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January 2025

KP's Cannon: From Wheelchair to the Wrestling Mat



Neurological Condition Doesn't Deter 2-Sport Athlete

By KEN HAMWEY
STAFF SPORTS WRITER

King Philip coach Mike Poirier labels Austin Cannon Jr. as “a fantastic ambassador for wrestling.” It’s easy to understand why.

The 18-year-old senior is afflicted with Gillespie Syndrome, a rare neurological condition that causes imbalance and muscle-tone weakness. He was diagnosed with the malady at eight months of age and is confined to a wheelchair. That’s how Cannon gets to classes and that’s how he gets to wrestling practice and to matches.

A junior-varsity wrestler since his freshman year, he’s continued at that level for three seasons. His goal is to wrestle in

Austin Cannon Jr. may enroll at Curry College and if he does, he hopes to start a club wrestling program.

WRESTLING
continued on page 2

Wrentham Says NO! to MBTA Communities at Dec. 16 Town Meeting

By JOE STEWART

In the largest Town Meeting in recent history, Wrentham voters overwhelmingly decided against an overlay zone to authorize high density housing, the purpose of which was to comply with the MBTA Communities act. Although official counts were not available at press time, the vote was 542 nays to 53 yays. The voters also approved spending \$1,170,000 to purchase 15 acres of land on Hancock Street for a future well in West Wrentham.

Town Moderator Edward Goddard delayed the start of the meeting for 40 minutes to allow voters to check in and find a seat. With a capacity of just over 800 seats, nearly every seat was taken in the King Philip Regional High School auditorium.

First up, Article 1, was to authorize spending \$1.2M from the water retained earnings fund to purchase land for a well to draw from the Blackstone River Valley watershed. Former State Representative Shawn Dooley inquired

about the presence of PFAS in the well water (PFAS, Per- and polyfluoroalkyl substances, are a group of synthetic chemicals that the EPA has begun regulating due to ill health effects) and noted that recently some Massachusetts communities have had to implement expensive filtering systems to achieve compliance with clean water regulations. Following brief discussion, the article was approved with a standing vote count of 436 yays and 164 nays, easily surpassing the 2/3 vote requirement.

Next up, Article 2, was to amend the town bylaws to add the MBTA Communities Multi-Family Overlay District and designate two subdistricts. Planning Board Chairman Michael McKnight summarized the proposed two subdistricts totaling approximately 52 acres, one abutting the Franklin Country Club off Elysium Street and one near Foxboro on East Street, as minimizing im-

MEETING
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Happy Roo Year!

WRESTLING

continued from page 1

a varsity match.

When he competes, he's out of his wheelchair and on to the mat. His opponent will be standing to begin the match but Cannon will start on his knees. And, for the next six minutes he'll remain on his knees, relying on maneuvers like single-leg and double-leg takedowns. Last year, as a junior, his record was 5-5.

"I've learned to deal with my situation and I haven't allowed it to prevent me from competing," Cannon said. "I rely on my arms and upper body for strength. I wrestle aggressively, try to be strategic and am not intimidated by my opponent standing up."

Cannon's father (Austin Sr.) emphasizes that his son "is taken seriously by his opponents."

Cannon smiles when he hears talk about his .500 record. It's his badge of honor. "I'm proud of what I've done and I don't look at it like I'm at a disadvantage," he said. "Going low in wrestling is a plus. It's easier for me when my opponent is standing up."



A referee signals that Austin Cannon Jr. has won his wrestling match against Norwood.

Cannon doesn't limit his athletic activity to wrestling. He's been on the KP jayvee track team for three seasons, competing in the shot put and discus. And, he's been a regular at Adaptive Sports of New England, a sports workout facility in Boston where he lifts weights, uses the rowing machine and is a member of the facility's swim team.

Poirier, who coached Cannon on the jayvees, is now the Warriors' varsity wrestling coach, taking the reins from John Adams. Poirier smiles when Cannon's name is mentioned and it's obvious that they've developed a strong bond.

"Austin is one of the best kids I've met through wrestling," Poirier said. "He's had many victories as a jayvee competitor. He's physically and mentally tough, is very coachable, asks great questions, keeps learning and has a high wrestling IQ. Austin accepts losing but he always competes to win."

At Local Town Pages deadline, KP's wrestlers were preparing to start the season. And, it's very likely that Cannon will fulfill his goal to compete in a varsity match.

"Austin will wrestle in some varsity matches," is the way Poirier responds to Cannon's objective.

Hearing Poirier's remarks, Cannon said: "I have to earn it first. We have a sign in the wrestling room that stresses 'you get what you earn.' I'm excited because a varsity match has been my goal since last year. When it happens, I'll be a bit nervous and anxious."

Cannon has developed tremendous relationships with coaches and teammates at both the jayvee and varsity levels. He rates Poirier highly and admired Adams who coached the varsity last year.

"Coach Poirier is a great motivator, he cares about his players and teaches us how to correct our mistakes," Cannon



Austin Cannon Jr. competes in the shot put for KP's track and field team.

offered. "Coach Adams liked my single-leg takedown. I thought he was great and he taught me to be disciplined. Colby Cloutier also was very encouraging and motivating when he wrestled last year."

Cannon wrestled at 155 pounds last year but this season he'll be in the 175-pound class.

No matter what class he's assigned to, Cannon's philosophy of competing doesn't change. "I want to win, I want to reach my potential and I want to enjoy whatever sport I'm involved with," he said. "Wrestling isn't for everyone. If it was easy, everyone would be trying it."

Born and raised in Norfolk, Cannon is acutely aware that wrestling and track have taught him some valuable life lessons. "Sports have taught me to be accountable, to be mentally and physically strong, to be disciplined and to be able to overcome adversity," he said.

Calling his parents (Austin Sr. and Lisa) role models for their support and encouragement, Cannon also admires his younger brother Sam, an eighth-grader who wrestles and plays football. "Sam practices at times with me and he's always cheering for me at matches," Cannon said.

An honor-roll student, Cannon hopes to enroll at Curry College and major in sports broadcasting. "When I was visiting there, I asked if they had a wrestling team," he said. "They said 'no' but told me I could start a club team. College will be a challenge but I'll study hard and aim for good grades."

When the wrestling season ends, Cannon will join KP's outdoor track team. He throws the discus and competes in the shot put from his wheelchair. "I like



Wrestling coach Mike Poirier and Austin Cannon Jr. have developed a strong bond.

the shot put but I have more fun throwing the discus," he said. "Probably because I'm better at it."

Cannon also finds time to participate in the Peer/Mentor Social Program at KP. "It's a program where one can develop relationships with other students and also help underclassmen," he noted.

Quarterbacks Tom Brady and Patrick Mahomes are Cannon's favorite professional athletes. He likes their leadership abilities. As for his favorite wrestler? "It's Spencer Lee," he said. "He won three national titles at the University of Iowa."

What makes Cannon top-notch is his lack of bitterness. He has none in spite of his physical condition.

His father says that his condition is a factor in his son's competitive improvement. "Austin uses it as motivation," his father said. "And, he uses it to get to the next level."

Cannon knows that his graduation from KP will be a happy event, but also bittersweet. "It'll be sad in a way because I'll miss my friends and I'll miss athletics," he said. "But, I'm looking forward to a new chapter of my life in college."

Cannon will leave behind a legacy at KP. He found a way to compete in spite of a difficult physical condition. But, he kept battling. In the end, he won wrestling matches and he took his game to the varsity level.

A goal set and a goal achieved.

Austin Cannon Jr. is a terrific example of how to overcome adversity. He's made an impact at KP because he's a champion in every sense of the word.

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Advertising Director
Jen Schofield
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jenschofield@localtownpages.com

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MEETING

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fact to Wrentham while complying with state law. He noted that the Planning Board voted unanimously to recommend that town voters approve the new bylaw with the multi-family overlay zones.

Interim Town Manager Michael King summarized the law and projections of the financial impacts of constructing all 750 potential units, indicating that the impact to the town budget would range from \$4M to \$13M annually.

Long-time town resident and chairman of the Conservation Commission, Leo Immonen, provided a summary of why voters should approve the bylaw, including challenging the Town's financial impact projections, particularly the assumed number of units, number of people per unit and number of students, and highlighting that Wrentham is aging and needs young families to flourish.

In wrapping up, Immonen shared that during his decades of public service in Wrentham he always tried to be fair and to comply with both the letter and intent of the law - he urged Town Meeting to comply with the law in this case too. Moderator Edward Goddard gavelled the audience to quiet the jeering in response to Immonen's "comply with the law" comments.

Attendees cheered Select Board member Chris Gallo's impassioned opposition to the overlay zones, referring to the MBTA Communities law as "extortion." Gallo noted that the Select Board had given the State Auditor plenty of time to rule on whether the MBTA Communities act is an unfunded mandate and expressed disappointment that the Auditor had declined to do so, citing ongoing litigation. Gallo urged voters to vote no because the town doesn't have key infor-

mation from the auditor, both the unfunded mandate analysis and the fiscal impact analysis, and because the Milton litigation should be decided before voters make a decision.

Likewise, Select Board chairman Joe Botaish expressed his opposition, referencing the US Constitution's opening words, "We the people," and characterizing the state law as an unfunded mandate being forced upon Wrentham taxpayers. His comments were met with cheers from voters as well.

Later, Select Board member Michelle Rouse highlighted the "checks and balances" form of our system of government, particularly Town Meeting serving as a check on state legislature overreach. Additionally, Rouse noted that 32 communities are in opposition to the MBTA Communities mandate, including the town of Milton, and that Wrentham should wait for the outcome of that current litigation, referring to the Attorney General's suit to force Milton's compliance with state law. Rouse too urged voters to reject the bylaw.

Just before 10 p.m., after almost 2 hours of discussion, Moderator Goddard secured unanimous consent to proceed with an up or down vote on the MBTA Communities article. With just 53 standing in support of the article, it was immediately clear that even the simple majority threshold would not be achieved; 542 voted to reject the article. As of January 1, 2025, Wrentham will no longer be in compliance with the state law and expects that discretionary grants will no longer be disbursed to Wrentham.

Wrentham Cable Access recorded the meeting and it is available on their streaming site. This URL starts at Mr. Gallo's speech opposing the MBTA Communities Bylaw: <https://bit.ly/3P1QTh8>.

Vote for Freeman-Kennedy Debt Exclusion Set for Feb. 1

BY GRACE ALLEN

Norfolk will hold a Special Election on February 1 to decide on a debt exclusion to fund the design of a school expansion project for the Freeman-Kennedy School. The \$4.3 million request was approved at November's Town Meeting, and the next step is a town-wide vote in order for the project to move forward.

Unlike an override, a debt exclusion raises property taxes for a period of time, usually 10 to 20 years, to fund a particular project.

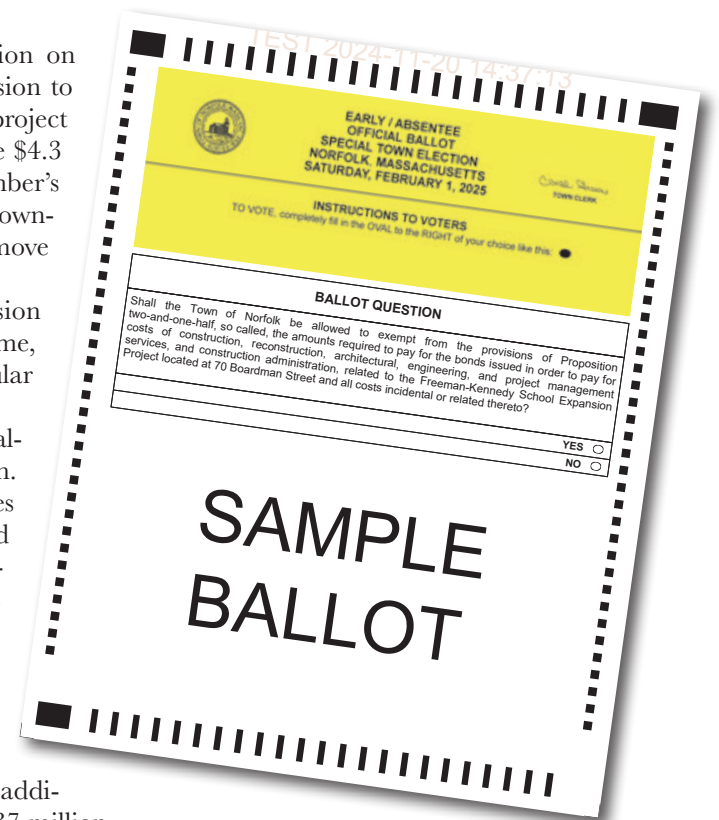
Ongoing enrollment growth has challenged both elementary schools in town. The H. Olive Day School, which houses students from pre-K through second grade, is already at capacity. The Freeman-Kennedy School, which houses students from third to sixth grade, will be out of space by 2026, according to school officials. Current projections are that the schools will need room for 200 more students by 2035.

If the project moves forward, the addition, which is estimated to cost over \$37 million, will be completed by the fall of 2027.

The town has been studying for several years how to handle the expected enrollment growth in the schools. While several options have been considered, including modular classrooms, it was determined that an addition to the existing building makes the most sense, logistically and fiscally.

Several community forums were held in 2024, with the goal of engaging and educating residents on the schools' space constraints and possible solutions.

Voting will take place on Saturday, February 1 at the Freeman-Kennedy School, 70 Boardman St. from 7 a.m. to 8 p.m.



Early in-person voting will be held at Town Hall, 1 Liberty Lane, in the Town Clerk's office. Days and times to vote are Tuesday, Jan. 21 from 8 a.m. to 8 p.m.; Wednesday, Jan. 22 from 8 a.m. to 8 p.m.; Thursday, Jan. 23 from 8 a.m. to 8 p.m.; Friday, Jan. 24 from 9 a.m. to 5 p.m.; Saturday, Jan. 25 from 9 a.m. to 5 p.m.; Sunday, Jan. 26 from 9 a.m. to 5 p.m.; and Monday, Jan. 27 from 8 a.m. to 8 p.m.

Visit the Town Clerk's page on [Norfolk.ma.us](https://www.norfolk.ma.us) for more information, or to request a ballot by mail.

For more information on the Freeman-Kennedy expansion project, visit <https://bit.ly/4hib33A>.



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Letter To the Editor

At Berkshire Hathaway HS Page Realty, we were overwhelmed again this year by the generosity of the people in our communities. The Toys for Tots donations filled the front foyer of our office once again! We are truly grateful for your support of this charity to make sure that every child has a special holiday. From big wheels to beautiful new bikes, you warm our hearts this Christmas season.

THANK YOU, AL, ELLEN & CHRIS RAO



Norfolk Electricity Aggregation Plan Approved

Wrentham Plan Moves Forward

By JOE STEWART

The state's Department of Public Utilities has been busy reviewing municipal aggregation plans and has recently approved Norfolk's municipal aggregation plan and held a hearing on Wrentham's plan.

A municipal aggregation plan allows a town to buy electricity for its residents and businesses. Both Norfolk and Wrentham's plans are voluntary and give customers the option to pay the town's negotiated rate or opt-out and choose a different supplier.

Municipal aggregation started in 1997 and lets towns and cities collect bids and purchase electricity for their communities. Since the first plan was approved in August 2000, 218 plans have been approved. As of January 2024, more than 1.27 million people in Massachusetts are part of a municipal aggregation program.

According to Norfolk's website, the goal of the aggregation program is to provide savings over time compared to Eversource's Basic Service, but savings—now or in the future—cannot be guaranteed. Rates can change two or more times a year, depending on rate class. This means the aggregation rate might not always be lower than the Eversource Basic Service rate.

Norfolk contracted with Colonial Power Group to assist

with its program. According to Mark Cappadona, President, Colonial Power Group is working with nearly 100 Massachusetts cities and towns, including 80 who are currently operating community aggregation plans.

The State's Electric Power Division tracks rates and Norfolk residents have experienced significant changes in their rates from a low of \$0.10753 in the summer of 2021 to a high of \$0.25776 in the winter of 2022 - the average rate since January 2021 has been \$0.1604:

<https://bit.ly/3DnRKpM>.

Currently, Norfolk residents pay \$0.18906/kWh under National Grid's basic rate. Nearby towns with community aggregation plans enjoy lower rates than do Norfolk residents. Ashland's rate is \$0.15988/kWh, Holliston's is \$0.14771, and Franklin recently negotiated a \$0.15 rate which will be good through November 2025.

Cappadona expects Norfolk to review options in January and possibly accept a bid from a licensed supplier. If so, Norfolk residents could expect to join Norfolk's program as early as April, following the 30-day opt-out period.

Wrentham contracted with Good Energy to assist with its aggregation plan. According to Allison McNeill, Client Specialist and Program Manager for Wrentham, Good Energy

has 68 Massachusetts clients representing about 650,000 households including Attleboro, Norton, and Plainville. Wrentham submitted its aggregation plan to the DPU in October and their hearing was held in early December. Doug Enos, Wrentham's assistant Town Manager, spoke at the hearing and summarized Wrentham's plan as, "We are planning to provide two choices. First, Wrentham Standard is designed to maximize potential cost savings, though we do recognize that savings over National Grid are not guaranteed; second, Wrentham Plus which has a higher renewable energy component to support emission reductions in line with Commonwealth's climate goals."

Like Norfolk, Wrentham's plan requires DPU review and approval, which is expected in early January. Following approval, Wrentham residents could see their plan go into effect as soon as June 2025. McNeill noted that Wrentham will launch its plan when rates are favorable to residents.

Norfolk's aggregation plan is available at <https://bit.ly/3DgmtW0> and more information about Colonial's client-towns is available at <https://colonialpowergroup.com/our-communities/>.

Wrentham's plan is available at <https://wrenthamcommunityelectricity.com/>.

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King Philip PTO Awards \$1,000 to School's Positive Behavioral Intervention Program

Last month, it was announced that the King Philip High School/Middle School Parent Teacher Organization awarded \$1,000 to the school's Positive Behavioral Intervention and Supports (PBIS) program.

Positive Behavioral Interventions and Supports (PBIS) is an evidence-based, tiered framework for supporting students' behavioral, academic, social, emotional, and mental health. By continually teaching positive behavior values and acknowledging or providing feedback on positive student behavior, the King Philip Middle School (KPMS) community promotes a climate of greater productivity, safety, and learning.

KPMS has supported the PBIS model for over two years, recognizing students for acting in the KP Way: Safe, Respectful, and Responsible. This initiative has decreased behaviors that require office referrals, and since the program's introduction,



From left, PTO Secretary Michelle Berry; KP Educators Allison Donahue, Michelle Kreuzer and Michele Austin; PTO Chair Jen Gresham; KP Educators Elizabeth Burch and Patrick Holland; and PTO Treasurer Bob Paschke. (Photo courtesy King Philip Regional School District)

KPMS has seen a 36% reduction in negative behaviors among students.

The PBIS Team brought news of this positive impact to the KPMS MS/HS PTO, and

PTO members supported the effort with a \$1,000 donation. This donation will be used to celebrate students' engagement in the KP Way's core values. To acknowledge students, KPMS

will give out trinkets such as stickers, pencils, sunglasses, and other "swag." The donation will be used to hold gift card raffles for students who have entered a "KP Way All-Star" ticket at the end of each eight-day cycle.

"We have seen great success with our PBIS initiative. Principal Kreuzer and our middle school teachers, staff, and PBIS leadership team have done a tremendous job in planning, implementing, and reinforcing important values that enable all of our students to think and be

more community-minded, respectful, safe, and responsible learners," Superintendent Dr. Rich Drolet said in a statement.

Principal Michelle Kreuzer added, "On behalf of our entire school community, we extend our heartfelt thanks to the PTO for their generous donation to support our PBIS program. This contribution will directly benefit our students and foster a more positive and supportive school environment. We are truly grateful for the PTO's continued dedication to our school."

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Millis - Listed



Millis - Listed



Norfolk-Listed



Norfolk- Listed



Wrentham-Buyer



Wrentham- Buyer



Medfield-Buyer



Walpole- Buyer



North Reading-Buyer



Everything Artificial

*I trot with ease down easy street,
Synthetic shoes on bouncing feet,
My smart phone charts a special route,
While ear phone trumpets sharply toot.*

*I'm wrapped within my own cocoon,
Techno selects my every tune,
Why make the effort and disturb,
This life of ease in sweet suburb?*

*And now I hear we're on the brink,
Soon, they say, I'll not have to think,
The taxing task that hurts my brain,
Solving problems drives me insane.*

*Benefits of techno intuition,
May just eliminate college tuition,
Freeing funds with which to wager,
On my favorite team's latest caper.*

*And so I shift to cruise control,
As A/I facilitates my stroll,
Down easy street, hard tasks I shirk,
Let techno do the boring work.*

G. GREGORY TOOKER C. MARCH 27, 2023

Q & A With Healthy KP

Happy, healthy new year from all of us at the Healthy KP Substance Use Prevention Coalition! We understand that talking to your children about drugs and alcohol can be one of the most difficult and sensitive topics as a parent. Our new monthly Q&A section is here to guide you through these important discussions and to also keep you informed of Healthy KP programming and resources.

Will it make a difference if I talk about drugs and alcohol to my kids?

Yes! The research shows that kids do listen to their parents (even if it might seem like they don't). Over 80 percent of young people ages 10-18 say their parents are the leading influence on their decision whether to drink or not. Even though it can be difficult to start these conversations with your kids, talking about it can help lower their chances of using drugs and alcohol by 50%.

What should I say?

Protecting your kids requires more than one "big talk." It's important to maintain open lines of communication, model responsible behaviors and set expectations. Sometimes, the hardest part is just starting that first conversation.

- Find the "right" time to talk. Sometimes the best times for these types of talks are during car rides, walks or while doing something.
 - Talk with your teen, not at them.
 - Aim to maintain open lines of communication.
 - Avoid asking yes or no answers.
 - Discuss the consequences of drug use.
 - Always encourage healthy, positive activities (hobbies, clubs and school events)
- and celebrate the good choices your child is making.
- Model healthy relationships with substances and do not feel pressured to disclose your own history of substance use.



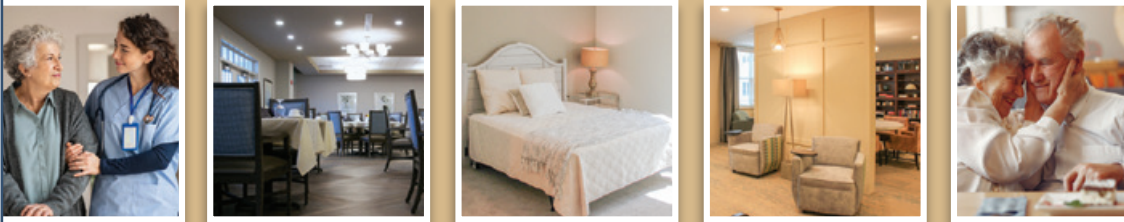
It can be helpful to be informed and to do your research before starting a conversation but you don't have to be an expert to make an impact. Visit healthykp.org and check next month's Q&A for more information. Please email your questions to info@healthykp.org. Your questions will remain confidential and anonymous.

Formed in 2018, Healthy KP is a community-based group of volunteers from the tri-town communities working together to prevent and reduce the use of alcohol, drugs and tobacco products among our youth. In December of 2020, Healthy KP was awarded a Drug-Free Communities (DFC) grant allowing the coalition to strengthen community collaboration and engagement to prevent and reduce substance use among youth. By implementing evidence-based prevention programs, strengthening partnerships and building connections through community events, Healthy KP has made progress in reducing rates of youth use. For more information, visit www.healthykp.org

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Start the New Year with Affordable Junk Removal

There are plenty of reasons to call a junk removal service. Perhaps, after the cheerful festivities of the holiday season, navigating your basement or venturing into the attic has become a bit more challenging. Maybe you are planning to move, and you need to declutter before your open house?

Figuring out who to call can be challenging. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

Or you can call Affordable Junk Removal and let a local small business with deep community roots take care of everything.

Jay Schadler started his business in 2005. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with eight trucks, servicing eastern

and central Massachusetts and northern Rhode Island.

Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic, or office is overflowing with stuff, take back your space and let the pros do the heavy lifting.

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

Not everything ends up in a landfill—not if Jay can help it. He first tries to either recycle or donate items. Only after he tries to repurpose items do they end up at the transfer station.

Working with Affordable Junk Removal is simple. First, you can load stuff yourself if you want by renting a 15-cubic-yard dumpster for a week and chucking up to a ton of your unwanted stuff. If you need to get rid of more weight, then Jay prorates that tonnage—you never pay for

Business spotlight

what you don't use.

If you don't want to be bothered with the dumpster, they've also got a driveway special where they'll take away a truckload of your unwanted things if you pile it up. Or if you don't want to lift a finger, then you can point at the items, and the team will fill up their truck and haul away your unwanted things. However you do it, you're left with more space and more peace of mind.

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an anonymous call center. Your phone call goes right to Jay.

And speaking of pricing, Jay is upfront about it. His website shows the truck sizes and prices, so you can save time knowing your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.

Affordable Junk Removal is



fully licensed and fully insured, and they'll treat your property with care and respect.

They also have a thriving commercial business, working with contractors and roofers to clear away debris and keep the job site clean. They can even handle commercial and residential emergencies with same-day service.

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston. It's not uncommon

for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

Contact Affordable Junk Removal and let a local small business take care of everything for you. Call Jay Schadler at (774) 287-1133 or visit us online at www.affordablejunkremoval.com.

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21st Annual Gary Mirliss Blood Drive Planned for January 11

The annual Gary Mirliss Memorial Blood Drive will be held on Saturday, January 11 from 8 a.m. to 3 p.m. at the King Philip Middle School, 18 King St., Norfolk.

The drive honors the memory of Gary Mirliss, a Norfolk resident who passed away from leukemia in 2001. Blood donations will be used for patients stricken with cancer at Brigham and Women's Hospital, Dana-Farber Cancer Institute, and Boston Children's Hospital.

Donors will be offered a pancake breakfast, pizza lunch, and an ice cream social. The drive is being held in partnership with the Kraft Family Blood Donor Center.



The blood drive in memory of Gary Mirliss will mark its 21st year on Jan. 11.

Appointments are strongly recommended, although walk-ins will be accommodated on a first-come, first-served basis. Use the QR code to make an appointment or visit <https://bit.ly/Mirliss2>.

Email GM.Memorial.Drive@gmail.com with any questions.



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5th Annual Luncheon Helps Grieving Mothers Move Forward

By GRACE ALLEN

A yearly luncheon hosted by Gilly's House invites grieving mothers to gather, reflect, and learn how to move forward after the death of a child. Mothers who have lost a child for any reason are invited to attend the free event held each November, before the start of the holiday season.

The most recent luncheon was held on November 18, 2024, at the Chabad Jewish Center in Milford. Attendees came from all over Massachusetts, as well as New Hampshire.

The food was prepared by Rebbetzin Rochy Kivman. Rabbi Mendy Kivman, the leader of the Chabad Jewish Center, opened with a blessing. The event also included goody bags for all participants, and raffles.

The luncheon's underlying theme was "moving forward," said Barbara Gillmeister, co-founder of Gilly's House. She

added that many mothers who have lost a child need a way to shift their approach to grief.

"Everybody grieve differently," she said, "but I've met so many mothers who are stuck in their grief process, even years later." She notes that the shared experience of mothers gathering together can be very powerful.

Barbara Gillmeister, along with her husband David, founded Gilly's House in memory of their son Steven, who passed away from a drug overdose in 2016. Gilly's House is a sober home for young men who have completed treatment but now need a place to continue their recovery

The luncheons have featured speakers who demonstrate ways to cope and find new purpose after losing a child. On November 18, the special guest speaker was Pat Elsberry, author of "Beautifully Broken: Finding Hope During Loss." Elsberry lost her 38-year-old daughter to



From left, Maureen Cappuccino, the house administrator at Gilly's House, Pat Elsberry, special guest speaker, and Barbara Gillmeister, co-founder of Gilly's House.

substance use disorder in 2020.

Tying into Elsberry's book, during the luncheon the mothers participated in the Japanese art form known as "kintsugi," which teaches how to repair broken pottery by mending the areas of breakage with lacquer



Author Pat Elsberry addresses the mothers during the luncheon.



Kintsugi piece crafted by a mother in memory of her son.

"We hope when moms leave the luncheon they are able to take even a baby step towards doing something positive in memory or honor of their child," said Gillmeister. "Everyone's grief journey is different, but we have found that doing something to help others, while it may help to keep you busy, is a way to make you feel needed and bring about the beginning of a new road that may be parallel to one's grief, but much needed to have a sense of self-worth."

Sponsors of the mother's luncheon included Kim Williams Real Estate Sales; Robert Roofing & Gutters; SK Services; H & M Excavating, Inc./Plainville Oil; Michelle Pozner; Wrentham Co-Operative Bank; and KJP Life & Leadership Coaching.

For more information about Gilly's House, or to be put on a mailing list for next year's luncheon, visit www.gillyshouse.com or call 508-384-2251.

dust or gold. Kintsugi symbolizes that adversity can turn something broken into something beautiful and resilient.

"It's a reminder to stay optimistic when things fall apart and to celebrate the flaws and missteps of life," said Maureen Cappuccino, the house administrator at Gilly's House, and one of the luncheon organizers.





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Your Money, Your Independence

Hoping “New Year, New You” Makes Financial Goals Come True?



Glenn Brown, CFP

Made New Year’s resolutions to improve your financial wellness in 2025?

Now is when many of us reflect on what we’ve accomplished and where we fell short. This introspection often leads to the creation of New Year’s resolutions, with financial goals ranking high on the list. Whether it’s paying down debt, saving more, or investing smarter, the start of the year feels like an ideal time for a fresh financial start.

Yet, people often struggle to make lasting changes to their financial habits. Understanding

the reasons behind these challenges can help create more sustainable financial planning strategies for the year ahead.

Let’s examine 5 common challenges.

1. Unrealistic Expectations

- A common reason why New Year’s resolutions fail. Take someone who wants to save 50% of their income or pay off long-standing debt in a short period. While ambitious, these goals often don’t align with one’s current financial reality, thus frustration and discouragement occur when progress is slower than expected. Setting unattainable goals results in burnout and abandonment.

Resolution: Break goals into small, manageable steps. Instead of resolving to pay off a debt in one year, consider reducing the balance by 25% in 6 months. If you end up with more, great, but an incremental approach brings accomplishment and makes the goal feel more achievable.

2. Lack of a Clear Plan - Vague goals like “save more money” or “get out of debt” lack actionable steps, making it difficult to execute. Without a structured plan

and understanding your “why” it’s easy to become distracted by day-to-day life, leading to stagnation.

Resolution: Develop an outline of specific considerations, steps and timelines. For example, if building an emergency fund is a goal, then create a budget, set up logistics like automatic transfers and monitor progress/spending to stay on track.

3. Failure to Track Progress

- An easy way to lose sight of financial goals is not having scheduled check-ins. It doesn’t need to be weekly or even monthly, but there needs to be consistency in times to review and identify where adjustments are needed. Without this, bad habits persist or worse, form, and now you’re battled to unwind new problems.

Resolution: Leverage technology and objective people that are unafraid to tell you much-needed truths. For many couples, an outside intermediary saying what needs to be said greatly benefits relationships. Also, make sure you celebrate milestones along the way.

4. Emotional Spending and Instant Gratification - Many struggle with impulse spending or seek instant gratification, especially after a stressful day. Afraid to look at your Amazon spending history? This behavior derails the best-laid financial plans.

Resolution: Identify triggers and implement strategies to delay or review purchase decisions. Create a spending prioritization strategy by identifying where you want to spend your money, this helps shift focus from immediate desires to long-term financial goals.

5. Lack of Accountability

- Some are great at executing on their own, for others going it alone can make sticking to financial goals even more challenging. Without a support system or accountability partner, it’s easier to lose focus and fall back into old habits.

Resolution: It goes beyond someone telling you “No” when needed, as by sharing progress and/or changes along the way, an accountability partner can help reassure you’re on track and motivate you with confidence to keep pushing forward.

Conclusion

Financial resolutions are a powerful tool for creating long-term financial security, but they require more than just wishful thinking.

Maybe it’s time to socialize your goals, set monthly action steps to create fresh start moments and leverage an accountability partner (i.e. Certified Financial Planner) to make your 2025 resolutions happen.

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™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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The b.LUXE *beauty beat*

Get to Know the b.LUXE Experience - 2.0

Many of you loved the original Beauty Beat article, “Get to Know The b.LUXE Experience,” from a few years ago. We’ve grown and evolved over the past two years, adding new services, talented team members, and more ways to enjoy your beauty experience. We’re excited to share what’s new and what’s been happening—there’s so much to update you on!

As the creative minds behind The Beauty Beat, the team at b.LUXE Hair and Makeup Studio loves sharing the latest trends, tips, and inspiration. But did you know many of our ideas and new service offerings are sparked directly from our conversations with our incredible clients? Your stories, challenges, and beauty goals motivate us to innovate, create, and seek services to meet your unique needs.

What’s New at b.LUXE?

- **Apprentice Services at Specially Discounted Prices:** Enjoy top-notch beauty services at a fraction of the cost while supporting our training stylists! In collaboration with the Massachusetts State Board of Cosmetology, b.LUXE is proud to introduce an apprenticeship program offering hands-on experience and high-quality, supervised services at specially discounted rates. This program provides our young talent with exceptional education and training, all while delivering great value to you.

- **Wig & Topper Hair Services:** We now offer compassionate, customized solutions for clients experiencing hair loss or seeking hair-enhancing options. Our full range of human hair and synthetic wigs, toppers, and holistic scalp treatments restore your appearance, confidence, and well-being.
- **Expanded Beauty Services:** We’re excited to announce the addition of new treatments and services alongside our signature offerings! Our new Mind Body Facial is a holistic skincare treatment that combines the rejuvenating benefits of facial therapy with the healing energy of Reiki and aromatherapy, providing a complete mind-body experience.
- **The Saphira Defrizzing Treatment:** This hair treatment features Hyaluronic Acid with a formula enriched with 26 minerals from the Dead Sea, diamond powder, lily flower, and essential oils. It removes frizz and transforms dry, brittle hair into soft waves that enhance natural hair patterns and texture. Each treatment includes a full-sized Prep & Maintain Shampoo and Mineral Mist for you to take home.

Why Choose b.LUXE?

We’re excited to be recognized as Google’s highest-rated salon in Massachusetts, with over 800 five-star reviews! Additionally, we’re proud to be a two-time recipient

of The Salon Today 200 Award, which honors the best beauty establishments in the country. Our bright and vibrant studio is home to passionate professionals who genuinely care about our clients. Whether you’re visiting for a haircut, coloring, or a spa day, we strive to make every experience luxurious.

Our Specialties:

Hair Services: We offer a full range of expert hair services, including precision cutting, all aspects of hair coloring, foiling, balayage, smoothing treatments, and more. Our team specializes in curly haircuts, extensions, and gray-blending to help you achieve your perfect look.

Hair Loss Solutions: We offer fully customized human hair and synthetic wigs, toppers, and bangs designed to add volume and coverage. Our compassionate services support individuals experiencing hair loss or thinning due to conditions such as alopecia or the effects of cancer treatments, as well as those seeking easy options for added volume and variety. Customization and adjustments are also available, including cutting, coloring, and styling to ensure a perfect fit and look. Additionally, our Scalp Spa services provide a holistic approach to promote continued scalp health.

- **Superior Skincare and Spa Services:** We offer a full line of luxurious spa services, including luxury facials, lash extensions, waxing, and dermaplaning.
- **Makeup Services:** Ready for a beauty boost? We offer various makeup services, including special occasion, editorial, and wedding makeup, along with makeup lessons and our mature makeup makeovers. Our team of skilled makeup artists will work with you to craft a look that’s uniquely yours and perfect for any event!



- **Wedding Beauty:** On-site and in-studio services for your big day.

The b.LUXE Experience:

From the moment you arrive, you’ll feel the difference. Our friendly staff will greet you warmly, check you in, and invite you to unwind in our relaxing lounge with refreshments from our deluxe coffee bar.

Your personalized consultation ensures every service meets your goals, budget, and style. And don’t forget our complimentary **LUXE for Everyone** add-ons, designed to surprise and delight:

- **BEFORE Oil Treatment:** Nourishes hair and scalp with a soothing massage.
- **Moisturizing Hand Treatments:** Perfect during color or smoothing sessions.
- **Hot Stone Foot Treatment:** A relaxing bonus with luxury facials.

Community and Convenience

At b.LUXE, we operate as a team-based salon, ensuring you’re comfortable in the expert hands of your usual stylist or any of our talented professionals. There is no “my client” or “your client” at b.LUXE—only “Our Clients.”

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- Evening and Monday hours to fit your busy lifestyle
- A private service room for clients requiring added privacy

- Three large parking areas

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Our studio isn’t just a place for beauty—it’s a vibrant community. Located in the historic Medway Mills, it’s a space where creativity thrives, along with many other local businesses. We treat our clients like valued friends, welcoming them with warmth and care at every visit.

Wishing you all a Happy New Year! We can’t wait to meet you and help you achieve your beauty goals—**after all, beauty is our business!**

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January Program Highlights at the Norfolk Senior Center

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

Thursday, January 2 at 11 a.m. **New Year Party & Illusionist Lyn Dillies** Ring in 2025 with your friends at the Norfolk Senior Center. Brunch at 11 a.m.: Bacon, ham, sausage, scrambled eggs, French toast, and fruit platters prepared by James' Breakfast & More. Then we will be counting down to Noon Year! At 12:15 p.m., illusionist Lyn Dillies will entertain us. She is one of the highest awarded female illusionists in the country. Lyn's show is filled with eye-defying illusions and audience participation. RSVP for brunch.

Tuesday, January 7 at 10 a.m. **Using AI On Safari, Google, & Chat GPT** Heard people talking

about AI and Chat GPT and want to learn what it is all about? KevTech Services will discuss AI and how it can enhance our lives. Learn how to use AI tools on your smartphones for researching topics and finding helpful information. We will learn how apps and websites can help with hobbies, researching topics, building meal plans, and much more. RSVP requested.

Tuesday, January 7 at 1 p.m. **Bollywood Dance Lesson** Try something new by experiencing Bollywood dance. We will learn a series of easy-to-follow dance routines set to the infectious beats of Bollywood music. Connect with the beauty of Indian dance for a low-impact cardio workout. Sponsored by Volunteering for Seniors. RSVP requested.

Wednesday, January 8 at 1:15 p.m. **New Year Concert with Colleen Marshall.** Join us

for an unforgettable afternoon of music celebrating icons of the music industry. Exceptional vocalist Colleen Marshall performs songs from greats like Patsy Cline, Whitney Houston, Barbara Streisand, and Frankie Valli. RSVP requested.

Thursday, January 9 at 1 p.m. **Dead Presidents: Crisis, Conspiracy, & Constitutional Succession** Of the 46 men that have been President of the United States, eight have died in office. Though the Constitution lays out a presidential succession, oftentimes the unexpected death of a president is surrounded by shock and uncertainty. Paolo DiGregorio will talk about what happens when a president dies. RSVP requested.

Monday, January 13 at 11 a.m. **Unearthed: Exploring the Smithsonian National Gem Collection** Dr. Jeffrey Post explores the scandals, mysteries,

and human stories behind the world's greatest gems. He will regale us with anecdotes and tales of some of the world's greatest and most famous gemstones. Shown via Zoom and in conjunction with Norfolk Public Library at the Senior Center or watch from home. RSVP requested.

Thursday, January 23 at 1 p.m. **Plant Care & Gardening Apps for A Beautiful Indoor Garden** Learn how to grow herbs and vegetables indoors. Perfect for those with limited space or mobility. We will explore plant care and gardening apps that track light and water needs, helping you maintain your indoor garden year-round. Presented by SeniorU. RSVP requested.

Monday, January 27 at 11 a.m. **Solo Ager Discussion Group** Are you an older adult who lives alone and doesn't have

reliable support from children or family members? Are you making decisions about your future independently? Then the "Solo Agers Discussion Group" is for you! This is a monthly meeting to discuss the practical planning steps that are unique to solo agers. Hope to see you at our first meeting! Call Outreach Coordinator Becky Poynot with questions. RSVP requested.

Thursday, January 30 at 1 p.m. **Happiness at Any Age Lecture** Acknowledging that at any age we can all be "happier," we will complete our own Happiness Rx. We will share insights, learn from each other, review our own purpose and consider how civic engagement, whether for pay or as a volunteer, can be an important part of our Happiness Rx. Come explore the value and benefits of happiness with David Guydan of Discovery Center. RSVP requested.

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Living Healthy

Decades of Service to the Community: Welcoming a New Provider and Exploring What's New in Eye Care for 2025

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

Milford-Franklin Eye Center has proudly delivered outstanding eye care to the community for decades. We are excited to announce that Dr. Mark Barsamian has joined our team as a vitreoretinal specialist and Chief of our Retina Service. Dr. Barsamian will see patients every Thursday in our Franklin office, enhancing access to advanced care for retinal disorders.

With locations in Milford, Franklin, and Millis, outreach services to Marlborough, and an award-winning surgery center in Milford, we are the leading provider of medical and surgical eye care in the region. Our dedicated team of 58 professionals, including experienced surgeons and four optometrists, is committed to providing comprehensive, high-quality care. As one of

the few ophthalmology practices in Massachusetts with a licensed surgical facility, we eliminate the need for patients to travel long distances for procedures like cataract surgery.

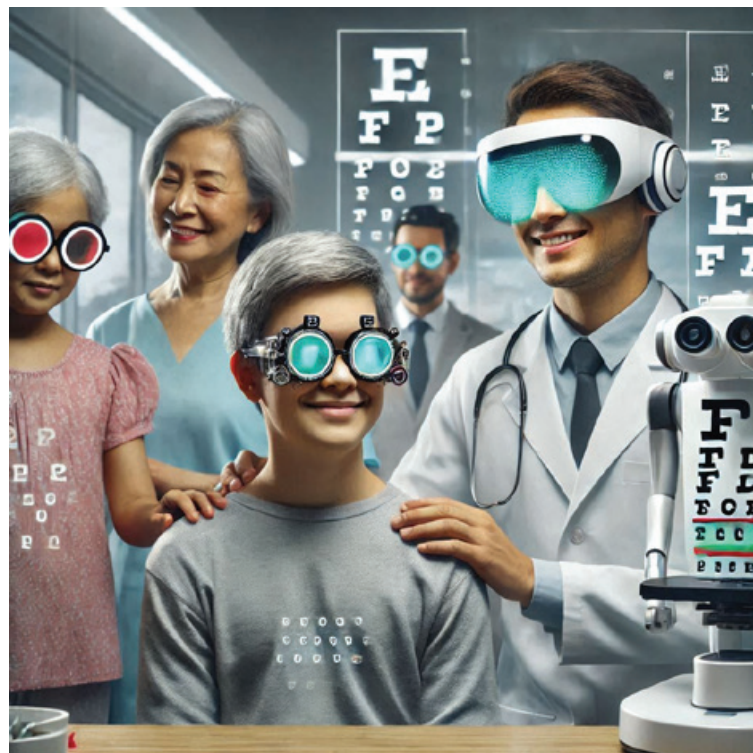
Dr. Roger Kaldawy, Medical Director of the Cataract Surgery Center of Milford, has completed over 30,000 cataract surgeries and introduced bladeless laser-assisted techniques to the area. He is among the first surgeons in New England to perform the iDose TR implant for glaucoma, an innovative drug delivery system recently featured on Boston's Channel 5. Dr. Kaldawy also holds distinctions in corneal transplantation and has trained numerous ophthalmologists in advanced surgical techniques.

Dr. Dan Liu, a fellowship-trained corneal specialist, brings expertise in cataract surgery with ORA technology, corneal transplants, keratoconus manage-

ment, and glaucoma procedures. She provides comprehensive care for conditions like macular degeneration, diabetic eye disease, and dry eye. Dr. Liu is board-certified and an active member of professional ophthalmology organizations.

Dr. Barsamian, a board-certified vitreoretinal specialist, focuses on the medical and surgical management of retinal disorders. He completed a two-year surgical fellowship at The Ohio State University and is an active member of organizations like the American Society of Retina Specialists. Outside of work, he enjoys cycling and family activities.

Our optometry team includes Dr. Shalin Zia, who specializes in routine eye care, contact lens fitting, and managing eye diseases; Dr. Michael Adams, with expertise in corneal pathology and specialty contact lenses; Dr. Donald Conn, who completed



his residency in Ocular Disease and Primary Care and provides comprehensive eye care for all ages; and Dr. Purvi Patel, a seasoned optometrist with experience in diabetes, glaucoma, and public health. Together, they offer exceptional care for patients of all ages.

What's New in the Eye World for 2025?

The year 2025 marks a pivotal moment in the realm of eye care and ophthalmology, with groundbreaking innovations poised to revolutionize the way we diagnose, treat, and prevent vision impairments. From cutting-edge technologies to pioneering research, the landscape of eye care is undergoing a transformative shift.

Artificial Intelligence (AI) and Machine Learning (ML) continue to play a pivotal role in enhancing the precision and efficiency of eye care. AI-powered diagnostic tools are becoming increasingly sophisticated, capable of detecting subtle signs of eye diseases like diabetic retinopathy, glaucoma, and age-related macular degeneration (AMD) at earlier stages. This early detection empowers healthcare providers to intervene promptly, significantly improving patient outcomes.

In the realm of surgical procedures, minimally invasive techniques are gaining prominence. Femtosecond laser technology, for instance, is revolutionizing cataract and refractive surgeries, offering faster recovery times and enhanced precision. Additionally, robotic-assisted surgery is emerging as a game-changer, enabling surgeons to perform intricate procedures with unparalleled accuracy and dexterity.

Gene and stem cell therapies are also making significant strides in treating previously untreatable eye conditions. Researchers are exploring innovative ways to repair damaged retinal cells and restore vision in patients with inherited retinal diseases. While still in their early stages, these therapies hold the promise of transforming the lives of countless individuals.

The integration of telemedicine into eye care has accelerated, especially in the wake of the COVID-19 pandemic. Remote consultations and monitoring allow patients to access expert care from the comfort of their homes, particularly beneficial for those in rural or underserved areas. Telemedicine also

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Living Healthy

January Events at the First Universalist Society in Franklin

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.

Moving Towards an Indigenous Worldview

Sunday, January 19, at 10 a.m.

Our planet faces so many crises, it can be hard to read the news. And yet, throughout the world, Indigenous communities and nations hold out a different way of being. Guest preacher, Claire Karl Muller will speak to this vision, finding our personal stake in it and what UU Mass Action is doing with Indigenous leaders here in Massachusetts to get there. Find out more about UU Mass Action on their website www.uumassaction.org.

About CLAIRE KARL B.W. MÜLLER (THEY): Claire Karl

is a force of nature. They are a 5th generation Germanic settler to Eastern Massachusetts and identify as a white, middle-class, non-binary, small-fat, queer organizer. Their values are curiosity, compassion, and truth and people power. They feel called to work with other white middle class folks on racial, economic and climate justice and joined the team at UU Mass Action in 2020. Claire Karl is coordinator of the statewide climate justice coalition Mass Power Forward, which they co-founded in 2015, as well as the UU Mass Action staff lead for Indigenous Solidarity.

Find Your Oxygen Mask - An Interactive Workshop

Sunday, January 19 from 11:45 a.m. to 1 p.m.

The FUSF Welcoming Congregation Initiative Team invites you to an interactive workshop titled, "Find Your Oxygen Mask."

Members of the LGBTQIA+ community, their allies, and anyone interested in learning more, are welcome to attend. We will connect, learn, and share resources, fears, and hopes during these uncertain times. We hope that whoever you are, wherever you are from, whomever you love, whether your heart is heavy or light, you will join us.

Jigsaw Puzzle Tournament and Sale

Friday, January 24, 6 to 8 p.m. OR Saturday, January 25, 10 a.m. to noon

Team Tournament: Enter your team to puzzle against other teams in a friendly and fun competition on either Friday night or Saturday morning. Each team receives the same 500-piece puzzle and races to finish first. Prizes given for 1st, 2nd, 3rd place. It's

Cheers to Health in 2025!!



Dr. Rochelle Bien & Dr. Michael Goldstein

I like to think that Health is a lifestyle of good, healthy habits and choices that help one achieve their goals. That should include surrounding yourself with like minded people and loved ones that support your goals as well as taking the action steps that help you achieve and maintain your goals. To truly achieve health and mental clarity the signaling from your brain to your body must be working at 100% of your genetic potential. Any interference in your nerve system can change this signaling and your function begins to decline. Interference can be caused by trauma, processed food, pesticides, household chemicals, pathogens (viruses, bacteria etc.) food preservatives and dyes and many more. Over time symptoms may appear. This is when NIS shines. Neurological Integrative Systems turns the signaling back on between the brain

and the body improving function and healing.

Through a three step process of removing the stressors, repairing the tissues and rebuilding the body an individual is given the opportunity to return to homeostasis and the symptoms resolve.

If you have been struggling with a chronic health issue that is not resolving and are wondering if NIS (Neurological Integrative Systems) can help you, give our office a call and we will be happy to speak with you. Dr Rochelle Bien and Dr Michael Goldstein can be reached at The Holistic Center at Bristol Square, 1426 Main Street, Walpole. CALL (508) 660-2722 and start your journey back to health.

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EYES

continued from page 12

facilitates the sharing of medical images and data, enabling specialists to collaborate seamlessly across geographic boundaries.

In the realm of contact lenses, advancements in material science and design have led to the development of more comfortable and durable lenses. Smart contact lenses, equipped with sensors and microelectronics, are on the horizon, offering the potential to monitor vital health parameters like glucose levels and eye pressure.

As we navigate the future of eye care, personalized medicine is gaining traction. By analyzing an individual's genetic makeup and medical history, healthcare providers can tailor treatment plans to maximize efficacy and minimize side effects. This personalized approach is particularly relevant for complex eye conditions like glaucoma and AMD, where treatment options vary widely.

In conclusion, the year 2025 marks a period of extraordinary

progress in the field of eye care and ophthalmology. From AI-powered diagnostics to revolutionary surgical techniques and groundbreaking therapies, the future holds immense promise for improving vision and quality of life for individuals worldwide. As technology continues to advance and research breakthroughs emerge, we can anticipate a brighter future for eye health.

Why Choose Milford-Franklin Eye Center in 2025?

Our commitment to excellence, advanced technology, and patient-centered care sets us apart. We provide world-class cataract surgery and advanced treatment options close to home, with results that rival major Boston centers. All surgeries are performed in our accredited surgical facility, never office-based, ensuring the highest standards of care and no additional out-of-pocket surgical fees. Our in-house optical shop crafts glasses while you wait, with new patients receiving a complimentary pair of select

frames. We also offer after-hours, same-day emergency appointments, and Saturday availability to accommodate busy schedules.

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EVENTS


continued on page 14

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January News and Program Highlights at the Fiske Public Library

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

The library will be closing at 3 p.m. on Tuesday, Dec. 31 and will be closed on Wednesday, Jan. 1.

Library Survey

The Fiske Public Library will be conducting a survey in January 2025 to help us better serve the 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!

Rental Book Program Ending in April 2025

The Friends of the Fiske will be ending the Rental Book Program in April 2025. If you have purchased a Rental Book Card, please be sure to use it by the end of April.

Fiske Public Library Webinars and Online Events

Enjoy a range of talks from bestselling authors and thought leaders. Brought to you in partnership with the Library Speakers Consortium. Whether you dive into history or dive into your imagination, these online author talks will open our minds as we open these books. Watch live or catch the recording and register ahead of time to submit questions for the authors! Register, submit questions, and view more Author Talks at <https://libraryc.org/fiskelib>.

Sourdough Starter Workshop with Brandon

Thursday, January 9 from 6:30 to 8 p.m.

Learn how to make, maintain, and store a sourdough starter in this one-hour presentation. Leave with some of Brandon's sour-

dough starter! Visit Brandon's website at <https://sourdough-brandon.com/> to learn more about baking with a sourdough starter. Register on the calendar at fiskelib.org.

Artificial Intelligence & Chat GPT

Thursday, January 30 from 6:30 to 8 p.m.

Virtual Reality. Chatbots. Deep Fakes. Do you sometimes feel like the technological world is moving too fast? And do you really know what any of these terms mean to you, never mind all of humanity? Take a breath and enjoy an in-person, real presentation on artificial intelligence. You might not want to use these things, but you should know what they are. (Not to mention, it changes every day!) So come learn in a fun and supportive manner. Bring your opinions and questions. Great for beginners, skeptics, and anyone wor-

ried about the fate of humanity.

Register on the calendar at fiskelib.org.

Fiske Library Book Club

Tuesday, January 28 at 7 p.m.

The Book Club meets the 4th Tuesday of the month in the Genealogy Room. This month the Book Club will be discussing "Frozen River" by Ariel Lawhon. It's 1789, in Maine. When the Kennebec River freezes, entombing a man in the ice, Martha Ballard is summoned to examine the body and determine cause of death. As a midwife and healer, she is privy to much of what goes on behind closed doors in Hallowell. Her diary is a record of every birth and death, crime and debacle that unfolds in the close-knit community. Months earlier, Martha documented the details of an alleged rape committed by two of the town's most respected gentlemen—one of whom has now been found dead

in the ice. But when a local physician undermines her conclusion, declaring the death to be an accident, Martha is forced to investigate the shocking murder on her own. For more information about Book Club, please contact Library Director Kim Shipala at kshipala@sailsinc.org or 508-384-5440. Upcoming books:

February 25: "Personal Librarian" by Marie Benedict

March 25: "Hello Beautiful" by Ann Napolitano

April 22: "Tomorrow, and Tomorrow, and Tomorrow" by Gabrielle Zevin

May 27: "Crying in H Mart" by Michelle Zauner

June 24: "Tom Lake" by Ann Patchett

An Inside Look at Working with a Literary Agent: A Conversation with Seth Fishman

Tuesday, January 28, 1 to 2:30 p.m.

You're writing a book (or thinking about it), but what happens next? Join us for an inside look into working with an agent and the beginning stages of the publishing process with Seth Fishman, Vice President and Literary Agent at The Gernert Company. In this presentation, Fishman will deep dive into what happens after you've signed with a literary agent. Register on the calendar at fiskelib.org.

EVENTS

continued from page 13

only \$40/team for teams of up to four people to participate and your team goes home with the completed puzzle! Team registration and puzzle tournament rules can be found at FUSF.org. For questions call Vicki @ 508-654-6740. Cash, check or electronic payment accepted.

Puzzle Sale: Over 500 Jigsaw puzzles will be for sale both Friday and Saturday. You do not need to enter a tournament to shop. Most puzzles are priced between \$3 and \$5. Some are brand new! Be sure to stock up for all those puzzlers in your life (or yourself). Cash, check or electronic payment accepted.

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College Application Decisions

This is the time of year when students start to hear back from their colleges. Congratulations to all the students who have received acceptances! Students are also receiving decisions where they have either been deferred, waitlisted, or denied, which is hard to not take personally, but think of it in this way, in 2024 UCLA received 173,651 applications and only accepted 12,737. So, focus on what can be done.

If you are ACCEPTED:

- If you have been accepted at your Early Decision college, which is a binding agreement, your decision has been made. You will need to pay the deposit by the deadline the college provided, and you will need to withdraw all other applications immediately.
- For Early Action, Regular Decision, and Rolling Admission acceptances, you do not need to commit immediately. Carefully weigh the pros and cons of each college before you make your final decision.
- May 1st is National Decision Day, the final day that you can submit a non-refundable deposit to a college (except for early decision and transfer students).

- Many universities grant early priority status in housing and roommate selection for students who commit early.

If you are DEFERRED:

- A deferral means the college wants to review your application again with the regular decision pool of applicants. A deferral is not a rejection and it does not mean that you are not a strong candidate.
- There are generally 2 main reasons why a college issues a deferral. For some students, their senior year academic performance is critical in the college's decision, so 1st semester grades are needed. Second, the student falls in the middle of the pack academically and the college wants to compare the student's application to the overall applicant pool.
- The deferral letter will include the protocol for your next steps in the application process. The deferral letter may state that no further action is needed; however, some schools will allow additional materials to be submitted, such as a new recommendation letter, an updated resume, test scores, or a Let-

ter of Continued Interest (LOCI). When writing the LOCI be very college specific by citing exact reasons why you and XYZ University are a good match.

- Meet with your guidance counselor and ask for feedback. They often have good relationships with the college admission representatives and will be able to provide insight on how to best move forward.
- Finally, assess your current college list to determine if there are colleges on your list where you can already achieve your goals.

If you are WAITLISTED:

- If you are waitlisted, you have met the college criteria for acceptance, but the college is limited in spaces.
- If you are still interested in the college, accept the college's waitlist offer.
- You can also email your college admissions representative and express your interest in the college. Consider providing additional recommendation letters or any new academic achievements to support your application review.



Maryline Michel Kulewicz and Tracy Sullivan of College 101 Admissions Consultants

- Consider: According to NACAC (National Association for College Admission Counseling) 20% of all students who chose to remain on waitlists were ultimately admitted.

If you are DENIED:

- Give yourself time to grieve, especially if it was your dream school.
- You are still in the game. Review your college list and determine if you want to apply to additional colleges. Several colleges have Regular Decision deadlines on January 15, February 1 and 15. Additionally, ED II and EA II are options.

- Many schools would be thrilled to have you as a student, so review what college criteria are important to you and where you feel like you would genuinely fit in academically, socially, and financially. Collegeboard.org, Niche.com, and your high school's college platform, are 3 useful resources to research additional colleges.

- Be certain that the new additions are balanced with likely and probable admit schools.

Remember, it is important to focus on what can be done, instead of dwelling on the "what ifs." The goal of the college process is to find and attend a college that is a right-fit for you, where you will be happy- and with a little extra work you can accomplish this goal.

Good luck and enjoy the journey!

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

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Patriots #27 Marcellas Dial Chooses Safe Coalition for NFL's 'My Cause My Cleats' Initiative

SAFE Coalition was recently chosen to participate in the NFL's "My Cause, My Cleats" program, with their logo featured on Patriots running back Marcellas Dial's cleats for the December 1 game against the Indiana Colts.

NFL's "My Cause My Cleats" program (#mycausemycleats), a longstanding outreach initiative, allows NFL players to "reveal their passions beyond the game and wear their hearts on their feet." Players are given the opportunity to pick a cause that is important to them and represent their chosen organization on custom designed cleats.

Dial decided to participate after learning of SAFE's service to those suffering substance use and mental health issues. Dial feels connected to this issue having witnessed the passing of his dad in 2021 due to cirrhosis of the liver. He wanted to honor his dad and tell his story in the hopes of helping people going through similar experiences.

"It's a big platform, because I can bring attention to people who are going through it about how it doesn't only affect you, but the people around you," Dial Jr. said in a recent article on the Patriots website.

"My dad knew what he was going through was affecting him, but early on, I don't think he was thinking about how it would impact us later on," Dial says. "By the time

he tried to get a hold on everything it was too late. That's the message I want to share and get out to everybody who is struggling – to not be self-centered in your thinking. Think about the people in your life who love you."

In addition to SAFE's logo, Marcellas also had the words "Sobriety is a superpower" painted on the side of his cleats.

A new recruit to the Patriots in 2024, Dial's wife and young daughter now regularly cheer him on from the sidelines.

SAFE Coalition, a nonprofit founded to combat the rising threat of opioid addiction and overdose in southeastern Massachusetts, now supports 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.

Those interested in SAFE's services or wanting to collaborate with the organization can contact SAFE at (508) 488-8105 or info@safecoalitionma.org.

Preschool Screening Offered to Norfolk Residents

January 17, 2025 - 12:30 – 2:30pm

Every year the Norfolk Public Schools offers a preschool developmental screening for Norfolk residents ages three and four years old. This screening is part of the Child Find Mandate affiliated with The Individuals with Disabilities Education Act 2004 (IDEA). This screening is used as a first step in identifying children that may meet the eligibility criteria for special education services before kindergarten.

Screening takes place at the H. Olive Day School, 232 Main Street, by appointment only. The screening tool used targets the following developmental domains: speech/language, fine/gross motor and cognition. This is not a kindergarten readiness screening and is not used to determine if a child is "ready for preschool/kindergarten." All children entering kindergarten in September are screened in the spring prior to school entrance.

Please call 508-541-5478, ext. 2043 beginning January 13, 2025 to schedule a screening appointment. The screening will be held on January 17, 2025 from 12:30-2:30 p.m.

Holiday on the Hill Winners Announced

The Norfolk Lions are pleased to announce the winners of the 3rd Annual Holiday on the Hill tree decorating contest. Be sure to take a stroll through the trees located behind the library and see the creativity and holiday spirit of the contestants. Cash prizes were awarded to:

- First Place - Norfolk Public Library
- Second Place - Norfolk Boy Scout Troop 80
- Third Place - King Philip Leo Club

The Norfolk Lions would like to thank all of the participants for making spirits bright: Norfolk Small Business Association; Norfolk Auto; Norfolk Boy Scout Troop 80; Return2Wild; Flooring America; Norfolk Fire Department; Wrentham Cooperative Bank; King Philip Leo Club; the Andrews Family; Molly Maid; Friends of Mirror Lake; Norfolk Community Credit Union; Norfolk Public Library; Norfolk Lions; and King Philip Student Council.

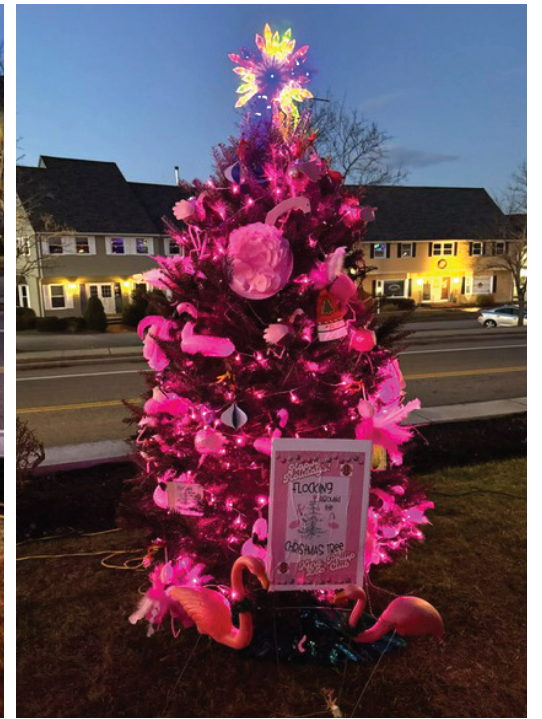
Anyone can enter the contest! Mark your calendars for next year and have fun decorating a tree with friends, family and neighbors. The more trees, the more merriment!



First place winner: Norfolk Library—Mario Kart



Second place winner: Norfolk Boy Scout Troop 80



Third place winner: KP Leos Club—Flocking Around the Christmas Tree



Norfolk Lions—Topsy Turvy Tannenbaum



Norfolk Small Business Association



Norfolk Auto



Return2Wild



Friends of Mirror Lake



Flooring America



Norfolk Fire Dept



Molly Maid



The Andrews Family—Mermaid



Norfolk Community Credit Union



KP Student Council—the Grinch



Wrentham Cooperative Bank



Park Street Bridge Closed Indefinitely Due to Safety Concerns

BY GRACE ALLEN

The MassDOT has closed Norfolk's Park Street bridge after a recent inspection. The town was notified on December 6 of the December 9 closure. The closure is expected to impact drivers in Norfolk, Franklin, and Wrentham.

The bridge is located at the northern end of Park Street, where it crosses the MBTA commuter railroad tracks. Park Street runs from Rt. 140 in Wrentham to Main Street in Norfolk. Significant detours are in place (see attached).

Structural issues were identified in the latest bridge inspection, which took place in May of 2024, according to MassDOT spokesperson John Goggin. Bridges are graded as Good, Fair, or Poor (previously known as "structurally deficient"), based on inspection and load capacity rating.

Massachusetts bridges are inspected at least on a biennial basis. In 2020, the Park Street bridge was downgraded from Fair to Poor due to structural issues. A bridge graded as Poor does not mean it is unsafe, just

that some or all of the components require repair or replacement. Poor bridges are inspected more frequently.

Goggin says the structural issues of the Park Street bridge include ongoing corrosion of the exposed steel reinforcement, which may be indicative of section losses to the prestressing strands. The strands—steel wires used to strengthen the concrete beams—are embedded in concrete and not usually visible. Section loss means that parts of these strands are losing cross-sectional area, which can reduce the concrete beam's load-carrying capacity.

After the prestressed concrete beams were downgraded from Fair to Poor condition in 2020, MassDOT increased the inspection frequency from every two years to every year. Goggin says that out of an abundance of caution, the decision was made to close the bridge to vehicular traffic prior to the winter season so the MassDOT can perform an in-depth evaluation of the structure. De-icing chemicals used in the winter can hasten deterioration by corroding the

reinforcing steel in bridge decks. MassDOT is responsible for all work on the bridge and does

not anticipate any impact to the MBTA commuter rail, which runs below the bridge.

Currently, there is no timeline on when the bridge will be re-opened.

MASSACHUSETTS DEPARTMENT OF TRANSPORTATION

3

Norfolk

Plan 1: Both Lanes Closed

Park St AADT: 9,850

Neighborhood Detour

- Use Lawrence Street/Mill Street
- Bridge closure over the railroad on northern end of Park Street
- Closure on the southern end of Park Street sign "Bridge Closed Ahead Local Traffic Only" to keep non-resident traffic off Park Street

Motorists wishing to exit Park Street to the north

- Right onto Chestnut Street
- Right onto Main Street
- Continue straight to the northern end of Park Street

Motorists wishing to exit Park Street to the south

- Left onto Chestnut Street
- Left onto Franklin Street (Route 140)
- Continue straight to the southern end of Park Street

massDOT

MASSACHUSETTS DEPARTMENT OF TRANSPORTATION

4

Towns of Norfolk and Wrentham

Motorists travelling southbound on Route 140 (Franklin Street)

- Continue straight on Route 140 (Franklin Street) past Park Street
- Turn left onto Route 1A (Dedham Street)
- Turn left onto Route 115 (Pond Street)
- At the southern roundabout, take the first exit (Union Street)
- At the northern roundabout, take the third exit (Main Street)
- Continue on Main Street to the end of the detour

Distance: 7.6 miles

Motorists travelling eastbound on Main Street

- Continue straight on Main Street
- At the northern roundabout, take the first exit (Union Street)
- At the southern roundabout, take the third exit (Route 115/North St.)
- Turn right onto Route 1A South
- Turn right onto Route 140 North
- Continue on Route 140 North to the end of the detour

Distance: 7.6 miles

massDOT

MASSACHUSETTS DEPARTMENT OF TRANSPORTATION

4

Towns of Norfolk and Wrentham

Motorists travelling southbound on Route 140 (Franklin Street)

- Continue straight on Route 140 (Franklin Street) past Park Street
- Turn left onto Route 1A (Dedham Street)
- Turn left onto Route 115 (Pond Street)
- At the southern roundabout, take the first exit (Union Street)
- At the northern roundabout, take the third exit (Main Street)
- Continue on Main Street to the end of the detour

Distance: 7.6 miles

Motorists travelling eastbound on Main Street

- Continue straight on Main Street
- At the northern roundabout, take the first exit (Union Street)
- At the southern roundabout, take the third exit (Route 115/North St.)
- Turn right onto Route 1A South
- Turn right onto Route 140 North
- Continue on Route 140 North to the end of the detour

Distance: 7.6 miles

massDOT

Park Street Bridge Detours

Traffic heading southbound on Route 140:

- Continue straight on Route 140 past Park Street
- Turn left onto Route 1A
- Turn left onto Route 115 (Pond Street)
- At the roundabout, take the first exit (Union Street)
- At the roundabout, take the third exit (Main Street)
- Continue on Main Street to the end of the detour

Traffic heading northbound on Route 140

- Continue straight on Route 140 past Park Street
- Turn right onto Chestnut Street
- Continue straight onto Pleasant Street/Main Street to the end of the detour

Traffic heading westbound on Main Street

- Continue straight on Main Street past Park Street

- Bear left onto Chestnut Street
- Turn left onto Route 140 southbound
- Continue on Route 140 to the end of the detour

Traffic heading eastbound on Main Street

- Continue straight on Main Street
- At the roundabout, take the first exit (Union Street)
- At the roundabout, take the third exit (North Street/Route 115)
- Turn right onto Route 1A southbound
- Turn right onto Route 140 northbound
- Continue on Route 140 to the end of the detour

Appropriate signage and messaging will be in place to guide drivers through the detour.

Drivers traveling through the affected area should expect delays, reduce speed, and use caution.

Sports

CM Tames KP for Third Time in the Super Bowl

By KEN HAMWEY
STAFF SPORTS WRITER

Wherever there's a competitive environment — sports and politics are good examples — losing teams or a defeated political candidate are often plagued by a nemesis. Even Superman lost his battles when confronted by Kryptonite.

A fictional mineral that had the property of depriving Superman of his powers, Kryptonite seemed like it plagued Democrats in the 1980s when Ronald Reagan rolled to victory in two presidential elections (he carried 49 states in an electoral college blowout in 1984 by demolishing Walter Mondale).

During the decade of the 1960s, the Los Angeles Lakers had two Hall of Fame stars — Jerry West and Elgin Baylor — but they lost in five attempts to win an NBA championship because Bill Russell and the Boston Celtics played like they had stock in Kryptonite.

Kryptonite can even affect localities like Norfolk, Wrentham and Plainville and wreak havoc with their football team. King Philip's gridiron Warriors definitely have a Kryptonite problem and its origin is West Roxbury and its name is Catholic Memorial.

The top-seeded Knights defeated second-ranked King Philip, 39-21, in the Division 2 Super Bowl at Gillette Stadium last month, making it three state-championship triumphs for Catholic Memorial in three meetings with the Warriors. CM previously toppled KP in the 2021 and 2022 Super Bowls.

"Yes," said KP coach Brian Lee responding to the Kryptonite reference. "But, there's a slight difference. They're an all-star team loaded with talent everywhere. They're bigger, faster and stronger than us and they are our nemesis. The gap, however, between No. 1 and No. 2 is huge. We need to find a way to get over the hurdle."

The Warriors, who've won three Super Bowl titles, aren't chopped liver. In all of their three losses to the Knights, KP has been within striking distance at halftime but wears down in the second half.



KP football coach Brian Lee knows that if his team faces Catholic Memorial again, he must find a way to counteract the Knights' dominance.

"We know what CM is capable of," Lee noted. "They take you out of your rhythm. We were tied at eight after the first quarter and that seemed like a whole game. There were two quick TDs and two fumbles. We felt if we could hold them to 28 points and our players got close to that number, we'd be in the game. It was a crazy start with both teams scoring in the first minute."

On the opening play from scrimmage, CM running back Lasean Sharp ran for a 65-yard touchdown in the first 10 seconds. Mekhi Dodd, who will play for Boston College in the fall, darted up the middle for two, giving the Knights an 8-0 lead.

KP's response time was immediate. Running back Drew Laplante (17 carries for 157 yards) scampered to the outside and went 64 yards for a touchdown. Zach Gebhard's pass to Keigan Canto-Osario clicked for a two-point conversion, tying the game after a minute. The first quarter ended tied at eight.

Catholic Memorial bounced back quickly, getting a pair of touchdowns that gave the Knights a 20-8 advantage at intermission.

After quarterback Kise Flannery scored on a three-yard keeper, the Knights gambled on a fourth-and-four at the Warriors 37-yard line with only 40 seconds remaining in the half. Flannery connected on a 37-yard touchdown pass to Dodd. That was one of three touchdowns for Dodd, who finished with 169 yards of total offense.



Before the King Philip football team lost to Catholic Memorial in the Division 2 Super Bowl, they were all smiles after defeating Arlington and Barnstable to qualify for the Final Four.

Dodd scored from three yards out for his second touchdown halfway through the third stanza to make it 26-8 and added his second rushing touchdown in the fourth quarter on a nine-yard run with 11:10 to play, putting CM in the driver's seat. Dodd's day was no surprise — 19 carries for 129 yards and 2 TDs; and two catches for 40 yards and one TD.

Sharp wrapped up CM's offensive barrage by scoring his second touchdown from 10 yards out with 3:10 remaining. Sharp finished with eight carries for 148 yards and two touchdowns.

KP, refusing to lose its grit and desire, got its final two TDs on a Gebhard pass to Hayden Schmitz for a 42-yard score that narrowed the gap to 26-14 with a minute to go in the third quarter. Running back Tallan King notched the Warriors final TD on a six-yard run in the final minute.

Dodd and Sharp scored 32 of CM's 39 points and Lee was quick to laud their talents. "They're two of the best backs I've seen," he said. "If an opponent misses a tackle, they'll go for 60 yards. There's no room for error."

CM's coach, John DiBiaso, agreed with Lee on the Knights' rushing tandem. "Our running backs played tough," he said. "The conditions were not the

best for passing. It's a great win for us and King Philip is a fantastic program."

Lee knows that if these rivals meet again, changes must be made. "We can't lift any more weights and we can't add any more practices," he said. "So, we've got to find a way to compete better. Myself and our coaching staff don't have a solution, but we need to figure it out."

Disappointment was personified in the Warriors post-game locker-room but Lee sent a message that should be beneficial when his players face difficult situations in the years to come.

"I told them I was proud of their never-give-up attitude and proud of the way they fought," he offered. "They strived for a goal and invested so much. I stressed that there should be no regrets about the work they put in. Their work will serve them well in the future."

Lee's message to KP fans was a hint that he'll need time, lots of time, for the hurt to fade. "I'm sorry," he said. "The boys deserved better. I'm disappointed but I'm also embarrassed because I wanted our players and the fans to experience joy. Our players respect our tradition. They wanted to beat CM for the KP players who lost to them in the first two games."

Lee knows that in the days ahead he can enjoy other activities and events but he's also acutely aware that this setback is painful and the pain will linger. "A loss stays with you longer than a victory," he emphasized. "For me, it never goes away. A loss just gives me motivation to work harder."

SIDELINE SLANTS: A Super Bowl victory over CM would have been a nice birthday present for Lee who turned 53 on Dec. 6, a day after the Warriors lost ... Entering the Super Bowl, KP had scored 435 points for an average of 36.3 per game and yielded 110 points for a per-game average of 9.1 ... CM's per-game scoring average was 41.7 and its defense surrendered 12.3 points a game ... Both teams finished with 12-1 records ... KP was Kelly-Rex Division champs of the Hockomock League and the Knights captured the Catholic Conference crown ... CM's DiBiaso, who previously coached at Weston and Everett, has 42 years under his belt and has a career record of 373-83-1 ... Lee has a 152-30 record in his 20 years at KP ... The Warriors are 3-4 in bowl games — their triumphs were against Reading, Lincoln-Sudbury and Marshfield and their losses were to North Andover and three times to Catholic Memorial.

Sports

The King Philip 12U Cheer Team is the National Champion!

SUBMITTED BY MEGHAN
CASTANEDA
KP YOUTH CHEER
COORDINATOR

The King Philip 12U cheer team, comprised of 29 5th and 6th grade girls from Wrentham, Norfolk and Plainville, recently traveled to Florida where they competed in the American

Youth Cheer (AYC) National Championship.

The team, led by coaches Marissa Cooney and Sophie Naggar, had a spectacular undefeated fall season, placing first in all five of their competitions qualifying them for AYC National Competition.

On Friday December 6, at Silver Spurs Arena in Kissim-

mee, Florida, the team competed against 10 teams from across the country, placed top 5 and advanced to "Super Saturday." On Saturday, December 7, the girls took the mats for the final time and performed their hearts out! The energy that the team exuded was palpable and their routine was flawless, earning them first place in their division! This team

is the second KP team to qualify for Nationals and the first KP team ever to become National Champions.

National Champion KP 12U cheerleaders: Addie Frye, Adri Lungwitz, Alli Fisk, Ari McLean-Wasylow, Averey Fregeau, Bella DeMelo, Brianna Russo, Brynn Montanaro, Callie Kerrigan, Cassidy Kelleher, Dani

Tomes, Faith McCarthy, Nevvie Warf, Hadley Moore, Kayleigh Rausa, Laura Silva, Lily Hewitt, Lily Panepinto, Lily Uriarte, Madelyn Hamblton, Makenna Smart, Mallory Yanosick, Marley Meneses, Molly Castaneda, Olivia Joughin, Olivia Sharris, Sheerin Compagnone, Sidney Blood, and Talia Anthony.



Proctor Mansion Inn Seeks Donations to Restoration Fund

Wrentham's Proctor Mansion Inn is asking residents to consider supporting its ongoing Restoration Fund.

According to owners Brian and Dawn Fitzgerald, the property is not associated with any historical preservation funding. The couple have worked over the last fifteen years to sustain the historic Victorian house, established in 1861, with loans and volunteer hours.

"We thank you for being the most important part of our business and hope you can help us continue making memorable moments for the community for many years to come," said the owners in a statement. "It truly warms our hearts that we have a space where people can stay overnight, have a wedding, have showers and other family milestones or attend our public events all while learning about the vast

amount of history right here in Wrentham, MA."

They are asking for donations of any amount, noting that every dollar counts towards the continual upkeep and improvement of the historic property in the heart of Wrentham, including the gardens, main house and carriage house.

Planned restoration projects include:

- Main house gutters and upper dormers
- Restoration of decorative ceiling in downstairs hall
- Main house hard wood floors repair and varnish
- Landscaping – garden restoration
- Completion of the carriage house painting
- General ongoing restoration



Donors can decide which project they'd like to support. Ways to donate include via check made payable to the Proctor Mansion Inn and mailed to Proctor Mansion Inn, Attn: Restoration Fund, 36 Common Street, Wrentham MA 02903. Donations can also be made via

credit card by calling the inn at 877-384-1861. Or, donors can purchase an engraved brick for the inn's front walkway. Call the inn for details on obtaining an electronic submission form to buy a brick.

Donations are not tax-deductible because the Inn is not

a 501(c)(3) tax exempt organization. Any monetary gifts will be strictly for a donation to the Proctor Mansion Inn Restoration Fund and upkeep of the historic property. All donors will be acknowledged.

King Philip Regional Middle School announces its 2024-2025 Term 1 Honor Roll:

7th GRADE HIGH HONORS

Anderson, William; Aragao, Alexis; Asprinio, Braylen; Barnard, Christopher; Barton, Evelyn; Battafarano, Reece; Bluhm, Anne; Bonaceto, Christopher; Borst, Kinley; Brooks, Meredith; Brooks, McKenzie; Brown, Seraphina; Burke, Maya; Camara, Abigail; Carew, Alexis; Chauvin, Samantha; Chen, Daniel; Childers, Brady; Chisholm, Liam; Cohn, Eli; Connor, Jorie; Costa, Colin; Dang, Jaxon; De Almeida, Anna Leah; Dempsey, Olivia; Dolan, Madeleine; Dorcil, Addison; Elias, Madelyn; Fenore, Marshall; Ferreira, Jesse; Fienberg, Aiden; Francisco, Mia; Fregeau, Mason; Fritz, Jaclyn; Garrity, Cole; Gavin, Colin; Gilbert, Jace; Godoi, Milena; Gonzalez, Isabel; Gulino, Laurel; Hartwell, Jackson; Hawes, Robert; Hawley, Sebastien; Hennessy, Sophie; Huyler, John; Iannino, Tess; Insogna, William; Jain, Siyona; Jerome, Violet; Joy, Keneth; Joyce, Seamus; Kalkut, Colin; Keays, Laila; Lambrenos, Mackenzie; Lombard, Diya; Machettira, Aryan; Manley, Jeremy; McGonagle, Brielle; McGourthy, William; McGowan, Brendan; Miller, Emma; Mollica, Phoebe; Montanaro, Bradley; Morris, Peyton; Mui, Anna; Munsinger, Jaxson;

Murphy, Keagan; Newell, Jacob; Oliver, Viola; Panda, Rivan; Parker, Mason; Perreault, Kaiden; Pollender, Calla; Quinn, Anthony; Quinn, Riley; Richard, William; Sachdev, Brycen; Sanford, Ella; Siddiqui, Sophia; Silva, Abraham; Small, Patrick; Sorel, Scott; Spitzer, Julia; St. Laurent, Cameron; Sullivan, Gary; Vasseur, Isla; Visser, Paige; Wainwright, Vera; Weake, Jainith; Weeman, Lola; Weeman, Zoe; Weiblen, Gavin; Xu, Cameron.

HONORS

Anderson, Brooke; Andrade, Zoey-Rae; Anzalone, Benjamin; Astin, Adam; Atakian, Chris; Ayoub, Hassan; Barradas, Josimar; Beau lieu, Ursula; Bellico, Madeline; Blakesley, Henry; Brabants, Isabella; Brunelli, Lucca; Burch, Dylan; Burke, Jackson; Burnham, Sophia; Cady, Jasper; Callahan, Richard; Cardona-Ortiz, Kamila; Careddu-Jackson, Morris; Carone, Giada; Cassano, Gavin; Cereno, Saraphina; Charles, Jared; Chatham, Emm; Chorney, Isaac; Clemon, William; Collins, Ryan; Conidi, Olivia; Cook, Jaelynn; Corcoran, Benjamin; Corneliusen, Brooke; Cox, Sean; Curry, Malcolm; Darling, Samantha; DeAngelis, Joseph; Delano, Parker; DePillo, Emilia; DePillo, Sophia; Faille, Olivia; Finnerty, Molly; Flaherty, Vio-

let; Flynn, Teagan; Ford, Edward; Ford, Jack; Gilmore, Brendan; Glovasky, Michael; Gogineni, Rana; Greaney, James; Green, Ryan; Halloway, James; Hanf, Sophie; Hartford, Lily; Hasson, Liat; Henderson, Aiden; Henney, Sydney; Holmes, Lilly; Houlding, Aubrey; Jacques, Colin; Johnson, Addison; Jost, Ava; Joughin, William; Kairouz, William; Kazorek, Sawyer; Kelly, Hadley; Kemble, Megan; Kennedy, Lillian; Kerner, Dakota; Kettell, Owen; Kinahan, Brooklyn; Kuzmanoff, Sloan; Labonte, Sadie; Laliberte, Connor; Lallier, Cheyenne; Lamothe-Cotter, Ainsley; Lamothe-Vaughn, Anderson; LaPlante, Aidan; Laplante, Brielle; Leclair, Isabella; Libetario, Ema; Loehfelm, Colin; Lonergan, Declan; Lopes, Sara; MacRae, Max; Maloney, Grace; Mastroianni, Cole; McCabe, Mackenzie; McDonagh, John; McDonald, Aidan; McGann, Brady; McGuckian, Caitlin; MCKechnie, Mia; McManus, Patrick; McNamee, Kaelie; McRell, Hunter; Mehrotra, Karysa; Moore, Hudson; Morley, Harper; Mucciarone, Wes; Mudulodu, Neha; Mumira, Lucy; Neipris, Brady; Noonan, Logan; O'Leary, Abigail; Paquette, Jake; Paralta, Ella; Payne, Leiliana; Pettit, Nathan; Prater, Harper; Quintin, Connor; Raymond, Cody; Roberge, Jacob; Rosario, Maiya; Ruiz, Keira;

Salguero, Soraya; Sandy, Jack; Scarsciotti, Gianna; Sharkey, Regan; Shehu-Khalifa, Ameera; Small, Owen; Stark, Emerson; Sylvain, Griffin; Tezber, Charlotte; Thomson, Sarah; Tobin, Kiera; Todd, Abigail; Tomasello, Hunter; Townsend, Amelia; Wambolt, Wyatt; Watson, Henry; Weaver, Francis; Wenstrom, Courtney; Wetmore, Sophia; Wilayah, Mohammed; Wilayah, Ahmad.

8th GRADE

HIGH HONORS

Alexander, Isabella; Almeida, Lillian; Bailer, Zachary; Barry, Georgia; Batt, Alexandra; Beaupre, Emerson; Beaupre, Charles; Bell, Katherine; Bostrom, William; Brathwaite, Giovanni; Bright, Chase; Burrows, McKinley; Caruso, Amber; Cataldo, Gabriella; Chacon Castillo, Marcela; Chavers, Genevieve; Ciavola, Brooke; Cleverdon, Jeffrey; Coen, Molly; Cooney, Aiden; Crotty, Braeden; D'Amelio, Nicole; DaSilva, Cooper; Davis, Alexandra; DeVasto, Norah; Diamond, Anna; DiFiore, Karlie; Dow, Paige; Durniok, Lyla; Egan, Quinn; Fabiano, Lucy; Flanagan, Riley; Francoeur, Natalie; Gonzalez, James; Hamblton, Benjamin; Hayes, Mason; Herman, Quinn; Hunt, Maxwell; Jacobs, Graham; Jarvis, Emery; Johnson,

Jessica; Jordan, Landon; Kelly, Nyla; Kelly, Rylan; Kurt, Derin; Lacana, Macy; Lanza, Carah; Leardo, Owen; LeBlanc, Riley; LeBlanc, Stephanie; Loehfelm, Quinn; Lopes, Theodore; Lyons, Mia; MacDonald, Emily; Marcil, Piper; Mastro, Olivia; McCarthy, Rowen; McCreedy, Grace; Menneni, Medha; Miles, Evelyn; Morris, Matthew; Mros, Jameson; Murk, Mae; Nayyer, Daniel; Noonan, Saoirse; O'Leary, Rowen; Oxley, Emma; Passafaro, Leah; Pennini, Isabella; Pitman, Jackson; Poklemba, Jonah; Pompei, Nicholas; Poska, Ryan; Pradeep, Misha; Richard, Emma; Rizzo, Sophia; Rogoff, Lainey; Rosier Gedeus, Taychuna; Rudsit, Alexander; Russas, Riley; Sanderson, Ceanneidigh; Sharris, Grace; Stavris, Emmett; Stevens, Cameron; Thomas, Madison; Tillson, Cole; Todd, Madalyn; Valia, Hiya; Varey, Cecelia; Vierkant, Bryan; Waldner, Abigail; Wells, Avery; Yanni, Hannah.

HONORS

Albert, Edward; Aldridge, Elliyannah; Alley, Emily; Anzalone, Olivia; Babbitt, Luella; Bacon, Joseph; Batt, Parker; Berthiaume, Nathan; Bitados, Eleni; Blake, Delaney; Bor-

HONOR ROLL

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Wrentham Firefighters Graduate from Firefighting Academy

Graduates of Class #BW32 Represent 12 Massachusetts Fire Departments

On December 2, 21 firefighters graduated from the Massachusetts Firefighting Academy's 50-day Career Recruit Firefighting Training Program.

Wrentham firefighters Christian Rodriguez and Brayden Thompson were among the

graduates.

The Richard N. Bangs Outstanding Student Award, which is presented to one recruit in each graduating career recruit training class, was presented to Firefighter Brayden Thompson of the Wrentham Fire Department.

The award is named for the long-time chair of the Massachusetts Fire Training Council and reflects the recruit's academic and practical skills, testing, and evaluations over the course of the 10-week program.

"Massachusetts firefighters



Massachusetts Firefighting Academy

Career Recruit Class #BW32 Graduation • December 2, 2024

Wrentham firefighters Christian Rodriguez (left) and Brayden Thompson.



On December 2, 21 firefighters graduated from the Massachusetts Firefighting Academy's 50-day Career Recruit Firefighting Training Program.

are on the frontlines protecting their communities every day, and today's graduates are needed now more than ever," said State Fire Marshal Jon Davine. "The hundreds of hours of foundational training they've received will provide them with the physical, mental, and technical skills to perform their jobs effectively and safely."

"Massachusetts Firefighting Academy instructors draw on decades of experience in the fire service to train new recruits," said MFA Deputy Director Den-

nis A. Ball. "Through consistent classroom instruction and practical exercises, today's graduates have developed the tools they'll need to work seamlessly with veteran firefighters in their home departments and in neighboring communities as mutual aid."

The graduating firefighters of Class #BW32 represent the fire departments of Abington, Brewster, East Bridgewater, Fairhaven, Falmouth, Hingham, Middleborough, Provincetown, Truro, Walpole, Wrentham, and Yarmouth.

HONOR ROLL

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den, Blake; Bourdeau, Lilyana; Brumbaugh, Alanna; Burt, Sophia; Cecko, Mia; Cherella, Kori; Clancy, McKenna; Cleary-Fallon, Olivia; Clough, McKenzie; Clough, Maile; Conley, Nathan; Courier, Madelyn; Da Silva, Luana; Dacko, Sarah; D'Aiello, Christopher; D'Andrea, Cameron; Davit, Parker; De Melo, Gabriellalina; DeAngelis, John; DeSouza, Amanda; Desrosiers, Gavin; Desrosiers, Ava; DiMare, Mason; Duffy, Caroline; Dunfey, Connor; Dwomoh, Quinn; Estime, Savannah; Evans, William; Flaherty, Emma; Forrester, Cole; Foster, Nathalie; Frye, Noah; Fuller, Vanessa; Gallerani, Abrianna; Gannon, Sydney; Gately, Connor; George, Daniel; Gill, Samson; Gillis, Jessica; Gilmore, Kailey; Goldschmidt, Isabel; Gove, Kayden; Griffin, Paul; Hadayia, Isabella; Haddad, Liam; Haddi, Amir; Hebert, Avery; Hicks, Vivienne; Horrillo, Bradford; Hutchins, Lucas; Ibrahim, Benjamin; Kassay, Alexandra; Keleher, Owen; Kelly, Catherine; Kennedy, Grace; Kenney, Bridget; Keough,

Myles; Khouri, Mason; Kilroy, Teagan; Kissell, Chloe; Kohler, Daxin; Kollu, Anjali; Laplante, Bryce; Lawson, Mya; LeBlanc, Cameron; Lusier, Jack; Mangini, Lucia; Marrero, Orlando; Mastro, Owen; Mattson, Aubrey; McCormick, Mason; McKillop, Fia; McNulty, Adam; Medeiros, Caleb; Mehrotra, Karyna; Milici, Zachary; Monti, Nicholas; Moon, Colby; Morgan, Molly; Morrissey, James; Murphy, Madelyn; Natan, Lucas; Noonan, Aoi bhe; O'Brien, Thomas; Ohkagawa, Kai; Pacella, Giovanna; Pelkey, Elizabeth; Podzka, Brendan; Preite, Catherine; Reda, Hadley; Ritchie, Juliana; Robinson, Shawn; Rose, Isabella; Russas, Michael; Rutan, Grace; Salguero, Jackson; Salinger, Benjamin; Saraf, Logan; Schmier, Rebecca; Shook, Declan; Signes, Adam; Silva, Emily; Smith, Nathaniel; Smith, Brooklyn; Smolak, Nathan; Spak, Tyler; Spiller, Lylah; Stafford, Tyler; Taylor, Eden; Tessier, Iris; Todd, Benjamin; Tomes, Anthony; Uriarte, Justin; Walsh, Evelyn; Ward, Chase; Werdann, Zackery; Wilson, Haylie; Winer, Justin; Woletskas, Jameson; Yanosick, Patrick.

Exsultet! to Hold Auditions

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Exsultet! has openings for soprano and alto singers for the remainder of our 2024-2025 season. Auditions will take place on Monday, January 13 at 7 p.m. at the First Congregational Church, 725 Washington Street, Holliston.

Exsultet! rehearsals for the remainder of our 2024-2025 Season will be on Monday nights from 7 to 9 p.m. in preparation for our spring concert in early April entitled "Around the World."



To audition, download the audition piece from our website, and prepare to rehearse and sing it with the group. At the end of rehearsal, you will be asked to sing your part in a trio or quartet. Come prepared to sing, work hard, and have fun!

Please contact Carrie Klimeczko at carrie7975@gmail.com for more information and to schedule a specific audition time.

Visit www.exsultet.us to learn more about the audition process.

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King Philip DECA Students Participate in Leadership Conferences and Programs

The King Philip Distributive Education Clubs Of America (KP DECA) team has participated in many leadership programs and conferences throughout the fall semester, including the Fall State Leadership Conference, Massachusetts DECA Day on the Hill and the Difference Maker event.

KP DECA chapter officers attended the Fall State Leadership Conference at Bentley University on Oct. 22. They participated in various workshops about vital leadership skills, success in written projects, and fundraising tactics. The officer team enjoyed a lunch provided by Bentley and a session by DECA expert Kim Carman. The conference provided skills and knowledge to set the chapter up for future success.

On Nov. 7, the officers attended the Massachusetts DECA Day on the Hill. In addition to meeting the local senator and congressman, the officers and KP DECA Advisor James Dow



KP DECA officers pose for a photo with State Rep. Marcus Vaughn, who presented the group with a certificate.

had the privilege of touring the Massachusetts State House. They learned about the background and workings of the Massachusetts government, specifically about the life of senators while in office. Officials also discussed the results of the most recent election and its impact on the student population. The officers wish to thank Massachusetts DECA and the legislators for organizing the

insightful and impactful events.

Some officers attended the Difference Maker event at the University of Massachusetts Lowell on Nov. 20. There, the officers proposed a five-minute pitch for a new product idea in a competitive style against other teams, placing third overall. Difference Maker is an event where Massachusetts DECA invites chapters from across the state to



King Philip DECA officers on the Bentley Main Campus at the Fall State Leadership Conference on Oct. 22. (Photos courtesy King Philip Regional School District)

compete in an entrepreneurship-style presentation. Participants compete to create the best innovative product and present it to a panel of judges from various business fields. It is also a program at the University of Massachusetts Lowell, where students do the same thing on a more significant, collegiate level.

About DECA Inc.

DECA is a career and technical student organization that prepares emerging leaders and entrepreneurs who are interested in careers in marketing, finance, hospitality, and management. DECA enhances the preparation for college and careers by providing co-curricular programs that integrate into classroom instruction, apply learning, connect to business, and promote competition. DECA student members leverage their experience to become academically prepared, community-orientated, professionally responsible, and experienced leaders. DECA is a 501(c)



The KP DECA team participated in Massachusetts DECA Day on the Hill on Nov. 7. From left to right, (back row) Emily Heslin, Madison Asprelli, Addison Lewis, Gavin Hickey; (front row) Caitlin O'Brien, Charlie Morris and Shelby Konosky.

(3) nonprofit with over 240,000 members in 3,600 high school and college chapters in nearly all 50 United States, Canada, Puerto Rico, Guam, and Germany. For more information about DECA, visit deca.org.

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Real Estate Corner



Joe Flynn @footballfunnyguy

SAFE COALITION

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Leanna Puccio

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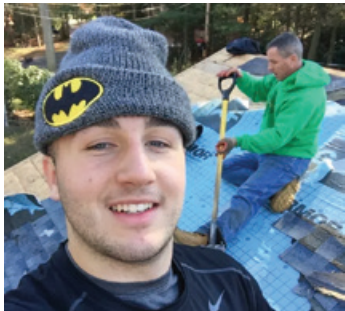
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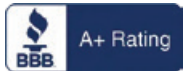
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