the day, she combated her inter-

nal heat thermometer putting on and removing her cardigan sweater. Sleeping was interrupted due to sweating through her clothes. She tried many over-the-counter remedies with little or no results. Bonnie works in sales five days a week and spends a lot of her time in her car resorting to the convenient choices of fast food for her meals.

Her exam revealed that she had chemical stressors affecting her body's ability to regulate her temperature. Bonnie was put on a detox program, including a homeopathic protocol as well as removing fast food from her diet.



**Dr. Rochelle Bien & Dr. Michael Goldstein**

She also replaced many household items, such as her laundry detergent, cleaning products and personal care products with more

natural alternatives.

After several weeks, Bonnie reported a significant decrease in intensity and frequency of her nightly hot flashes and sleeping through the night is becoming the norm. If you are suffering from hot flashes and are looking for relief, call Doctors Bien and Goldstein at The Holistic Center at Bristol Square, (508) 660-2722. They are located at 1426 Main St., in Walpole.

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## News from the Norfolk Town Clerk

Contact Town Clerk Carol Greene at 508-528-1400 or email [cgreene@norfolk.ma.us](mailto:cgreene@norfolk.ma.us) with any questions.

### Presidential Primary Election

Norfolk Town Clerk Carol Greene reminds residents that the Presidential Primary Election will be held on Tuesday, March 5. Norfolk registered voters can cast their ballot at the Freeman Kennedy School, 70 Boardman St., from 7 a.m. to 8 p.m.

In-person early voting is available on Friday, March 1 from 9 a.m. to 5 p.m. at the Town Clerk's office, located in Town Hall, 1 Liberty Lane.

### Annual Town Election

The Annual Town Election will be held on Tuesday, May 7. The deadline for taking out nomination papers is March 18. The last day to return nomination papers is March 20, and the last day to withdraw is April 4. The last day to register to vote is April 26.

Papers will be available in the Town Clerk's office for the following seats:

- Select Board Member (1): one 3-year term
- Board of Assessors (1): one 3-year term
- Board of Health (1): one 3-year term

- King Philip School Committee (1): one 3-year term
- Library Trustee (1): one 3-year term
- Norfolk School Committee (2): two 3-year terms
- Planning Board (1): one 3-year term
- Recreation (1): one 3-year term

### Dog Licenses

Dog licenses must be renewed at the beginning of each year. Dog licenses can be renewed by mailing a check made payable to the Town of Norfolk and a stamped, self-addressed return envelope to: 1 Liberty Lane,

Norfolk MA, 02056, or put your payment in an envelope marked for the Town Clerk and place in the drop box located at the rear of Town Hall.

Late fees (\$50) start April 1. Visit the Town Clerk's page at [norfolk.ma.us](http://norfolk.ma.us) for more information.

## Norfolk And Wrentham Tri-County Students Inducted into NHS

Twenty Tri-County Regional Vocational Technical High School students were inducted into the Peter Rickard chapter of the National Honor Society in a recent ceremony.

Jacqueline Mullen '25 from Norfolk, as well as Noah Gable '25 and

Martin McCrave '25 from Wrentham, were among the inductees.



Induction to the National Honor Society requires the demonstration of four personal

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## The Culinary and Performing Arts Come Together for “Culinary Cabaret”

Friday, April 5 at 7 pm, the Franklin Performing Arts Company (FPAC) will unite the culinary and performing arts for an inspired evening of fabulous food, drink, and entertainment. The all-inclusive ticket delivers a delicious and entertaining evening at THE BLACK BOX, Franklin’s premier entertainment venue.

The 12th annual Culinary Cabaret spotlights this region’s outstanding culinary talent, showcasing fine wines, craft beer, delectable spirits, flavorful dishes, and mouth-watering desserts by culinary partners.



This special evening has been a celebrated part of FPAC’s yearly performance calendar for over a decade.

Featuring entertainment by Electric Youth and special guest artists of the Franklin Performing Arts Company, Culinary

Cabaret supports Electric Youth’s 2024 European tour. Franklin Performing Arts Company is Franklin’s own professional theater company.

THE BLACK BOX is located at 15 W. Central St. in downtown Franklin, MA. For tickets and more information on Culinary Cabaret, visit [FPAConline.com](http://FPAConline.com) or call the box office at 508-528-3370. Follow Franklin Performing Arts Company and THE BLACK BOX on Facebook and Instagram for updates on programming.

## Friends of Adoption and Foster Care Receive Teddy Bears

### More Donations Needed

The Friends of Adoption and Foster Care (FAFC), based in Wrentham, are grateful to the Jockey store at the Wrentham Premium Outlets Mall for donating 71 teddy bears to their organization.

These teddy bears will be placed in the backpacks FAFC prepares for children taken from their homes, often in the middle of the night, before being placed in emergency foster care.

“I’ve been told by several social workers that these backpacks do so much good for children who feel like they’ve lost everything,” says Jane Williams, current President of Friends of Adoption and Foster Care.

The Jockey Outlet is committed to this annual teddy bear donation for FAFC and other organizations dedicated to helping foster children. Founded in 1876, the Jockey corporation in 2001 began as-

sisting children in need of a “forever family” when new CEO Debra S. Waller came on board. Waller, who was adopted as a child, knew that adoption is a lifelong journey and that adoptive families need support. So Jockey began helping newly adopted children by providing them with new backpacks and providing resources to their adoptive parents.

If you’d like to help the FAFC, visit the Jockey store and purchase a teddy bear for the backpack drive. Also needed are diapers, wipes, baby formula, new school supplies and pajamas. All items can be brought to the FAFC donation bin in the parking lot of St. Mary’s Church in Wrentham. Grocery or department store gift cards can also be donated to one of the regional offices of the Department of Children and Families.

For other ways to help foster or adopted kids, or for more information, contact FAFC by email at [FriendsofAFC@gmail.com](mailto:FriendsofAFC@gmail.com).

## Wrentham Democrats to Elect Delegates to Democratic State Convention

On Monday, March 4 at 6:30 p.m. (registration opens at 6 p.m.), Democrats will convene in person at the Council on Aging to elect two delegates and two alternates to represent Wrentham at the 2024 State Democratic Convention.

Registered and pre-registered Wrentham Democrats 16 years old by March 3, 2024, may vote and be elected as delegates or alternates during the caucus.

Youth (age 16 to 35), people with disabilities, people of color,

and members of the LGBTQ+ community not elected as delegates or alternates are encouraged to apply to be add-on delegates at the caucus or by visiting [massdems.org/massdems-convention](http://massdems.org/massdems-convention).

The 2024 Convention will be in person at the DCU Center in Worcester on June 1.

Those interested in getting involved with the Wrentham Democratic Town Committee should email [info@wrenthamdemocrats.org](mailto:info@wrenthamdemocrats.org) or call (508) 507-9660.

## Does Food Count as a Basic Human Right?

Join us for worship on March 17 at 10 a.m., as the First Universalist Society in Franklin (FUSF) Food Insecurity Team, and their special guest, Tina Powderly, the Executive Director of the Franklin Food Pantry, explore their collective and personal journeys from focusing on alleviating food insecurity to that of food justice.

Food justice is the belief that access to food is a basic human right which can only be achieved if one advocates for structural change across the entire food system. Unfortunately, our current food system rests upon many inherent, deeply entrenched barriers to equity.

This worship service will be interactive; if you have one, please bring your phone to voice your opinion on-line during the service. All are welcome to attend; we look forward to meeting you.

*The First Universalist Society in Franklin is a Unitarian Universalist Welcoming Congregation located at 262 Chestnut Street, Franklin. For further information about FUSF please explore our website at [fusf.org](http://fusf.org) or contact our Interim Minister, the Reverend Beverly Waring at 508- 528- 5348 or [minister@fusf.org](mailto:minister@fusf.org)*

# Students Participate in Magic Yarn Project, Knit Wigs for Children Battling Cancer

Bi-County Collaborative students in the Life Roles Education Program (LREP) have been participating in the Magic Yarn Project, announced Executive Director Jeanne Sullivan in a statement.

Under the direction of Physical Therapist Dawn Rice-Norton and LREP Classroom Teacher Rebecca Blackburn, students in Bi-County Collaborative's LREP program created yarn wigs for children with medical hair loss in an effort to spread kindness through the Magic Yarn Project.

Rice-Norton originally presented the project to the LREP after learning about the program through her involvement as the Global Service Team Chair for the Lions of Massachusetts.

After brainstorming with Blackburn, Rice-Norton and Blackburn knew they wanted LREP students to be part of the project to help other kids.

"Service is something even the most challenged can take part



Students in the Life Roles Education Program (LREP) have been participating in the Magic Yarn Project. (Photos courtesy Bi-County Collaborative.)



In addition to spreading kindness, the Magic Yarn Project allows students to practice using their fine motor skills.



Tactile symbols were used to help students learn new vocabulary associated with the project.

in," said Rice-Norton. "These students can be proud to do something for other kids in need. Everyone is capable of creating and displaying empathy and kindness."

In September the LREP program received 5 skeins of yarn,

donated by the Medway Lions Club, and began working to create a wig modeled after Disney Princess Rapunzel. The LREP program also received yarn to be used for a Jack Sparrow wig, an Ariel wig and others.

As part of the project, students wrapped yarn on a long-

board with large dowels. The yarn is then cut to the required length and attached to crocheted beanies to make the wigs. Tactile symbols were used to help students learn new vocabulary associated with the project.

In addition to spreading kindness, the Magic Yarn Project allows students to practice using

their fine motor skills. To ensure students of all abilities enjoyed the process, Rice-Norton and Blackburn added tactile pieces to the long boards so students with visual impairments could more easily locate the correct posts as they wound the yarn. Tactile symbols were used to help students learn new vocabulary associated with the project.

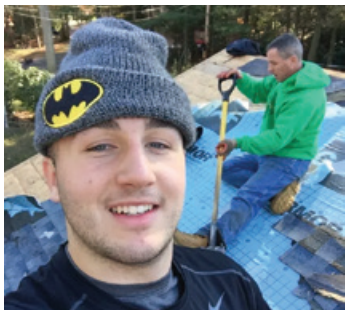
Chemotherapy treatments often leave young scalps too sensitive for scratchy traditional wigs, but yarn wigs are comfy, soft, and warm. Founded by Holly Christensen and Bree Hitchcock, Magic Yarn wigs are inspired by beloved Disney characters and invite children back to the world of play and daydreaming.

To learn more about the Magic Yarn Project, visit [themagic yarnproject.com](http://themagic yarnproject.com).

"I would like to thank both Dawn and Rebecca for spear-

**MAGIC YARN PROJECT**  
*continued on page 22*

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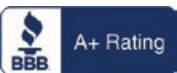
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# Sports

## KP Boys Hockey Team Aiming for Tournament Run

BY KEN HAMWEY  
STAFF SPORTS WRITER

Coach Toby Carlow guided the King Philip boys ice hockey team to a 12-6-3 record and a berth in the state tourney last year in his first season at the Warriors' helm. There'll be no "sophomore jinx" this year.

KP had an 11-4-2 record at Local Town Pages deadline and was ninth in the power ranking for the playoffs. The top 32 teams qualify for the state tourney.

"The No. 1 goal the coaching staff set in the pre-season was to qualify again for the playoffs and aim for a top-four seed," Carlow said. "Competing for the Kelley-Rex Division title was another goal and improving daily also was on the list. The goals are realistic because we've got a talented and dedicated group whose work ethic is outstanding. Of course, the ultimate goal is to win a state title."

Carlow is no stranger to winning and he's no stranger to winning a state championship. During his 14 years as Medfield High's varsity coach, he led that program to a Division 2 state crown in 2016, the first in the school's history.

Carlow's current KP squad will rely on a variety of strengths in the tourney and hope they lead to a lengthy playoff run. Last year's squad was eliminated in the first round by Hingham.

"Our kids are coachable, they've got experience and they provide depth," Carlow noted. "Our hockey IQ has improved, our checking is strong, I like our goal-tending, and our offense is

capable."

The Warriors, who lost five seniors to graduation, have a roster of 14 seniors, 4 juniors and 8 sophomores. "Our style is up-tempo on offense," Carlow emphasized. "We like to push the pace and be fast. We can play possession hockey but we prefer to transition quickly from defense to offense."

KP's captain — senior defenseman Cam Lehan-Allen — and its two assistant captains — seniors Max Robison (left wing) and Sam Naggar (defenseman) — are solid leaders.

"Cam is dedicated, hard-working and mentally and physically tough," Carlow said. "A pure defenseman, he leads by example and usually is the first skater on the ice for practice.

"Max is coachable, has a strong work ethic, and wants to win. An all-around forward, he's solid on offense, knows his defensive responsibilities and checks effectively. A physical skater, a knee injury sidelined him for two games. Sam leads by example and by being vocal when needed. He's dedicated, works hard, is tough and smart."

Senior center Nate Garstka, who had 11 goals and 16 assists for 27 points, is a prolific offensive talent. "A top quality skater, Nate has a strong wrist shot and he can pass," Carlow said. "He's got good technique and he's well-skilled in all aspects of the game. It's not easy to be a center and he accepts the responsibilities that go with that position."

Senior left wing Rowan Boulger, who had 19 goals and



Toby Carlow, center, is surrounded by his staff after leading Medfield High to the Division 2 state championship in 2016.

11 assists for 30 points, was a Hockomock League all-star last year. "He's a hard-nosed player who works hard and is a scoring threat," Carlow offered. "Rowan is a very good situational player who's driven and at times plays hurt. A coachable player, he's a great locker-room guy."

Senior Tyler Douglas is another center who relies on a strong wrist shot. "Tyler is also solid at center," Carlow said. "He's knows the responsibilities in the offensive end and is a three-zone player who also is on our penalty-killing team."

Junior goalie Trevor Walmsley, who transferred from Medway, is well-skilled in the net. At Local Town Pages deadline, his goals-against average was 1.99 and his save percentage was .907. "Trevor is a big kid whose technique is very good," Carlow said. "He knows how to cut the angles

and relies on instincts. He shut out Canton and is truly growing into the position."

Another goalie, junior Ted Bolan, has displayed promise. "Ted works hard and gives 100 percent all the time," Carlow said. "He never gives up on a play and he's improving daily."

Eight sophomores, who represent the future of KP hockey, have contributed to the team's success. They include defensemen Sonny Bianculli, Evan Regan, and Charlie Pelkey; centers Finn Cunningham and Joe Robison; wingers Grady Bianculli (2 goals and 23 assists for 25 points) and Cole Kotkowski; and wing/center Jack Gresham.

"They're a coachable group that's no doubt the future of the program," Carlow emphasized. "They foster team chemistry and all of them are technically

sound."

Carlow's staff includes varsity assistants Tony Iaffola and Albert Carlow (brother of the coach); Drew Diko (javyee head coach) and Ted Ducharme (assistant javyee coach). "They're all capable and dedicated," Carlow said. "And, they promote KP hockey."

Before coaching Medfield's varsity, the 46-year-old Carlow was an assistant coach for six years at his alma mater (Burrillville High in Rhode Island). He played four varsity seasons at Burrillville, was a three-time all-star and also a captain as a senior. Carlow played college hockey at UMass-Boston where he was an ECAC all-star and an assistant captain.

Relying on a coaching philosophy that stresses "reaching one's potential and enjoying athletics," Carlow firmly believes that when those two situations occur, "winning is the by-product."

Carlow also knows that sports teach valuable life lessons. "Great life lessons include overcoming adversity and being resilient," he said. "Other key lessons are learning how to lead, how to be a quality teammate and being accountable and responsible."

The 2023-24 KP hockey team will rely on an up-tempo style on offense but it can also play possession hockey when necessary.

No matter what style the Warriors choose, it's a given that they'll compete hard, stay focused and give 100 percent. And, there's no doubt that they'll personify desire and dedication.

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# Sports

## KP's Gillis Places Third at Division 1 Wrestling Sectional

By KEN HAMWEY  
STAFF SPORTS WRITER

King Philip wrestler Kevin Gillis finished second at the Division 2 Sectional Tourney last year as a sophomore, so it was no surprise that his primary goal as a junior was to finish first.

The degree of difficulty, however, increased when the Warriors moved up a notch to the Division 1 Central-West Tourney. KP's two-time captain wasn't able to leave West Springfield with the winning plaque, but his efforts in the 138-pound class enabled him to finish third and qualify for the state meet.

"The competition was strong but I wrestled with no regrets," Gillis said. "I trailed Austin Hill of Chelmsford by six points in my final bout but I rallied to pin him. I was seeded third and that's where I finished after winning three of four matches. I'm pleased and encouraged to be moving on to the state tourney."

Gillis defeated Natick's Diego Montero by a 12-7 decision in his first match but Jonathan McMahon of St. John's (Shrewsbury) beat Gillis, 11-0, in his second match. The 17-year-old Norfolk resident, however, bounced back in classy fashion to win his final two bouts, pinning Brayden Carratu of Westford Academy in 1:03 and Hill at the 3:54 mark.

"I felt confident throughout the day and the way I rallied against Hill gave me added confidence and encouragement for the state meet," Gillis noted.

Gillis entered the sectional tourney with a dual-meet record of 22-10 and KP finished tied for sixth place with Monty Tech. Fourteen schools competed in the tourney.

An intense wrestler, Gillis' passion for the sport was noticed immediately by coach John Adams, who chose him to be a captain in his sophomore season.

"Kevin is a student of wrestling," Adams emphasized. "He devotes countless hours in and out of season to technical training, strength training, and conditioning. A methodical wrestler with explosive capabilities, he's a threat in all three positions. He's a leader by example, a listener, a motivator, and a superior role model."

Adams admired the determination Gillis displayed at last month's sectional.

"Kevin competed extremely well in a highly competitive bracket," Adams noted. "He wrestled with grit and resolve. His ability to stay in a tight match and pick his moments for explosive technique is a testament to his high wrestling IQ."

Gillis takes his role as a captain very seriously, always willing to assist his teammates and the KP program.

"I try to lead by example," Gillis said. "But what I really enjoy about being a captain is offering help to a teammate who might be struggling. Sometimes a teammate may need help with technique, but where I can really be a plus is helping a teammate to relax. Some wrestlers get anxious before their matches."

The 5-foot-7, 140-pound Gillis never thought he'd become a captain as a sophomore but he sure is humbled by the designation. "I'm honored," he said. "Now, as a junior, I'm more comfortable in that role and it's exciting to see teammates improve and grow."

Gillis has a plethora of strengths that make him formidable on the mat. His technique is solid, he's fast and quick, his wrestling IQ is high and he's physically and mentally tough.

Learning to compete at the age of nine at the New England Gold Wrestling Club in Franklin, Gillis became a starter for KP as a freshman in the 120-pound class. But, he missed most of his frosh season after suffering a rib injury. Last year, as a sophomore, he started to blossom into a polished competitor.

"I finished second at the sectional tourney," he recalled. "I beat wrestlers from Boston Latin and Mansfield but lost to a kid from Sharon. I advanced to the state meet where I won my first match but lost the next two."

A second-place finish in the sectional last year was invigorating but Gillis said his best effort during his soph season was a tourney at Whitman-Hanson Regional. "I won two matches in the 126-pound category but lost to an elite wrestler in my third bout," he recalled. "I lost by five



King Philip's Kevin Gillis is an adept wrestler whose technical skills include a head lock and a leg lock when facing formidable opponents.

points to Nathan Sayers of Xaverian."

Gillis relies heavily on a half-Nelson. "That hold, and variations of it, enable me to do a variety of things with either arm," he said. "I use that hold to get most of my pins."

Gillis is a fan of his coach and also the Warriors' other captain (Colby Cloutier).

"Coach Adams is a good motivator who knows technique," Gillis noted. "He promotes team chemistry by accepting blame if we lose. That motivates us and makes us eager to improve. He also has high ideals — like respecting others and aiming for victory in all aspects of life."

Sharing the team's leadership role with Cloutier has been a plus. "Colby is a great leader," Gillis offered. "When he's wrestling, he never stops moving. He's physically and mentally tough, he dominates his matches, and he's a great role model."

An honor-roll student, Gillis isn't sure where he'll attend college or whether he'll wrestle at the collegiate level. He does know that he'll major in either environmental science or biology.

Relying on a competitive philosophy that focuses on "reaching my potential and taking pride in whatever success I achieve," Gillis has learned some valuable life lessons from wrestling. "Overcoming adversity and developing resiliency are two great lessons," he noted. "Sports also teach one to become a leader and to be a quality teammate. Commitment and accountability are also great lessons that can be learned through athletics."

Crediting his time at the N.E. Gold Wrestling Club for helping him to learn the basics and to compete effectively, Gillis says



King Philip's Kevin Gillis, left, finished third in the 138-pound class at the sectional tourney in West Springfield. First place honors went to Riley Carlucci of Franklin, middle, and Jonathan McMahon of St. John's of Shrewsbury captured second place.

he's benefitted by getting stronger, both from a physical and mental standpoint. He also enjoys wrestling because it's a team sport that demands excellence on an individual basis.

"When I'm facing an opponent, I'm striving to win the match for myself but I'm also aiming to score points for the team," he emphasized. "The dual nature of the sport is somewhat unique. Wrestling provides a test for one's individual ability and it tests your physical and mental toughness."

Adams is upbeat about Gillis' future.

"Kevin's appearance in the sectional final last season was the springboard for his continued excellence and growth moving forward," Adams said. "He's in pursuit of greatness and I am confident he will achieve at a very high level."

Kevin Gillis has all the attributes to be successful. Next year, he will become a three-time captain.

That alone speaks volumes about his leadership and commitment, and it puts an exclamation point on his desire and dedication to wrestling.



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**MAGIC YARN PROJECT**

*continued from page 19*

heading this project,” said Executive Director Sullivan. “This project emphasizes the values we hold close at Bi-County Collaborative. Everyone is capable of kindness. I am proud of each student and staff member who took part in this project.”

**About Life Roles Education Program**

The Life Roles Education Program (LREP) provides educational and therapeutic services to middle school students (ages 10-15) who may have intellectual and/or neurological disabilities, including Autism Spectrum Disorder. LREP provides evidence-based classroom instruction that is aligned with the Massachusetts Common Core Standards and individualized for each student. Additionally, programming includes explicit instruction in social and communication skills that will prepare students for their transition to high school.

Related therapy services are integrated into all classroom and community experiences. Students’ medical needs can also be addressed in the LREP. Multisensory instruction, assistive technology, and multimodal communication support are integral to each student’s programming. Physical

and occupational therapies are integrated into daily classroom routines to maximize therapeutic benefits. A multidisciplinary approach is used to foster participation, awareness, and self-determination across all areas of need.

To learn about LREP, visit [bicounty.org/special-education-programs/middle-school-programs/life-roles-education-programs](http://bicounty.org/special-education-programs/middle-school-programs/life-roles-education-programs).

**About Bi-County Collaborative**

Bi-County’s mission is to provide high-quality educational programming, making it possible for all students to become responsible and contributing members of society. Bi-County provides specialized educational programs for students ages 3-22.

The programs address the needs of students with Autism, Communication, Emotional, Health, Intellectual, Neurological, Physical Impairments, and Specific Learning Disabilities.

The Bi-County Collaborative (BICO) is a multi-purpose educational collaborative formed under the provisions of Mass. Gen. Laws c. 40, section 4E. It is a public entity, governed by a Board of Directors, with each school committee appointing a representative to the Board. The Operating Committee, which acts in an advisory capacity, consists of each member district’s designated Special Education Administrator.

# KPHS Fine and Performing Arts Wing, Tennis Courts to be Renamed

King Philip Superintendent Dr. Rich Drolet wishes to inform the community of the district’s intent to dedicate the Fine and Performing Arts wing and the tennis courts at King Philip Regional High School after former faculty members and coaches.

The proposed dedications include naming the Fine and Performing Arts wing in honor of retired music director Peter G. Tileston and the tennis courts for former coaches John “Jack” Dwyer and Robert “Bob” Goldberg.

Tileston worked as the music director at both the middle school and high school, teaching band and chorus, music theory, jazz theory and improvisation. He was the Curriculum Team Leader for the Fine and Performing Arts Department and administrator of the co-curricular music activities. The music program received local, state, and national recognition under Tileston’s instruction.

Dwyer and Goldberg were social studies teachers within the district and long-time coaches for the boys and girls tennis

programs at King Philip High School. Dwyer began teaching at King Philip Regional High School when it opened in 1957 and founded the boys tennis program. He continued to coach the team for 34 years and was inducted into the King Philip Hall of Fame in 2017. He passed away in 2019.

Goldberg began teaching at King Philip Regional Middle School in 1967. He became the girls tennis coach in 1972 and is still coaching today. In his 52 years, the team has made 46 appearances in the state tournament. He was inducted into the King Philip Hall of Fame in 2023.

The next step of the dedication process is to receive public comments. Those who wish to comment can do so in writing to Superintendent Drolet at [droletr@king-philip.org](mailto:droletr@king-philip.org).

The School Committee will then meet with the nominators regarding their dedication requests. At a following School Committee meeting, committee members will vote on the dedications.



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## What's Your Story? An Evening of Storytelling at FUSF

The First Universalist Society in Franklin will host an evening of storytelling on Saturday, April 6 from 7 to 8:30 p.m.

Inspired by "The Moth Radio Hour," the theme of the night is "Surprises." Join us for a family-friendly evening of fun as amateur storytellers share their personal stories about surprises they have experienced. Snacks and beverages will be provided during intermission but feel to bring your own.

Tickets are \$10 for adults and \$5 for children 12-18. Tickets can be purchased in advance at [FUSE.org/upcoming\\_events](https://FUSE.org/upcoming_events). Cash or checks are also accepted.

*The First Universalist Society in Franklin ([fusf.org](https://fusf.org)) is a Unitarian Universalist Welcoming Congregation located at 262 Chestnut Street, Franklin. For more information about the Society please contact Interim Minister Beverly Waring at 508-528-5348 or [minister@fusf.org](mailto:minister@fusf.org)*

## Tri-County Regional Chamber Family Fest & Home Show March 23

The Tri-County Regional Chamber is trying out a new venue for its annual Family Fest & Home Show. This year, the event will take place on Saturday, March 23, from 10 a.m. until 2 p.m., at Tri-County Regional Vocational Technical High School, 147 Pond St., Franklin.

The event will feature over 100 vendors of interest to homeowners, as well as fun family ac-

tivities, including a mac-n-cheese cookoff, a pie-eating contest, magician Ed the Wizard, Smokey the Bear, and live demonstrations. The Easter Bunny will also be hopping on by to pose for pictures! Admission is \$5 for an all-day pass, or an item for the Franklin Food Pantry.

For more information, visit [www.tricountychamberma.org](https://www.tricountychamberma.org).

## King Philip District Named Recipient of 2024 Municipal Cybersecurity Awareness Training Grant

The King Philip Regional School District has been named a recipient of a 2024 Municipal Cybersecurity Awareness Training Grant.

The Municipal Cybersecurity Awareness Training Grant Program, offered by the state Executive Office of Technology Services & Security (EOTSS) and its Office of Municipal and School Technology, supports the efforts of municipalities and school districts to improve overall cybersecurity.

Awards were announced on Thursday, Jan. 25.

According to a press release from the EOTSS, participants begin their training with an initial cyber strength assessment to measure baseline cybersecurity awareness. Following the assessments, periodic assessments consisting of training modules and simulated phishing email

campaigns help participants build good cyber hygiene habits to increase their awareness of deceptive techniques used by bad actors to gain unauthorized access to government systems. At the end of the program, participants complete a final cyber strength assessment to measure their progress.

According to recent reports (2023 Verizon Data Breach Investigation Report), 74% of all cybersecurity breaches include the human element, with people being involved either via error, privilege misuse, social engineering or use of stolen credentials.

As noted on the EOTSS website, cybersecurity awareness training will help ensure employees know the latest techniques cyber criminals are using, how to identify phishing emails, and keep organizations safe from cyber attacks.

In a statement, KP Superintendent Dr. Richard Drolet said, "I'm pleased that our Director of Technology, Michael Bois, took the lead in applying for this grant. It will help our staff continue to navigate their use of technology and digital learning in the future."

Director of Technology Bois added, "We are grateful for the State's efforts in creating this program. User awareness training is very important. This training should provide our staff with the tools they need to recognize and avoid threats, not only in their professional, but in their personal lives as well."

For more on the Municipal Cybersecurity Awareness Training Grant Program, visit <https://www.mass.gov/municipal-cybersecurity-awareness-grant-program>.

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## Tri-Town Schools Partner with Care Solace to Improve Mental Health Care Access

King Philip Schools Superintendent Dr. Rich Drolet, Norfolk Schools Superintendent Dr. Ingrid Allardi, Plainville Schools Superintendent Jennifer Parson, Wrentham Schools Superintendent Dr. Allan Cameron and Regional Director of Wellness Dot Pearl have announced that they will be partnering with Care Solace, a social purpose organization focused on removing barriers in accessing mental health care.

The collaboration provides KP, Norfolk, Plainville and Wrentham students, families, and staff with access to Care Solace's care coordination services at no cost. Funding for the program will come from a grant from the Massachusetts Department of Education and an award through the Town of Wrentham's Massachusetts Opioid Settlement funds.

"We are thrilled to announce our new partnership with Care Solace, dedicated to improving mental health care access for our students," said Director Pearl. "This collabo-

ration reflects our commitment to ensuring that every student receives the care and support they need to succeed academically and emotionally."

Care Solace streamlines communication and coordination to connect individuals with the right resources and appropriate level of care. Through a human-centered and technology supported approach, Care Solace Care Companions navigate the fragmented mental health care system on behalf of individuals, helping them find the perfect fit for their unique needs and insurance requirements. Care Companions are multilingual and are available 24/7/365 ensuring inclusivity and accessibility for the entire school community.

For more information about utilizing Care Solace's services, families from King Philip, Norfolk, Plainville and Wrentham School Districts can speak to school counselors or call Care Solace directly at 888-515-0595.

## March Program Highlights at the Norfolk Senior Center

RSVP to 508-528-4430 or register for programs in person at the Norfolk Senior Center, 28 Medway Branch Road. For a full list of activities, visit the Senior Center page on the town's website: norfolk.ma.us.

Monday, March 5 at 10 a.m. **Pet CPR & First Aid Class** This class will cover how to build a basic first aid kit and how to deal with minor emergencies with your pets. From simple cuts to how to address choking, Jen of Stonewall Canine will cover a wide array of topics with an open question and answer format. RSVP required.

Tuesday, March 6 at 1 p.m. **Tax Questions & Answers** Tax topics can be puzzling and tax return preparation stressful. Local tax professional, Eugene Nayyer, will help demystify the tax world and alleviate stress you may experience preparing your tax returns. Ask Eugene any tax questions that are on

your mind. RSVP required.

Thursday, March 7 at 1 p.m. **Return to the Wild—Animals, Woods & Hoods** Back by popular demand, Susan of Return2Wild will discuss the wild animals living in our community and the role of wildlife rehabilitation. Learn about different species of mammals, reptiles, birds, and more. RSVP required.

Tuesday, March 12 at 11 a.m. **Gerry's Place Restaurant** Lunch prepared by Culinary Arts students at Tri-County Regional Vocational Tech High School in Franklin. Please check back for the Menu Choices. Cost: \$11.95 (pre-pay at the Center). RSVP by March 5. Ride possible from the Senior Center at 10:30 a.m.

Wednesday, March 13 at 10 a.m. **Bagels with the Select Board** Norfolk Select Board Member Kevin Kalkut will be here to answer questions and

address concerns. RSVP required.

Wednesday, March 13 at 1 p.m. **St. Patrick's Day Celebration** St. Patrick's Day celebration will feature energetic piano playing and vocals by Patrick Durkin. Holiday-themed cookies and ice cream will be served. Free, and everyone is welcome. (Friends Lunch will be held at noon: chicken salad on a soft roll plus chips. Lunch cost: \$2 members \$5 non-members.) RSVP required for both.

Thursday, March 14 at noon. **St. Patrick's Day Lunch/Grab and Go** Join us for St. Patrick's Day sandwiches of corned beef and swiss on rye bread, chips, coleslaw, and dessert. Irish background music will be played. Grab and Go available. RSVP by March 4. Cost: \$2.

### SENIOR CENTER

*continued on page 25*

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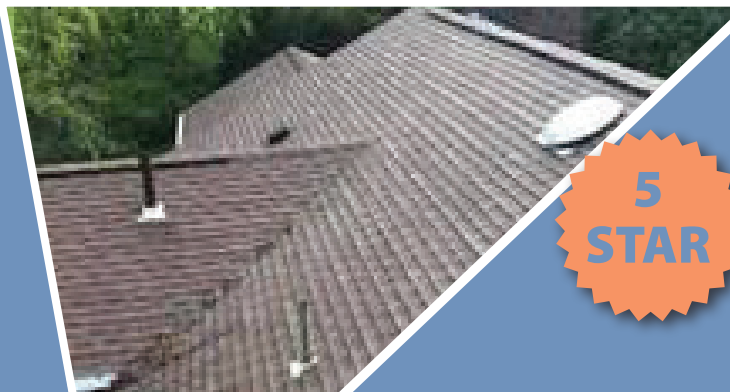
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# Real Estate Corner

## SENIOR CENTER

*continued from page 24*

Thursday, March 14 at noon. **Pie Tasting** In celebration of Pi Day (3.14), we will be tasting slices of different kinds of pies. RSVP by March 4.

Thursday, March 21 from 10 a.m. to 1 p.m. **Flower Show Trip** Travel to the “Festivals Around the World: Gardens in Celebration” flower show at the Attleboro Arts Museum. Explore the flower show and art exhibits and listen to Andy Solberg on the acoustic guitar. Sandwiches, salads, and pastries are available in the pop-up café. We will leave the Center at 10 a.m. and be at the museum from 10:30 a.m. to

12:30 p.m. Wheelchair accessible. RSVP by March 14 and pay \$3 for admission. A ride from the Center is possible for first 8 people who request transport.

Tuesday, March 26 from 1 to 3 p.m. **The Roaring Twenties: The Age of Jazz and Prohibition** Following World War I, the US experienced economic prosperity and cultural creativity. From the jazz clubs of Harlem to the speakeasies of Chicago, America in the 1920s was pulsing with youthful energy and vitality. Yet, the period also gave rise to vast criminal enterprises and exposed the economic divisions in the country. Paolo Di Gregorio of Artifactual Scholars will examine the color and chaos of the Roaring 20s. RSVP required.

## Holy Week and Easter Services at St. Jude/St. Edward

The Norfolk/Medfield Catholic Collaborative announced its Holy Week services.

### Wednesday, March 27

7 to 8:30 p.m. Saint Edward – Adoration and Reconciliation

### Holy Thursday, March 28

9 a.m. Saint Edward – Morning Prayer

7 p.m. Saint Edward - Mass of the Lord's Supper

(Note: No AM Mass at either parish)

### Good Friday, March 29

9 a.m. Saint Edward - Reflections on “Seven Last Words” (Broadcast on Medfield TV & Norfolk TV & streamed on Saint Edward Facebook page)

3 p.m. Saint Jude - Stations of the Cross

7 p.m. Saint Edward– Liturgy with Veneration of the Cross

### Holy Saturday, March 30

9 a.m. Saint Jude - Morning Prayer

## EASTER MASSES

Easter Vigil, Saturday, March 30

7:30 p.m. Saint Jude – Liturgy of Light

### Easter Sunday, March 31

\*8 a.m. Mass - Saint Jude

\*\* 10 a.m. Mass - Saint Jude

\*9:30 a.m. Mass - Saint Edward (Church and Hall)

11:30 a.m. Mass - Saint Edward (Church and Hall)

(Note: No 5:30 p.m. Mass at Saint Edward)

\* Live streamed, TV broadcast, and FM broadcast

\*\* Easter egg hunt following Mass



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## Save the Date! PorchFest Coming to Franklin on June 1

PorchFest, an outdoor music event, is coming to Franklin on Saturday, June 1 from noon to 6 p.m., with a rain date of June 2.

Held on front porches and patios throughout Franklin's designated Cultural District, the free music festival is a walkable event for all ages. Musicians and bands will play all genres while attendees stroll between venues. The public is encouraged to check out local restaurants and shops while enjoying the event. Public bathrooms will be available.

Musicians interested in performing at PorchFest, and homeowners interested in host-

ing a band or performer on their porch, are invited to learn more at <https://franklin.porchfest.info>.

PorchFest is made possible with grants from the Mass Cultural Council through the Franklin Cultural District Committee. The Franklin PorchFest Committee is thankful for the support it has received from the Cultural Council, the Cultural District, and the town of Franklin.

Follow Franklin PorchFest on Facebook and Instagram to stay informed about the event.

## King Philip Middle School Trimester 1 Honor Roll

### 8TH GRADE

#### Highest Honors

Anderson, Riley; Anderson, Benjamin; Andrews, Annabelle; Astin, Adrian; Astorino, Claire; Barton, Amelia; Bernier, Michael; Burke, Shannon; Burns, Emma; Caravaggio, Anthony; Cardoso, Ryan; Cemerski, Andrey; Cereno, Shaine; Cervantes, Aeson; Coffin, Brendan; Coppelman, Nicholas; Covell, Lorelai; Dalton, Hailey; Dang, Jordon; Dangelo, Tess; Derfler Murphy, Liam; Doye, Arya; DuBois, Rachel; Faille, James; Fisher, Ashton; Foley, Elliott; Gross, Jackson; Guasch, Elianna; Guinan, Aisling; Hall, John; Hamilton, Norah; Hanf, Courtney; Hartford, Jacob; Heinselman, Brayden; Hostetler, Jacob; Howitt, Madison; Howitt, Reese; Jasset, Gianna; Johnson, Owen; Kavanah, Addison; Keighley, Sadie; Kosar, Charlotte; Kouame, Amari; Kozik, Rylan; Lefebvre, Ella; Liptak, Reilly; Lopes, Liliana; Lopes, Julia; Mandel, Mia; Mansour, Moreen; Marks, Charlotte; McGourthy, Anna; McLaughlin, Dennielle; McManus, Caitlyn; McNulty, Michelle; Miller, Evan; Montfort, Noa; Morales, Alani; Napier, Caroline; Noonan, Maria; O'Brien, Nora; Palson, Maxwell; Pandit, Suneel; Patel, Heer; Pruell, Emerson; Reilly, Adelyn; Richard, Lily; Ritchie, Lauren; Roach, Matigan; Simone, Ewan; St. Laurent, Madalyn; Steidel, Lyra; Sweeney, Molly; Taylor, Finn; Tezber, Sophia; Thomas, Emily; Tully, Olivia; Turner, Ava; Wainwright, Olivia; Wynn, Jillian.

#### High Honors

AlSara, Muhja; Armour, Jacob; Babbitt, Phoebe; Bacon, Chloe; Bah, Binta; Bailey, Charlotte; Ballantyne, Campbell;

Barletta, Elizabeth; Bass, Taylor; Begin, Alyvia; Bishop, Sabrina; Bobulis, Isabella; Buckley, William; Byda, Gavin; Cannella, Noelle; Cardona Medrano, Natasha; Carone, Gavin; Carty, Tristan; Castaneda, Kevin; Cemerski, Luka; Chalmers, Brady; Chapin, Madison; Civilinski, Colby; Corcoran, Walter; Curran, Annabelle; DeBaggis, Maxwell; Dervin, Ryan; Desrosiers, Matthew; DiBiase, Madelyn; Doire, Cooper; Dolan Bourke, Owen; Dumay, Zion; Eck, Brennan; Evans, Meghan; Faford, Cole; Ferreira, Zachary; Finnegan, Gavin; Fisk, Garrett; Fisk, James; Francisco, Evan; Frazier, Vivian; Garland, Nathan; Ghostlaw, Lucy; Gill, Anthony; Gilmore, Joseph; Giovanella, Jaden; Godfrey, Alayna; Green, Kylie; Griffin, Annie; Guasch, Katalina; Hamilton, Noah; Haviland, Matthew; Hay, Brayden; Herlin, Delaney; Hogan, Benjamin; Holmes, Carter; Hostetler, Joshua; Howard, Anya; Huot, Hallie; Izzo, Juliette; Janssen, Penelope; Jelloe, Louis; Jones, Sophie; Kania, Daniel; Kania, William; Keays, Mia; Kelly, Edward; Kemble, Brynn; Kennedy, Jacoby; Kettell, Mya; Kozik, Landon; Kracher, Kayla; Kunicki, Addison; Larocque, Gabriella; LeBlanc, William; Lee, Payton; LeFleur, Connor; Llaga, Joel Michael; Lomuscio, Samantha; Lussier, Kellan; MacEachen, Mark; MacRae, Jacob; Manning, Patrick; Marella, Brian; Marella, Chad; McEvoy, Joseph; McGowan, Colleen; McHugh, Patrick; Melise, Brayden; Moore, Shaelyn; Murray, Cheyenne; Musial, Mary; Neelon, Patricia; Nerney, Julian; Nesterovich, Olga; Nichols, Eleanor; Niedzwecki, Emma; O'Brien, Chad; O'Brien, Turlough; O'Connell, Declan; O'Donnell, Molly; Ohlson, Mad-

elyn; Payne, Tyson; Pedro, Jordan; Pettit, Anna; Pillai, Savar; Poynot, Jesse; Quintal, Leah; Quintin, Ava; Rogers, Luke; Rose, Paxton; Routh, Matthew; Sanford, Kaylee; Sharpe, Isabella; Silva, Eriana; Simmer, Cameron; Tunstall, Khylin; Valkov, Preslav; Vega, Julian; Vieira, Nickolas; Visser, Colin; Weiblen, Emma; Weineck, Elizabeth; Whiting, Savannah; Wilayah, Diana; Willette, Nicholas; Wilson, Madison; Zaffalon Godoi, Gabriel.

#### Honors

Charland, Tyler; Heslin, Sage; Hodgman, David; Letscher, Austin; Mazzola, Daniel; Obin, Christopher.

### 7TH GRADE

#### Highest Honors

Alexander, Isabella; Almeida, Lillian; Bailer, Zachary; Baker, Falyn; Barry, Georgia; Batt, Alexandra; Beaupre, Charles; Beaupre, Emerson; Bell, Katherine; Bostrom, William; Bright, Chase; Brumbaugh, Alanna; Burrows, McKinley; Caruso, Amber; Chacon Castillo, Marcela; Chavers, Genevieve; Cleverdon, Jeffrey; Coen, Molly; Cooney, Aiden; Courier, Madelyn; D'Amelio, Nicole; DaSilva, Cooper; Davis, Alexandra; DeAngelis, John; Desrosiers, Ava; DeVasto, Norah; Diamond, Anna; DiFiore, Karlie; Dow, Paige; Dunfey, Connor; Dwomoh, Quinn; Egan, Quinn; Fabiano, Lucy; Flanagan, Riley; Francoeur, Natalie; Gill, Samson; Gonzalez, James; Hambelton, Benjamin; Hayes, Mason; Herman, Quinn; Hunt, Maxwell; Jarvis, Emery; Johnson, Jessica; Kassay, Alexandra; Kelly, Nyla; Kelly, Rylan; Kissell, Chloe;

### HONOR ROLL

*continued on page 27*

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# Real Estate Corner

## HONOR ROLL

*continued from page 26*

Lacana, Macy; Lanza, Carah; Leardo, Owen; LeBlanc, Riley; LeBlanc, Stephanie; Loehfelm, Quinn; Lopes, Theodore; Lussier, Jack; Lyons, Mia; Mastro, Olivia; McCarthy, Rowen; McCormick, Mason; McCreedy, Grace; Medeiros, Caleb; Mehrotra, Karyna; Menneni, Medha; Miles, Evelyn; Milici, Zachary; Monti, Nicholas; Morris, Matthew; Murk, Mae; Murphy, Madelyn; Nayyer, Daniel; Noonan, Aoibhe; Noonan, Saoirse; O'Leary, Rowen; Passafaro, Leah; Pennini, Isabella; Pitman, Jackson; Poklemba, Jonah; Pompei, Nicholas; Poska, Ryan; Pradeep, Misha; Rizzo, Sophia; Rudsit, Alexander; Russas, Riley; Salinger, Benjamin; Sanderson, Ceanneidigh; Sharris, Grace; Smith, Brooklyn; Stafford, Tyler; Stavris, Emmett; Stevens, Cameron; Sullivan, Maeve; Thomas, Madison; Tillson, Cole; Todd, Madalyn; Tomes, Anthony; Valia, Hiya; Vierkant, Bryan; Wells, Avery; Werdann, Zackery; Yanni, Hannah.

### High Honors

Aldridge, Elliyanah; Alley, Emily; AlTahan, Joud; Anzalone, Olivia; Babbitt, Luella; Bacon, Joseph; Batt, Parker; Bautista, Graham; Berthiaume, Nathan; Bitados, Eleni; Borden, Blake; Bourdeau, Lilyana; Brathwaite, Jiovanni; Brooks, Geoffrey; Broughton, Emma; Burt, Sophia; Cataldo, Gabriella; Cecko, Mia; Chard, Connor; Chen, Lucas; Ciavola, Brooke; Clancy, McKenna; Cleary-Fallon, Olivia; Clough, Maile; Clough, McKenzie; Conley, Nathan; Corcoran, Maximilian; Crotty, Braeden; D'Aiello, Christopher; Davit, Parker; Desrosiers, Gavin; Dorosario, Kelton; Duffy, Caroline;

Durniok, Lyla; Estime, Savannah; Flaherty, Emma; Forrester, Cole; Foss, Persephone; Frye, Noah; Fuller, Vanessa; Gallerani, Abrianna; Gannon, Sydney; George, Daniel; Gillis, Jessica; Gilmore, Kailey; Gove, Kayden; Grazado, Jack; Griffin, Paul; Haddad, Liam; Haddi, Amir; Hebert, Avery; Hefron, Rorie; Hicks, Vivienne; Horrillo, Bradford; Ibrahim, Benjamin; Jordan, Landon; Joyce, Mackenzie; Keleher, Owen; Kelly, Catherine; Kennedy, Grace; Kenney, Bridget; Keough, Myles; Khouri, Mason; Kilroy, Teagan; Kohler, Daxin; Kollu, Anjali; Lawrence, Thomas; LeBlanc, Cameron; MacDonald, Emily; Makrin, Stella; Mangini, Lucia; Mastro, Owen; McDuff, Hayden; McGrath, Grace; McNulty, Adam; Moore, Brice; Natan, Lucas; Ohlson, Jaxson; Oxley, Emma; Pacella, Giovanna; Pelkey, Elizabeth; Perachi, Ryan; Podzka, Brendan; Preite, Catherine; Reda, Hadley; Richard, Emma; Ritchie, Juliana; Rogoff, Lainey; Russas, Michael; Santagate, Owen; Saraf, Logan; Schmier, Rebecca; Sheerin, Ivy; Shook, Declan; Signes, Adam; Silva, Emily; Simarrian, Gavin; Smith, Nathaniel; Spak, Tyler; Spiller, Lylah; St. Laurent, Casey; Stacy, Kian; Taylor, Eden; Teiner, William; Tessier, Iris; Todd, Benjamin; Uriarte, Justin; Vangel, Lucas; Varey, Cecelia; Vitek, Sean; Waldner, Abigail; Walker, Christian; Walsh, Evelyn; Ward, Chase; Ward, Tiernan; Wilson, Haylie; Winer, Justin.

### Honors

Aragao, Michael; De Melo, Gabriellalina; DiMare, Mason; Doherty, Harrison; Franciosa, Evelyn; Jacobs, Graham; Ruggiero, Jake; Stefanelli, Jack.

## Berkshire Hathaway Home Services Welcomes Deb Prudhomme to the Team



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Deb's commitment to making a difference is unparalleled. Her involvement with organizations such as the Samaritans showcases her compassionate nature and her willingness to contribute to her community in meaningful ways.

In addition to her vast experience and community involvement, Deb Prudhomme is also a Notary Public for the state of Massachusetts, offering her expertise and assistance with notarizations. Her reputation for reliability and trustworthiness precedes her, making her an invaluable asset to the Berkshire Hathaway Home Services team.

Deb Prudhomme's forthcoming book in spring 2024 adds yet another dimension to her multifaceted career, highlighting her dedication to continuous growth and learning. Her knowledge of the local housing market and commitment to personalized ser-

vice will make her a trusted confidant for clients navigating the home buying or selling process.

For all your real estate needs, trust Deb Prudhomme and the Berkshire Hathaway Home Services team to deliver exceptional service and results.

For more information or to schedule an appointment, please contact Tim Lumnah at 508.359.2331 or Marketing@bhhsprealty.com.

### About Berkshire Hathaway Home Services:

Berkshire Hathaway Home Services is a leading real estate brokerage firm dedicated to providing exceptional service and expertise to clients across [Location]. With a team of experienced professionals and a commitment to excellence, BHHS is your trusted partner in all your real estate endeavors.

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