

localtownpages Norfolk & Wrentham

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Free to Every Home and Business Every Month

November 1, 2025

Norfolk American Legion Marks 80 Years of Service with Veterans Day Dinner and Tribute



Last year's Veterans Day dinner was held at the Norfolk Grange, filling it to capacity. Organizers expect many more attendees this year. (Courtesy photo)

By GRACE ALLEN

The Norfolk American Legion will celebrate eight decades of service to veterans and the community with its second annual Veterans Day Dinner and Celebration on Sunday, November 9, from 5 to 9 p.m. at the Lake Pearl Ballroom in Wrentham. The event is free for all veterans and guests and will feature a complimentary dinner, live patriotic music, and inspiring tributes to those who have served.

According to Al Bozza, the event organizer and Legion member, the evening will be a

VETERANS

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Keeping Local News Alive and Communities Connected

By JENNIFER RUSSO

For the first time in our newspaper's history, the cost of postage has surpassed the cost of printing. On average, mailing services have increased in price by over 7% in the last couple of years. While the USPS may require this operationally, it does underscore the growing financial challenges facing local journalism today. Paper, ink, fuel, and distribution costs have all risen sharply in the past year, and while we've absorbed those increases for as long as we could, we now find ourselves at a turning point.

Despite these challenges, one thing hasn't changed: our commitment to providing free, local news that keeps our communities informed and connected. Local journalism is not just about

headlines — it's about people. It's about the high school team's championship win, the opening of a new family business, the celebration of a lifelong volunteer, and the coverage of town meetings, and ensuring that every story is told.

When you open your community newspaper, you read about your neighbors, your schools, and the heartbeat of your area. You're seeing your community reflected in print - its triumphs, challenges, and spirit. Local news brings people together, fosters accountability, and preserves the stories that make each town unique. Without it, those small but powerful connections risk being lost.

DONATION

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VETERANS

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heartfelt tribute to the men and women who have worn the uniform, offering an opportunity to gather, reflect, and celebrate shared bonds of service. A highlight of the program will be a talk by a 96-year-old Korean War veteran, who will share personal memories and reflections from his time in uniform. Local dignitaries and community leaders are also invited.

“This celebration isn’t just about looking back — it’s about coming together,” said Bozza. “We want veterans to know they are appreciated, respected, and remembered. It’s our way of saying thank you to all who have sacrificed to protect the freedoms we enjoy every day.”

This year’s dinner carries special significance as the Norfolk American Legion marks its 80th anniversary. For eight decades, the organization has supported Norfolk veterans and their families through advocacy, outreach, and fellowship. The Legion remains committed to its mission



of “serving those who served,” providing a place where shared experiences forge strong connections, and where the sacrifices of military service are honored.

The dinner also commemorates a national milestone — the 250th anniversary of the United States Army, Navy, and Marine Corps. Since their founding in 1775, these branches have defended freedom at home and abroad, and the celebration will pay tribute to the generations of Americans who have answered the call to service.

The Veterans Day Dinner debuted last year, drawing 111 attendees for an evening of shared stories, music, and an inspiring

address from a World War II veteran. Organizers hope to build on that success this November by welcoming even more local veterans and their guests.

Norfolk has close to 350 veterans living in town, according to Bozza.

“Our first dinner reminded us how powerful it can be when the veteran community comes together to honor those who’ve worn the uniform,” Bozza said. “It was an evening filled with emotion, gratitude, and pride. We’re looking forward to welcoming even more veterans and their guests as we mark these incredible milestones in our nation’s history.”



How You Can Help

The Veterans Day Dinner is free for all who served, but it’s made possible thanks to the generosity of community members, businesses, and organizations who support the Norfolk American Legion’s mission. Donations of any amount help cover the cost of the meal and ensure every veteran and guest can enjoy an evening of camaraderie and gratitude at no cost. Sponsorship opportunities are also available, with recognition

in the event program and at the celebration. Contributions can be mailed to Norfolk American Legion Post 335, P.O. Box 281, Norfolk, MA 02056, or you can contact Al Bozza at abozza@aol.com or 774-571-5170 to discuss sponsorship options.

Veterans interested in attending the dinner on November 9 are encouraged to contact Al Bozza at 774-571-5170 for more information.

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Snowflake Church Fair Returns to Wrentham

The Original Congregational Church of Wrentham will host its annual Snowflake Church Fair on Saturday, November 15 from 9 a.m. to 2 p.m. at 1 East Street.

Shoppers will find local craft vendors, jewelry, gifts, books, baked goods, Christmas decorations, and “Attic Treasures” full of gently used items. A silent

auction of gift certificates, theme baskets, and more closes at 1:30 p.m. A full brunch will be served throughout the day.

Children can enjoy games, crafts, and a visit with Santa. Admission is free, and all are welcome.

For details, call 508-384-3110 or visit www.occhurch.net.

Trinity Church to Hold 160th Annual Holiday Fair

Trinity Church will celebrate a cherished local tradition with its 160th Annual Holiday Fair, taking place Friday, November 21, from 4 to 7 p.m., and Saturday, November 22, from 9 a.m. to 2 p.m. at 47 East Street (Route 140) in Wrentham.

The two-day fair will feature a Penny Social and large raffles, along with a variety of popular

tables and activities, including crafts, jewelry, books, and baked goods. Shoppers can browse the White Elephant Room for unique finds and enjoy a cozy meal or snack in the Café, where take-home frozen lasagna will also be available for purchase.

All are welcome to attend and take part in this special milestone celebration.

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DONATION

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Advertising revenue has always been a vital source of support for our papers, and we are deeply grateful to the local businesses that continue to support us. But as printing and mailing costs rise to historic levels, advertising alone can no longer carry the full weight of production. We recognize that our small businesses are facing similar pressures, and we would prefer not to raise advertising rates too much. Instead, we're turning to you — our readers — for help.

This November, we're launching our annual **Support the Newspaper** campaign. Every donation, no matter the size, helps offset the rising costs of printing and distribution, ensuring that your paper remains free, local, and delivered right to your doorstep or mailbox. Your contribution isn't just helping to print pages — it's helping to keep civic engagement alive, preserving our community history, and giving a platform to local voices that deserve to be heard.

We are endlessly thankful for your readership, your trust, and your belief in the value of local journalism. For decades, this paper has been honored to share your stories, celebrate your milestones, and champion the spirit of our towns. With your help, we can continue to do so for many years to come.

Please consider a donation, in any amount. To contribute to our community news, please visit <https://bit.ly/SupportTheNewspaper>, or scan the QR code. Thank you for your support. We have been honored to be a part of your community, and we are excited to continue to bring you the news and stories that matter to you each month.



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Norfolk Launches Citizens Academy

Select Board Initiative Gives Residents an Inside Look at Town Government

By GRACE ALLEN

Curious about how town government really works? Norfolk residents are getting a behind-the-scenes look through the new Citizens Academy, a months-long program now underway. While the current class is filled, the sessions—covering everything from town administration to public safety—are being filmed and will be broadcast on Norfolk Cable TV's YouTube channel, giving the entire community a chance to follow along.

Here's how it works: Residents apply to the program, which runs for 10 weeks through early February 2026. Twenty-one people committed to attending the sessions, which are held on Thursday evenings at various locations throughout town. Town staff conduct the interactive sessions, and all handouts, along with the videos, will be posted on the new Citizen's Academy page through the Your Town at Work portal at norfolkmass.gov.

Connecting Residents with Local Government

According to Select Board Chair Anita Mecklenburg, the goal of the Citizens Academy is to bridge the gap between residents and town government by fostering transparency, education, and involvement. She explained the initiative grew out of several converging needs in town.

In the wake of division over the Bay State shelter, the Select Board wanted to create opportunities that would bring residents back together and foster a stronger sense of community. At the same time, a difficult budget season ahead underscored the importance of helping residents gain insight into the town's financial challenges and decision-making process.

Mecklenburg acknowledged the frequent misinformation on social media and a general climate of distrust toward government and how promises of transparency often are met with skepticism. She sought out proven methods from other towns, noting that Danvers, Barnstable, and Pittsfield, among others, have established Citizens Academies. Norfolk residents will now have the same opportunity.

"We hope the sessions will help residents understand how town services are funded, how the budget works, and what their tax dollars support so they can make informed decisions and engage more fully in the community," said Mecklenburg.

Ways for Residents to Participate

Although the classes are filled, a few additional spots have been opened for the Advisory Board session. And for any session, residents not attending the program

Norfolk Town Leaders Want to Hear from You During the Citizens Academy

Ever wonder about how town decisions are made or what a particular department does? Maybe you have questions about why a road project is taking so long, or how recreation programs are funded.

Here's your chance to get the answers directly from the people who keep Norfolk running. Town leaders are encouraging residents to send in their questions, and they will be answered during the Citizens Academy. To submit your question, visit norfolkmass.gov, and under Latest News, click on the portal "Do you have a question for Norfolk's leaders?" For help or clarification, reach out to Amanda Johanns at 508-440-2855.

Along with questions, the town welcomes ideas and suggestions for future projects, priorities, or improvements, or topics you'd like to learn more about. Because the sessions are recorded and shared on Norfolk Community Television's YouTube channel, as well as on the Citizens Academy webpage, you can learn along with everyone else, even from home.

can still participate by submitting questions in advance of the sessions at norfolkmass.gov.

"We want to hear from the community," emphasized Mecklenburg. "Do you want to know how the town decides where to build sidewalks, for example? Or what the tax assessor does? Ask us the questions and they will be answered during the sessions."

The sessions cover a wide range of topics and departments, including Town Meeting, the Fire and Police departments, Affordable Housing Trust, Council

on Aging, Recreation, and the Department of Public Works. The complete calendar of sessions is available on the Citizens Academy page.

Why Local Government Matters Most

While national government decisions make the headlines, one might observe that local government is more likely to impact everyday life. That's a strong ar-

ACADEMY

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This Month at the Fiske Public Library

The Fiske Public Library will be closed Tuesday, November 11 for Veterans Day; it will also be closed Thursday, November 27 and Friday, November 28 for Thanksgiving. The library will be closing at 1 p.m. on Wednesday, November 26.

The library's regular hours are Monday and Friday 10 a.m. to 5 p.m., Tuesday, Wednesday, and Thursday 10 a.m. to 8 p.m., and Saturday 10 a.m. to 4 p.m.

For a full list of programs or to register, visit www.fiskelib.org.

CHILDRENS PROGRAMS

Page Turners Book Club

Tuesday, November 4 from noon to 1 p.m.

Kids in grades 4-6 are invited to join us for a lunchtime book

club meeting. Bring your lunch and enjoy a discussion of this month's book selection, along with accompanying activities. This month we will be reading "Lo and Behold" by Wendy Mass. Copies of the book will be available for checkout at the circulation desk.

Book Bingo

Saturday, November 8 from 11 a.m. to noon

Kids age 5-12 are invited to come play a few rounds of Bingo for a chance to win books.

ADULT PROGRAMS

Spice Kits

Pick up one of our monthly Spice Kits at the Fiske Library. Each kit contains information

about the spice, recipes, and a sample to try at home. November's spice: cardamom.

Mandala Mini Pumpkin Workshop

Thursday, November 12 at 6:30 p.m.

Decorate your own mini pumpkin with mandala designs. Led by Mandy Roberge of Wicked Good Henna. Space is limited to fifteen adults.

Book Club

This month's selection is "North Woods" by Daniel Mason. Copies of the book will be available at the Circulation Desk. Contact Library Director Kim Shipala at kshipala@sailsinc.org or 508-384-5440 for more information.

Change Your Clocks — and Replace Old Smoke Alarms

As Daylight Saving Time ends on Sunday, Nov. 2, fire officials are urging residents to do more than just turn their clocks back. This seasonal reminder is also the perfect time to check — and possibly replace — your home's smoke alarms.

The Massachusetts Comprehensive Fire Safety Code, updated in 2015, requires that all new replacement smoke alarms be equipped with a sealed, 10-year battery and a "hush" feature designed to reduce nuisance alarms caused by cooking. The sealed battery ensures the alarm remains powered for a decade and prevents people from removing the battery for other uses or disabling the alarm

entirely.

That 10-year rule is now more important than ever: smoke alarms installed to meet the 2015 standard are nearing the end of their life span. Officials say any alarm that's 10 years old — or older — should be replaced immediately. To check, look for the manufacturing date printed on the back of the device. If it's been a decade, it's time for a new one.

When choosing a replacement, the Massachusetts Department of Fire Services recommends selecting smoke or combination smoke-and-carbon-monoxide alarms that conform to UL 217, 8th Edition or later. These models use the

latest technology to reduce nuisance alarms and improve reliability. If you still use a model with replaceable alkaline batteries, those batteries should be swapped out now as well.

Fire safety experts say that taking a few minutes this fall to replace outdated alarms can make a life-saving difference. "Working smoke alarms give you precious extra minutes to escape in an emergency," officials noted. "If yours is more than 10 years old, it may not work when you need it most."

For more information about fire safety and smoke alarm requirements, visit www.mass.gov/dfs.

ACADEMY

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gument for understanding and getting involved in the decision making.

Mecklenburg agrees.

"Town government is certainly as important, or more intimately important," she offered. "The goal of town government is to take care of you on a day-to-day basis, like getting the snow removed, maintaining public spaces, funding our beautiful library."

And residents themselves can have a bigger impact on local government than on the federal government, she adds.

"Your ability to affect what's happening on a national level is exceptionally limited, but your ability to come to the town with an idea, or to participate on committees to better the town, is much greater on a local level."

Understanding Town Meeting and Warrant

As part of the Citizens Academy, all residents are encouraged to attend a pre-Town Meeting information session on November 5 designed to help them better understand the warrant articles they will be asked to vote on at the November 12 Town Meeting.

During the session, town officials will walk attendees through each article on the warrant, explaining its purpose, background, and potential impact on the community. The goal is to give residents a chance to ask questions, learn about the issues in advance, and feel more informed and confident when it's time to vote. Mecklenburg says all residents are welcome, and participation is encouraged, whether a first-time attendee or a regular at Town Meeting.

The Citizens Academy, and the pre-Town Meeting session, reflect Norfolk's broader commitment to openness, collaboration, and civic engagement, says Mecklenburg. By taking part in opportunities like these, residents not only gain a clearer understanding of how decisions are made but also strengthen their role in shaping the future of the community. An informed electorate is a powerful one.

"Submit those questions," urged Mecklenburg. "We want to make sure everyone is heard. We'll learn from you and you'll learn from us. And at the end of the ten sessions, we hope we'll have a shared truth and a shared understanding of what we're getting for our tax dollars, and a sense that the people of Norfolk are a part of the government, whether they participate or not."

Holiday on the Hill: Tree Decorating Contest

The Norfolk Lions invite the community to join the annual Holiday on the Hill Christmas tree decorating contest. For a \$40 entry fee, participants receive a tree and power connection along Main Street. Choose a theme, decorate your tree, and be part of the holiday magic.

Trees will be unveiled when the Santa Parade ends on Town Hill on Saturday, November 30. Decorations can be completed on Saturday, November 29 or by 3 p.m. on Sunday. Parade-

goers can vote for their favorite tree that day or at the library throughout the following week.

The contest is open to everyone, and winners will receive prizes. Trees remain on display through Christmas for the whole town to enjoy, and businesses are welcome to include advertising in their designs. Please ensure decorations are secure to withstand the season.

For more details or to register, visit norfolkmalions.org.

Happy Thanksgiving!





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Rebuilding Self-Confidence, One Wig at a Time

By JUDITH DORATO O'GARA

Heather Cohen has always loved making women feel beautiful, but the owner of B.LUXE Hair and Makeup Studio lights up when she talks about her latest professional focus, making high-quality realistic wigs for women with hair loss and not only helping them feel beautiful, but whole, again.

"There's nothing I would rather do than be here working on the wigs. I loved my business as a whole since the day I opened it," says Cohen, "but the impact I make on hair loss clients far exceeds anything I thought I would be able to do for people."

The stylist herself felt the upheaval of hair loss four years ago, when a medication she was on caused her own hair to fall out. Not only was it personally devastating, but since her career centered around beautiful hair, succumbing to baldness was simply not an option. That was when she began her several years-long research process.

Cohen estimates she's spent thousands of dollars researching different vendors and materials for her specialized wigs. Since her salon caters primarily to Caucasian women, her wigs are created for that demographic, although, she explains, she learned a lot from a huge black women's hair industry, where wigs are accepted as mainstream. She also learned how to find ethically-sourced hair.

"I don't want to get involved with anyone who is taking advantage of somebody who economically might be struggling, and they're paying them \$2 for their thick, beautiful ponytail. If you see a wig that's inexpensive, the hair is not being ethically sourced or, it did not come from a human head, or they're getting what we call 'drain hair,'" she says.

Cohen is upfront about the cost. "A custom human hair wig can be anywhere from \$1,000 to \$4,000, and it really does depend on the length," she says. That's why Cohen undertook training to receive the correct credentials for a National Provider Identifier (NPI) number, so her clients can use insurance and health

savings accounts (HSA).

"There are reasons for hair loss where your health insurance will actually help pay for a cranial prosthetic, which is a really cool word for a wig," she explains.

The entrepreneur spends a lot of time networking with health care providers to build her client base. Others have discovered her through social media support groups and word-of-mouth.

Krista Sirignano found Cohen through a friend, after struggling for decades with alopecia.

"Heather really knows her stuff when it comes to wearing wigs or any type of hairpiece. She took so much time and care with me until we found the perfect fit that made me feel comfortable and really good about myself," she says.

Rhonda Parker, whose hair had also thinned due to medications, had tried synthetic wigs, but "after seeing how really beautiful and natural the human hair toppers and wigs looked on, I decided to go that route. On my way home from B. LUXE I stopped by my daughter's house, and she thought my hair looked beautiful, not even realizing it was a topper. As I am always self-conscious, that was the best feeling ever!"

"I always tell people when you first wear alternative hair, it's like exercising a muscle. The more you do it, the easier it gets," says Cohen. "And nobody knows, because nobody is as critical of you as you."

This niche takes commitment, however.

"You can't dabble in wigs," says Cohen, "It's all or nothing, because my wig clients truly need a partner. They need to be able to call me on Friday morning and say, 'I can't get this wig on right. It's crooked. I need to come in today,' and I have to be available to them. You really need to make the decision that you're going to leave the chair behind."

Someday, though, Cohen hopes to train stylists, and by 2026, she envisions her own brand of wigs, noting, "I feel like I've definitely cracked the

code on like what feels comfortable, what feels good, what looks natural, and what stays on, and I want to be able to create that line and be able to give it to everybody."

Cohen has employed her new skills for breast cancer organizations such as the Susan B. Komen Foundation (www.komen.org), and the Gloria Gemma (www.gloriagemma.org).

This month, she'll work with Runway for a Cause (<https://runwayforacause.org>), currently planning its annual NYC fashion show.

Cohen feels immense reward from her new career focus, receiving a sense of giving back.

"Working with hair loss clients and giving them back that level of self-confidence makes me feel like I'm paying the universe back for all of the good that has happened to me," she says, "It's really amazing to help people just feel better and know they don't have to hide."



Heather Cohen, owner of b.LUXE Hair & Makeup Studio in Medway, is passionate about helping women with hair loss come out of hiding.



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There are plenty of reasons to call a junk removal service. Maybe walking through your basement has gotten difficult or there is no more room in the attic? Perhaps 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, ser-

Business spotlight

vicing 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 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 Dumpster Rental and let a local small business take care of everything for you. Call Jay Schadler at (774) 287-1133 or visit us online at AffordableJunkRemoval.com.

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For many people, fall brings an important opportunity: open enrollment. While it may not sound as exciting as planning for the holidays, taking a careful look at your workplace benefits now could save you hundreds or even thousands of dollars next year.

Open enrollment is the period when you will choose your medical and other workplace benefits for the year ahead. Most employers hold it in the fall, with elections taking effect in January. Once the window closes, you usually can't make changes unless you experience a major life event like marriage, divorce, the birth of a child or when a dependent has become an emancipated adult.

While it may be easy to simply renew last year's choices, that could be a costly mistake. Your employer's plans, providers or costs may have changed. It's also possible your own circumstances are different than they were a year ago — for example, if you had a baby, got married or expect new medical needs. Taking a fresh look helps ensure your benefits match your life today.

Here are a few tips for navigating open enrollment.

Compare health plans carefully. Employers often offer more than one health, dental or

vision option. Look at differences in provider networks, prescription coverage and premiums. If you and your spouse both have coverage options, compare plans across employers. Just be mindful that some companies charge a fee if you enroll a partner who has their own workplace coverage. Many plans offer wellness discounts on monthly premiums based on your personal health condition.

Check your life insurance. Many employers provide a base level of life insurance, with the option to buy more. If your family has grown or your financial responsibilities have increased, now is the time to make sure you have enough coverage to protect your loved ones.

Consider disability coverage. A short-term disability plan can help cover income gaps for up to 12 months during recovery from surgery, illness or childbirth. Long-term disability insurance offers protection if you're unable to work again for an extended

period up to age 65. Ideally, coverage should replace up to 60% of your pre-tax income.

Understand supplemental options. Some employers also offer accidental death and dismemberment (AD&D) insurance. While it can provide peace of mind, remember that it's not a substitute for life or disability insurance, since it only covers specific accidents.

Take advantage of tax-friendly accounts. Flexible spending accounts (FSAs) and health savings accounts (HSAs) let you use pretax dollars for eligible medical expenses. If you have young children or other dependents, ask whether your employer offers a dependent care FSA to help offset care costs. Note that these are use-it-or-lose-it, so contribute only what you expect to spend every year. HSAs, available with high-deductible health plans, are more flexible, since unused funds roll over from year to year and can even serve as long-term savings.

Review your retirement savings. While your retirement plan usually isn't part of open enrollment, this is a good time to revisit it. Make sure you're contributing enough to earn your employer's match. Small increases can make a big difference over time.

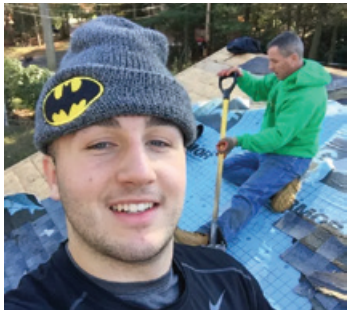
Open enrollment may not be the most thrilling item on your fall to-do list, but it could be one of the most important. Taking a little time now to review your employee group benefits could give you greater financial security and extra savings throughout the year.

For more information contact:
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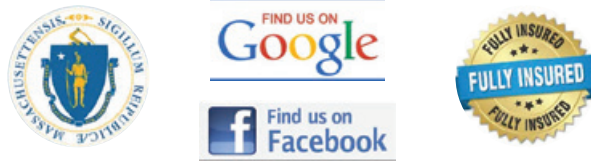
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Guest Column

Stubborn Old Father Time

By G. GREGORY TOOKER

Try as we might, we have not been successful in engineering the elasticity of time. Perhaps we have done so in terms of our perception, but in actuality, the opposite is true in this era of burgeoning technology. The striking irony is that tech, which seemingly has the capacity to increase our efficiency when used intelligently, can sometimes subtly tempt us into a valley of quicksand. Once in that neighborhood, before we know it, we can be sucked into its grip, sacrificing otherwise productive hours. Sadly, our youth have been more vulnerable than any other age group, especially when it comes to social media.

Although it has taken some school administrators years to step up to the plate, a concerted effort is now being made to control the extent to which cell phones are weakening student performance. Disturbed by the significant declines in reading, science and math scores, school systems are taking measures to restrict their use during school hours. Concerned parents too, are acting on the home front to keep the distraction of easily accessed and sometimes damaging social media under reasonable control, salvaging countless wasted hours on screen time.

Actual physical exercise as opposed to tech-induced armchair activity has reintroduced youngsters to the joy of group play and

the value of friendship cemented through in-person social interaction. Classroom performance also improves when a good night's sleep facilitated by healthy exercise prepares the mind to efficiently soak up knowledge.

We live in a hectic, challenging world, one in which we cannot afford to let wasted time steer us away from achieving our greatest potential. Technology is a two-edged sword; it can be a tremendous asset or, when ill-used, draw us away from our treasured goals. As individuals, and especially as parents, we must make the effort to navigate efficiently each day of our lives.

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

Clubs at Dean College Enrich Student Life and the Franklin Community

At Dean College, students don't just attend college—they experience it. From the moment they arrive, they are encouraged to get involved, connect with others, and make the most of every opportunity on campus. With more than 40 active clubs and organizations, Dean offers a dynamic, close-knit community where students truly belong.

"We want our students to feel a sense of belonging, and by getting involved, these experiences not only make the college years fun, but also build valuable skills that last long after graduation," said David Drucker, Dean of Students.

From cultural and identity-based groups like the Black Student Union, Jewish Community Club, and Queer Pride Alliance to service-oriented organizations such as Active Minds, Crafting Kindness, and Dean Community Outreach, students come together around shared passions and values.

Creative expression thrives on campus as well. The Musical Theater Troupe and Jazz Club give performers a stage, while The Dean Daily Newspaper, The Dean News Network, Power 88 Radio, and the literary journal Wrote, Unquote offer platforms for students to elevate their voices.

Career-minded students gain hands-on experience through clubs like the Criminal Justice Club, Women in Business, and the Sports Management Club, each providing networking opportunities and real-world preparation that complement classroom learning. For those

who find their rhythm through movement and teamwork, groups such as the Table Tennis Club, Step Team, and Pom Team foster Bulldog spirit and camaraderie.

Leadership is another hallmark of the Dean experience. The Dean Activities Board (DAB) plans signature events that bring the community together, while the Student Government Association (SGA) ensures that student voices help shape campus life. Membership in honor societies including the National Society of Leadership and Success (NSLS) and the Golden Key Honor Society helps students develop confidence and skills that serve them well beyond graduation.

"Our clubs and organizations give students the chance to explore their passions, meet new people, and develop skills that complement their academics," said Emma Mero, Director of Student Engagement and First Year Programs.

That connection extends beyond campus. Dean students are active participants in the Franklin community, volunteering, performing, and interning with local organizations. Their involvement enriches not only their own experience but also the town Dean calls home.

At Dean College, students find the best of both worlds: a supportive, close-knit community and the full college experience that helps them grow personally, academically, and professionally.

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

Bingo Night to Benefit Neighbors in Need Scheduled for Nov. 7

The Saint Vincent de Paul (SVdP) Society of Norfolk/Medfield will host a fundraising Bingo Night on Friday, November 7, at The Center at Medfield, 1 Ice House Road. Doors will open at 6 p.m., with games beginning at 7 p.m.

The event will feature multiple bingo games with cash prizes, along with a 50/50 raffle and themed gift basket raffles. Limited to 100 people max—first come, first served. Admission is \$25, which includes one set of cards (10 games). Additional sets will be available for \$20 each. All payments must be made in cash.

Proceeds from the evening will support the mission of the Saint Vincent de Paul Society's Norfolk/Medfield Conference, which was established just one year ago and has already provided short-term assistance to residents facing financial hardship. The organization offers emergency support for food, clothing, transportation, fuel, utilities, and housing needs, and continues to see increasing requests for assistance. All aid is provided anonymously and without regard to religion, race, or identity.

For more information about Bingo Night or the work of the Saint Vincent de Paul Society, contact the Norfolk/Medfield Conference at SVdPEJNM@gmail.com.

About the Society of St. Vincent de Paul

The Society of St. Vincent de Paul is a worldwide Catholic lay organization dedicated to providing person-to-person assistance to those in need. Through its network of local conferences, it offers compassionate, confidential support to individuals and families facing hardship in communities across the globe.

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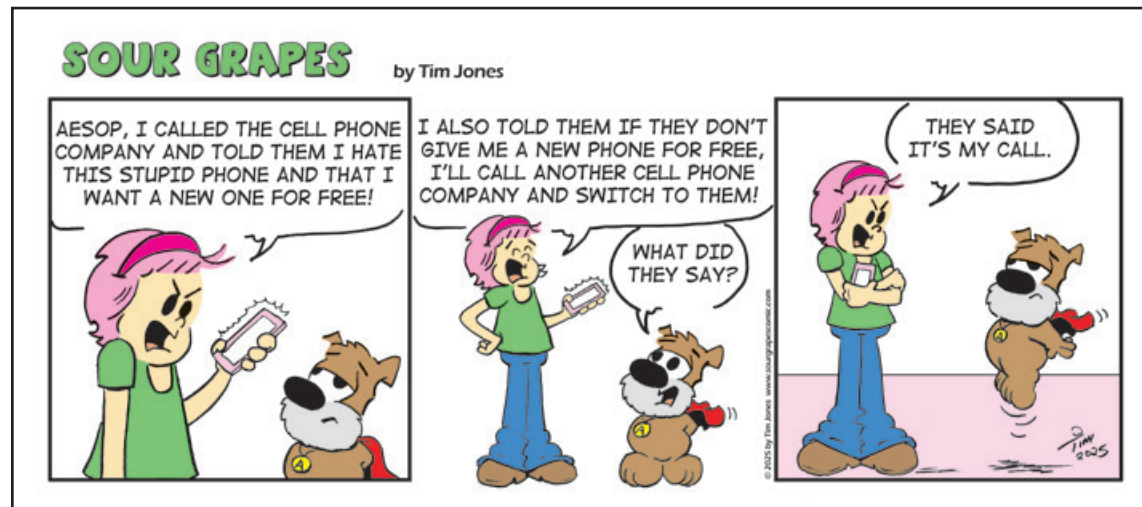
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Your Money, Your Independence

Use November to Finalize Year-End Success and Plan for 2026



Glenn Brown, CFP

November is a pivotal month for financial planning — the time to measure progress, make final strategic tax decisions for 2025, and prepare for 2026. Wait until December, and your finances might get lost somewhere between pumpkin pie and ugly holiday sweaters.

Here’s what you do now to stay in control.

1. Review Your Planning Goals

Have you met savings and investment targets? Paid down debt? Improved spending habits? Reviewing your progress helps identify what to accelerate before December 31 and where to focus in 2026.

2. Tax Planning Strategies

November is ideal for evaluating tax opportunities while there’s still time to act.

- Does a Roth conversion or switching future 401(k) contributions to Roth make sense?
- If converting, what’s your projected 2025 tax bracket, and how much room remains before moving up a bracket?
- Are you or a grandparent planning to gift more than \$19,000 to a child’s 529 Plan?
- Are you self-employed and opening a Solo 401(k)? The plan must be created by December 31, though contributions can be made until your 2026 tax-filing deadline.

Regulatory Update & Gifting: The OBBB Act of 2025 made many TCJA provisions permanent, including lower income tax brackets and the higher standard deduction, so the expected 2026 “rate reset” won’t occur. Some temporary provisions — like higher SALT deduction limits and expanded child/education incentives — phase down later. Consider whether realizing income, Roth conversions, or charitable deductions in 2025 could improve your long-term tax plan.

The annual gift tax exclusion remains \$19,000 per recipient for 2025, and the federal lifetime gift and estate tax exemption rises to \$15 million per indi-

vidual starting January 1, 2026. The top estate and gift tax rate stays 40%.

3. Open Enrollment and Workplace Benefits

Open enrollment is your yearly chance to review benefits:

- Does your health plan still meet your needs?
- Should you fund an HSA or FSA for pre-tax medical savings?
- Do supplemental life, disability, or dependent care benefits make sense?

Use Your FSA Before It Expires: FSAs are “use-it-or-lose-it.” For 2025, employers may allow up to \$660 to carry over into 2026, or a 2½-month grace period—not both. If you don’t use it, it’s gone — unlike that leftover Halloween candy you somehow keep eating through March.

4. Evaluate Your Investment Portfolio

Review your asset allocation and rebalance if needed. Diversification across asset classes — not just equities — helps manage risk.

If nearing retirement or expecting major expenses, plan how to access funds efficiently. Tailor your strategy by account type (taxable, traditional, Roth, HSA) to balance liquidity, growth, and tax efficiency.

5. Cash Flow & Emergency Savings

Review cash flow and savings. Retirees using a Bucket Strategy should replenish cash to cover short-term income gaps over 2–3 years. Working individuals should maintain 3–4 months of liquidity and access to credit (e.g., HELOC) for unexpected expenses.

6. Don’t Forget Your RMDs

For 2025, the Required Minimum Distribution (RMD) age remains 73. Inherited IRAs from non-spouses after 2019 require annual RMDs within the 10-year rule. Penalties have been waived through 2025 but take effect January 1, 2026.

Conclusion

November is a month for reflection, gratitude, and preparation. Reviewing finances now can set you up for a stronger 2026 — and help you avoid that

awkward moment when you realize you splurged on “holiday gifts” for yourself.

If you’re unsure where to start, connect with your Certified Financial Planner® to finish 2025 strong and position yourself for success in the year ahead.

The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual.

Glenn Brown is a Holliston resident and owner of PlanDynamic, LLC, www.PlanDynamic.com. Glenn is a fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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Norfolk Veteran Honored for 75 Years of Service to American Legion

The Norfolk American Legion Post 335 recently honored longtime member Raymond V. "Bucky" Calleaux with a special award recognizing his 75 years of continuous meritorious service — nearly as long as the 80-year-old chapter itself has been in existence.

A U.S. Marine Corps veteran who served during the Korean Conflict, Calleaux has been a fixture in the local veterans' community for decades. Over the course of his membership, he has held every major leadership role within the post and played a central part in its activities. Whether leading the rifle team, organizing Memorial Day observances, or collecting donations during the annual poppy drive, "Bucky" has consistently set an example of dedication and service.

The framed certificate, issued by the American Legion's National Commander, reads in part:

"Issued in grateful appreciation for faithful and dedicated allegiance to the ideals of the

American Legion. Be it known that Raymond V. Calleaux, a longtime and dedicated member of American Legion Post 335 Department of Massachusetts, has been certified to have been a member in good standing continuously for 75 years.

Such a record of consistent loyalty to the American Legion merits the honor of being cited as an outstanding contributor to the progress of the American Legion."

The certificate, dated March 15, 2025, was signed by the National Commander and National Adjutant in recognition of Calleaux's decades of devoted service.

American Legion Post 335 meets at 6:30 p.m. on the second Wednesday of each month at the Federated Church of Norfolk, 1 Union Street. All honorably discharged veterans who have served at least one day of active duty are eligible to join and are welcome to attend.



From left, past American Legion Post 335 Commander Ben McCarty, Raymond "Bucky" Calleaux, and current Commander Frank Zolli.

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Wrentham Teacher, Para Contract Talks Reach Impasse, Head to Mediation

By JOE STEWART

Contract negotiations between the Wrentham School Committee and the Wrentham Educators' Association (WEA) have reached an impasse, pushing talks into state-assisted mediation. The stalemate centers on long-term pay increases for para-professionals and injury leave provisions, even as both sides acknowledge progress on other issues like paid parental leave.

The dispute in Wrentham reflects broader statewide tensions over educator pay and benefits, as teacher unions point to a record-high national pay gap and advocate for a greater share of new state education funding.

School Committee: A Fair Offer

According to the June 17 School Committee meeting minutes, the committee offered a comprehensive proposal that includes a 7.5% total cost-of-living increase for teachers over three years and a 22.5% total increase for paraprofessionals. The offer also includes five weeks of paid parental leave for both units, starting in the contract's second year.

In an interview, School Committee Chair Phil Jordan stated that the committee's focus has been on addressing the pay for paraprofessionals, which he said is "at or near the bottom in comparison with nearby districts." He explained that the proposed 15% first-year increase for paraprofessionals would move their pay "from the bottom to the middle" among comparable districts.

Jordan attributed budget constraints to the structure of municipal finance, citing the limits of Proposition 2½. He also noted that state funding, known as Chapter 70, has lagged behind inflation for decades, creating a "cumulative gap in funding," despite recent increases from the Student Opportunity Act (SOA).

The SOA is a landmark Massachusetts law passed in 2019 with the primary purpose of overhauling the state's K-12 education funding formula. The law was designed to address chronic underfunding identified in a 2015 state commission report, which found the existing formula

failed to adequately cover the costs of healthcare for employees and retirees, Special Education (SPED), educating English Learners (ELs), and educating students from low-income families.

For this year, Jordan said the school committee committed about 95% of the town's increased education spending to address the salary gaps, calling the offer "fair, generous even, given the municipal budget."

Educators: Seeking Long-Term Parity and Injury Pay

Members of the WEA negotiating team confirmed in an interview that an impasse has been reached after compromises on other topics. The remaining unresolved issues are pay for the second and third years of the contract and paid leave for work-related injuries.

The WEA provided a contract survey showing that Wrentham paraprofessionals' current pay rates are among the lowest in a 19-district comparison. While the educators "appreciate" the school committee's first-year offer, they are "insisting on improvements to the second and third years." Their proposed pay scale would result in a roughly \$4 per hour higher rate than the school committee's offer after three years. According to the WEA's analysis, this would increase district costs over the contract's lifespan by \$406,022 beyond the school committee's proposal.

Regarding injuries, the WEA notes that employees must currently use their own sick time for injuries sustained at work, such as "bites and scratches and bruises," during a five-day waiting period before workers' compensation begins. They are seeking to have this time paid separately.

The core of the problem lies in the structure of workers' compensation. There is a standard five-day "waiting period" before wage replacement benefits begin. In practice, this means that if a paraprofessional is injured and needs to leave work to visit the doctor, get a tetanus shot, or get x-rays, that time off



is initially unpaid. To be compensated, the employee must use their accrued sick time.

The WEA's position is that time off for a documented, work-related injury should be paid by the district separately from an employee's personal sick leave, arguing that staff should not have to deplete their own benefit time for injuries sustained in the course of their duties.

A Statewide Perspective: Record Pay Gaps and New Funding

The issues in Wrentham are part of a larger pattern across Massachusetts, according to an interview with Massachusetts Teachers Association (MTA) President Max Page. He cited a report from The Economic Policy Institute (EPI) which found that the "teacher pay penalty," the gap between public school teachers' wages and those of other college graduates, hit a record high in 2024. For Massachusetts, the report states the wage gap is 22.5%.

"Over the past three decades, stagnant weekly wages of public-school teachers have fallen further and further behind those of college graduates who chose other careers, resulting in an ever increasing teacher pay gap that hit a record high in 2024."

Page also pointed to the Fair Share Amendment, or "Millionaires Tax," as a significant new source of state education funding. He shared that revenue from the tax far exceeded expectations.

The "Millionaires Tax," is a voter-approved amendment to the Massachusetts Constitution that took effect in January 2023. Its purpose is to generate new state revenue specifically dedicated to public education and transportation. The amendment imposes an additional 4% state income tax on a person's annual taxable income that exceeds \$1 million - importantly, the \$1 million threshold is adjusted annually for cost-of-living increases, preventing "bracket creep" where inflation could push earners into the tax bracket over time.

According to the Massachusetts Department of Revenue, the state collected approxi-

mately \$1.8 billion in Fair Share revenue in its first full fiscal year (FY 2024), which ended June 30, 2024. This far surpassed the initial budgeted estimate of \$1 billion. And for the current fiscal year (FY 2025), the Massachusetts State Legislature and the Healey-Driscoll Administration have budgeted a \$244.5 million increase in per-pupil foundation budgets for school districts, and \$170 million to reimburse school districts for providing free breakfast and lunch to all students.

With a state mediator yet to be assigned, both parties expect the process to take substantial time, potentially lasting through the end of the year.

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Living Healthy

What It Is and How to Treat It

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

Glaucoma is one of the leading causes of preventable blindness, affecting millions of people worldwide. Often called the “silent thief of sight,” glaucoma usually develops slowly and without symptoms. By the time people notice vision changes, significant and irreversible damage may already have occurred.

So, what exactly is glaucoma, and how is it treated today? Let’s take a closer look at this common but serious eye condition—and the many advanced treatments now available.

What Is Glaucoma?

Inside your eye, a clear fluid called aqueous humor circulates to nourish tissues and maintain healthy pressure. Normally, this fluid drains through tiny channels. In glaucoma, those channels become blocked or don’t work properly. Pressure builds up and

damages the optic nerve—the cable that carries visual signals from your eye to your brain.

The most common type, called open-angle glaucoma, develops slowly over time. Other forms, like angle-closure glaucoma or normal-tension glaucoma, are less common but can also cause vision loss.

How Is Glaucoma Detected?

Because glaucoma often has no warning signs, regular eye exams are essential. Your eye doctor can measure your eye pressure, examine your optic nerve, perform a visual field test, and use imaging (like OCT scans) to look for early damage. Detecting glaucoma early is the best way to preserve your vision.

Treatment Options

The main goal in treating glaucoma is to lower eye pressure and protect the optic nerve. Fortunately, there are now many

options—from simple eye drops to sophisticated laser and surgical procedures.

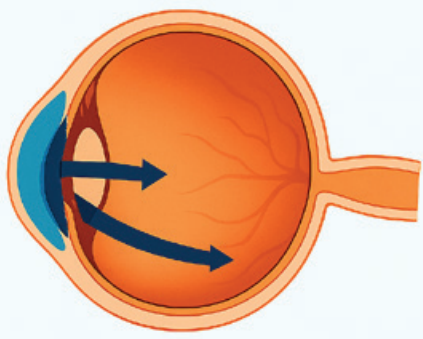
1. Eye Drops

Eye drops are usually the first line of defense. They either help your eye drain fluid better or slow down its production.

- **Prostaglandin Analogs** (like latanoprost, bimatoprost, and travoprost): These are among the most common and effective glaucoma drops. They’re typically used once a day and can lower eye pressure well. Some patients may notice red eyes, longer eyelashes, or a slight darkening of the iris or eyelid.

Now, there’s an exciting new advancement: **iDose TR**—a tiny injectable device placed inside the eye that slowly releases medication over many months, so patients don’t

GLAUCOMA TREATMENT



- Medicated eye drops
- MIGS
- Laser treatment
- Surgery

have to use daily drops. Another long-lasting option is **Durysta**, a biodegradable implant that steadily delivers medicine inside the eye. These treatments reduce the burden of daily drop use and help maintain consistent eye pressure.

- **Beta Blockers** (like timolol): These reduce the eye’s fluid production. They’re effective but can sometimes cause fatigue, slower heart rate, or breathing issues in patients with asthma.
- **Alpha Agonists** (like Brimonidine) and **Carbonic Anhydrase Inhibitors** (like Dorzolamide): These drops also lower eye pressure in different ways, though they can cause dryness, mild stinging, or allergic reactions in some patients.

For those who struggle to remember daily drops or experience side effects, these new sustained-release options are changing how we manage glaucoma and are quickly replacing drops as first line of treatment:

2. Laser Treatment (SLT)

Selective Laser Trabeculoplasty, or SLT, is a gentle, in-office laser procedure that helps the eye’s natural drainage system work better. It takes only a few seconds, is painless, and can lower pressure just as well as daily drops for many patients. SLT is safe, repeatable, and eliminates the need to remember medications (drops)—it’s a great choice for many patients. SLT is quickly replacing drops as first line treatment for glaucoma.

3. Minimally Invasive Glaucoma Surgery (MIGS)

For patients needing more pressure reduction—or those already having cataract surgery—MIGS procedures are an excellent option. These involve placing tiny stents or micro-devices (like the iStent, Hydrus Microstent, or Xen Gel Stent) to improve drainage through small, self-sealing incisions. Recovery is usually quick, and the risks are lower than with traditional surgeries.

4. Advanced Glaucoma Surgeries

In more advanced cases, or when other treatments aren’t enough, traditional surgeries can achieve stronger pressure control.

- **Trabeculectomy:** This surgery creates a new pathway for fluid to drain from the eye.
- **Aqueous Shunt or Tube Implants:** These use small drainage tubes to help fluid leave the eye safely.

Although these procedures require close follow-up, they remain highly effective for patients with advanced glaucoma, however they are risky procedures.

In Summary

The good news is that glaucoma care has advanced tremendously. From effective drops and innovative implants like iDose TR and Durysta, to gentle laser treatments and modern microsurgeries, we have more tools than ever to protect your sight.

The key is early detection and ongoing care. Regular eye exams allow your doctor to catch glau-

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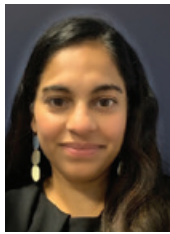
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EYE

continued on page 13

Living Healthy

Oh My Aching Back!!!!

Eighty percent of the population will experience low back pain in their lifetime. Back pain can range from a muscle ache to a shooting, burning or stabbing pain usually aggravated by bending, twisting, lifting, standing or walking. Back pain may come on insidiously over time from overuse or repeated heavy lifting or from a sudden awkward movement.

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Rob L presented to our office complaining of pain across his low back and radiating into his buttocks. He had been plant-

ing flowers and moving heavy stones to define his garden. After taking a history, performing an exam and taking x-rays it was clear that Rob had changes in his spine that predisposed him to this injury. After a course of chiropractic care not only did Rob’s pain resolve but the underlying cause was corrected as well. Rob was put on a program of care to maintain his correction and continues to be well today.

If you are experiencing back pain and it is not resolving on its own call The Holistic Center at Bristol Square at (508) 660-2722 to schedule an appointment with Dr Michael Goldstein or Dr Molly Rappaport today. We are located at 1426 Main Street, Walpole.

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Dr. Rochelle Bien, Dr. Molly Rappaport & Dr. Michael Goldstein

Stony Brook Camera Club

The Stony Brook Camera Club meets in person and virtually on Thursdays at 7:30 p.m. from September to June. In-person meetings are held at the Anglican Church of the Redeemer, 195 Main Street, Franklin. Meetings feature speakers, competitions, image studies, and discussions of general interest. The club also sponsors photography activities and workshops throughout the year and welcomes members of all abilities.

Upcoming meetings:

- November 6 (Hybrid): Member competition
- November 13 (Zoom): Program — Digital Apps for Planning Photo Shoots
- November 20 (Hybrid): Image Study

For a calendar of events and membership information, visit stonybrookcc.com.

EYE

continued from page 12

coma before it causes permanent damage and to tailor treatment to your specific needs.

At Milford Franklin Eye Center, we are committed to offering the latest advancements in glaucoma care, including iDose TR. We are proud to have performed one of the first iDose TR procedures in New England at our Cataract and Surgery Center of Milford. As a leader

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WELCOME KEN SPERBER, MD

Now Accepting New Patients

Milford Regional Physician Group is pleased to welcome Ken Sperber, MD to Franklin–Wrentham Family Medicine.

Board certified in family medicine, Dr. Sperber earned his medical degree from the MCP Hahnemann School of Medicine, Allegheny University of the Health Sciences in Philadelphia, PA, and completed his family practice residency at Virtua Memorial Hospital Burlington County in Mount Holly, NJ.

With more than 20 years of experience in primary care, Dr. Sperber has been a trusted physician with Brown Health Medical Group, Hillside Family Medicine in Pawtucket, RI, where he cared for patients of all ages. In addition, he has served as clinical faculty at both Brown University Medical School and Dartmouth University Medical School, helping to train the next generation of physicians.

Dr. Sperber looks forward to bringing his compassionate, comprehensive approach to patient care at Franklin–Wrentham Family Medicine.



Ken Sperber, MD

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The b.LUXE *beauty beat*

A Season of Gratitude

By GINA WOELFEL

b.LUXE Owner Heather Cohen on What's Inspiring Her this Fall...

November always makes us pause and reflect on what we're thankful for, not just in life, but here at b.LUXE. What started as a dream has grown into something bigger than all of us could have imagined, and that's because of the people who show up every day.

When you enter the salon, you'll see over 35 women who genuinely, wholeheartedly support and respect each other. There's laughter, collaboration, and real encouragement. Clients feel it the moment they walk in.

Our Team - The Heart of b.LUXE

"What makes our team special isn't just talent, it's how we show up for each other," says Heather. "Jumping in to help during a busy Saturday, celebrating wins, or problem-solving together when challenges arise, there's a genuine care that runs through everything we do. It's the kind of environment where everyone feels valued, and that energy radiates to every person who walks through our doors."

When asked to pinpoint one thing she's especially proud of, Heather told me, "Watching our team work and grow together to help the junior staff and apprentices become confident stylists and estheticians. We don't refer to our clients as 'mine' or 'yours', we take care of every client together. That spirit is what makes this place so exciting."

Behind the Scenes

Running b.LUXE takes a village, and Heather knows she has the right people at the helm. "Angie, our salon manager, is the glue that holds everything together," she says. "She somehow manages to coordinate a million moving parts while keeping our front desk team in sync so no client ever feels overlooked. I really don't know what I'd do without her!"

"And speaking of our front desk team, you know how some people just have that gift of making you feel welcome the second you walk in? That's them," says Heather. "They keep things running smoothly even when we're completely slammed. The whole b.LUXE experience starts right

there at the front desk, and we mean it when we say we'd be lost without them."

A Salon That Gives Back

"From the beginning, I wanted b.LUXE to be more than a place to get your hair done, I wanted it to be somewhere people grow, learn, and feel supported, and that includes giving back to the community," says Heather. "This year, we've continued supporting organizations like PAWS New England, The Medway Food Pantry, Franklin Food Pantry, Stairs for Troops, The Santa Foundation, Gilly's House in Wrentham, The Hummingbird Foundation, and many of our surrounding towns' sports teams and school programs. We also fund our yearly scholarship with The Martello Institute of Beauty in Cancun, Mexico, covering two full cosmetology tuitions. Being the helping hand that helps future stylists pursue their dreams has always meant a lot to me."

Wigs and Toppers: A Mission Close to My Heart

"Of everything at b.LUXE, our Wigs and Toppers program has really become something special to me," says Heather. "After my own hair loss during rheumatoid arthritis treatment, I knew I wanted to help others going through the same thing. This year, we partnered with organizations like the Susan G. Komen Foundation, Gloria Gemma Breast Cancer Foundation, Dana-Farber Cancer Institute, and hospitals across Boston to help women facing medical or age-related hair loss."

She continues, "Recently, I had the honor of being nationally featured on NBC News for this work. Seeing our mission recognized across the U.S. was humbling, and honestly a bit surreal. But the real reward is still sitting with a client, hearing her story, and helping her feel like herself again." Heather often tells her team, "Hair is never just about looks, it's about confidence, dignity, and feeling whole again."

Our Clients and Community

"To our clients: thank you for trusting us," says Heather. "You





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share your wedding days, your fresh-start cuts, your vulnerable moments, and everything in between. That trust means everything to us."

She continues, "I also want to give a huge shout-out to Medway and our surrounding MetroWest communities. We're so lucky to be part of a town that truly supports local businesses and shows up for each other. From our amazing neighbors here at the Medway Mills to fellow business owners who cheer us on, to the people who stop by just to say hello, this community has embraced b.LUXE in ways I never expected. You've celebrated our wins, referred your friends and family, and made us feel like we truly belong here. That kind of support doesn't go unnoticed, and we're so grateful to call Medway home."

"And if you haven't heard yet, we're running our most popular special, now through the end of the year: Buy 3, Get 1 FREE on all retail products. Stock up on your favorites or get a head start on holiday gifting!"

Heather adds, "This holiday season, we're proud to support The Santa Foundation, and we'd love your help donating to families in need. Scan the QR code above for their donation link. I'm so grateful for each of you. Thank you for being part of this journey and making b.LUXE what it is today."

With gratitude,
Heather Cohen
Owner, b.LUXE Hair and Makeup

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Norfolk Lions Launch Annual Christmas Tree Sale Nov. 17

The Norfolk Lions Club will kick off its annual Christmas Tree Sale on Monday, November 17, continuing until all trees are sold. The sale, a longstanding holiday tradition and one of the club's key fundraisers, is also an opportunity for members to connect with the community during the holiday season.

Trees will be available at the lot next to Dunkin' on Main Street in downtown Norfolk. Sale hours are weekdays from 3 to 8 p.m. and weekends from 9 a.m. to 8 p.m. Lions Club members will trim the base of each tree and secure it to vehicles; pickup trucks are appreciated. Cash or checks payable to the Norfolk Lions are accepted.

Fresh Balsam and Fraser Firs from northern Maine will be available, along with a limited number of Silver Fir hybrids. Wreaths, tree bags, and tree preservatives will also be offered. All proceeds benefit the Norfolk community and support Lions Club initiatives such as blindness and diabetes research, juvenile cancer programs, and other



charitable causes.

The Lions will collect coats for the Coats 4 Kids drive, with donations cleaned by Anton's Cleaners before being distributed to families in need. Non-perishable food items will also be collected for the Norfolk Food Pantry.

After the holidays, the Boy Scouts of Norfolk will offer a tree pickup and recycling service on January 10, 2026, beginning at

8:30 a.m. The cost is \$5 for seniors (65+) and \$20 for all others. Registration is available at www.troop80norfolk.com/christmas-tree-pickup. Scouts will also be on-site at the tree lot with additional information.

For details, or information about joining the Norfolk Lions Club, visit www.NorfolkMA-Lions.org or email norfolklions-membership@gmail.com.



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LiveARTS String Quartet Returns to Franklin for November Concert

The LiveARTS String Quartet will return to Franklin this fall with a program of beloved classical masterworks by Mozart, Beethoven, and Brahms. The concert will take place on Sunday, November 16 at 3 p.m. at the Franklin Historical Museum, 80 West Central Street. Admission is free, with voluntary donations welcomed at the door.

Founded in 2009 by violist and Norfolk resident Donald Krishnaswami, the Franklin-based ensemble features some of the Boston area's most accomplished musicians: Gregory Vitale and Katherine Winterstein on violin, Krishnaswami on viola, and guest cellist Emmanuel Feldman.

Originally formed as the resident string quartet of Franklin's LiveARTS concert series, the group performed under that banner until the organization's

dissolution earlier this year. For 25 years, LiveARTS has brought world-class chamber music to local audiences, helping to make classical performance a cultural mainstay in the community.

Now performing independently, the LiveARTS String Quartet is continuing that legacy by building a new season of concerts in Franklin and neighboring towns, maintaining the high artistic standards established during its time with LiveARTS.

Community members who wish to support the quartet's new chapter are invited to become pioneer donors, helping to establish the ensemble as a permanent presence in Franklin's arts scene. Donations may be made online at <https://tinyurl.com/2swb3smy> or by contacting Krishnaswami at liveartsma@gmail.com.



Kick off the Holiday Season with Norfolk Lions' Santa Parade

Santa Claus will roll into Norfolk on Sunday, November 30 and a host of groups will turn out to celebrate his arrival with a variety of activities.

Santa and his entourage will be ushered into town by the highly acclaimed King Philip High School Marching Band under the direction of Mr. Michael Keough. Prior to the parade, Santa stops in at Hillcrest Village where his elves will hand out cookies and treats.

Santa's parade will begin at 3:30 p.m. at the Hillcrest Village on Rockwood Road. Mrs. Claus, Rudolph, Santa's elves, Frosty the Snowman, the Grinch, Buddy the Elf, the Nutcracker, Ebenezer

Scrooge, Norfolk Police and Fire Departments, area Scouts, color guard, varsity cheerleaders, chief cheerleaders, Town Select Board, and others will join Santa along Route 115, through the center of town, turning right onto Liberty Lane and ending at the Norfolk library.

At 4 p.m. residents are invited to visit with Santa in the community room inside of the library. **Please bring your own smart phone or camera to take pictures with Santa.** Santa's elves will be bustling around assisting all. Refreshments will be provided by the Norfolk Recreation Department.



Children are invited to bring their homemade ornaments to help the adults decorate the town Christmas tree, which will be lit for the first time to mark the beginning of the season.

The Santa Parade and festivities are sponsored by the Norfolk Lions Club and the Norfolk Recreation Department, with the cooperation of numerous town departments, including our Fire, Police and Highway Departments and the staff of the Norfolk Public Library.



Toy and Children's Book Swap Returns for Fourth Year Nov. 29

Donations Accepted Nov. 25 and 26

By GRACE ALLEN

A community toy and children's book swap will return for its fourth year on Saturday, November 29, from 10 a.m. to 1 p.m. at Wrentham's Fiske Public Library. The free event invites families to "shop" for gently used toys and books just in time for the holidays.

Organized by Alexander Cassie and his wife, Krista Andberg, the event began as a way to manage the overflow of toys their three children had outgrown.

"The whole thing about toys is that kids naturally age out of them," Cassie explained. "They're still perfectly wonderful for the next kid down the line — maybe your child doesn't want them anymore, but someone else will love them. This swap keeps those items in our community instead of in a landfill."

After last year's strong turnout, organizers are planning a slightly expanded setup this time around.

"We were thrilled by the enthusiasm last year," Cassie said. "This year we may use additional space in the library for the children's books so people aren't on top of each other. We want to make sure there's room for everyone to browse and enjoy."

Donations should be in good condition, and bicycles and clothing will not be accepted. Items can be dropped off at the Fiske Library on Tuesday, November 25, from 4 to 8 p.m., or on Wednesday, November 26, from 10 a.m. to noon. Shoppers are asked to bring their own bags

on the day of the swap.

The event's philosophy is rooted in sustainability and community connection. Cassie compares the swap to local "Buy Nothing" groups — a chance to pass on still-useful items without the cost, packaging, or environmental impact of buying new.

"There's so much waste, so much packaging, and so much expense that comes with the holidays," he said. "Sometimes the most meaningful gift is something in a paper grocery bag that still has a lot of life and love left in it."

Some items even make multiple appearances at the swap. Cassie shared the story of a ride-on Thomas the Tank Engine toy that's been passed from family to family — returning to the swap for consecutive years.

"That's exactly why this event exists," Cassie said. "It's wonderful to see beloved toys keep finding new homes."

While the swap has a casual, community feel, plenty of planning goes into organizing the hundreds of items that come in each year. Cassie and volunteers spend the days before Thanksgiving sorting donations into categories — from stuffed animals and dolls to Legos, cars, and outdoor play gear — to make shopping easier.

"We want to make it feel a little like a department store," Cassie said. "If someone's looking for superhero toys or picture books, we can point them right to it. With that many items, a little organization goes a long way."

Last year, leftover toys and



books were donated to the Salvation Army, but this year organizers are exploring new options, possibly partnering with a resale thrift organization or holding a fundraiser through a group like Savers.

Despite the abundance of donations, Cassie noted that most of the items find new homes quickly.

"Even though the swap only runs a few hours, it's amazing how much disappears by the end," he said. "We still have a few carloads to donate afterward, but the vast majority is re-homed."

Community response has been overwhelmingly positive. Cassie said visitors to the swap are grateful for the opportunity to declutter, share, and save

money while "shopping" for and with their children.

"This is such a win-win," he said. "Half the people don't want certain things anymore,

and the other half are thrilled to find them. It's neighbors helping neighbors — and that's what makes it so special."

Norfolk and Wrentham Town Meetings

Both Norfolk and Wrentham will hold Town Meetings this month.

Wrentham's Town Meeting will be held on Monday, Nov. 3 at King Philip High School, 201 Franklin St., Wrentham, beginning at 7 p.m. The warrant is posted at Wrentham.

gov. Among the matters voters will decide are a proposed new Public Works facility and zoning changes to comply with the MBTA Communities law.

Norfolk's Town Meeting is scheduled for Wednesday, November 12 at King Philip Middle School, 18 King St.,

Norfolk, beginning at 7 p.m. In addition, the town is holding a Pre-Town Meeting Community Information Session on Wednesday, November 5 at 7 p.m. in the Freeman-Kennedy School cafeteria. Residents are encouraged to attend and learn about the warrant articles.

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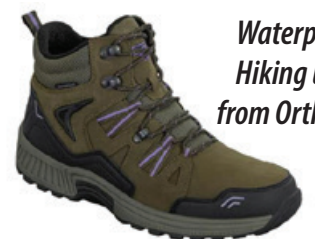
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Norfolk to Vote on Expanding Select Board from Three to Five Members

By JOE STEWART

Voters will decide on a citizen petition to expand the Town of Norfolk's Select Board from three to five members at a Special Town Meeting on Wednesday, November 12.

The petition, which secured more than 100 signatures, was organized by resident Benjamin Sprague. In an interview, Sprague said his interest was sparked by the May election, where three candidates ran for a single seat.

He observed that every candidate brought a different point of view, all of which he thought were valuable, yet there was just one seat. Sprague believed it would have been better if all three could have served, which led him to research the board structures of nearby towns.

His subsequent proposal, titled "Proposal to Expand Norfolk's Select Board from 3 to 5 Members," argues that Norfolk's population of more than 11,000 has outgrown a three-member board structure. He noted that 150 Massachusetts towns use five-member boards, a model typically adopted as populations exceed 10,000 residents.

The proposal lists several benefits of expansion, including broader representation, a reduction in individual workload per member by enabling sub-committees, and greater flexibility in

maintaining a meeting quorum.

Sprague highlighted that a five-member board also enables the use of sub-committees for more focused work, a practice not feasible with only three members. The proposal uses the towns of Walpole and Holliston as examples where five-member boards have led to faster decision-making and reduced member burnout.

In the interview, Sprague addressed potential objections. On the concern that a larger board could slow decisions, he found that in both Holliston and Walpole, decision times were reduced and decisions were made more quickly. He also noted that with five members, a single member must convince two others to secure a majority, whereas with three, "a single member only needs to convince one other member."

When asked about the timing, Sprague's response was, "Why not now? Why wait?" He also pointed out that the Select Board is the only Norfolk board with just three members.

The Town of Norfolk website notes that if approved by Town Meeting, the change would then "require a special act of the legislature."

The proposal faces opposition, however. In a separate interview, Jim Lehan, a former Select Board member and current Norfolk representative on

the King Philip Regional School District Committee, stated he plans to vote against it. While Lehan acknowledged that "having five members on the Select Board absolutely increases representation," his primary concern involves the state's Open Meeting Law.

Lehan explained that the law prohibits a quorum of a board from discussing public business in private. With a three-member board, any discussion between two members constitutes a quorum and must happen publicly. With a five-member board, a quorum is three members, allowing two members to legally have private discussions.

Lehan worries this could be abused. He observed that two can meet legally then one of the two can separately meet privately with a third member. This makes it possible to circumvent the intent of the open meeting law without specifically violating the law. Lehan fears moving to a five-member board would reduce public debate.

Sprague will discuss the proposal at the Pre-Town Meeting Community Information Session on Wednesday, November 5, at 7 p.m. in the Freeman-Kennedy School cafeteria. According to the town's website, questions about warrant articles can be sent to ajohanns@norfolkmass.gov.

Hear One of the Oldest Church Organs in New England!

This year, the William Goodrich organ at Trinity Episcopal Church in Wrentham is 200 years old.

Originally built in 1825 for the Universalist Church in Providence, Trinity Church has been the organ's home since 1915.

To celebrate this milestone, the church is presenting opportunities to hear this amazing instrument. The events will be held at the church on Sunday afternoons at 3 p.m. Following each event, refreshments will be served in the church parish hall. There is no admission charge, but a donation to support the maintenance of the organ is requested.

On November 9, prominent Boston-area organist Peter Sykes will present a recital illustrating the organ's full potential as a solo instrument. Mr. Sykes is a well-known performer on keyboards of all types and has been Director of Music at First Church in Cambridge since 1986. He is a teacher and recording artist and is currently Associate Professor of Music and Chair of the Historical Performance Department

at Boston University. The recital will be preceded by a presentation about the organ's history and its builder, William Marcellus Goodrich. The presentation will be given by Matthew Bellocchio of Andover Organ Company, which has maintained the instrument since 1968.

On November 16, there will be a Four-Person Organ Recital. This recital brings together four musicians with strong connections to Trinity Episcopal Church "back home" to celebrate their associations with this instrument. The performers are Lorna Russell, Organist Emerita and former Director of Music at Trinity Church, Philip Hall, pianist and substitute organist at the church, David Burnham, currently Director of Music at St. Gabriel's Church in Marion, Massachusetts, and Rick Duthe, current Director of Music at the church.

Please join us for these events as we celebrate an instrument that has been making good music for 200 years! We look forward to seeing you there.

Norfolk County Registry of Deeds Unveils "We Remember Our Women"

The Norfolk County Registry of Deeds has launched a new online page highlighting Notable Land Records, Volume 4: "We Remember Our Women."

The digital booklet, now available to view and download, honors extraordinary women from 28 communities across Norfolk County. These women made lasting contributions in fields ranging from medicine and journalism to literature, military service, and environmental advocacy. Their stories celebrate courage, intellect, and civic spirit that continue to inspire local communities.

The Registry officially unveiled the project on Sept. 10,

with Massachusetts Lieutenant Governor Kimberley Driscoll serving as guest speaker. Photos and videos from the event are featured on the new webpage, alongside the booklet itself.

Residents can explore "We Remember Our Women" by visiting norfolkdeeds.org.

The Norfolk County Registry of Deeds, located at 649 High Street in Dedham, provides secure, accessible land record information for homeowners, lenders, municipalities, and others. More information is available online at www.norfolkdeeds.org or by contacting the Registry's Customer Service Center at (781) 461-6101.

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The Tramp House Story

By GERI TASKER
NORFOLK HISTORICAL
COMMISSION CHAIRMAN

The Tramp House, Norfolk's little red building on Town Hill, has a new roof thanks to Robert Roofing and Gutters, a local business in Norfolk.

About a year ago, Kelli Spadea-Greene contacted the Norfolk Historical Commission stating that she and her husband, Robert, love the little red building. As they were driving by the Tramp House one day, they noticed that the building needed a new roof. They own Robert Roofing and Gutters and offered to replace the Tramp House roof as a gift to the town. After obtaining official approval from the Town, the work was completed on Friday, July 18, 2025. They did a fabulous job as the new roof looks great. The Select Board and the Historical Commission honored Robert Roofing and Gutters at a recent Select Board Meeting and presented the business owner, Robert Greene, with a Certificate of

Recognition to show the town's appreciation for their generous donation and willingness to preserve a little bit of history for generations to come.

Donating a new roof to the Tramp House was also a way for Kelli and Robert to honor the memory of their dear friend, Thelma Ravinski, the lady responsible for saving the Tramp House from demolition. Thelma was a long-time resident of Norfolk and an active member of the community. If something needed doing, Thelma stepped up to the plate. She was an assistant Town Clerk and Tax Collector, a member of the Council on Aging and a valued member of NHC serving as secretary and chairman. She used to visit Norfolk classrooms talking to the children about Norfolk's history. One of Thelma's pet projects was interviewing and recording the memories of longtime local residents. These recorded interviews were published into two books, "Norfolk Stories, Volumes I & II."

In 1984, the Tramp House



was in danger of being demolished, gone forever. Thelma convinced town officials and the community that the little red building was historically significant and worth saving. After her success to save the Tramp House from its demise, the Select Board entrusted its care to the Norfolk Historical Commission. On June 25, 2025, NHC paid tribute to Thelma by remembering her at a special ceremony held at

the Tramp House attended by her family and friends. A canvas photo of Thelma was unveiled as well as a laminated copy of The Boston Globe article from June 5, 2014. The article was about Tramp Houses in Massachusetts and featured a photo of Thelma in front of Norfolk's Tramp House. These two precious items were gifts to the Historical Commission from members of the Ravinski Family.

The Norfolk Historical Commission is proud of the little red building that sits on Town Hill; our Tramp House, built in 1886, is one of only five Tramp Houses remaining in Massachusetts; the others are in Rockland, Kingston, Middleton and Weston. During the 1800s, Tramp Houses were built near train stations to offer temporary housing for itinerant travelers or "tramps" as they were called. When times were tough, men would travel from town to town looking for work. Before the Norfolk Tramp House was built, the town would pay residents to offer housing to

the itinerants. The Tramp House offered them a place to stay overnight. This one room building was furnished with mattresses and blankets and heated by a wood stove.

The building was taken over by the School Department in 1918 to teach "sloyd" or carpentry skills; it was later used to teach classes in sewing and cooking. Police Department materials were stored there, and it was used for a time as a "Lock Up" or little prison. The American Legion used it as a meeting place, and it was even used as a barber shop. Currently, it serves the community as a little museum of sorts housing artifacts and historical materials related to the town. The little building is occasionally open to the public and is one of the site visits during the Third Grade Walking Tour of the Town Center in the spring.

The Norfolk Historical Commission is always looking for residents interested in local history to join a group of dedicated volunteers. For more information, contact nhc@norfolkmass.gov.

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King Philip Concert Band Earns Spot at Prestigious CBDNA Conference

The King Philip Regional High School Concert Band has been selected as one of just three high school ensembles invited to perform at the 2026 College Band Directors National Association (CBDNA) Eastern Division Conference, a distinguished gathering of collegiate band directors from across the East Coast.

The invitation marks a historic milestone for the King Philip music program — it will be the first time the high school's concert band takes the stage at this prestigious event. The performance is scheduled for Thursday, March 19, 2026, at 7 p.m. at the UMass Amherst Fine Arts Center.

"This is a tremendous honor," said Band Director Michael Keough. "We have the opportunity to remind this distinguished group of collegiate educators about the passion of high school musicians and all that they are capable of. Our students never fail to impress me, and this is another great opportunity to share their musical gifts with the world."

The 55-member concert band, directed by Keough and Joshua O. Wolloff, the district's Director of Fine and Performing Arts, will present a 45- to 50-minute program. The invitation follows a competitive selection process that included submission of recordings from the band's 2024 and 2025 performances.

"We'd like to thank the alumni from the last two years for the role they played in earning this honor," Keough added.

The CBDNA conference, which brings together collegiate band directors from Maryland to Maine, will also give King Philip's student musicians the chance to hear and learn from top university ensembles — providing a glimpse of the possibilities awaiting them in higher education.

Principal Nicole Bottomley praised the band's selection as a reflection of the quality of King Philip's music program and the dedication of its students and educators.

"This is an amazing honor and also a chance for our students to showcase the skills they've developed and the incredible concert program they've been working hard on throughout the school year," Bottomley said. "The conference will also serve as a great opportunity for them to see what's possible in college music programs and in music education after high school."

Superintendent Dr. Rich Drolet echoed that sentiment. "We are very proud of our music education program, our student musicians, and the many accomplishments of our Concert Band," he said. "Congratulations to Mr. Keough, his team, and all of our students for this recognition and the opportunity to showcase their talents on such a respected stage."



The King Philip Regional High School Concert Band will take the stage during the 2026 College Band Directors National Association Eastern Division Conference at the UMass Amherst Fine Arts Center on March 19. (Photo Courtesy King Philip Regional School District)

Wrentham Firefighter Among New Academy Graduates

Wrentham firefighter Isabel Cruz is among 20 new firefighters who recently graduated from the Massachusetts Firefighting Academy's 50-day Career Recruit Training Program.

The intensive 10-week program provides recruits with the essential physical, mental, and technical skills needed to safely and effectively serve their communities. Recruits complete hundreds of hours of classroom instruction and hands-on training in critical areas such as fire suppression, search and rescue, ladder operations, hazardous materials response, and emergency scene management. Upon graduation, each firefighter meets national standards and is certified as a Firefighter I/II and Hazardous Materials First Responder Operations.

"Massachusetts firefighters are on the frontlines protecting their communities every day, and today's graduates are needed now more than ever," said State Fire Marshal Jon M. Davine.

Graduates are trained to respond to a wide range of emergencies beyond fires, including gas leaks, chemical spills, motor vehicle crashes, and water and ice rescues. They also receive instruction in public safety education, stress management, and self-rescue techniques.

Cruz joins the Wrentham Fire Department's ranks ready to serve the community alongside veteran firefighters, providing an essential public safety service and responding to emergencies of all kinds.



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Merit Scholarships Opportunities

True or False?

- Merit scholarships are only awarded to students who have financial need. FALSE.
- Merit scholarships are only offered to the highest-achieving students at a school. FALSE.
- Once you earn a merit scholarship, you cannot lose it. FALSE.
- Merit scholarships are offered at Ivy League colleges. FALSE.

These are just a few of the many misconceptions about merit scholarships. In reality, a wide range of students are eligible for merit scholarships- not just a select few. And, with the cost of higher education increasing each year, scholarships are becoming an essential way to help fund a college education. It is important to know the facts.

What's True?

- Merit scholarships are a type of financial aid that is NOT awarded based on the family's financial need, but determined by the student's demonstrated academic and/or personal achievement during their high school years.

- While strong academics are important, students do not need to have straight A's to earn merit. Scholarships are often awarded based on a combination of factors such as grade point average, standardized test scores, extracurricular activities, community service, leadership, work experience, major, geographical area, or unique talents. Awards are also used to encourage diversity, participation in certain majors, and to increase enrollment for out-of-state students.
- Most merit scholarships are renewable for four years, but students must typically maintain a minimum GPA and full-time status to keep them, so families should review renewal requirements. Also, be aware that some colleges require students to apply by an earlier deadline, such as University of Connecticut that has a priority deadline of December 1st to be considered for merit. Check the websites.
- If a college is a student's top choice, it's sometimes possible to appeal a merit award, especially with new accomplishments or a more affordable offer from a similar college.
- Colleges are the largest resource for merit scholarships. It is a common practice for colleges to automatically award merit scholarships upon a student's acceptance if the student meets the academic requirements. Although some colleges may require a separate application, interview, supplemental essay, audition review, or portfolio review to award the student a merit scholarship. It is important to understand the merit process for each college- research the college website!
- A student is more likely to earn a merit scholarship at a school where they would be considered a top student in the applicant pool, such as a "likely" school versus a "reach" school. A college that is considered a "likely" for a student could open the door for the student to be admitted into the college's honors program which could result in a larger merit scholarship.
- Though the great majority of colleges offer merit scholarships, there are several colleges that do not. The Ivy League schools, along with many of the top selective schools, such as Bates College and Stanford University, generously meet full-financial need, but do



Maryline Michel Kulewicz and Tracy Sullivan of College 101 Admissions Consultants

not offer academic merit. Review the admission and financial aid webpage for each college to determine the merit opportunities.

- The Net Price Calculator (NPC), available on all college websites, allows families to input the family's financials to determine an estimate of their need-based financial aid. Several of the private colleges allow families to input both the student's academic profile and family financials which will then provide an estimate of their need-based financial aid and merit scholarships that the student may receive.
- There are many ways to apply for outside scholarships (private). There are three main resources we recommend: (1) We love Going Merry- it is a one-stop shopping website for

scholarships, with tutorials to make it easy to navigate and send out applications; (2) The high school's Guidance Counseling office supplies local community scholarship opportunities, usually available after the new year of senior year; and (3) The student's or parents' employment may offer scholarship opportunities as well- contact the Human Resource department to ask.

Good luck and enjoy the journey!

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"One Hour of 168" Explores the Power of Shared Reflection and Community at FUSF

Amid the busyness of modern life and the constant demands on our time, the single hour we spend together in worship each week can have a profound impact on how we approach the remaining 167. The First Universalist Society in Franklin (FUSF) invites the community to join us on Sunday, November 16, at 10 a.m. for a special program titled "One Hour of 168," led by FUSF member Peter Dennis.

This thought-provoking discussion will explore how that shared hour offers a unique opportunity for reflection, renewal, and growth—both individually and as a loving, supportive com-

munity. It is a time to pause, reconnect with our values, and strengthen the bonds that sustain us throughout the week.

Peter Dennis serves as Senior Director for Babson College's Professional & Executive Education. He is also an author and consultant who helps organizations achieve sales success.

The First Universalist Society in Franklin (FUSF) is a Unitarian Universalist Welcoming Congregation located at 262 Chestnut Street, Franklin. Our Minister is Reverend Beverly Waring. For more information about FUSF please visit our website at fusf.org. You can also contact us at info@fusf.org or by calling 508-528-5348.

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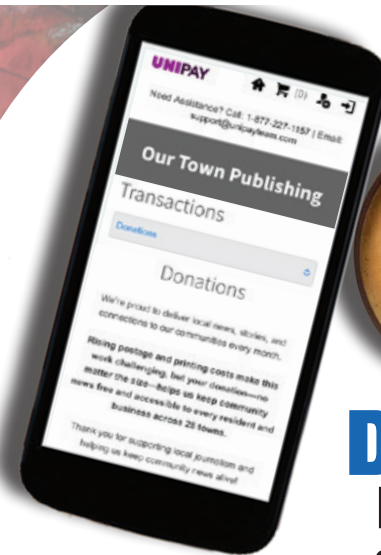
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Sports

KP's Amorim Upbeat About Final Soccer Season

Serious Injuries Limited His Playing Time

BY KEN HAMWEY
STAFF SPORTS WRITER

Marco Amorim is a high caliber soccer player who knows a thing or two about pain.

The King Philip senior played his entire sophomore season with two fractured vertebrae. As a junior, the center midfielder missed 10 matches because of torn quad muscles in both legs. His statistics for those seasons were paltry — he didn't score a goal and had only six assists.

Rehabilitation seemed like a way of life for Amorim. During those two years, he underwent physical therapy sessions twice a week and sometimes he had three weekly appointments.

Fast forward to this fall and his first three games against Mansfield, Franklin and Oliver Ames. He connected for three goals and two assists. "This is the best I've felt in three years," Amorim said. As the 2025 regular season heads for the finish line, the Warriors had a 6-2-3 record and a No. 8 power rating in Division 2. That should provide KP with a high seeding in the playoffs. And, Amorim had 5 goals and 5 assists in KP's first 11 matches.

The 17-year-old is eager for an opportunity to conclude his final season at KP with some memorable moments in the state tourney. Last year, KP missed qualifying.

"My goals at the start of the year were to qualify for the playoffs and go on a deep run," he emphasized. "I also want us to contend for the Kelly-Rex Division title, I want to stay healthy, and I want to enjoy the competition with my teammates. My personal goal is to strive to be the Hockomock League's MVP. These objectives are realistic but it's going to require focus, hard work and a team-first approach. If we can get to the Final Four, then anything is possible."

KP had a one-point lead in the Kelly-Rex Division standings after its first 11 matches.

"It's great to have Marco back," said coach Mike O'Neil. "He's an intense competitor who has an elite soccer IQ. He's very skilled, has speed and quickness and dribbles so effectively. He's a fine senior

leader on the field and he provides encouragement for our younger players."

The 5-foot-5, 125-pound Amorim started playing soccer as a two-year-old for the Norfolk Lions in a recreational league. As he grew older, he embraced the sport and has played at the club level for seven years.



Marco Amorim plans on majoring in psychology and hopes to play soccer at a Division 3 college.

"I like the speed of the game, the strategy and the ability to attack on offense," he said. "I like to think that my style is aggressive going for the ball and my passing is more about finesse. The keys to being successful as a midfielder include good field awareness, adept shooting and passing, and dribbling well. Being effective in transition is also important."

Though Amorim has struggled with injuries, he has experienced some high-quality moments. "My best game was earlier this season when we defeated Franklin, 3-0," he noted. "That was the first time we've beaten Franklin in five years and I had two assists. It really was rewarding to end that losing streak. Another thrilling time was when we faced Barnstable in a play-in game in the tourney my sophomore year. We scored with five minutes to go for a 1-0 victory before Weymouth eliminated us in the next round."

Amorim is not only a classy player, but he's also a class individual, speaking highly about his coach and teammates.

"Coach O'Neil knows the game and he's a good motivator, always getting the best out of his players,"

Amorim said. "He's also consistent, telling us what's on his mind and not sugar-coaching his words. He's also willing to experiment with new formations."

Amorim also has a high regard for his teammates.

"Our team chemistry is good, our spirit and team atmosphere are a plus and our players are top-notch competitors and close-knit," he said.

Three players he admires are seniors — striker Nick Longobardi, midfielder George Blakesley, and center back Ryan Love.

"Nick is a super competitor, intense and focused," Amorim noted. "George is a captain who's fast and quick. He's also a quality leader who's well-skilled. Ryan has good movement up and down the field and he's instinctive and vocal on defense."

Amorim is a good student and he plans on majoring in psychology in college. "I likely will enroll at a Division 3 college and I hope to play soccer," he said. "I'm still undecided on a college but my career goal is to become a high school guidance counsellor with an eye towards being an administrator."

School administrators are usually top-notch role models who care about students. Amorim already has shown a caring nature. He's in his third year with the peer mentoring club. "It's all about helping kids," he said. "We meet and talk about various things."

Relying on an athletic philosophy that focuses on a strong work ethic, reaching one's potential and having fun competing, Amorim



Marco Amorim excelled in the Warriors first three matches against Mansfield, Franklin and Oliver Ames. He connected for three goals and two assists.

said: "I love winning but there are times when you have to accept that you can't win every game."

The personable Amorim, who's a native of Wrentham, knows he's learned some valuable life lessons while playing soccer. "I've learned how to overcome adversity, to be resilient and how to be a quality leader and teammate," he offered. "Other key lessons are to be responsible and accountable. I've also learned that injuries can be very humbling."

Calling his parents (Peter and Michelle) role models for their support and encouragement, he's thankful for all the soccer advice his father has provided. His dad is an assistant coach on the KP varsity.

Amorim is relieved that weekly physical therapy has dwindled, giving way to practice sessions and challenging Hockomock League matches. If physical therapy had a role in his life, it was to create an urge to return to the sport he loves.

"It was tough to sit on the sidelines," he emphasized. "My injuries spurred me to get back. The process wasn't quick but it has made me a more determined competitor. It's been difficult but it was worth the wait."

Marco Amorim has paid his dues. He's upbeat about his physical status and he's optimistic about what could be a very dynamic finish for him and the team he cherishes.



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November 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: norfolkmass.gov.

Tuesday, Nov. 4 at 11 a.m. Cardmaking with Lynne Resident Lynne Sarikas will lead us in making four fall-themed cards. All supplies will be provided. No prior card making experience necessary. Limited to 12 people. RSVP requested.

Wednesday, Nov. 5 at 1 p.m. Colleen Marshall Concert Join us for an unforgettable afternoon of music as vocalist Colleen Marshall performs songs from artists Patsy Cline, Whitney Houston, Barbra Streisand, and Frankie Valli. RSVP requested.

Thursday, Nov. 6 from 2:30 to 4 p.m. Storytelling Project Want a keepsake to give to your family? Local high school students Aaron and Aneesa are doing a project where they record your life stories and turn them into keepsake

booklets for you, your families, and the community. Twenty-minute interviews, limited to 4 people. RSVP required.

Monday, Nov. 10 at 11 a.m. In Search of Amelia Earhart: The Expedition to Nikumaroro (Virtual) In 1937, aviator Amelia Earhart vanished while attempting to fly around the world, sparking one of aviation's greatest mysteries. Dr. Richard Pettigrew is leading an expedition to a remote Pacific island to see the "Taraia Object," a recently identified anomaly that could be a remnant of Earhart's plane. Dr. Pettigrew via Road Scholars will discuss the expedition's investigation and expected challenges. RSVP requested.

Thursday, Nov. 13 at 2 p.m. Science Club Resident Jeffrey Thumm will lead a new monthly science club featuring open discussions on topics of interest. Participants will explore concepts together and build models to deepen understanding. The first meeting will focus on risk analysis, exploring questions like

"What is risk?" and "What risks do I really face?" Be ready to discuss, ask questions, and bring topics you want to discuss in future meetings. Snacks will be provided. RSVP requested.

Tuesday, Nov. 18, at 11 a.m. By the Sea: Soap Making Workshop Unleash your creativity by crafting your own personalized glycerin-based soap, no lye required. Choose from a variety of vibrant colors, scents, glitter, and white soap seashells to design a unique, fragrant creation. Each participant will make a 4.5 oz. soap, which can be cut into three sections once removed from the mold the next day. Perfect for everyday use or as a thoughtful holiday gift. Cost: \$7. Limited to 22 people. RSVP required.

Tuesday, Nov. 18 from 1 to 2:30 p.m. The German-Speaking Alpine Region of Europe Join world traveler and Foxborough resident Ed Sweet for a virtual journey through the German-speaking Alpine region. Through stunning photographs and en-

gaging stories, explore the mountains, valleys, glacier-fed lakes, and pine forests of southern Germany's Upper Bavaria, Austria, Switzerland, and northeast Italy. Discover fairytale castles, centuries-old churches, cobblestone villages, famous beer gardens, and vibrant cities such as Munich, Linz, Vienna, Garmisch-Partenkirchen, Murren, and Wengen. Sweet—who has visited all 50 U.S. states, more than 140 countries, and 2,800 cities, traveling over 7 million miles—will share his insights and experiences in this fascinating Beyond Borders presentation. RSVP requested.

Wednesday, Nov. 19 at 1 p.m. Abigail Brings the Pilgrims and Plymouth to You Submerge yourself in the year 1620. Discover the religious discipline, emerging leaders, and hardships the Pilgrims endured while living in England and the Netherlands. Learn how the Pilgrims managed the dangerous voyage aboard the Mayflower. Acquire

insight into how the location of the first settlement in New England was determined, how order and democracy were maintained, and why relationships with the Native Americans were essential for survival. RSVP requested.

Monday, Nov. 24 at 1 p.m. Wild Turkeys in MA with Mass Audubon (Virtual) The wild turkey, synonymous with Thanksgiving and iconic within our region, hasn't always held such a stable place in MA. Turkeys were overhunted nearly to the point of extinction. Thanks to a reintroduction program begun in the 1970s, turkeys can now be found throughout the state. Learn some turkey natural and cultural history as well as the conservation needs of these native birds. Led by Patti Steinman, the Education Coordinator for Mass Audubon's Connecticut River Valley Sanctuaries, based out of Arcadia in Easthampton and Northampton. RSVP requested.

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Wrentham Resident Awarded Scholarship by Sheet Metal Workers Local 17

Jessica Hansen of Wrentham has been awarded a \$12,000 scholarship from Sheet Metal Workers Local 17, part of the SMART Northeast Regional Council (SMART NERC). She is among 36 high school and college students receiving more than \$178,000 in scholarships from the union this year.

Funded entirely by Local 17 members, the program has provided more than \$2.3 million in scholarships since 1983. Awards range from \$1,500 to \$16,000,

helping students cover tuition and other academic expenses.

"These scholarships help put students on the path to success," said SMART NERC President Bob Butler. "We're proud our members continue to invest in the next generation."

Scholarships are awarded through a state Labor History Exam or by lottery. Contributions come directly from Local 17 members, with seven cents from every hour worked supporting the fund.

**Call Jen Schofield at
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Tri-Town Schools to Host ‘Screenagers’ Film and Discussion on Navigating Kids’ Digital Lives

Families in Norfolk, Plainville, and Wrentham are invited to a special screening of “Screenagers: Elementary School Edition,” a documentary exploring the impact of screen time on children, followed by a panel discussion with local educators and experts. The event will take place on Thursday, Nov. 6, at 6:45 p.m. at Freeman-Kennedy School, 70 Boardman St., Norfolk.

Hosted by Norfolk Public Schools, the free program is designed to provide parents, caregivers, and educators with the latest research and practical advice on helping children develop healthy relationships with technology. The event is supported by the Healthy KP Substance Use Prevention Coalition and co-hosted by Director of Technology Trish Kelley and Director of Wellness Dot Pearl.

“Raising children in today’s digital world can feel extremely challenging and even overwhelming at times,” said Norfolk Superintendent Dr. Ingrid Alardi. “This film and discussion will give parents and caregivers a chance to hear the latest research, learn practical strategies, and connect with educators who are facing these same challenges alongside them. By working together, we can help our students build healthy habits with technology, while also supporting their social, emotional, and academic growth.”

“Screenagers: Elementary School Edition” is an updated version of filmmaker and physician Delaney Ruston’s acclaimed documentary. This version is specifically tailored for younger children, their parents, and educators. It examines the real-world issues that families face, including social media pressure, early exposure to online content, video gaming habits, and what science says about healthy screen time.

The film blends expert insights, current research, and practical strategies to empower families to approach screen use proactively rather than reactively.

The event is open to all families in the Norfolk, Plainville, and Wrentham school communities. Register at <http://bit.ly/42NA2pC>.

Gilly’s House Launches Recovery-Supportive Business Directory

Gilly’s House is creating a new Recovery-Supportive Business Directory to connect the community with businesses owned by people in recovery, as well as those who actively support the organization.

The directory will be distributed to individuals seeking services, shared at Gilly’s House events, and available at community resource fairs. It will feature trusted, recovery-conscious professionals across a variety of fields, from financial services to plumbing, landscaping, transportation, and more.

Local businesses interested in being included are invited to submit their information (business name, type of service, owner’s name, and contact details) through the following Google form: <https://tinyurl.com/e96sfaf>.

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Real Estate Corner

Norfolk County Real Estate Activity Rises in September

Norfolk County Register of Deeds William P. O'Donnell reported continued growth in the county's real estate market in September 2025, with increases in property transactions, mortgage recordings, and overall document filings compared to the same month last year.

The Registry recorded 9,511 documents in September, an 11% rise from September 2024. Deeds recorded totaled 1,396, up 7% year-over-year, while 684 properties were sold — a 5% increase. Mortgage activity also climbed, with 1,469 mortgages recorded (up 10%) and total mortgage indebtedness rising 61% to over \$1.28 billion.

The average sale price for commercial and residential properties was \$967,212, up 1% from last year, and the total sales volume reached \$661.6 million, a 5% increase. Foreclosure activity remained low, with six foreclosure deeds and 23 notices to foreclose filed — both slightly below last year's totals.

"These trends reflect a resilient and active market, with strong buyer and lender confidence," said Register O'Donnell. "Norfolk County continues to be a desirable place to live and invest."

The Norfolk County Registry of Deeds, located at 649 High Street in Dedham, offers land record information and resources online at www.norfolkdeeds.org. For assistance, contact the Customer Service Center at (781) 461-6101 or email registerodonnell@norfolkdeeds.org.



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Franklin Turkey Trot Set for Thanksgiving Morning

The 14th Annual Franklin Turkey Trot will take place at 8 a.m. on Thanksgiving morning, Thursday, November 27. The family-friendly 5K fun run welcomes participants of all ages and abilities and begins and ends at 91 Jordan Road in Franklin.

After the run, participants can enjoy a light breakfast, take part in a raffle, and celebrate age-group medalists. New this year, prizes will be awarded for the best costumes, adding a festive twist to the holiday event.

All proceeds support the Franklin Food Pantry, which aided 1,880 individuals more than 26,900 times last year. Funds raised through the Turkey Trot help the Pantry meet rising demand for food assistance and continue its mission to fight hunger in the community.

Participants can register online at www.franklinturkeytrot.org. In-person registration will also be available on Wednesday, November 26, from 7 to 9 p.m. and on race day from 6:30 to 7:30 a.m., both at 91 Jordan Road.





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