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# Norfolk & Wrentham

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**December 2024** 

# **Building Connection at Community Potluck Supper**

By Grace Allen

Once a month, residents in Norfolk and beyond are invited to pull up a chair and join others at a free community dinner, thanks to the efforts of a small group of dedicated volunteers.

Community Potluck Supper, held at the Norfolk Grange, has been going strong for 8 years now. The goal, say organizers, is simply to enjoy good food and conversation among friends and neighbors, old and new alike.

Norfolk residents Jill Kennedy, Maureen Morrison, and Kevin Roche coordinate the dinners, with the help of volunteers. Anybody of any age is welcome to attend.

The dinners typically are held on the first Thursday of each month at 6 p.m. Kennedy posts reminders on the town's community Facebook page a week in advance. Guests are asked to RSVP two days before the dinner.

The dinners are made possible by the support of community partners, said Kennedy.



Community Potluck Supper has been bringing people together since

The Norfolk Grange provides the space for the dinners, and a small cadre of committed volunteers, ServSafe-certified food handlers, serve the food and beverages, which are donated by local establishments. Dunkin' provides coffee, hot chocolate, and donuts, while the Run & Gun Ranch in Norfolk supplies water. And from the very beginning, the main meal

has been provided by Jonathon Cox, owner of The Gavel Public House in Wrentham and Raillery Public House in Frank-

"We coordinate the logistics, but there is no way on earth we

> **POTLUCK** continued on page 2

# **MBTA Zoning Vote Set for December 16**

Roundtable Discussion Q & A Taped for Residents

By Joe Stewart

Wrentham officials videotaped a roundtable discussion to prepare voters for the Special Town Meeting on December 16 at the King Philip Regional High School. The discussion was moderated by Select Board member Chris Gallo, and the participants were Wrentham Finance Director Mike King, Wrentham Planning Board chairman Mike McKnight, Select Board member Michelle Rouse, and Wrentham Town Manager Kevin Sweet. Questions for the roundtable were submitted by residents last month.

The recording is available at https://bit.ly/3CyKAik. Note that Cable 8 has included an index that enables one to move directly to a topic of interest in the recorded video.

Sweet summarized that Wrentham is required to provide zoning for multi-family housing "by right," meaning that the town could not impose additional, special permits. Sweet noted that the law does not require that housing be built, only that the town has

zoning authorizing multi-family housing by the end of the year.

One of the questions posed to Sweet was "Why are Boston and other towns not included in the MBTA Zoning law?" Sweet responded that Boston and other suburban communities already have multi-family zoning in place. Sweet next addressed questions relating to unfunded mandates and home rule, explaining the state has required towns to provide zoning for multi-family housing but the state has not provided funding to offset costs. He also noted that zoning is typically a local matter addressed under home rule.

McKnight provided a summary of the Planning Board's year-long process, including the formation of a subcommittee, and guiding principles (notably lower impact to the town, traffic, and that the multi-family housing zone locations have easy access to transportation). McKnight outlined that 15 locations

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#### **POTLUCK**

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could provide this service without the unbelievably generous donation of Jonathon Cox," emphasized Kennedy. "We absolutely could not do this without him."

The "potluck" in Community Potluck simply refers to the fact that no one knows what will be served that night, not even the organizers, said Kennedy, who notes that Cox always provides a complete hot meal with generous servings.

Each dinner averages between 60 and 70 guests of various ages. Some are long-time residents and some are new to town. While most people come from Norfolk, there are regulars from Medfield, Plainville, and Walpole, too. Whether for companionship, a desire to meet others, or a good meal with friends, people come for all kinds of reasons, noted Kennedy, who



From left, Community Supper organizers Jill Kennedy, Kevin Roche, and Maureen Morrison.

got involved when she moved to very first meal had 6 guests. Norfolk six years ago.

Community Potluck was started in 2017 by a former Norfolk resident, with a goal to welcome new residents to town and encourage established residents to re-connect. Known at the time as Community Supper, it was held twice a month. The

After the pandemic hit and everything was shut down, the three current organizers—Kennedy, Roche, and Morrison--decided to provide and deliver meals themselves to some of the regular attendees they knew could not get out on their own.

"We kept it going in a way

during the pandemic, but on a much smaller scale," explained Kennedy.

Now the dinners have evolved into a social event, she said, with guests arriving early just to mingle and catch up with each other. There's not an empty seat and everyone sits with everyone else.

The next Community Potluck Supper, planned for Dec. 5, will be a holiday party complete with entertainment. Kennedy expects close to 100 guests, based on past years' attendance, a testament to the draw of the dinners and the desire for community.

In January, a new nationwide initiative dubbed "Project Gather" will provide resources and tools to help people connect and build community through food. Inspired by U.S. Surgeon General Vivek Murthy, Project Gather's goal is to encourage people—singles, families, elderly, whole communities--to gather over shared meals, combatting

the loneliness of modern life. In concert with Project Gather, this past month Murthy's office released a handbook called "Recipes for Connection," offering ideas on how to bring people together over food or drink, in big and small ways.

It would seem Norfolk's Community Potluck Supper was way ahead of the game.

Eight years of bringing people of all backgrounds together to share a meal and conversation, with no agenda--that's significant and important, agrees Kennedy.

"We're really happy," she said. "We still have some energy left in us so we'll keep going and hopefully it will continue, because the people that come, they just love it."

For more information about Community Potluck Supper, call or text 339-298-9151, or send an email to grangecommunitysupper@gmail.com.

# **Charles River Chorale to Perform at Medway High School**

The Charles River Chorale and the Charles River Children's

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Choir are pleased to present their Winter Concert on Sunday, December 8 at 2 p.m. at the Medway High School Auditorium. Doors open at 1:30 p.m.

The theme of this season's concert is "Let It Snow!" The concert will include winter standards like "Sleigh Ride," "Winter Wonderland," and "Let it Snow, Let it Snow, Let it Snow," as well as more modern pieces, like "It Feels New" by Pinkzebra and "Amid the Falling Snow" by Enya. The choir will be accompanied on some songs by a bassist, a cellist and a percussionist.

Under the leadership of director Ashley Nelson-Oneschuk, the Charles River Chorale is celebrating 40 years as a non-profit 501(c)3 organization. Membership is at an all-time high of over 100 dedicated singers, who hail from Millis, Medway, Norfolk, Medfield, Holliston, Walpole,

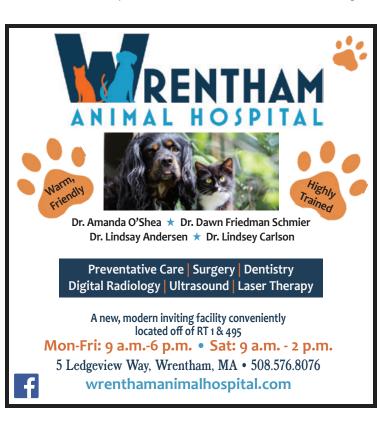
Foxboro, Franklin and other neighboring towns.

Join us for an afternoon of music celebrating the season!

Please note that we are using a new ticketing service. Visit https://our.show/charlesriverchorale or use the QR code to purchase your tickets.

(Heads up - our last concert was sold out!)







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#### **MBTA**

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were assessed in depth, with the Planning Board selecting two locations for the multi-family housing overlay zones. The first is off Elysium St. near Franklin and Route 140 with 37.7 acres, and the other off East St. / Foxborough Rd. near Foxborough and Route 1 with 21.2 acres.

Questions posed to McKnight included "Are there age restrictions?" and "Are there affordable housing requirements?" McKnight responded that there are no age restrictions and that the Planning Board decided to retain a 10% affordable units requirement so as to remain in compliance with affordable housing laws. Sweet then explained that affordable housing laws have been in place for decades and Wrentham has been and remains in compliance by achieving the 10% threshold.

Next McKnight was asked to discuss what controls Wrentham loses with by right multi-family housing zoning. He explained that property owners in those zones can develop their properties under the existing zoning or under the multi-family zone. For the existing zoning, the Planning Board can impose special permit requirements while under the multi-family zone the Planning Board does not have special permit authority. In particular, so long as the property owner complies with Wrentham codes, no additional special permits can be imposed.

However, McKnight pointed out that the proposed zones are not easy to develop and both are relatively long-term development projects. Both will require substantial permitting work due to traffic and wetlands. McKnight concluded that these sites are not easy or quick to develop. On the other hand, both sites are close to transportation and both would likely keep new traffic on the outskirts of Wrentham on Route 1 near Foxborough and Route 140 near Franklin.

Next, Finance Director King was asked to describe the grants that are tied to compliance with the law. King outlined the four grant programs specifically in legislation: Housing Choice, Local Capital Projects, Mass-Works, and Housing Works, and then explained that in the last two years the only grant Wrentham received from these programs was a \$70K grant to study downtown wastewater treatment feasibility. King also highlighted that Wrentham received a \$2.2M grant under MassWorks for water line expansion in 2016.

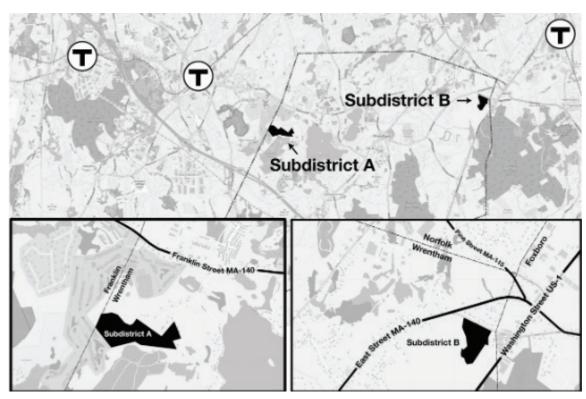
King noted that 13 more grant programs have been added, thus 17 designated grant programs, but went on to highlight that town compliance with the law may inform other discretionary funding decisions. For example, Milton lost a grant funded under the Seawall program due to its non-compliance. Since FY2023, Wrentham has received about \$1.2M in all grants including a grant from the same program as

The panel then shifted to a discussion of unfunded mandates outlining collaboration and communication with other affected communities and a formal request by the Select Board to the Division of Local Mandates under the State Auditor for a determination if the state law is an unfunded mandate on municipalities. It's unclear when that determination will be made.

On a related topic, the panel discussed the fiscal impacts of adding 750 housing units. King explained the initial methodology, per-capita, and estimated an increase to the town's budget of approximately \$11.5M. The Division of Local Mandates asked that Wrentham refine those estimates focusing on education and public safety. At full build out, Wrentham could expect a budget increase of as much as \$16M, with much of the increase due to increased student enrollment. On the revenue side, King estimated that property tax revenue would increase by \$2.3M.

With a gap of more than \$13M, King was asked to explain how the shortfall would be funded. He explained that Prop 2 ½ limits the rate at which property taxes can be increased and thus to cover the gap Town Meeting would have to use overrides. Gallo summarized other needs including \$10M in roads and \$7M for a well in West Wrentham. Gallo concluded that taxpayers should understand that approving this zoning could lead to property tax rate increases.

Sweet elaborated that the Roderick School has a substantial project and Wrentham needs to address the public works facilities, both of which will require debt exclusions to fund.



Proposed overlay zones to address MBTA Communities requirements. Subdistrict A is off Elysium St. near Franklin and Subdistrict B is off Rt. 140 near Foxborough. Map data from OpenStreetMap: https:// openstreetmap.org/copyright.

From there the panel shifted back to McKnight to discuss current planned projects. McKnight expects the developer for the Crosby property behind the Dunkin' at the center of town to refile their plan at the beginning of 2025. That project is expected to include more than 80 townhomes for sale, more than 200 apartments and flats for rent, and more than 30,000 square feet of retail space. Another proposed project is off Beech St. and will include a senior living community of about 60 units.

Rouse was asked if the state is funding any services to ease access to MBTA facilities from Wrentham and Rouse responded that no funding has been made available. A follow-up question to Rouse related to the state using any housing built in a multifamily zone to serve the state as a sanctuary site or temporary shelter. Rouse responded that the state can make a decision about a sanctuary site at any time as demonstrated by what happened in Norfolk, with Rouse likely referring to the state's use of the decommissioned Bay State Correctional Center in Norfolk as a temporary shelter for homeless people.

A related discussion addressed what happens if Wrentham adopts the multi-family zoning and then the state's supreme

court decides that the MBTA Communities program is unlawful. Sweet responded that any adopted zoning would require a 3/3 vote at Town Meeting to change the zoning.

Likewise, Sweet explained that if the State Auditor determines the MBTA Communities program is an unfunded mandate, any adopted zoning would require a 3/3 vote at Town Meeting to change the zoning. King elaborated that when programs are deemed to be unfunded mandates, municipalities can apply to be exempted or the state can pro-

> **MBTA** continued on page 4

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# Trinity Wrentham "Blue Christmas" Service planned for Wednesday, December 18 at 7 p.m.

Trinity Episcopal Church (Wrentham) in collaboration with St Mark's Episcopal Church (Foxborough) and the Renaissance Men Vocal Chamber Ensemble will present "The Longest Night: A Service of Healing and Hope" on Wednesday, December 18 at 7 p.m.

We are told that this is "the most wonderful time of the year!", but for many who are experiencing or have experienced loss, grief, or hardship, the festive season can in fact be particularly painful and alienating. The Blue Christmas service liturgy is a special offering in the days approaching Christmas, intended to hold a space for whatever you may be going through, with prayerful care, music and companionship, while offering the hope of light and peace.

All are welcome. For more information, please visit us online at https://trinitywrentham.org.

#### **MBTA**

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vide funding; however, if a municipality accepted the mandate knowing it was unfunded, then the state is no longer required to provide funding.

Wrapping up, Gallo shifted to the options for voters at Town Meeting: vote to adopt the zoning, vote to reject the zoning, or wait. The third option refers to waiting for a decision at the Supreme Judicial Court and / or waiting for an unfunded mandate determination. From there Sweet noted that the requirement is to bring the zoning to Town Meeting: if voters decide not to adopt the zoning then grants will be in jeopardy due to administrative discretion in awarding grants, including federal grants such as Community Project funds.

Wrentham has assembled an MBTA Communities page including summaries and meeting recordings at https://www.wrentham.gov/185/MBTA-Communities.

**Guest Column** 

### **Democracy in Jeopardy**

By G. Gregory Tooker

The level of misinformation we have allowed to evolve among our citizens has culminated in the form of voter-induced democracide at the polls. A misled electorate has struck a potentially fatal blow.

Those who would elect an authoritarian leadership were willing to risk their personal liberty in favor of obedience to imposed rule. What, in all manner of logic you ask, would lead a mature human being to such a conclusion? Although greed and prejudice play some role, your writer believes the real answer lies in the failure of that very democracy to nurture and educate those upon which it depends for its health and survival. Sadly, for decades now, we have faltered in our obligation to teach our children well. While providing them with the knowledge to thrive in the technological age, we have not given them the factual base describing the structure and functioning of democratic institutions and how they are fundamental to a free and successful society.

Although Uncle Sam may well suffer a potentially fatal fall under this administration, there may be a chance to nurture his recovery if we spring into action quickly. Despite the fact that there could be a very significant effort on the part of an authoritarian regime to control the curriculum in our schools to their advantage, there is a potential way back to societal health. School systems in states which still favor democracy must rapidly introduce and/or upgrade courses teaching the principles of local government and civic engagement so the emerging future generation might pick up the banner for freedom's recovery. Our youth are our most precious resource.

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



### **Correction**

Santo Rizzo, the Boy Scout who worked on the Fales Memorial Park Preserve for his Eagle Scout project, was incorrectly named in the October edition of this paper. We regret the error.

# Wrentham Engagement Updates Information About the MBTA Communities Bylaw Focus Group Discussion

SUBMITTED BY WRENTHAM ENGAGEMENT

Wrentham Engagement (WE) is hosting a Focus Group Discussion regarding the MBTA Communities Zoning Law that will be voted on at the Special Town Meeting (STM) in December. The Focus Group Discussion will be on December 5, in the Sweatt Room at Fiske Public Library at 7 p.m. This will be an in-person, public discussion.

The purpose of the Focus Group Discussion is to ask questions of voters to determine how informed they consider themselves as it relates to the proposed zoning bylaw. The discussion is intended to gain insight into voters' perspectives and to gain awareness of what questions they may still have 10 days before the STM.

The Focus Group Discussion is not a presentation. Rather, it is intended to complement the information resources that the Town of Wrentham has provided to voters. In particular, it spotlights the Forum produced by Wrentham officials and recorded by Wrentham Cable 8. Attendees of the Focus Group are highly encouraged to watch the Town of Wrentham Forum on Cable 8 prior to attending the Focus Group Discussion on December 5.

WE was formed last year as a grassroots, non-partisan effort to encourage greater voter awareness and engagement in the events that shape Wrentham's governance and future. The Focus Group Discussion is open to all voters. If any voters would particularly like to be part of a panel, they can notify WE by completing the form found at https://bit.ly/WEFocusGroup.

WE also produces a Voters Guide, including a section on the MBTA Communities law that can be found at https://www.wrenthamvoterguide.com/mbtacommunitieslaw.

A sample of the questions that will be asked at the Focus Group Discussion can also be found with the Voters Guide. All voters are also invited to join the WE email list for notifications about Town Meetings and local elections by signing up at https://bit.ly/joinWEemail.

The MBTA Communities Act applies to 177 cities and towns in the Greater Boston area that have or are near MBTA transit stations. For the purposes of the law, Wrentham is considered an MBTA community. The law requires that each MBTA Community establish a zoning district where multi-family housing is permitted as of right.

MBTA communities have until December 31, 2024, to make appropriate zoning changes to be in compliance with the law. To meet this deadline, Wrentham will conduct a Special Town Meeting on December 16 starting at 7 p.m. in the King Philip High School.

Call Jen Schofield at 508-570-6544 to run in our Newspaper!

# Sixth Annual Menorah Lighting to be held at Gilly's House

By Grace Allen

Gilly's House in Wrentham is holding a public menorah lighting to mark the Jewish festival of Hanukkah. The event will take place on Saturday, December 28 at 6:30 p.m. The outdoor lighting ceremony will include traditional music, dancing, donuts, chocolate gelt and more.

The menorah lighting, to be held on the third night of Hanukkah, is free of charge and open to everyone of all ages and all religious faiths.

Hanukkah is the Jewish eightday "festival of lights" celebrating the victory of a small group of freedom fighters over powerful Syrian Greeks intent on forcing their culture and religious beliefs on the people of Israel. The holiday also commemorates the rededication of the temple in Jerusalem after victory was secured, during which a single day's supply of oil miraculously kept the menorah (candelabrum) in the temple lit for eight days, until fresh supplies could be brought in.

The religious holiday emphasizes light will overcome darkness, and freedom will overcome oppression. Publicizing the miracle of Hanukkah is part of the laws of Judaism, hence the lighting of

the menorah in a place that's visible to others.

Gilly's House, a residential program for young men who have struggled with addiction, was founded by Wrentham resident Barbara Gillmeister and her husband in memory of their son Steven.

Gillmeister says it's especially important to spread the message of Hanukkah in today's world, with the increase in antisemitic incidents in the U.S. and around the globe.

"The menorah lighting is all about Jewish unity," she said, noting the story of Hanukkah stands for religious freedom, applicable to all faiths.

Organizers say the event has grown larger each year, and community support is appreciated more than ever.

For more information or questions about the menorah lighting, email Barbara Gillmeister at barbara@gillyshouse.com.

Guests attending the event are asked to park at the Little Red School House parking lot, located at 944 West Street, since parking is limited at Gilly's House. Parking is also available on Hancock Street, near the post office and Sheldonville Country Store.





# December Events at the Original Congregational Church

Original Congregational Church (OCC) has several events slated this month. The church is located at 1 East St. in Wrentham.

#### **Post-Fair Yard Sale**

On Saturday, Dec. 7, the OCC will hold a post-fair yard sale from 8 to 11 a.m. Stop by early for the best selection of gently used items from the church's Christmas Tree Church Fair last month.

#### **Wreath-Making Workshop**

Also on Dec. 7, the OCC will host a wreath-making workshop from 10 a.m. to noon. Register for this event by emailing monica@oochurch.net.

#### **Holiday Music Concert**

On Sunday, Dec. 8, the church will hold a holiday music concert at 4 p.m. The concert will feature the Wrentham Ringers Handbell Choir, the Chancel Choir, and the Blakesley Duo. A potluck reception will follow the concert.



### **How Norfolk and Wrentham Voted**

By Joe Stewart

In the presidential election, Massachusetts' 11 presidential electors were won by Vice President Harris and Governor Walz while nationwide, former Presi-

dent Donald Trump and Senator J.D. Vance won 312 electors with about 76M votes representing 50.2% of the popular vote.

Attached are tables detailing unofficial results for both offices and questions. According to the

Secretary of State, in early December unofficial results will be sent to the Governor and Governor's Council for final certification, typically completed by mid-December.

Incumbents won re-election: Warren, Rausch and Vaughn were all re-elected by wide margins and Auchincloss ran unopposed.

	District-wide	Norfolk	Wrentham	
President & VP				
Harris & Walz	62%	3,885 / 57%	3,947 / 50%	
Trump & Vance	37%	2,735 / 40%	3,618 / 46%	
US Senator				
Warren	60%	3,371 / 49%	3,540 / 45%	
Deaton	40%	3,364 / 49%	4,205 / 53%	
US Representative				
Auchincloss	Unopposed	4,655 / 66%	5,259 / 67%	
Blanks		2,151 / 31%	2,342 / 30%	
Governor's Council				
Civil	57%	3,127 / 46%	3,233 / 41%	
Crimmins	43%	3,133 / 46%	4,044 / 51%	
State Senator				
Rausch	59%	3,422 / 50%	3,594 / 46%	
Videira	41%	3,039 / 44%	3,866 / 49%	
State Representative				
Vaughn	57%	3,341 / 49%	4,933 / 62%	
Kalkut	43%	3,298 / 48%	2,681 / 34%	

Unofficial results for offices by District/Statewide (% of votes cast), Norfolk and Wrentham (votes/% of votes cast). Data from the AP and Norfolk and Wrentham Town Clerks.

	District-wide	Norfolk	Wrentham	
1 - Audit Legislature				
Yes	72%	4,842 / 70%	5,384 / 68%	
No	28%	1,610 / 23%	2,093 / 27%	
2 - Remove MCAS for HS Graduation				
Yes	59%	3,669 / 53%	4,293 / 54%	
No	41%	3,049 / 44%	3,457 / 44%	
3 - Allow Lyft/Uber Drivers to Unionize				
Yes	54%	2,922 / 43%	3,296 / 42%	
No	46%	3,594 / 52%	4,235 / 54%	
4 - Legalize Psychedelics				
No	57%	4,060 / 59%	4,759 / 60%	
Yes	43%	2,587 / 38%	2,898 / 37%	
5 - Increase Min Wage for Tipped Workers				
No	64%	4,983 / 73%	5,863 / 74%	
Yes	36%	1,682 / 24%	1,856 / 24%	

Unofficial results for Questions 1 through 5 by District/Statewide (% of votes cast), Norfolk and Wrentham (votes / % of votes cast). Data from the AP and Norfolk and Wrentham Town Clerks.

In the Governor's Council race, Civil bested Crimmins across District 2 with substantial votes coming from Stoughton and surrounding areas where Civil had run for State Representative, 6th Norfolk, twice, both times losing in the primary.

In the State Representative race, Vaughn, a resident of Wrentham, was re-elected, besting Kalkut, a Norfolk resident, a second time.

Regarding the ballot questions, Questions 1 through 3 were approved by voters and Questions 4 and 5 were not. Four of the five questions were decided by substantial margins with only Question 3, to enable Lyft and Uber drivers to unionize, being somewhat close. Interestingly, Norfolk and Wrentham voters opposed Question 3 while voters elsewhere in the state approved it.

In terms of voter turnout, results were essentially flat with 32 fewer Norfolk voters in 2024 in comparison to 2020 while Wrentham had 40 more voters, 6,872 and 7,897 respectively. In contrast, Norfolk had 764 more voters in 2020 than in 2016 and Wrentham had 1,092 more voters, increases of 12% and 16% respectively.



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# Keep an Eye Out For Signs of a Rodent Infestation This Fall

WPC Pest and Termite Control and the National Pest Management Association are sharing the top seven signs that rodents have taken up residence in your home

#### PROFESSIONAL INSIGHTS

It's that time of year again football season, trips to your local farm, and crisp, fall weather.

But before you break out your favorite pumpkin spiceflavored treats, it's important to remember to keep alert for uninvited guests looking to join in on the fun. As temperatures begin to cool.

WPC Pest and Termite Control, in partnership with the National Pest Management Association, is sharing signs homeowners should look out for that could signal a rodent infestation.

"Disgusting odors that permeate from insulation in attics and basements are a sure sign that rodents are present," said Jim Mazzuchelli, owner of WPC. "While rodent infestations are common throughout the year, they are particularly troublesome as colder weather arrives and food sources diminish. These stark changes to their environment make homes the ideal spot for them to hide out in.

Rodents are able to transmit more than 35 diseases to humans, posing a serious health threat to you and your family should they find their way into your homes insulation. Contamination from urine and droppings will cause serious respiratory issues, such as the  $\ deadly \ \textbf{Hantavirus}.$ 

To help keep your family protected this fall, WPC is offering FREE rodent inspections and suggestions on decontaminating vour home.

WPC and the NPMA have identified the following top seven telltale signs of a rodent infestation:

• Droppings: Finding droppings in the home is one of the most common signs of a rodent infestation. Homeowners often find these where food is stored, such as kitchen cabinets or pantries, as well as under sinks, inside chewed cardboard boxes and along baseboards.

- Gnaw marks: Rodents will chew through almost any type of material to obtain food or water, causing serious damage to a home. Rats are also known to gnaw on wires behind walls, potentially resulting in dangerous house fires.
- Nests: Rodents prefer to hide in dark, secluded areas of the home and will use any materials available to build their nest. If you see items such as paper products or cotton strewn about, it might be a sign of a rodent infestation.
- Tracks or rub marks: As rats follow a trail between their nest and food sources throughout a home, they will often leave dark grease or dirt marks along walls and floorboards



- Strange noises: Hearing strange noises at night could be attributed to a family of mice scurrying about the house, between the walls and up in attics and crawlspaces.
- An actual rodent: Mice are known to reproduce quickly, as a female house mouse can give birth to a half-dozen babies every three weeks or up to 35 young per year. Chances are, if you see one mouse in the house, there are more hidden behind the walls!
- Contamination: Odors and staining of ceiling tiles and basement insulation is a sign of what could be droppings and urine caused by nesting rodents having their young.

For more information about rodent infestations, visit www. nobugsnopests.com or CALL 508-435-2211 or contact a licensed pest control professional.

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# Deed and Mortgage Recordings up in October

Norfolk County recordings for the month of October 2024 indicate an increase in overall real estate activity, with increases in the total number of deeds and mortgages recorded as compared to October 2023, reported Norfolk County Register of Deeds William P. O'Donnell.

The Registry of Deeds recorded 9,629 documents in October 2024. This was 5% more than in October 2023, and a 12% increase compared to September 2024.

"For the past four months we have seen a continued positive trend in real estate activity, which is largely due to a significant increase in the number of mortgages and deeds recorded each month this year from July through October compared to July through October 2023," stated Norfolk County Register of Deeds William P. O'Donnell. "This sustained increase in

mortgage and deed recordings shows indications of growing real estate market activity. It will be interesting to see if this trend continues as we move further into the last quarter of 2024."

The total number of deeds recorded for October 2024, which reflects both commercial and residential real estate sales and transfers, was 1,434, up 10% from October 2023 and up 10% from September 2024. This October, 758 commercial and residential properties sold during the month, up 13% compared to October last year.

"The positive growth in both the total number of deeds recorded and the number of property sales compared to last year is certainly encouraging. This indicates that the real estate market is performing well, particularly in certain neighborhoods and property types in Norfolk County," noted Register

In October, lending activity increased compared to the same month a year ago. A total of 1,518 mortgages were recorded in October 2024, up 30% from October 2023 and up 14% from the previous month.

"While average mortgage interest rates have started to creep back up from their late September low, they are still below the levels seen this time last year," said O'Donnell. "Despite the recent increase, the market continues to draw in prospective homebuyers and borrowers. If we see hints of a continued decrease in the federal funds rate, we may see lending activity continue to rise, as the Federal Reserve's decision to lower the federal funds rate has an indirect impact on mortgage interest rates."

The average sale price of commercial and residential

properties for October 2024 rose to \$1,135,838, a 17% increase

**DEED** continued on page 15



# December News and Program Highlights at the Fiske **Public Library**

For a full list of programs at the Fiske, visit https://fiskelib.

The Fiske Public Library will be closing at 1 p.m. on Tuesday, December 24, and will be closed Wednesday, December 25 for Christmas. The library will be closing at 5 p.m. on Tuesday, December 31. Regular hours of operation are Monday 10 a.m. to 5 p.m., Tuesday 10 a.m. to 8 p.m., Wednesday 10 a.m. to 8 p.m., Thursday 10 a.m. to 8 p.m., Friday 10 a.m. to 5 p.m. and Saturday 10 a.m. to 4 p.m.

#### **Reading Challenge 2024**

Fiske Library is partnering in the Massachusetts Center for the Book 2024 Reading Challenge for kids, teens and adults. Visit https://www.massbook. org/readingchallenge to see how to participate. The challenge for December is a well-reviewed book in your least favorite genre.

#### **Library Survey**

The Fiske Public Library will be conducting a survey in January 2025 to help us better serve our community. It will be available both online and in print. What do you like about the library? What can we do to improve? Let us know!

#### Friends of the Fiske

The Friends' annual holidays sale will take place December 1 - 31. One cart will be in the lobby for adults' books and the other just outside the Children's room for young adults and children's books. Come in and check out the great selection, many ribboned and ready to be gifted! Proceeds benefit the Friends of the Fiske

The Friends' annual appeal was mailed out in November. This yearly fundraiser helps us support the library in so many ways. Your donation will make you a Friend, and as such you will have early access to our big book sale scheduled for February

Thank you for your support of the Friends and the library!

#### **CHILDREN'S PROGRAMS**

#### **Page Turners Book Club**

Monday, Dec. 23 at noon

Kids in grades 4-6 are invited to bring a lunch and join us for a "no school day" meeting of the Page Turners Book Club. This month, we will be reading "Mexikid" by Pedro Martin. This book is a nominee from the Massachusetts Children's Book Award list for '24-'25. MCBA book list can be found at https://sites.google. com/arps.org/mcbamashup/ home?authuser=0. Some books from the list can be found in the Children's Room. All others can be placed on hold from other SAILS libraries. Please see Ms.

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Sara if you need assistance.

#### **Tween/Teen Crafternoon: Gnome Ornament Painting**

Saturday, Dec. 7 from 1-2

Tweens and teens ages 10+ are invited to join us for an afternoon of holiday crafting on Saturday, December 7 from 1 to 2 p.m. We will be painting gnome ornaments. This program is sponsored by The Friends of the Fiske. To register, please visit https://fiskelib.assabetinteractive.com/calendar/ tween-teen-crafternoon-gnomeornament-painting/.

#### **STEM Centers**

Saturday, Dec. 28 from 1-3

Kids aged 5+ are welcome to drop in to the Children's Room to explore various STEAM centers on Saturday, December 28 from 1 to 3 p.m. Build a fort with Imagination Playground blocks, practice coding, make an electrical circuit with snap circuit sets, observe materials from nature, and more! No registration re-

#### Noon Year's Eve Party

Tuesday, Dec. 31 from 11:30 a.m. to 12:15 p.m.

Staying awake until midnight can be hard! Kids age 3+ are invited to join us to ring in 2025 early with fun stories, games, crafts and a countdown to NOON! Registration for this event opens Sunday, December 1 at 9 a.m.

#### **ADULT PROGRAMS**

#### Free Drop-in IT Help **Office Hours**

Tuesdays, from 5 to 7:45 p.m. The Fiske Public Library is hosting Free IT Help Office Hours with IT expert Ben Elliot who will be available to help with personal technology related issues in an informal setting. Ben is available at the Fiske Public Library on a first come, first serve basis.

#### **Silk Painting Workshop: Winter Fairy Tale**

Saturday, Dec. 7, 11 a.m. to 1:30 p.m.

Imagine the brightness of colors and the freedom of movement of the brush. Envision a bright, fluffy winter fairy tale as we paint on silk. The work of the Chinese artist Hong Leung will be used as the basis for the painting. All necessary materials will be provided. Registration for this event opens Wednesday, November 27 at 10 a.m. Max participants is 10.

#### **VIRTUAL EVENTS**

#### **Unearthed: Exploring the Smithsonian National Gem Collection**

Wednesday, Dec. 4 at 2 p.m. Dr. Jeffrey E. Post, the emeritus curator of the Smithsonian's National Gem Collection, will discuss the scandals, mysteries, and human stories behind the world's greatest gems. Register at https://libraryc.org/fiskelib/ upcoming.

#### Laura Dave, On Pulse-**Pounding, Family Driven Mysteries**

Wednesday, December 11, 2:00 p.m.

Join us for a captivating conversation with Laura Dave, #1 New York Times bestselling author of "The Last Thing He Told Me." She'll chat with us online about her newest book, "The Night We Lost Him." Register at https://libraryc.org/fiskelib/up-



The annual comedy show "Giggles with Gilly's" was held on Nov. 2 to a sold-out audience at the German Club in Walpole. The fundraiser supports Gilly's House in Wrentham, a sober home for young men. Pictured, from left, Maureen Cappuccino, house administrator: Barbara Gillmeister, co-founder and executive director; and comedian Michael Petit, the show's headliner. Contributed photo.

Your Money, Your Independence

# Holiday Cheer and Roth Conversions: A Gift to Your Future Self



Glenn Brown, CFP

Ah, the holiday season... a time for joy, gratitude and (unfortunately) for some the ritual of cramming late nights to ensure they don't pay more in taxes than necessary now and in retirement.

Sure, they could be planning for family get-togethers, attending holiday parties with friends or enjoying eggnog by the fire. But no, that's all too festive and cheerful.

Instead, they build spreadsheets, search IRS interpretations, and obsess about miscalculating their household

adjusted gross income (AGI) and threshold \$ amount to convert to a Roth IRA. Then when the time comes to execute the conversion, there is a feeling of dread. Like that of being outside in the freezing cold and "tripled dog-dared" to stick their tongue to a metal pole.

Let's discuss a better (and safer) way.

#### What Is a Roth Conversion?

At its core, Roth conversion is like wrapping up retirement savings into a tidy, tax-advantaged gift package. You take funds from a traditional IRA or 401(k) accounts taxed when you withdraw in retirement — and convert them into a Roth IRA. In doing so, you pay taxes on the converted amount now at your income brackets.

However, once in a Roth, it

- Tax-free growth
- Tax-free withdrawals in retirement
- · Removal of Required Minimum Distributions
- Tax-free distributions for non-spousal beneficiaries

### Make Modeling a Roth Conversion

Just as giving perfect holiday gifts require planning, so does Roth conversion.

In working with clients, ideally we build or update their Roth conversion model in February or March using prior year data with intentions of waiting until December to run again with actual tax data and execute.

Beyond the adage "measure twice, cut once" and making it less stressful during the holidays, this provides readiness for opportunities. One such example is converting in a steep market decline during the year. If you're going to hang onto the same security/strategy, why not convert some at a lower value (equals less taxation) and allow for time to bring price recovery inside the Roth IRA instead?

#### How You Model Makes a Difference

Modeling a Roth conversion is like preparing a delicious holiday feast - attention to detail and coordinated foresight can make all the difference. Beyond current tax situation, age, goals, and cash to pay taxes, there are several future questions to answer in

In the near-term, will future years have lower taxable earnings to more favorably convert? Will your state of residence change and if so, does your taxation change? What are projected growth rates for Roth, are they more aggressive? Should they be?

For retirement, have you projected RMDs at age 73 (75) and resulting new tax bracket? Does conversion help or hurt Social Security and Medicare taxation?

What's your expectation of future taxation by governments?

What are your estate planning wishes?

#### **Respect The Grinch**

The pro-rata rule. When converting, the IRS combines all traditional IRA balances and asks about nondeductible contributions, as this portion is not taxable. Understand the IRS doesn't allow for conversion of just after-tax money.

It is what it is. Once a Roth Conversion is done, it's done, as IRS no longer lets you unwind (recharacterize).

Not all-or-nothing. You can develop a plan to spread conversions over several years, even skip a year or two as needed

pending AGI levels and ability to pay the IRS with non-IRA assets.

#### The Gift of Time and Independence

Consistent and well-timed Roth conversions can be the gifts that keeps on giving — taxfree growth, tax-free withdrawals, and the peace of mind that comes with control.

May the holiday season bring you good cheer and health throughout the coming year.

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 Plan-Dynamic, LLC, www.PlanDynamic.com. Glenn is a fee-only Certified Financial Planner<sup>TM</sup> helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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# **Gillette Stadium's New Sensory Room Opens**

Gillette Stadium has unveiled a sensory room and earned certification as a sensory-inclusive stadium by KultureCity, the nation's leading nonprofit on sensory accessibility and acceptance for those with invisible disabilities. The room is available for any guests with sensory sensitivities or challenges with regulating sensory input at all full-stadium events.

Designed in collaboration with medical professionals and built and certified by Kulture-City, the nation's leading nonprofit on sensory accessibility and inclusion, the sensory room provides a dedicated space for guests who may need a quieter environment. Sensory sensitivities or challenges with sensory regulation are often experienced by individuals with autism, dementia, PTSD and other similar conditions. One of the major barriers for these individuals is sensitivity to overstimulation and noise. The new sensory room establishes a soothing and quiet space within Gillette Stadium, providing a safe outlet for guests attending games, concerts and other special events to take a break as needed from the sound and sensory elements accompanying these events.

The sensory room is located on the main concourse of the west side of the stadium in the W3 lobby, accessible by the elevator lobby closest to Sections 128-129 on the main concourse and by the elevator closest to Sections 328-329 on the upper concourse. Signage is also in place directing guests to the

Gillette Stadium also allows guests to check out sensory bags equipped with noise-canceling headphones, strobe-reduction glasses, fidget tools and verbal

cue cards from any of the venue's guest services booths, located on the main and upper concourses by Sections 109, 131, 309 and 331 for all stadium events.

For additional information about Gillette Stadium's accessible services, visit gillettestadium. com/accessible-services.

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# **KPHS Ranks Gold on** CollegeBoard's 2024 AP School **Honor Roll**

King Philip Regional High School (KPRHS) has ranked Gold on CollegeBoard's 2024 AP School Honor Roll.

The AP School Honor Roll recognizes schools whose AP programs have successfully motivated and academically prepared students for college success. The criteria reflect a commitment to increasing college-going culture, providing opportunities for students to earn college credit and maximize college readiness.

College Board's Advanced Placement Program (AP) enables students to pursue college-level studies — with the opportunity to earn college credit, advanced placement, or both — while still in high school. Through AP courses in 38 subjects, each culminating in a challenging exam, students learn to think critically, construct solid arguments, and see many sides of an issue

skills that prepare them for college and beyond.

There are four levels of distinction: Bronze, Silver, Gold, and Platinum. King Philip nearly reached Platinum status as the district met two of the three standards for Platinum and only missed one category by 3%. Only 6% of eligible schools received the Gold honor this year.

For a school to be recognized as Gold on the AP School Honor Roll in a given year, it must meet the following criteria:

- College Culture: 65% or more of the graduating cohort took at least one AP exam during high school. KPRHS reached 77%, with 80% being the Platinum requirement.
- College Credit: 35% or more of the graduating cohort scored a three or high-

er on at least one AP exam during high school. KPRHS reached 60%, surpassing the Platinum level of 50%.

• College Optimization: 10% or more of the graduating cohort took at least one AP exam during high school. At least one of those exams was taken in 9th or 10th grade so that students spread their AP experience across grades rather than feeling disproportionate pressure in any year. Again, KPRHS exceeded Gold and even Platinum status at 20%.

"I would like to acknowledge our hard-working students who performed so well on their AP tests and in their AP classes," Superintendent Dr. Richard Drolet said in a statement. "I would also like to thank our dedicated, talented and creative teachers who lead our Advanced Placement courses each year."

"This recognition is a testament to our students' hard work and dedication," Principal Nicole Bottomley said. "Their commitment to the pursuit of challenging coursework reflects our students' individual efforts and the supportive environment created by our faculty and community."



# This Month at the **Federated Church of** Norfolk

#### **Christmas Celebration**

Following the town's Santa Parade on December 1, the church will hold a Christmas celebration from 4 to 5:30 p.m. Warm up with hot cocoa and festive treats. There will be children's crafts and a Christmas singalong, too.

#### **Pancake Breakfast**

The popular pancake breakfast is back! This month's breakfast will be on Saturday, December 14 from 8 to 10 a.m. Cost is \$10 for adults, \$8 for children/seniors, and \$30 for families of 5 or more. Starting in January, the pancake breakfast will be served on the first Saturday of each month, except from May to October.

#### **Piano and Organ Concert**

On December 22 at 4 p.m., enjoy a free piano and organ concert at the Federated Church. Catie Siedel and Michael Thekaekara will perform beautiful Christmas music for us. Donations to the Deacons Fund will be collected to help those in need this season. Refreshments will be served.

#### **Christmas Eve Services**

At 7 p.m. on Christmas Eve, there will be a traditional candlelight service. A late candlelight service will be held at 11 p.m.

#### **Lessons and Carols**

On December 29 at 10 a.m., the church will hold a service of Lessons and Carols.

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# **Start your Holiday Shopping** at St. John's Christmas Fair on **December 7**

St. John's Church Christmas Fair is set for Saturday, December 7, from 9 a.m. to 2 p.m. at 237 Pleasant Street, Franklin. This is the place to start your holiday shopping!

So many choices. Buy gift cards from popular restaurants. Check out gift baskets with themes like sports, spa, health and wellness, and pet items. Give the gift of food, wine, coffees, or teas. Appreciate unique, hand-made crafts? You'll love the beautiful fresh wreaths and greens, as well as cozy scarves, mittens, and hats. There will also be a silent auction and raffle items.

Choose delicious treats like cookies, fudge and other baked goods at the Cookie Walk. Snacks and drinks can also be purchased during the fair.

For more information: Visit us on Facebook at St John's Episcopal Church or our website: www. stjohnsfranklinma.org.

Questions? Call 508-528-2387

# **Wrentham Resident Honored** at ABH's Salute to Excellence **Awards**

Elise Naventi Reid, a Wrentham resident and Vice President of Behavioral Health at Walker, Inc., was recognized with the Elizabeth Funk Emerging Leader Award at the Association for Behavioral Healthcare's 2024 Salute to Excellence Awards on Oct. 25 at the Sheraton Framingham Inc. and Quincy Public Schools Hotel & Conference Center. This annual event celebrates individuals and teams across Massachusetts who have made outstanding contributions to advancing behavioral health care

and improving access to critical services in their communities.

Reid leads outpatient and school-based therapy, a therapeutic after-school program, and an early childhood mental health consultation program. She has built strong partnerships with Quincy Asian Resources, to connect youth with culturally responsive care and was crucial in securing a grant to expand clinical expertise in early childhood mental health in Roxbury and the surrounding areas.

"These individuals and teams demonstrate what community-based providers in the behavioral health sector can achieve when care and commitment come together," said ABH President and CEO Lydia Conley. "As the demand for mental health services has surged across Massachusetts, individuals and organizations, like this year's awardees, have stepped up to meet the challenge and expand access to critical care."



Elise Naventi Reid received the Elizabeth Funk Emerging Leader Award at the Association for Behavioral Healthcare's 2024 Salute to Excellence Awards on Oct. 25.

# **Grant Opportunities for Fire Safety Education**

The Healey-Driscoll Administration announced on Nov. 5 that applications are being accepted for \$2 million in grants to support fire and life safety education for children and older adults, the people most vulnerable in the event of a fire at home.

The Student Awareness of Fire Education (SAFE) and Senior SAFE grant programs are administered by the Executive Office of Public Safety & Security and the Department of Fire Services. They send local firefighters to schools, community groups, senior centers, councils on aging, and other venues to teach age-appropriate safety lessons to children under 18 and adults 65 and older.

"The SAFE and Senior SAFE grants are a smart investment in fire protection, fire prevention, and fire safety for the most vulnerable members of our communities," said State Fire Marshal Jon M. Davine. "I want to thank Governor Healey, the Executive Office of Public Safety, and the Legislature for supporting these programs, and I encourage every fire department to apply."

The SAFE grant program has contributed to the steepest decline in child fire deaths in Mas-

sachusetts history. In 1994, there were more than two dozen child fire fatalities; the SAFE grants were launched the following year and child fire deaths never again reached even half that number. Massachusetts recently went more than two and a half years without losing a child to fire.

The Senior SAFE grants were created in 2014 to provide education, smoke and carbon monoxide alarm installation, and other services to reduce firerelated fatalities among older adults, who now represent the age group most likely to die in a

Fire departments of every city, town, fire district, and eligible state authority can apply to share in funding for SAFE grants, Senior SAFE grants, or both. Departments must meet certain requirements, including mandatory fire data reporting, to be considered. The Notice of Funding Opportunity, grant application, and eligibility requirements are available at https:// www.mass.gov/info-details/ student-awareness-of-fire-educa-

Applications must be submitted by 5 p.m. on December 10,



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# The b.LUXE **beauty beat**

### **WE'VE GOT THE GIFTS!**

By Gina Woelfel

b.LUXE Hair and Makeup Studio is your holiday head-quarters this year! Move over, Santa—b.LUXE is "sleighing" the holiday season with the gifts everyone secretly (or not-so-secretly) wants!

Ah, the holidays, where the only thing more tangled than that string of lights is our to-do lists!

Well, think of b.LUXE as your festive fairy godmothers! With just the click of a button, our Holiday Gift Card Packages simplify your shopping and take the hassle out of your holiday hustle.

This season's Gift Card Packages add a touch of magic to every holiday wishlist. Treat your loved ones (or yourself!) to an experience not soon forgotten. This year, b.LUXE offers a specially priced Luxury Hair Treatment Package for \$100, and our Ultimate Facial Package for \$150. These aren't just gifts—they're the moments of relaxation and beauty we all need.

Still undecided about a gift? Let your loved one choose their own service with a **Custom Gift Card!** We offer options to fit every style and budget, and our gift cards can be purchased in any amount. This year, skip the crowded malls and long lines and give the gift of glamour. After all, nothing says "Happy Holidays" like looking and feeling your best!

Each gift card purchase includes an entry into our Weekly \$100 Spa Gift Card Giveaway! Starting November 30th, one lucky winner will be drawn each week for a chance to win! So grab your gift cards today. (Last drawing on December 21st!) b.LUXE and our merry little elves have wrapped this season in beauty and style! So, stay cozy, and let us make this your easiest holiday season ever!

The b.LUXE Team wishes you a joyful and healthy holiday season surrounded by family, friends, and peace.

We look forward to seeing you in the New Year!

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- Heather Cohen, Owner b.LUXE

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**BONUS:** Each gift card purchase includes an entry into our **Weekly \$100 Spa Gift Card Giveaway!** Starting November 30th, one lucky winner will be drawn each week! So grab your gift cards today.

(Last drawing on December 21st!)



# Save the Date! Virtual Author Event to be held Jan. 25

The Friends of the Millis Public Library will host "A Novel Occasion," a virtual live experience with many best-selling authors, on January 25.

Authors include Chris Bohjalian, Gareth Brown, Hank Phillippi Ryan, Jamie Brenner, Tess Gerritsen, and more.

For more information, visit www.anoveloccasion.com.

Call Jen Schofield at 508-570-6544 to run in our Newspaper!

# **Senator Ed Markey Visits Safe Coalition**

Discusses Substance Use Crisis and Response





Senator Ed Markey visits with SAFE staff and board members at the nonprofit's Franklin office on Oct. 27.

On Oct. 27, Senator Ed Markey visited SAFE Coalition in Franklin to discuss the state of substance use and mental health crises in the area and the organization's proactive response strategy. State Representative Jeffrey Roy, a founding SAFE board member, also attended.

SAFE, a nonprofit founded to combat the rising threat of opioid addiction and overdose in southeastern Massachusetts, hosted Markey for an in-depth discussion, exploring topics like the role public perception plays in access to substance misuse and mental health support.

"The link between addiction and mental health must be destigmatized before people can get help," Markey said. "No one can will their way out of it."

The conversation highlighted SAFE's initiatives, including regular Narcan trainings at Dedham Jail, early intervention educational small groups for local children, and support groups

for individuals and families affected by substance use. SAFE's approach to community-wide, wraparound care was notable for Senator Markey.

"I understand the mission," Markey said. "Because if one person suffers, everyone suffers."

The nonprofit's CEO Jen Levine said SAFE helps many people who arrive at the office on one of the hardest days of their lives

"We are also here for them long before then, in small and straightforward ways," said Levine, "so that if their worst day ever arrives, they know where they can turn."

Many are first introduced to SAFE through services like the organization's free diaper and car seat bank or community events like medication takeback and CPR trainings.

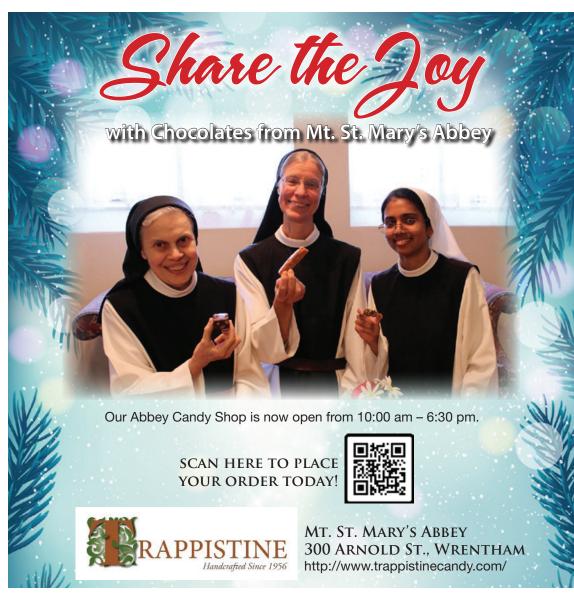
Markey has championed substance use intervention at the state and national levels throughout his political career. His first encounter with SAFE was at the 2015 National Prescription Drug and Heroin Summit in Atlanta, which he attended with President Obama.

SAFE now serves over 37 towns across the state with recovery and support groups, referral

services, one-on-one nonclinical recovery support, resource connection, community trainings, educational programming for adolescents and schools, events like film screenings and talks, sober art and music nights, and trauma-informed yoga. SAFE

also voluntarily advises opioid abatement funding boards in municipalities across the state.

For more information on SAFE's services or collaboration opportunities, contact SAFE at (508) 488-8105 or info@safeco-alitionma.org.



# Living Healthy

# **Government Oversight in Ensuring Ethical Referrals Between Optometrists and Ophthalmologists**

Ethical referral practices between optometrists and ophthalmologists are vital to maintaining trust in the medical profession and safeguarding patient welfare. However, financial incentives, kickbacks, and other self-serving practices often threaten these principles. In such cases, government intervention becomes essential to uphold ethical standards and enforce legal compliance. High-profile cases, such as those in Rhode Island, Texas, and Louisiana, highlight the significance of government oversight in addressing violations and protecting patients.

#### The Importance of Patient-**Centered Referrals**

Optometrists are ethically and legally obligated to prioritize patient well-being when making referrals. Considerations like quality of care, proximity, and insurance network compatibility should guide these decisions. Unfortunately, certain practices undermine this ethical standard:

#### **Referrals Outside the Insurance**

Some optometrists refer patients to providers outside their insurance networks, leading to avoidable out-of-pocket expenses. When motivated by financial gain or kickbacks, such referrals prioritize profits over patient interests.

#### Conditional Referrals Based on **Financial Agreements**

In some cases, referrals are tied to agreements where ophthalmologists return patients post-surgery, regardless of clinical necessity. Often, these arrangements include expectations of eyeglass purchases from the referring optometrist's office.

#### **Quid Pro Quo Referrals**

Financial incentives between optometrists and ophthalmologists create biased referral patterns. These quid pro quo arrangements prioritize mutual financial benefit rather than the best interests of the patient.

#### **Referrals to Office-Based Cataract** Surgery (OBS)

Optometrists sometimes refer patients to ophthalmologists performing surgeries in office-based settings instead of accredited centers. These office setups lack MD anesthesiologists, compromise emergency readiness, and charge extra fees not covered by Medicare. Patients are frequently unaware of these risks or additional costs, leaving them vulnerable to suboptimal care.



#### Government's Role in Preventing Unethical Practices

To counter unethical referrals, federal laws like the Anti-Kickback Statute and the False Claims Act (FCA) play a crucial

#### Anti-Kickback Statute

This law prohibits any form of payment or incentive to influence referrals. For example, in Rhode Island, Dr. Paul Koch faced allegations of accepting kickbacks for patient referrals. The government's investigation resulted in a settlement, underscoring the importance of holding violators accountable.

#### False Claims Act (FCA)

Referring patients out of network for financial gain can lead to fraudulent billing practices. In Texas and Louisiana, healthcare providers faced legal action for filing false claims tied to unethical referral arrangements, resulting in significant settlements.

#### **Education and Monitoring as Preventative Measures**

Governmental agencies like the Office of Inspector General (OIG) and state Attorneys General must promote transparency in referral practices. Routine audits, mandatory reporting, and educational initiatives help identify and prevent unethical behavior. Collaboration between professional societies, licensing boards, and regulatory bodies can establish clearer guidelines and ensure widespread compliance. If you sense unethical referral by your optometrist you are encouraged to refer this optometrist to the OIG.

#### **Ensuring Ethical Referrals: Questions Patients Should Ask**

Patients can protect themselves by asking critical questions when receiving referrals from an optometrist to a specific ophthalmologist and no one else:

- Why are you referring me to this specific ophthalmologist or surgeon?
- Why aren't you giving me a choice of multiple ophthalmologists/ surgeons so I can choose based on my best interest?
- Is the surgeon you're referring me to within my insurance network?
- Why not refer me to a local ophthalmologist who is closer and in-network?
- Does the surgeon perform surgeries in a licensed, accredited center or an officebased setting?





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# **Living Healthy**

#### **DEED**

continued from page 7

compared to October 2023 and an increase of 18% from September 2024. The total dollar volume of commercial and residential sales is also up, increasing by 33% from last year and up 37% from last month.

"There is no doubt that Norfolk County is a desirable place to live and work, a credit to all the communities and the municipal staff and leaders who have created such a vibrant area," stated Register O'Donnell. "However, due to the limited inventory of available property not matching that demand, I think many would agree that it is a difficult market for buyers, especially first-time home buyers."

The Norfolk County Registry of Deeds has been closely monitoring the foreclosure market. In October 2024, there were 8 foreclosure deeds recorded as a result of mortgage

foreclosures taking place in Norfolk County, more than the 6 recorded in October 2023. In October 2024, there were 32 notices to foreclose, the first step in the foreclosure process, more than the 21 recorded in Octo-

"We cannot begin to know all the causes that have contributed to these foreclosures and notices to foreclose, but what we do know is that a number of our neighbors have lost their homes. and even more are dangerously close to losing their homes," said Register O'Donnell. "We all experience unforeseen events in our lives, and sometimes events beyond our control can have devastating emotional and financial effects, so I would urge anyone struggling to pay their mortgage or who knows someone who is struggling to contact one of the non-profit organizations listed on our website, www. norfolkdeeds.org."

For the past several years, the Norfolk County Registry of Deeds has partnered with **Quincy Community Action** Programs (617-479-8181 x376) and NeighborWorks Housing Solutions (508-587-0950) to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400.

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

# "I Thought Only Faucets Had Leaks"

Leaky gut Syndrome is a condition that affects the integrity of the gut lining which normally serves as a barrier of the intestines. It can also be called "Intestinal Permeability," Which occurs when the gut wall becomes damaged allowing compounds to enter the bloodstream that normally shouldn't. For example, partially digested proteins and fats may seep through the intestinal lining making their way into the bloodstream which

causes an allergic response.

One of the biggest warning signs of a leaky gut is that you are experiencing multiple food sensitivities. Other symptoms include: bloating, thyroid conditions, fatigue, joint pain, headaches, skin issues and weight gain. If left untreated for a long time, leaky gut can lead to IBS, arthritis, eczema, psoriasis, depression, anxiety and muscle pain. This can lead to malabsorption of vital minerals and nutrients including magnesium, zinc, iron and vitamins D, B12 and others.

Leaky Gut can be caused by a diet high in sugar and low in fiber. Other causes include dairy, lectins found in wheat, rice spelt and soy, and glycophosphates which are found in our food from pesticides.

Dana B. came into our office complaining of gas, bloating after meals, fatigue and brain fog. She had been battling eczema for years and had joint pain. She never felt well which over time led to depression.



Dr. Rochelle Bien & Dr. Michael Goldstein

We put her on an anti-inflammatory diet as well as adding those foods that help to restore the natural biome of the gut. We added supplementation to remove the stressors in the gut as well as repair and rebuild the gut. Those changes along with the Neurological Integrative work has helped Dana to resolve her digestive issues.

If you are experiencing these symptoms and are ready to start on your journey to health, call the HOLISTIC CENTER AT BRISTOL SQUARE at (508) 660-2722 located at 1426 Main Street, Walpole and set up your appointment with Dr. Rochelle Bien or Dr. Michael Goldstein today.

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continued from page 14

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# **Santa Foundation Giving Trees Offer Neighbors Simple Way to Help**

By J.D. O'GARA

The Santa Foundation, each year, works with several generous community partners to help make the holidays special for those in Franklin and surrounding towns who are experiencing financial hardships. These partners provide the location of "Giving Trees," adorned with gift wish tags neighbors can take, fulfill and return to each location. These gifts will be distributed by the Santa Foundation. Gifts should be dropped off by Dec. 23 at the latest.

Santa Foundation Giving Trees are located at the following

- Advanced Auto, 45 Pulaski Blvd., Bellingham
- Grove Street Auto, 79 Grove St., Franklin
- James Breakfast & More, 850 Franklin St., Wrentham
- King Street Cafe, 390 King St., Franklin
- Middlesex Bank, 1000 Franklin Village Drive, Franklin

- Norfolk Credit Union, 194 Main St., Norfolk
- Postal Center, 279 E Central St., Franklin
- Postal Center, 9 Medway Rd., Ste. C, Milford
- Postal Center, 14 Milliston Rd., Millis
- Salon Elan, Inc., 9 Summer St., Ste. 102, Franklin



The Santa Foundation's annual fundraiser at La Cantina Winery's new location in Franklin was a sold-out event this year. The organization had already received 400 requests for assistance by mid-October,

according to its Facebook page. Photo courtesy of the Santa Foundation.

In addition to the "Giving Tree" locations, these community partners graciously collect and deliver gifts for The Santa Foundation, although no trees are put up:

- Franklin Police Department, 911 Panther Way, Franklin
- Medway Police Department, 315 Village St., Franklin
- Norfolk Fire Department, 117 Main St., Norfolk



### The Commonwealth of Massachusetts

**DEPARTMENT OF PUBLIC UTILITIES** NOTICE OF FILING, REQUEST FOR COMMENTS, AND PUBLIC HEARING D.P.U. 24-155 November 13, 2024

Petition of the Town of Wrentham for approval by the Department of Public Utilities of a municipal aggregation plan pursuant to G.L. c. 164, § 134.

On October 11, 2024, the Town of Wrentham ("Town") filed a request with the Department of Public Utilities ("Department") for approval of a municipal aggregation plan pursuant to G.L. c. 164, § 134. General Laws c. 164, § 134 authorizes a municipality to procure electric supply on behalf of consumers within its municipal borders through a municipal aggregation program ("Program"). Eligible electricity consumers not already enrolled with a competitive electric supplier would be automatically enrolled in the Program unless they chose to optout, in which case they would continue to receive basic service provided by their electric distribution company, National Grid. The Department docketed this petition as D.P.U. 24-155.

The Town has retained Good Energy, L.P. to serve as its consultant in this proceeding and to assist in the implementation of the Program.

The Department will conduct a virtual public hearing to receive comments on the Town's filing. The Department will conduct the hearing using Zoom videoconferencing on Tuesday, December 3, 2024, beginning at 2:00 p.m. Attendees can join by entering the link, https://us06web.zoom.us/j/83928283292, from a computer, smartphone, or tablet. No prior software download is required. For audio-only access to the hearings, attendees can dial in at (301) 715 8592 (not toll free) and then enter the Meeting ID# 839 2828 3292. If you anticipate providing comments via Zoom during the public hearing, to the extent possible, please send an email by the close of business (5:00 p.m.) on Monday, December 2, 2024, to timothy.m.federico@mass.gov with your name, email address, and mailing address.

Alternatively, any person who desires to comment on this matter may submit written comments to the Department no later than the close of business (5:00 p.m.) on Tuesday, December 3, 2024. Please note that in the interest of transparency any comments will be posted to our website as received and without redacting personal information, such as addresses, telephone numbers, or email addresses. As such, consider the extent of information you wish to share when submitting comments. The Department strongly encourages public comments to be submitted by email. If, however, a member of the public is unable to send written comments by email, a paper copy may be sent to Mark D. Marini, Secretary, Department of Public Utilities, One South Station, Boston, Massachusetts, 02110.

All written comments or other documents should be submitted to the Department in PDF format by e-mail attachment to dpu.efiling@mass.gov and timothy.m.federico@mass.gov. In addition, all written comments should be emailed to counsel for the Town, Laura Olton, Esq., at Isoenergyadvisors.com. The text of the e-mail must specify: (1) the docket number of the proceeding (D.P.U. 24-155); (2) the name of the person or company submitting the filing; and (3) a brief descriptive title of the document. All documents submitted in electronic format will be posted on the Department's website as soon as practicable at http://www.mass.gov/dpu. The e-mail must also include the name, title, and telephone number of a person to contact in the event of questions about the filing. Importantly, all large files must be broken down into electronic files that do not exceed 20MB.

The Town's filing and all related documents submitted to or issued by the Department will be available at the Department's website as soon as is practicable at https://eeaonline.eea.state.ma.us/DPU/Fileroom/dockets/bynumber (enter "24-155"). To request materials in accessible formats (Braille, large print, electronic files, audio format) for people with disabilities, contact the Department's ADA coordinator at eeadiversity@mass.gov.

Any person desiring further information regarding the Town's filing or a paper copy of the filing should contact Laura Olton, Esq., at Isoenergyadvisors.com. For further information regarding this Notice, please contact Tim Federico, Hearing Officer, Department of Public Utilities, at timothy.m.federico@mass.gov.

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# Santa Foundation Finds a New, Larger Home

#### New Space Will Allow for More Volunteers to Meet Growing Need

By J.D. O'GARA

The Santa Foundation might have outgrown its location on Joy Street in Franklin, but the charitable organization will continue to spread joy to needy neighbors out of its new, larger, 1800 square-foot location at 275 Washington St., Ste. 6, in Franklin.

Dick Timmons, President, and Cindy Timmons, Treasurer, of the Santa Foundation, were happy to find a space that allowed the nonprofit to get set up in time for their hectic holiday gift collection and distribution.

"They gave us a decent rate and they did it based on our time frame," says Dick Timmons, and the organization, which visited several different locations, doesn't have to "worry about volunteers moving up and down steep stairs or going outside to the workshop or storage pod."

The space includes a large storage area with lots of vertical potential, as well as a large garage door, allowing easier pick-ups and drop-offs. The space, with a sizeable front office in addition to the storage area, will accommodate more volunteers, and according to Dick Timmons, "means we'll be able to address more family needs." Dick Timmons notes that Jan Prentice and Leah Thomas, longtime volunteers, have retired.

"We want to thank them, officially," says Timmons, who is excited to welcome the next team of volunteers to help continue the mission. We always need more help, and there have been a lot of people who want to help, but it's just been hard in that (small) space we previously occupied," he says

The Santa Foundation leadership team, which has recently expanded, will be able to alternate leaders to direct volunteers on weekends, thus alleviating the burnout that can come with a busy season of holiday needs. Timmons encourages community volunteer groups, such as Boy and Girl Scouts and other community-minded organizations, to come and volunteer in the new space.

"We're looking forward to that actually; it's fun for them, and it's fun for us," says Cindy.

In the new location, Dick Timmons, who assumed the role of leading the organization as President in 2013, will continue his role, and Cindy, recently retired, will be picking up more of the load in her role as treasurer. The Santa Foundation has added five new directors in the past year and a half who will help keep the organization going beyond 2024: Joe Formosa (owner of iLoveKickboxing), Pam Formosa (owner of Brain Fit Academy), Mike Polenski (social worker, Commonwealth of Massachusetts), Manisone Bounsavath (Assistant Branch Manager of Middlesex Bank), and Karla Boudreau, a longtime volunteer for the Santa Foundation.

The Santa Foundation was established 38 years ago to provide gifts for families in need at Christmas time, with the hope that, at least on Christmas Day, these families should feel like other families, receiving presents and maybe a little hope. Since 2004, the organization has operated on a year-round basis, helping needy families with housing, utility, fuel and other bills as emergency situations arise.

The organization became a 501c3 federally approved charitable organization in 2006. With help covering overhead costs by Greenwood industries inc. and the Sola Family, 100% of all contributions and net fundraising money helps local families in need.

As the holidays approach, the Santa Foundation seeks new volunteers for their growing list of needy families. Community groups, families, and those looking for volunteer hours are encouraged to reach out to volunteer, purchase a holiday gift for someone in need, or even sponsor a family struggling during the holiday season.

The Santa Foundation works with local food pantries, The Salvation Army, St. Vincent de Paul, and local housing authorities, assisting well over 500 families each year.

The Santa Foundation assisted 604 local families during 2023 and will be able to provide for even more families in 2024.

Members of the Santa Foundation board, left to right bottom row: Manisone Bounsavath, Karla Boudreau, Cindy Timmons. Back Row: Joe Formosa, Pam Formosa, Richard Timmons. Not pictured, Mike Polenski.



### CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF GUARDIAN FOR INCAPACITATED PERSON PURSUANT TO G.L. c. 190B, §5-304

Commonwealth of Massachusetts The Trial Court Probate and Family Court Norfolk Probate and Family Court 35 Shawmut Road Canton, MA 02021

Docket No. NO24P2953GD In the Matter of: Raymond Cook of: Norfolk, MA: Respondent: Alleged Incapacitated Person

To the named Respondent and all other interested persons, a petition has been filed by Department of Correction of Bridgewater, MA in the above captioned matter alleging that Raymond Cook is in need of a Guardian and requesting that (or some other suitable person) be appointed as Guardian to serve on the bond.

The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of 12/04/2024. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

**WITNESS, Hon. Patricia Gorman, First Justice of this Court.**Date: October 30, 2024

Colleen M Brierley, Register of Probate

# Sports

# Rebuilding Isn't a Topic for KP Girls Hoop Squad

By Ken Hamwey Staff Sports Writer

Nine seniors have graduated from last year's King Philip girls basketball team and that number usually would suggest that a rebuilding year will be on tap for the 2024-25 season.

For coach Jeff Miszkiewicz, the R-word is unthinkable.

"Rebuilding is not in our vocabulary," he emphasized. "We may be young but our seven returnees are talented and they got valuable playing time last year."

Miszkiewicz, who's beginning his fourth year as the Warriors' coach, has guided KP to three playoff appearances and he's made a fourth straight tourney berth his top goal.

"We've been to the playoffs every year since I became the coach and we make that our top priority each season," Miszkiewicz said. "We not only want to qualify, but we also will strive to advance as far as possible. Another goal is to improve daily and be in the mix to win the Hockomock League's Kelly-Rex Division title. It'll be a wide-open race this year with Attleboro, Franklin and Taunton in the mix."

There's another reason why rebuilding isn't a topic for discussion and that's because of the team's strengths.

"The girls have a very high basketball IQ," Miszkiewicz said. "They're also energetic, coachable and possess a strong work ethic. This year's squad also is very athletic and it looks like the most athletic group I've had at KP. They've got tremendous speed and quickness and that will enable us to attack opposing defenses by pushing the tempo. We'll rely on fast-break basketball."

Two players who personify KP's team strengths are the captains — senior guard Meg Burke and junior two-way guard Jessi Persky.

"Meg checks all the boxes on leadership," Miszkiewicz said. "She leads by example, is a good communicator and she's supportive. She's improved a lot and I rate her as the smartest player I've coached at KP. On defense, she's at the right place at the right time. More confident on offense now, she's very coachable and has a strong work ethic.

"Jessi suffered an ACL injury last May but will be ready to compete in January. Our only returning starter, she was a league honorable mention all-star last year when she averaged 7 points, 3 assists and 3 rebounds. Jessi passes effectively, finds open teammates, scores by hitting threes and finishes strong at the net. A leader by example, she'll be the key to our up-tempo style."

Junior point guard Erin Berthiaume will be a key contributor. "Erin is very athletic at both ends of the court," Miszkiewicz offered. "She gets steals, she can shoot and is very creative finishing at the rim."

Junior Anastasia Boiarchuk is a 6-foot forward/center who joined the team last year from Ukraine. "Anastasia does a lot of things well but her calling card is post defense," Miszkiewicz said. "She can block shots and rebound. She's adjusted very well to a new language, a new culture and a new style of basketball."

Junior Shayne Dugan is another forward who will play a major role. "Shayne could be our best defensive player," Miszkiewicz noted. "Very athletic, she's got quick hands and long arms. We're looking for her to do a great job rebounding. She's also very effective in transition."

Two promising sophomores include two-way guard Tatum Morgan and point guard Katie Stierer.

"Tatum is versatile, able to play the point or the wing," Miszkiewicz said. "She's our best shooter, able to score from the arc or mid-range. A dependable passer, her court awareness is very good. Tatum missed time last year because of injuries she suffered as a freshman.

"Katie got lots of minutes last year and she reached double figures in four games. Her defense is strong and that led to steals and easy baskets. She's fast, relies on quick hands, passes well and is comfortable with the ball."



Meg Burke (left) and Jessi Persky are KP's captains for the 2024-25 season.

Miszkiewicz's assistants will include Grace Davis (freshman coach), Brett Coderre (junior varsity coach) and Justin Feinberg (varsity assistant coach). Two volunteer coaches are Chris Wilson and Ellen Wagner.

When it comes to his philosophical approach, Miszkiewicz relies on a competitive style that focuses on winning, reaching one's potential and having fun.

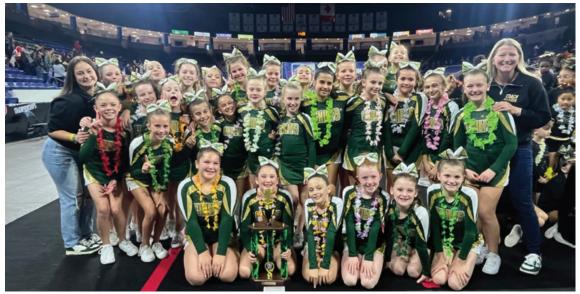
"Those situations are all related," he said. "Reaching one's potential leads to winning and winning creates enjoyment and fun. There also are life lessons the girls can learn from sports. The ones I hope they learn are how to overcome adversity, to be resilient, and to be good communicators, good leaders and good teammates."

A former combo guard at Cumberland High School in Rhode Island, Miszkiewicz graduated from the University of Rhode Island in 2013, getting degrees in English and Secondary Education. After a year of teaching at the middle-school level in Central Falls, he joined the faculty at LaSalle Academy in Providence where he's taught English for the last 11 years.

Miszkiewicz coached La-Salle's jayvees for two years and also served as a varsity assistant for two seasons. He also was jayvee coach and varsity assistant for two years at East Greenwich High.

The Warriors will open their season at Mansfield on Dec. 16 and both the coach and his squad are eager to get started.

"The keys to success are to stay healthy, remain a close-knit team and get comfortable playing at full speed at both ends of the court," Miszkiewicz said.



The King Philip Youth Cheer 12U team are New England Champions. The girls are heading to Florida on Dec. 3 to compete against other teams from around the country. This is only the second time KP has had a team qualify and this is the first time in 7 years that a team is going. Contributed photo.

# Sports

# Former KP Athlete Excels at Collegiate Level

#### **KP Coach Lends** Support

By Sports Staff

Local athlete Michael Norberg, a 2020 graduate of King Philip Regional High School, continues to make Norfolk proud. A standout on the crosscountry team during his time at KPHS, Michael's running career has reached new heights as a member of the UMASS Amherst Men's Cross Country team.

Under the guidance of former KPHS coach Chris Elgar, Norberg and teammate Michael Griffin of Wrentham achieved remarkable success in high school, including a fifth and first place finish, respectively, at the 2019 MIAA Division 1 State Cross Country Championships. Coach Elgar's influence has been a driving force in Norberg's journey, shaping him into a competitor ready for the challenges of collegiate athletics.

That foundation proved invaluable on November 1, when Norberg and his UMass Amherst teammates competed in the Atlantic 10 Men's Cross Country Championships in Virginia. For the first time since 2008, the team emerged victorious, cementing their place in program history. Norberg placed sixth overall with a time of 24:06 in the 8K, a personal triumph that contributed significantly to the team's success.

Adding to the memorableness of the day, Coach Elgar made the eight-hour trip to witness the race firsthand. His continued support of his former athletes underscores the lasting connections formed during their high school years. Norberg was thrilled to have his former coach there to share in the moment, a testament to the impact of Elgar's mentorship.

UMass Amherst followed up the victory in Virginia with a stellar performance at the NCAA Division I Northeast Regional Championships in Hopkinton, New Hampshire on November 15. The team took 7th out of s39 teams, which



Norberg and Elgar in the MIAA **Eastern Division 2 Championships** in 2019.



Elgar and Norberg at the **Atlantic 10 Championships in** Mechanicsville, VA on Nov. 1.

was the highest UMass finish since 2008. Norberg once again helped pave the way with a 33rd place finish in the 10K as the team's third runner, capping off a terrific season. Michael Norberg's accomplishments reflect not only his hard work and determination but also the strength of the local running community that helped shape him. From the trails of Norfolk to the national stage, his journey is one that continues to inspire.



Norberg at the D1 Northeast Regional Championships on Nov. 15. Contributed photo.

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# Sports

# Norfolk Recreation's King Philip Youth Field Hockey Wraps Up Successful Fall Season

King Philip Youth Field Hockey, an official program through Norfolk Recreation, wrapped up its fall participation in the Commonwealth League with a Field Hockey Jamboree on Saturday, Nov. 2. The event culminated the program's fall season, which included weeks of practices, games, and events.

King Philip Youth Field Hockey was invited to participate in the Senior Night for the King Philip Regional High School (KPHS) varsity field hockey team on Oct. 21. Prior to the game, KP Youth Field Hockey held a combined practice with both the high school's junior varsity and varsity teams. Together, they made tie-dyed T-shirts.

"As the feeder program for the high school, we have cultivated a strong relationship with the high school program to help promote field hockey and give the younger athletes a chance to see what their futures would look like if they continued on in the sport," said Kerri Kinsella, a 7th- and 8th-grade coach with KP Youth Field Hockey who also helps coach field hockey at KPHS.

A group of about 40 young girls enrolled in KP Youth Field Hockey dressed in their uniforms and held their field hockey sticks and pom poms to create a tunnel for the KPHS seniors to walk through as they were introduced for their final home game.

The girls then sat in the stands and held posters they decorated while cheering on the high school team.



Children in the King Philip Youth Field Hockey program participated in Senior Night for the King Philip Regional High School varsity field hockey team on Oct. 21.

"Coach Wilder does a great job with the high school field hockey program, and the KP Youth program was honored to support the varsity team at Senior Night," KP Youth Field Hockey Coordinator Patricia Zini said. "Having some of the varsity athletes referee our youth games has further strengthened the bond between the two programs. I hope that all of our KP Youth Field Hockey athletes will grow to love the game and contribute to the high school program."

The program held a Halloween field hockey practice with all age groups to end the regular season for KP Youth Field Hockey. The culmination of the season was the Commonwealth League Jamboree last weekend.

KP Youth Field Hockey, led by Coordinator Zini, is a developmental youth program that started over 15 years ago. It provides a structured league for upand-coming high school players in a friendly but competitive environment. It offers year-round programs instructed by professional and experienced coaches, including KPHS coaching staff, Div. 1 field hockey players, and USA Field Hockey-rated coaches.

The program accepts children of all experience levels and from all towns. Students learn the basics of field hockey and, as they progress, develop and master more advanced skills and knowledge of the game.

Registration for the KP Youth Field Hockey's winter clinics will open on Dec. 11 through the Norfolk Recreation Department at NorfolkRec.com.



The King Philip Youth Field Hockey program wrapped up its regular season with a Halloween field hockey practice with all age groups. Photos courtesy Norfolk Recreation Department.



Children in the King Philip Youth Field Hockey program held a joint practice with King Philip Regional High School junior varsity and varsity players before Senior Night on Oct. 21.



Children in the King Philip Youth Field Hockey formed a tunnel for the high school athletes during Senior Night festivities on Oct. 21.



Children in the King Philip Youth Field Hockey program with members of the King Philip Regional High School varsity field hockey team during Senior Night festivities on Oct. 21.

# Winter Break Tips for College Bound Seniors

Winter break is the perfect time for high school seniors to take advantage of a well-needed break from their late night studying and the juggling of sports, work, and clubs. It is a time to catch up on sleep, enjoy the holidays, and of course, cross a few things off the college application checklist!

#### **Winter Break To-Do List:**

At this point, students have already submitted their early decision and early action college applications. This is an ideal time for students to submit any outstanding regular decision college applications with January and February deadlines.

- 1. Before break begins: Be certain your teacher & guidance counselor recommendation letters and transcripts have been uploaded to the Common Application prior to break.
- 2. Finish Regular Decision **Applications:** 
  - Confirm the application deadlines, required materials that will be needed, and complete the final edits of the main college essay.
  - Complete all supplemental essays- including optional essays.

- Complete and submit your regular decision applications as early as pos-
- And, whatever you do- do not wait till 12/31/24 to fill out and submit your 1/1/25 applications.
- 3. Create a final College spreadsheet: Once the applications have been submitted, create a spreadsheet with the final list of colleges. Include: college name, campus visit or demonstrated interest status, the college's Acceptance Students Day dates, intended major, scholarship deadlines, tuition and room & board costs, and any other college criteria that is important.
- 4. Review College List: Take a moment to evaluate the final college list. Make sure that you would be happy to attend ANY of the colleges on your list, especially the "likelys." Having a balanced college list, which includes 2 or 3 likely, probable, and selective colleges, will allow a broader range of possibilities. Lastly, take the time to reflect if there is a school that's missingperhaps a dream school? If it is - dream - and apply!

- 5. Submit Financial Forms: Complete and submit the FAFSA and CSS forms (if required). Each school posts their deadlines on the financial aid page of their website -important to keep on top of this. The new FAFSA form should be available on 12/1/24.
- 6. Schedule Campus Tours: It is not too late and the best way to truly determine whether a college is the right fit is to visit the campus when the school is in session. It's best not to visit campuses over winter break, but plan your campus tour schedule in late January or February.

#### **General Reminders:**

1. Admission Portals: Most colleges provide access to their admission portal so that students can check the status of their applications. The portal also confirms that the colleges have received all of the supplemental materials (transcript, high school profile, recommendation letters, SRAR). A student's application will not be reviewed until all required materials have been received. If a student has not received a portal email notification



Maryline Michel Kulewicz and Tracy Sullivan of College 101 Admissions Consultants

from a college, call the college's admission office.

2. Don't Let your Academic Guard Down: Make a plan to finish the year strong! Colleges review the final transcript at the end of the academic year to be certain the student has completed the necessary credits and that their grades are still in good-standing.

Balancing work and play is an important part of maintaining good mental health. The winter break can achieve both! Take time to also do what you love most. And maybe if you run out

of fun things to do, you can have your mom & dad teach you how to do laundry and make a budget - helpful skills in college!

Good luck and enjoy the jour-

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

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# Walk with Us! December Events at the First Universalist Society

The First Universalist Society (FUSF) is located at 262 Chestnut Street, Franklin. For information about FUSF and their events and services, visit fusf.org or contact the Reverend Beverly Waring, Interim Minister, at 508-528-5348 or minister@fusf.org.

#### **Second Annual Cookie Walk**

The First Universalist Society will hold their second annual "Holiday Cookie Walk" on Saturday, December 14 from 10 a.m. to 1 p.m.

Visitors are welcome to stroll through the festively decorated Meetinghouse and select from a delicious assortment of homemade treats provided by more than 30 bakers. Find the perfect confections for the holiday table, a hostess gift, or a party.

Cookies will be available for



\$10 per pound. Containers, decorated with a choice of holiday stickers, will be provided. Cash, check, or electronic payments accepted. Make this event part of your annual holiday fun!

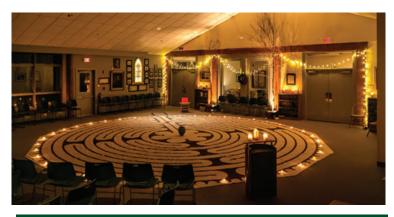
#### **New Year's Eve Labyrinth Walk**

FUSF will host a New Year's Eve Labyrinth Walk on Tuesday, December 31, from 5 to 7 p.m. This annual free event offers an opportunity to experience a candlelit labyrinth in the sanctuary. Finger labyrinths will be available for people who want to experience the labyrinth but have mobility issues.

Labyrinths are found throughout the world with the oldest dating back thousands of years. In contemporary use, labyrinths provide an opportunity for personal reflection, spiritual practice, or the reduction of stress.

Please allow about 30 minutes to walk the 7-Circuit Petite Chartres Labyrinth. Socks are required for the walk. Booties that cover footwear will be provided for those who need shoes to walk.

Call Bobbi at 508-446-5131 for more information about the New Year's Eve Labyrinth event. In the event of a storm, or unsafe driving conditions, the walk will be canceled, and a notice will be posted to the FUSF Facebook page.





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# Real Estate Corner



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# **State Fire Marshal Offers Home Heating Reminder**

#### Servicing Heating Equipment Reduces Risk of Fire, Carbon Monoxide

State Fire Marshal Jon M. Davine is reminding residents that home heating equipment is the leading source of carbon monoxide and the second-leading cause of residential fires.

"Having your heating system serviced each year will help reduce the risk of a fire or carbon monoxide incident that puts you and your loved ones in danger," State Fire Marshal Davine said. "It will also save you money by helping you heat your home more efficiently."

Massachusetts fire departments reported nearly 6,000 fires related to home heating equipment in the past five years. These fires claimed eight lives, caused 139 injuries to residents and firefighters, and contributed to more than \$42 million in property losses. Fires that began with solid fuel heating equipment such as fireplaces, wood stoves, and their chimneys represent about half the total, while gas, oil, and electric appliances made up the other half.

Carbon monoxide is a hazard all year long, but especially in the winter as heating equipment returns to regular use. Firefighters encountered carbon monoxide hazards at more than 24,000 calls over the past five years, most of which took place in the colder months.

State Fire Marshal Davine offered these tips to protect yourself and your loved ones:

### **Smoke Alarms and Carbon Monoxide Alarms**

Every household should have working smoke and carbon monoxide (CO) alarms installed on every level of the home. Test them every month to be sure they're working properly and replace alkaline batteries twice a year when you change your clocks. Smoke alarms should be replaced after 10 years and CO alarms should be replaced after 5, 7, or 10 years depending on the make and model.

### Fireplaces, Wood Stoves, and Pellet Stoves

Solid fuel heating appliances such as fireplaces and wood stoves have accounted for a rising share of home heating fires in recent years. Most chimney fires occur because of a build-up of creosote, a tarry byproduct of burning wood: using only dry, seasoned wood and having your chimney and flue professionally inspected and cleaned each year can reduce this risk. Keep anything that can burn at least three feet away on all sides and use a

fireplace screen or keep the wood stove door closed to prevent sparks and embers from escaping. When the fire is out, shovel ashes into a metal bucket with a lid and place it outside on the ground away from the building – not in the trash.

#### **Natural Gas and Oil Heat**

If you have a furnace, water heater, or oil burner with a pilot light, keep a three-foot "circle of safety" around it, clear of anything that could catch fire. Don't store gasoline, painting supplies, or other flammable solvents in the home: their vapors can be ignited by a pilot light. These heating systems should also be checked and serviced annually by a licensed professional. If you smell gas, don't use any electrical switches or devices: get out, stay out, and call 9-1-1 right away.

#### **Space Heaters**

Keep space heaters at least three feet from curtains, bedding, and anything else that can burn. Plug them directly into a wall socket, not an extension cord or a power strip, and always turn the heater off when you leave the room or go to sleep. When purchasing a space heater, select one that's been tested and labeled by a nationally recognized testing laboratory such as Underwriters Laboratories (UL) or Intertek (ETL). Newer space heaters should have an automatic shut-off switch that turns the device off if it tips over. Never use portable propane or kerosene heaters indoors – the fire and CO hazards are simply too high.

#### **Heating Assistance**

Residents struggling to pay for heating bills or maintenance may be eligible for assistance through the Massachusetts home energy assistance program (LIHEAP). No matter what type of heating equipment you use, LIHEAP may be able to help you pay your winter heating bills or maintain your heating system so it runs more safely and efficiently. All Massachusetts residents are encouraged to explore eligibility for this free program and apply for assistance.

#### **More Home Heating Safety Tips**

The Department of Fire Services offers a wealth of home heating safety information, including the "Keep Warm, Keep Safe" tool kit for local fire departments, caregivers, and service providers, at www.mass.gov/keepwarmkeepsafe.

#### Winter Skate Returns to Patriot Place for 13th Season at New Location

For the 13th winter, Patriot Place is bringing the timeless New England tradition of outdoor ice skating back to the shopping, dining and entertainment destination, but with a brand-new location and an exciting, freshly-designed skate path. Winter Skate at Patriot Place opened for the season at its new location in Lot 12B of the South Marketplace (across

from Trader Joe's and Restoration Hardware Outlet) with a grand opening celebration on Thursday, Nov. 14.

The scenic new route brings the joy of outdoor skating to Patriot Place, perfect for families, friends and skaters of all levels to enjoy.

The professionally maintained ice surface is specifically designed for recreational skat-

ing, with plenty of room to accommodate beginners and experts alike, complete with an observation deck for non-skaters. Onsite skate rentals, concessions and bathrooms are available on site and parking is free. Patriot Place also encourages guests to spread the joy this holiday sea-





Courtesy of Patriot Place.

# Real Estate Corner

#### **SKATING**

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son by bringing a new or gently used coat or hat/glove set to donate to Cradles to Crayons, an organization dedicated to providing families in need with winter essentials.

Winter Skate offers public skating Monday through Thursday from 4-9 p.m.; Friday from 4-10 p.m.; Saturday and all school holidays from 11 a.m. to 10 p.m. and Sunday from 11 a.m. to 9 p.m. Please note that Winter Skate hours may occasionally vary due to inclement weather, holidays, Gillette Stadium events, or pre-scheduled

private events. Winter Skate will be open until late February. Patriot Place Advantage App members enjoy a discounted skating price of \$10 for adults (\$12 for non-members) and \$7 for children 12 and under and seniors 65 and up (\$8 for nonmembers). Skate rentals are available on a first-come, firstserved basis for \$3 for Advantage App members, and \$6 for non-members. Season passes are also available for purchase on site at Winter Skate only. For private events and group rates, email patriots@icerinkevents. com. For more information about Winter Skate at Patriot Place, visit patriot-place.com/ winterskate.









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