

localtownpages Norfolk & Wrentham

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Free to Every Home and Business Every Month

December 1, 2025

Where Craft Meets Community

By GRACE ALLEN

If you build it, they will come. For Norfolk resident Stephanie Gillette, that belief has become a guiding truth. When she couldn't find a creative community she could truly connect with, she decided to start one herself.

Born from a love of craft and a respect for the planet, Heirloom New England is a creative co-op bringing together artisans and conscious consumers. Rooted in the traditions of handwork and reflective of modern-day sensibilities, the Norfolk co-op serves as both a curated marketplace for local makers and a gathering space for community members to learn through hands-on classes.



CRAFTS
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Stephanie Gillette inside Heirloom New England, the Norfolk creative co-op she founded in 2022.

Norfolk Nears Final Stages in Search for New Town Administrator

By GRACE ALLEN

The Norfolk Select Board is moving closer to naming a new town administrator, with interviews and candidate reviews now well underway.

Select Board Chair Anita Mecklenburg said the town hopes to have a finalist selected this month, and the new administrator on the job by early 2026.

"I'm very hopeful that we'll have a name to bring forward in early December and someone on the ground early in the new year," Mecklenburg said.

The search is being conducted with the assistance of Municipal Resources, Inc. (MRI), a consulting firm that specializes in municipal hiring. MRI interviewed each Select Board member,

collected input from town staff through anonymous channels, and facilitated the posting and applicant review process.

A six-member screening committee, composed of residents who volunteered for the role, is now reviewing candidates and will narrow the pool to three finalists to be interviewed by the Select Board.

Norfolk received 34 applications, including some from out-of-state and one international candidate. While the screening committee is evaluating all applicants, Mecklenburg emphasized that experience with Massachusetts municipal government will be essential.

ADMINISTRATOR
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CRAFTS

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When Gillette founded the co-op in 2022, she didn't have to try very hard to attract like-minded people. After hosting some makers markets, she had come to realize there was a strong desire for a place that local artisans could call their own.

"This whole crafty community just emerged like in the Wizard of Oz, when the Munchkins just pop out from everywhere," she said, laughing. "It's a place where people value things made by hand, so it became a beacon for creative people. They felt seen. The growth has been very organic."

Gillette, 39, grew up on Long Island, New York -- home, she jokes, to a proud tradition of mall culture. She spent every weekend of her teenage years at the mall, where occasional purchases at Nordstrom introduced her to clothes made of higher-quality fabrics and superior craftsmanship. But she also liked

thrifting, combing the racks for vintage items and igniting a passion for sustainability.

"I've always loved things that have a story," said Gillette. "I love something that has a patina and a history to it. And I truly think that everything we need in terms of home décor and fashion already exists. We don't need anything new. It's all here. We just have to find it."

Gillette espouses "slow shopping," a mindful approach to buying by making deliberate, thoughtful decisions, resisting trends and advertising, and prioritizing quality over quantity.

"I think it's very easy for any of us to walk into a Target or HomeGoods and buy something if we feel we need it or we want to feel good," she said. "I want folks to be more considered and thinking about the objects they're buying for gifts or for themselves. Does it have a story? Is it from a local person in your community who's at the top of their craft? Instead of buying something inexpensive that might not last or we won't keep around, let's invest in something higher quality that we can take care of. That's a big part of what we're trying to do."

She's also seen a surge in the popularity of handcrafts, especially in younger people, driven in part by the need for creative

expression as well as digital detox. At Heirloom New England, Gillette teaches students from eight to 80 years old and says the mental health benefits from the break in screen time can't be overstated, especially for children.

"The biggest thing is that they're not looking at a device when they're in class," Gillette says. "So much of our lives are digital now and the chance to step away from that and connect with people in person, to do something with our hands, really feeds the spirit. We don't usually feel better after picking up our phones. But when we disconnect and make something beautiful, or just talk to someone else while we work, it changes everything. That kind of organic interaction is something we don't get much of anymore."

Gillette says that sharing creative experiences through classes and workshops has become a meaningful way to build community. When her Thursday night knitting classes began three years ago, no one knew each other even though many had lived in town for decades. Now, if a member gets sick or needs a ride to the airport, someone is ready to step in and help.

"Many of us don't have family nearby, so these connections

have become like an extended family," she said. "I feel like I have this whole cohort of retired aunties I can lean on and support."

That same spirit of connection extends to the younger students. Children can quiet their minds after a busy school day and create something tangible while mastering a skill and then teaching it to their friends. Not everyone has a grandmother to pass along those heirloom skills, she points out.

Gillette learned to sew at age five from her own grandmother, and later taught herself to knit and crochet. She worked in yarn shops while studying art history in college, and eventually became an arts administrator at a local college. She married her college sweetheart and moved to Norfolk 13 years ago. When COVID hit, she decided to become a stay-at-home mother to her two boys, now 7 and 10. It was a leap of faith to open Heirloom New England, but she leaned on her ability to recognize, appreciate, and create beautiful things.

She calls knitting her heart hobby and her home base, craft-wise, but she also enjoys needlepoint and counted cross-stitch along with crochet and sewing. In the new year, she plans a "slow fashion" series to teach

people how to make their own clothing.

Gillette would like to inspire people to examine more closely their relationship with goods, espousing a stewardship of the earth by mending, caring, and honoring what they already have. Along with teaching time-honored techniques at the co-op, her desire to create a network of belonging for creative people is coming to fruition.

"We just don't have enough spaces in any of our suburbs for people to connect," she said. "I hear from so many that they don't have time to invest in themselves. But having that date with yourself to take two hours and make something with others, I think it's so valuable. We've lost connection and that's not a way to live a whole life. It can be pickleball or book club, but I think it's important to nurture yourself, participate in something with others, and find a place that sustains you and where you feel part of a community."

As the co-op continues to grow, Gillette hopes its spirit of creativity and connection will ripple beyond its walls. For now, she's content that the community she once couldn't find is flourishing—because she chose to create it herself.

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Jennifer Schofield

Editor

Grace Allen

Send Editorial to:

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Advertising Director

Jennifer Schofield

508-570-6544

jenschofield@localtownpages.com

Creative Design & Layout

Michelle McSherry

Kim Vasseur

Wendy Watkins

Office Address

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KP Leo Club Hosts Coat Drive December 1–19

The King Philip Regional High School Leo Club is partnering with Caring Partners' Coats for Kids & Families to collect new or gently used winter coats for children and adults in need. The drive runs December 1 through December 19 with donation boxes located at the school's main entrance and bus lobby.

Collected coats will be professionally cleaned by Anton's Cleaners and distributed to local nonprofits, social service agencies, and schools. Coats for Kids & Families accepts warm winter coats in good condition and in all sizes, with high need for XL and infant/pre-K sizes. The drive does not accept coats with rips, tears, broken zippers,

or permanent stains. Please no sweatshirts, vests, spring coats, boots, scarves or gloves.

Coats for Kids & Families is New England's largest winter coat drive and has collected, cleaned, and distributed more than 1.8 million coats since 1995. School groups, including KP's Leo Club, contribute significantly to collection efforts each year.

The KP Leo Club is part of Lions Clubs International and is one of the largest high-school

Leo Clubs in the country. The club completes service projects throughout the tri-town area and encourages community involvement among students.

For more information on donating, contact Stephanie Littlefield at 978-851-3721 x15 or Stephanie@antons.com. For questions about the KP Leo Club, email kpleoclub123@gmail.com.

Contact the Leo Club to arrange for a home pickup of donations.

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ADMINISTRATOR

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"The finalists have to be familiar with Massachusetts policies and procedures," she said. "We want someone who can hit the ground running."

The next town administrator will face several challenges immediately upon arrival, including a difficult budget cycle. Mecklenburg said financial planning will be the first major task, followed by ongoing work on the town's master plan and the need to explore sewer expansion in the town center to support local business development.

"We need somebody who's experienced, a good communicator, and who can work in partnership with both citizens and employees," Mecklenburg said. "Norfolk has unique challenges because of its size and limited commercial development, so we need someone proactive and problem-solving."

The town's previous administrator, Justin Casanova-Davis, left at the end of June after serving as town administrator since 2022. He is now Bridgewater's town manager.

Michael Gallagher has been serving as interim town administrator on a part-time basis since Casanova-Davis's departure. A retired municipal administrator, Gallagher works 20 hours per week, a schedule that allows him to maintain his pension benefits while helping the town manage expenses until a permanent replacement is appointed.

"He's working really hard and brings a wealth of experience from other communities," Mecklenburg offered. "Department heads have not felt a lack of leadership, and he's been great to work with."

Once the screening committee presents its three recommendations, the Select Board will conduct final interviews and begin contract negotiations with the selected candidate.

Wrentham Voters Approve New DPW Facility and MBTA Zoning at Fall Town Meeting

By JOE STEWART

Voters at the November 3 Town Meeting approved a series of capital projects and policy measures, including a \$23 million Department of Public Works facility and MBTA Communities zoning.

Moderator Ed Goddard began the meeting with Article 1, Volunteer of the Year awards. The Adult Volunteer of the Year award was presented posthumously to former Select Board Chair Joseph F. Botaish, II, with his wife and son accepting. King Philip Regional High School sophomore, Halle Leblanch, was named the Henry Carr Youth Volunteer of the Year.

New DPW Facility Unanimously Approved

The most significant expenditure of the evening, the new DPW facility, received unanimous support. According to the Report to Voters, the existing 50-year-old facility is "undersized, in deteriorating condition, and no longer meets the operational requirements of the department."

John Murphy, Jr., chairman of the Public Works Building Committee, spoke about the project. Murphy thanked his colleagues and shared a video illustrating the current facility's shortcomings, including inadequate space for equipment maintenance and a lack of suitable facilities for staff.

The architect for the project described the plan to reuse the existing structure for cold storage, and Murphy emphasized the goal of building a facility to meet the town's needs for the next 50 years. Town Manager Michael King stated that the project would have no tax impact, as the funding is structured through borrowing and existing funds.

Recreation Projects Advance

Two articles related to the William Rice Recreation Complex also passed unanimously. Article 3 appropriated \$250,000 from Free Cash to design new athletic fields. Ray Palmer, chair of the Recreation Commission, explained the urgent need for the fields due to the impending

Roderick Elementary School Replacement Project, which will eliminate existing field space. He noted the loss would affect both local sports and rental revenue.

Article 8, also presented by Palmer, appropriated \$208,642 from Community Preservation Act funds to construct a pavilion at the Rice Complex.

Debate Over Forest Conservation

Article 9, which appropriated \$310,500 in CPA funds to acquire conservation restrictions on about 15 acres of forest on South and Beach Streets, generated the most debate. Select Board member William Harrington urged a "no" vote, asserting a "lack of transparency in the process." Other officials, including Mike McKnight, a former Planning Board chair, questioned the loss of tax revenue.

In support, Lisa Mosczynski, president of the Metacomet Land Trust, explained that the funds would preserve the land from development and that a state matching grant had cut the cost to the town in half. Leo

Immonen, Chair of the Conservation Commission, stated the Commission had voted unanimously in favor. Town Counsel, in response to a question about the durability of conservation restrictions, observed that conservation restrictions are virtually impossible to remove.

After a motion to end debate passed, the article was approved 115-67.

MBTA Zoning Bylaw Passes

Article 10, which creates an MBTA Communities Multi-Family Overlay District to comply with state law, also prompted discussion. Rachel Benson, Director of Planning & Economic Development summarized the law, and Town Manager Mike King highlighted that state funding is contingent on compliance.

Select Board Chair Chris Gallo, who had previously opposed the measure, rose to say the board now unanimously supports the zoning as it's the right thing to do so the town doesn't lose out on funding. The article subsequently passed.

Norfolk to Hold Inaugural Menorah Lighting

A community menorah lighting will take place on Monday, December 15 at 6 p.m. on Norfolk's Town Hill.

Led by Rabbi Mendy Kivman of Chabad House Jewish Community Center, the inaugural event will feature live music and dancing, free refreshments, and dreidels and chocolate gelt for children.

Organizers invite the entire community to attend and bring the light and joy of Hanukkah to Norfolk.



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Veterans and Community Gather to Celebrate Service at Lake Pearl Ballroom

BY AL BOZZA
NORFOLK AMERICAN LEGION

Veterans and their guests filled the Lake Pearl Ballroom on Sunday, November 9 for a moving and patriotic Veterans Day celebration hosted by the Norfolk American Legion Post 335. The free dinner honored the service and sacrifice of local veterans, while also marking two major milestones: the 250th anniversary of the United States Armed Forces and the 80th anniversary of Post 335 itself.

The Lake Pearl Ballroom was transformed into a striking tribute to America's military history. Flags, banners, military memorabilia, and patriotic colors filled the space, creating an atmosphere that was both festive and reverent. Guests remarked that the room felt like "a living tribute," with every detail reflecting respect for all who have worn the nation's uniform. The uplifting



Patriotic welcome at the entrance to Lake Pearl for the Veterans Day celebration, featuring a flag backdrop, military silhouettes, and fresh flowers honoring local service members.

music and singing throughout the evening added to the spirit of the celebration, helping to create a patriotic energy that attendees described as truly contagious.

Two remarkable Korean War veterans were recognized as the

honored guests of the evening. The 99-year-old veteran, Ray (Bucky) Calleaux of Norfolk, a beloved member of the Norfolk American Legion for an extraordinary 75 years, received an extended ovation for his loyalty, service, and continued dedication to the post. His presence served as a reminder of the lasting bonds that form within military communities and the enduring strength of America's veterans.

Equally meaningful was the participation of the 97-year-old Korean War veteran, Victor Pisini of Franklin, who served as the night's guest speaker. His address, delivered with humility and emotion, reflected on the sacrifices made by generations of service members and the importance of preserving the traditions and values of military service. His words resonated throughout the ballroom and were highlighted as



From left, Korean War veterans Victor Pisini and Bucky Calleaux use swords to cut the celebratory cake.



Lake Pearl ballroom was the setting for the Norfolk American Legion Post 335 Veteran's Day celebration on Nov. 9.

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one of the most memorable moments of the evening.

In my closing statement as the event's emcee, I stated that "Tonight's event was designed not only to honor veterans but also bring the community together in gratitude and unity--our goal is always to recognize the men and women who stood up for our country. Tonight was about celebrating their courage, their commitment, and the history they helped shape."

As the evening concluded, guests rose for a final song, "God Bless America," united in appreciation for the nation's veterans. The celebration at Lake Pearl proved to be far more than a dinner, it was a heartfelt tribute to service and legacy, in the enduring spirit of the American armed forces.

Menorah Lighting to Be Held at Gilly’s House

By GRACE ALLEN

Gilly’s House in Wrentham will once again host a public menorah lighting in celebration of Hanukkah. This year’s gathering is scheduled for Monday, December 15 at 7 p.m. The outdoor ceremony will feature traditional music and Hanukkah treats, including donuts, chocolate gelt, and hot apple cider.

Open to people of all ages and all faith backgrounds, the menorah lighting highlights the second night of Hanukkah, the Jewish eight-day Festival of Lights. The holiday commemorates both the victory of Jewish freedom fighters over the Syrian Greeks and the miracle in which

a small amount of oil kept the Temple menorah burning for eight days.

The story of Hanukkah underscores the triumph of light over darkness and the enduring pursuit of religious freedom. Sharing that message publicly is an important part of the holiday tradition.

Gilly’s House—a residential program supporting young men in recovery—was founded by Barbara Gillmeister and her husband David in memory of their son Steven. Gillmeister notes that celebrating Hanukkah publicly carries particular meaning today given the rise in antisemitic incidents across the country and around the world.

“The menorah lighting is all about Jewish unity,” she said, adding that the themes of Hanukkah resonate across all faiths.

Organizers say community participation has grown each year, and the support continues to be deeply appreciated.

For questions about the event, email barbara@gillyshouse.com.

Gilly’s House is located at 1022 West Street. Guests are asked to park at the Little Red Schoolhouse lot at 944 West Street because on-site parking at Gilly’s House is limited. Additional parking is available on Hancock Street, near the former post office and the Sheldonville Country Store.



Local Car Enthusiasts Raise More than \$13K for St. Jude’s

On August 9 at the Pepperell Town Field, more than 250 classic cars, trucks, and sports cars rolled in for the Yankee POCI Charity Car Show, raising over \$13,000 for St. Jude Children’s Research Hospital.

Kara Davidson, Director of Business Administration for The Commons in Lincoln and secretary of the Pontiac-Oakland Club International (POCI), recently presented the donation.

“Our board unanimously chose St. Jude’s as this year’s

beneficiary, and the turnout was incredible,” said Davidson, a Norfolk resident. “We were especially moved by generous \$2,500 gifts from 1A Auto and an anonymous donor.”

The Yankee POCI chapter includes more than 160 members who share a love for Pontiacs and a commitment to giving back. Previous beneficiaries have included Disabled American Veterans, Shriners Children’s Hospital, and the American Cancer Society. Davidson, who has been a Pontiac enthusiast since she was

a teenager, is particularly devoted to Grand Prix models and currently has a 2005 GXP.

“Kara is hardworking and

selfless while always looking out for others,” said Reynaldo LeBlanc, Campus Executive Director at The Commons, a non-profit

continuing care retirement community in Lincoln. “We’re proud to celebrate this accomplishment on her behalf.”



Norfolk resident Kara Davidson, second from right, presents a donation to St. Jude’s Children’s Research Hospital

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Garden Club of Norfolk Wins “Teamwork Award” for Holiday Basket Project

Every year during Thanksgiving week, members of the Garden Club of Norfolk (GCN) gather to create holiday baskets for families served by the Norfolk Food Pantry and for several town departments. In October, the club was honored with the “Teamwork Award” from the New England Garden Clubs for its long-running holiday basket project.

The project reflects the GCN’s commitment to community service and environmental stewardship. Its goal is to bring festive cheer and natural beauty to families in need, local institutions, and homebound residents. By using locally sourced ever-

greens and reusing baskets and materials, the club promotes sustainability while fostering creativity and camaraderie among members.

The effort also strengthens partnerships with town organizations—including the Norfolk Food Pantry, Emmanuel Baptist Church, the Recreation Department, and the Department of Public Works—extending the project’s impact throughout the community. In addition, the annual gathering gives members an opportunity to connect, share skills, and celebrate the spirit of giving.

Each year, volunteers create more than thirty baskets filled

with fresh-cut greens, natural décor items, handmade ornaments, and colorful bows. Twenty-five baskets are delivered to the Norfolk Food Pantry, with others going to town offices, the Norfolk Public Library, Norfolk Senior Center, and the fire and police departments, as well as to homebound club members. The GCN is honored to receive recognition for the teamwork behind this project and for helping bring holiday cheer to the community.

To learn more about the Garden Club of Norfolk, visit gardenclubofnorfolkma.com.



Charles River Chorale’s Winter Concert Celebrates 40+ Years

The Charles River Chorale is proud to present its Winter Concert titled “Lift and Illuminate Our Voices” on December 7 at 2 p.m. in the Medway High School auditorium.

The program features two major works by American composers. “Illuminare,” a five-movement choral piece accompanied by a seven-member string orchestra, offers inspiration and hope for all. “Sing Together,” commissioned by the Charles River Chorale to celebrate its 40th anniversary, will be performed for the first time.

Under the direction of Ashley Nelson-Oneschuk, the chorale will perform selections designed to lift the spirit and offer hope for the future.

“This concert celebrates 40 years of sharing the power of music with our community,” said Nelson-Oneschuk. “We’re thrilled to mark this milestone with a performance that speaks to the inherent human experiences of joy, light and togetherness.”

For more information and ticket details, visit <https://our.show/crwwinterconcert> or scan the provided QR code.



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Slow Down, Show Up and Spend Ahead



Glenn Brown, CFP

My work focuses on financial planning and aligning priorities, but the season upon us is also a reminder to pause, reflect, and reduce stress. December can feel like a sprint between holiday preparations, kids stressed over exams and shows, travel plans, shopping, and year-end deadlines, it's easy to get overwhelmed.

Consider focusing on three simple actions: slow down, show up, and spend ahead. Small steps that help you stay grounded and intentional amid the season's demands.

- 1. Slow Down: Protect a Few Quiet Moments**

In a world that rarely pauses, now is a good time to tap the brakes:

Block “no-plan” time. Take a day away from work or schedule a low-pressure activity, like a walk on a rail trail in the winter air, grabbing coffee and browsing local shops, or finally enjoying a hobby you’ve been putting off. Unscheduled space lets everyone reset.

Put phones away for an evening. Board games, walks to see holiday lights, or uninterrupted conversation often do more for connection than any planned outing. Families who pick one evening a week to unplug together often create the best memories of the month.

Say “no” without guilt. Skip traditions or gatherings where being there feels more like an obligation than an opportunity to share joy. Focus on the experiences and events you’ll remember and talk about in 10 years. Plan next-day commitments thoughtfully so you can fully enjoy the evening. There’s nothing worse than being distracted or leaving early because “I have to do ___ tomorrow,” when it
- could be handled earlier or later. Thoughtful “no’s” free up space and make your “yes” moments richer.

2. Show Up: For Your People, Your Community, and Yourself

Presence is often the best gift, and showing up can take many forms:

Support school and community events. Attend concerts, games, or fundraisers, even when they feel small or routine. Kids notice which events adults treat as important. Your presence often matters more than a perfectly wrapped gift.

Choose local when possible. Small purchases at neighborhood shops or restaurants make a difference and keep spending aligned with your values.

Reach out intentionally. A quick note of appreciation or a short call to a teacher, coach, colleague, or friend can leave a lasting impact. Small gestures often create bigger memories than elaborate gifts.

Show up for yourself. December is also a time to reflect on the year. Take 30–60 minutes to review and journal your accomplishments from the past year.
- 3. Spend Ahead: Raise Cash and Mark Your Calendars**

Planning ahead prevents stress later:

Set aside cash now. Travel, home renovations, summer rentals, or other big-ticket aspirational items happening in 2026? Don’t wait until “when the time comes” or, worse, reacting to market changes. Allocating funds now reduces stress, supports budgeting, and ensures trips are booked, contracts signed, and projects scheduled.

Mark key dates. Add school breaks, work deadlines, travel plans, and major milestones to your calendar. Early planning creates a roadmap for the year ahead, helps avoid last-minute stress, and ensures everyone in the household is aligned.

These steps reduce stress and give you confidence in completing your aspirational goals next year. These actions make the year ahead feel more manageable and intentional.

Closing Thoughts

By slowing down, showing up, and spending ahead, you can finish the year grounded, organized, and connected to what matters most.

If you’d like help balancing your money, priorities, and peace of mind, talk with your Certified Financial Planner.

Wishing you and your family a wonderful holiday season.

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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Guest Column

The High Cost of Overkill

BY G. GREGORY TOOKER

Wrentham has long suffered traffic safety issues along the stretch of state highway 1A which extends through the town for several miles. Among other trouble spots, the intersection of North and Dedham (1A) Streets near the Wrentham Developmental Center has been the site of many vehicle accidents and injuries. In answer to the complaints by motorists and town residents, the Mass DOT Highway Division sent a panel of representatives to Wrentham on October 14 to present a proposal at Wrentham Town Hall for the redesign of the intersection at a cost of \$6.3 million.

The model recommended is state of the art, but many of the 40 or so townspeople in attendance felt the proposed approach went far beyond what is required to accomplish a prompt, pragmatic solution. For example,

the inclusion of bike and pedestrian lanes on streets with no present sidewalks or bike lanes made little sense. In addition, it was learned that the work cannot be accomplished before 2028, the year in which the project has been programmed in the Statewide Transportation Improvement Program for Federal Fiscal Year 2028. Further complicating the project is the fact that Eversource will be constructing natural gas pipelines in the area before the intersection revision can be accomplished.

Traffic safety hazards along Route 1A in Wrentham need to be addressed now. Speed limit measures are inadequate. Plainville solved the problem along 1A, imposing a strictly enforced 30 mph. Years ago in Wrentham, there were yellow/red warning lights at intersections like Creek and South Streets (1A) and Creek and Franklin Streets that

were knocked down and never replaced by the state. The pedestrian crossing at Randall Rd and South St. (1A) is hazardous, especially to elementary school students.

The main point is that the level of traffic safety can be significantly improved without the expenditure of \$millions if officials are willing to consider more practical approaches at a time when funding is stressed. Spending \$6.3 million on one intersection to install a Cadillac solution when a Chevrolet model will do will leave our town wanting and many other hazardous sites unaddressed.

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

Save the Date! Gilly's House to Host Musical Bingo Fundraiser Jan. 31

Gilly's House will host an evening of fun, food, and friendly competition with its Musical Bingo fundraiser on Friday, January 31, 2026, at 7 p.m. at the American Legion Post 225, located at 592 South Street in Wrentham.

Tickets are \$50 each, with only 100 available for purchase. Admission includes pizza, salad, snacks, and desserts. Door prizes will be awarded throughout the evening, and raffle prizes will be drawn at the end of the night.

Proceeds from the event will benefit the Tri-County Vocational Scholarship – James M. Paquette Memorial Fund (J.U.M.P.) and the Gilly's House Sober Living Scholarship Fund,

which helps residents in recovery continue their journeys toward independence and stability.

Founded with the mission of offering "an open door to recovery," Gilly's House provides a supportive sober living environment for men who are rebuilding their lives after addiction. Through structure, community, and encouragement, Gilly's House helps residents develop the tools they need to achieve long-term recovery and success.

Tickets can be purchased online at www.gillyshouse.com.

For more information, contact Sandra at sshipfools@aol.com or Maureen at maureen@gillyshouse.com.

Wrentham Engagement Candidates Tutorial Announcement

When it comes to running for office in local elections, residents who are pondering making a run often find themselves asking several key questions:

How do I get started?

How do I campaign?

What is the commitment and responsibilities if elected?

If you've asked yourself these questions, you can find out the answers at Wrentham Engagement's second annual Candidates Tutorial to be held on December 9. The Tutorial will run from 7 to 8:30 p.m. in the Sweatt Room at the Fiske Public Library on Randall Road in Wrentham.

The Tutorial will cover three subjects:

- The Nomination Process (often referred to as "taking out papers")
- The responsibilities and commitment of offices on the April 2025 Town Election Ballot
- Tips and insights regarding campaigning

The Tutorial will be facilitated by Wrentham Engagement, a local, non-partisan, grass-roots effort to encourage greater awareness and engagement in the events and decisions that shape Wrentham's governance and future. Participants will also include the Town Clerk and representatives from elected bodies who are not running in the next election but can share their experiences. The Tutorial is not only open to prospective candidates, but to anyone who may simply want to find out more about how local elections are conducted.

The "election season" begins in earnest on January 4, 2026, when candidates can take out nomination papers from the Town Clerk, and concludes on April 6, 2026, with the Annual Town Election. The Tutorial is not a campaign event but an opportunity to generate greater participation in local governance.

The Tutorial will be recorded by Wrentham Community Media (formerly known as Wrentham Cable 8).

For more information you can send an email to wrenthamengagement@gmail.com.



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Managing Risk at Different Stages of Life



Todd Miller

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As an investor, you will always need to deal with risk of some kind. How can you manage the risk that accompanies the volatility of the financial markets? The answer depends somewhat on where you are in life.

When you're starting out ... If you're early in your career, with perhaps four or five decades until you retire, you can likely afford to invest primarily for growth, which also means you'll be taking on a higher level of risk – because risk and reward are positively correlated. But, given your age, you will have time to overcome the market downturns that are both inevitable and a normal part of investing. Still, even at this stage, being over-aggressive can be costly.

When you're in the "middle stages" ... At this time of your life, you're possibly well along in your career and working on at least a couple of financial goals, such as saving for retirement and your children's college education. You'll want to begin adjusting the balance in your portfolio between assets with higher growth and those with lower growth since there will be progressively less time

to rebuild losses. You'll need to decide on the balance between risk and growth that's right for you.

When you're a few years from retirement ... You may have already achieved some key goals – perhaps your children have finished college and you've paid off your mortgage. As a result, you may have more money available to put away for retirement. Growth still matters because your retirement could be 25 or 30 years long, and you'll need investments that can keep up with inflation. But you'll also need investments designed to help provide for your income needs in retirement and provide more stability. Also consider reducing your exposure to higher-risk investments and instead consider investing more in stable dividend-paying stocks, government and investment-grade bonds, and cash.

When you're retired ... Once you're retired, you might think you should take no risks at all with substantial assets held in cash. However, you could spend two or three decades in retirement, so you may need some growth potential in your portfolio to stay ahead of inflation. A more balanced mix between equities and fixed income is generally appropriate. Establishing a withdrawal rate that's appropriate for your lifestyle and projected longevity can help reduce the risk of outliving your money. Of course, if there's an extended market downturn during any time of your retirement, you may want to temporarily lower your withdrawal rate.

Managing investment risk is a lifelong process that evolves with your goals, responsibilities and time horizon. While you'll look for balance among your investments based on your life stage, having a balanced and

diversified portfolio doesn't fully protect against a loss. Still, aligning your strategy with your stage of life can help navigate market volatility and stay on track toward long-term success while avoiding emotional investment decisions. The key is staying informed and making intelligent choices that reflect your current income needs and future aspirations.

For more information contact:

Todd Miller

O: (781) 652 - 9573 call or text

Todd.Miller@edwardjones.com

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Living Healthy

EVO ICL: Is this the New Lasik?

By: ROGER M. KALDAWY, M.D.

In the late 1990s and early 2000s, LASIK became the crown jewel of refractive surgery. Patients rushed to correct their vision, thrilled by the idea of being free from glasses and contacts. Over time, however, some of LASIK's limitations became clearer: cutting and thinning of the cornea, potential for worsened dry-eye symptoms, night-vision issues, and concerns about corneal stability — especially in thinner corneas — as well as challenges in achieving precise intraocular lens calculations if cataract surgery is needed later in life.

A new technology has since emerged in the United States — the EVO Visian ICL (often simply called “EVO ICL”) — and its adoption has grown rapidly since FDA approval in 2022. Designed for adults with moderate to high

myopia, with or without astigmatism, EVO ICL offers a compelling alternative to LASIK.

What makes EVO ICL different — and increasingly preferable? Unlike LASIK, EVO ICL does not remove or thin the cornea. The lens is placed behind the iris and in front of the natural crystalline lens, leaving the corneal architecture untouched. There is no flap creation, no tissue removal, and no weakening of the cornea.

Because the cornea remains intact, the risk of corneal ectasia — a rare but serious complication associated with LASIK — is virtually eliminated in properly screened patients. EVO ICL also tends to minimize dry-eye symptoms, since the corneal nerves are not disrupted as they are during laser-based procedures.

Night-vision problems such as glare or halos, often reported after LASIK, are less common with EVO ICL. Because the eye's optical system remains more natural and unaltered, patients frequently report crisp, high-quality vision even in dim light.

Another major advantage is that EVO ICL is reversible and additive rather than subtractive. The lens can be removed or replaced if needed, preserving the eye's natural anatomy. This feature becomes especially important later in life when cataract surgery may be needed. Since the cornea is untouched, calculations for premium intraocular lenses — such as multifocal implants that restore both distance and near vision — remain highly accurate.

Across the country, surgeons are reporting rapid growth in EVO ICL procedures since its approval. More patients are ask-



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ing for it, more practices are offering it, and the procedure has quickly become a mainstream choice for vision correction.

Clinically, LASIK remains an excellent option for patients with mild to moderate myopia, healthy corneal thickness, and no significant dry-eye history. But for patients with thinner corneas, higher prescriptions, greater astigmatism, or those thinking ahead to future cataract surgery, EVO ICL is quickly becoming the preferred option. Many surgeons are now offering it even for mild myopia because of its safety, comfort, and strong outcomes.

In short, LASIK may now represent the past for many patients and practices, while EVO ICL stands as the future of refractive correction. Both have their place, but the shift is unmistakable: more people are choosing EVO ICL for its safety, reversibility, comfort, and compatibility with future vision care.

At Milford Franklin Eye Center, we are proud to be at the fore-

front of this evolution. Dr. Roger Kaldawy is among the first surgeons in the region to offer EVO ICL technology in our state-of-the-art surgery center. With over 30,000 intraocular procedures — and an even higher number of laser cases — Dr. Kaldawy brings unparalleled experience to this advanced form of refractive surgery. He and his colleagues are committed to helping you achieve your vision goals: reducing your dependence on glasses and contacts while protecting your long-term eye health.

If you're ready to explore true refractive freedom — and considering a meaningful gift of sight this holiday season — contact us for a consultation and discover why EVO ICL may be the procedure of tomorrow, available today.

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Living Healthy

"I Thought Only Faucets Had Leaks"

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

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



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

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

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

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

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

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Holiday Toy Drive to Support Gifts for Kids

A holiday Toy Drive benefiting Gifts for Kids is underway now through December 9 to help brighten the season for children and families in need across Norfolk County and nearby communities.

Residents are encouraged to donate new, unwrapped toys, which will be distributed to children identified by local human service providers.

Donations can be dropped off at Lakeland Hills, 63 Thomas Mann Circle, Norfolk during the following times:

- Tuesdays: 10 a.m. to noon
- Saturdays: Noon to 2 p.m.
- Sundays: Noon to 2 p.m.

Community members are also invited to an Evening of Giving on Wednesday, December 3, from 5 to 7 p.m. at the same location. Guests can enjoy a glass of wine, light hors d'oeuvres, and the spirit of the season while supporting Gifts for Kids.

Founded in 1990, Gifts for Kids has grown from serving 25 children to supporting more than 1,200 children each year. The all-volunteer nonprofit ensures that 100% of donations go directly to children in need.

For more information about the Toy Drive or the Evening of Giving, contact Jean Kulesza at (617) 645-8565 or jeankulesza@remax.net; and Sarah Mercuri (781) 975-0834 or smercuri@remaxrec.net.

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The b.LUXE *beauty beat*

Holiday Hearts Initiative:

b.LUXE Celebrates Community with Local Business Gift Card Giveaway

By GINA WOELFEL

As December's festive spirit fills the streets of Medway and its surrounding towns, twinkling lights adorn storefronts and holiday shoppers bustle through local shops, creating a scene of seasonal joy. But there's a particular warmth spreading through our community this year, one that goes beyond the glow of decorations and holiday shopping. This month, b.LUXE Hair and Makeup is celebrating what we're calling the "Holiday Hearts Initiative," a tribute to the small businesses that make our communities thrive and the loyal customers who support them.

The concept is beautifully simple: **b.LUXE is Gifting Ten \$50 Gift Cards to Some of Our Favorite Local Businesses Throughout Medway, Franklin, And Hopkinton.** But here's where it gets truly special; these aren't gift cards FROM b.LUXE. Instead, we're empowering our fellow small business owners to pay it forward, giving them the freedom to award these gift cards to customers they feel are deserving, whether that's a loyal patron, someone going through a difficult time, or simply a face that brightens their day.

"December is the heart of the holiday season, and it reminds us what's truly important," explains b.LUXE owner Heather Cohen. "We've always believed in lifting each other up, and supporting the incredible small businesses in our area. It's not just a good business practice, it's the foundation of what makes these tight-knit communities so special. These businesses are run by our neighbors, staffed by our friends, and together they create the unique character that makes our community feel like home."

Each of these ten businesses brings something unique to our towns...

Molly's Apothecary in Medway has been crafting hand-made natural soaps, lotions, and

bath products since 2006. Run by sisters Ann and Margaret at Medway Mill, the business was born from a mother's love—named after their mom Molly and started when Ann's son experienced skin issues and she wanted an all-natural solution. Their commitment to using only the finest oils, butters, and essential oils has made them a destination for those seeking natural, thoughtfully made skincare. **www.mollysapothecary.com**

Muffin House Cafe in Medway needs little introduction to locals. Since 2014, owner Sheldon Strasnick has been creating what many claim are the best blueberry muffins since the legendary Jordan Marsh bakery. Opening at 5 a.m. daily, this family-owned cafe serves not just their famous muffins but breakfast sandwiches, lunch options, and specialty coffees. The success speaks for itself—the original Medway location has grown to six shops throughout the region. **www.muffinhousecafe.com**

Over in Hopkinton, **Swoon Central Boutique** has been a gathering place for women since 2014. More than just a clothing store, Swoon has become a community hub where friendships flourish over trendy apparel, jewelry, and gifts. The boutique recently welcomed new owner Alaina Chagnon, a local kindergarten teacher who previously loved shopping at Swoon and now brings fresh energy and passion to this beloved space. **www.swooncentral.com**

Terrazza Gift Shop in Franklin has been transporting customers to the Tuscan countryside since 2004. Specializing in gifts, jewelry, home decor, and garden accents inspired by French Country and Italian landscapes, this Franklin Village treasure offers everything from elegant Italian pottery to serene landscape prints. The moment you walk through their doors, the bubbling fountains and scents of lavender and vanilla create an instant escape. **www.terrazzagifts.com**

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Apricot Lane Boutique in Franklin joined our community more recently, bringing the 30-year-old California-based franchise's philosophy of local ownership and personalized service to East Central Street in 2022. Owner Marta McNulty curates unique styles weekly, ensuring that women of all ages can find flattering, timeless, and affordable fashion. The boutique's relaxed atmosphere and knowledgeable fashion consultants make every shopping trip feel special. **www.apricotlaneboutique.com**

Comer Teng Jewelry Studio, also in Franklin, represents the beautiful intersection of art, sustainability, and entrepreneurship. Husband and wife team Sean Comer and Paulina Teng (PT) create lightweight, hypoallergenic jewelry and accessories from wood, leather, acrylic, and upcycled materials in their home studio. Their commitment extends beyond beautiful design—they use only recyclable packaging materials and donate monthly to organizations making the world better. **www.comertengstudio.com**

JK Cafe and Catering on West Central Street in Franklin serves up small bites, charcuterie boards, and handcrafted beverages in a welcoming atmosphere. Owner Kelsey Lindsey has created a space where the community gathers for everything from banana nut chai lattes to pressed sandwiches and loaded pasta salads. Open Tuesday through Saturday for both cafe and catering services. **www.jkcateringandevents.com**

Medway Cafe on Main Street is where the town comes together. This sports-themed American restaurant and bar



serves up generous portions of comfort food like fresh seafood dinners and tender steak tips, alongside cold drinks and plenty of TVs for game day. They've earned their loyal following the old-fashioned way: quality food, fair prices, and a friendly atmosphere where everyone feels at home. **www.medwaycafe.com**

Fiori and Fern recently moved to a stunning new location at 138 East Central Street in Franklin, featuring floor-to-ceiling windows that showcase two floors of curated gifts, home decor, plants, and fresh weekly flowers. Owner Michelle Greenwood, with her background in corporate merchandising, has created a unique shopping experience that goes beyond beautiful blooms to include artisan jewelry, candles, and thoughtfully selected home goods. **www.fioriandfern.com**

Finally, The Parlour at **Chat Noir Nail Studio** in Medway brings a touch of French elegance to nail care. Named after a historic French cabaret, owner Jillian Cohen has built a boutique salon in the West Medway Historic District that stands apart from typical walk-in nail salons. Known for meticulous service, rigid safety protocols, and a cozy atmosphere, Chat Noir offers everything from basic manicures to nail art and reconstruction services. **mysite.vagaro.com/the-parlour-ratchatnoir**

What ties all these businesses together is their commitment to more than just transactions. They're building relationships, creating customer experiences,

and investing in our communities. They sponsor local teams, host workshops, employ our neighbors, and show up for events that matter.

"When we support local businesses, we're doing more than making a purchase," reflects Heather. "We're investing in the character of our community, keeping dollars circulating locally, and building the kind of towns we want to live in. This **Holiday Hearts Initiative** is our way of saying thank you to the business owners who pour their hearts into serving us, and to the customers who choose local."

If we remember one thing this season it's that the holidays aren't just about what we buy, but how we build each other up. Maybe you're grabbing your morning coffee or treating yourself to a manicure, or searching for the perfect gift. Every choice to shop local creates ripples of positive impact.

So this December, as you check off your holiday lists and finish your shopping, consider making your next stop one of these wonderful local businesses—or any of the other incredible small shops throughout Medway, Franklin, Hopkinton and our surrounding towns. Supporting them supports us all.

The Holiday Hearts Initiative continues through December. Visit these businesses in person to experience the local love for yourself.

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This Month 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.

Wednesday, Dec. 3 at 1 p.m. **Note-Able Neighbors Concert** Note-able Neighbors, a 15-person choir from the 55+ communities of Rivers Edge and Pin Oaks, will perform holiday favorites. RSVP requested.



Thursday, Dec. 4 and 18 at 11 a.m. **Introduction to Meditation** Beginner-friendly meditation to focus on breathing and settling the mind, observing non-judgmentally, and redirecting attention when thoughts wander. Led by Senior Center member Diane Fleming. RSVP requested.

Monday, Dec. 8 at 11 a.m. **Feeding Backyard Birds In Massachusetts (Virtual)** Learn about the birds typically seen at feeding stations and in backyard sanctuaries in Massachusetts. Discover aids to field identification and how to enhance your yard for wildlife. Presented by Bill Gette, the retired Director of the Audubon's Joppa Flats Education Center in Newburyport. RSVP requested.

Tuesday, Dec. 9 at 11 a.m. **Medway Branch Road Shared Use Path Workshop** Senior workshop about the Medway Branch Road shared use path, which is being constructed along the former Medway Branch Rail Line,

that starts from Dean Street and ends right before Carlson Circle. RSVP requested.

Tuesday, Dec. 9 at 1 p.m. **Warm Up Your Winter Candle Making** In this candle making workshop for beginners, participants will learn the basics of candle making and create one container candle using soy wax. Approximate size is 2.5"x2.5", with the finished candle weighing 2.75 oz. Cost: \$7. Limited to 22 people. RSVP required.

Wednesday, Dec. 10 at 10 a.m. **Open Q & A with Mike Gallagher** Interim Town Administrator Mike Gallagher will answer questions about anything Town related. Participants can express concerns, including about affordability and aging in place. Bagels & cream cheese provided. RSVP required.

Thursday, Dec. 11 at 2 p.m. **Science Club: Garden Chemistry & Soil Content** Resident Jeffrey Thumm is launching a new monthly Science Club that invites participants to bring

their own science questions and interests for open, engaging discussion. Each meeting will focus on building shared knowledge, exploring topics together, and making science accessible and enjoyable for all. This session will cover the basics of soil chemistry, including how to adjust soil conditions for different crops, understanding NPK values, and using pH measurements to achieve the best growing results. Snacks will be provided. RSVP requested.

Monday, Dec. 15 at 1 p.m. **History of the Flying Santa of the Lighthouses (Virtual)** Learn about the long-running tradition of the Flying Santa, an aerial gift-giving program that has visited lighthouses and lifesaving stations since 1929. Started by Maine pilot Bill Wincapaw and later carried on for decades by historian Edward Rowe Snow, the tradition continues today through the Friends of Flying Santa, honoring Coast Guard members and their families

from Maine to New York. This program will be presented by Jeremy D'Entremont. RSVP requested.

Thursday, Dec. 18 **Holiday Lunch and Concert** From noon to 1 p.m., enjoy a **holiday lunch** from Olive Garden, featuring a pasta station with meatballs, sausage, grilled chicken, salad, and breadsticks. Dessert will also be served. Limited to 55 people. Cost: \$5. RSVP required. From 1 to 2 p.m., enjoy a **Pure Fun Concert** with David and Stephanie Ghioni, who will entertain with holiday music and a laugh or two. RSVP requested.

Tuesday, Dec. 23 at 1 p.m. **Holiday Piano Concert and Sing-Along** Catie Siedel will present a Christmas piano concert and sing-along featuring favorite carols. Catie lives in Norfolk and was the music director at the Federated Church before going to college. She has been playing piano since she was five years old and loves to spread Christmas cheer. RSVP requested.

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KPHS Marching Band Wins 2025 USBands Division II Open

Named National Champions for Second Straight Year

For the second year in a row, members of the King Philip Regional High School Marching Band have been named the 2025 USBands Division II Open National Champions.

On Saturday, Nov. 8, the KPRHS Marching Band traveled to MetLife Stadium in East Rutherford, N.J., to compete in the 2025 USBands National Championships.

The Marching Band competed against 11 other top-tier bands and delivered a finals performance that earned them an impressive 96.050 score, securing First Place in the Division II Open. They performed three classics for band: “Reflections of Earth” by Gavin Greenway, “Mass” by Leonard Bernstein, and “Rocky Point Holiday” by Ron Nelson. Their performance theme was “Timeless.”

“This competition capped off an exceptional and undefeated season for the Marching Band,” said King Philip Regional High School Principal Nicole Bottomley in a statement. “Con-

gratulations to all the student performers on their inspired performance!”

Following the competition, as the Marching Band’s buses returned home from New Jersey, they received a police escort and were greeted by cheering supporters.

Before heading to compete in this year’s USBands Division II Open, the KPRHS Marching Band secured their spot as the Massachusetts Division II Open Champions after a competition at Stoughton High School. The band battled 21 other schools and finished the competition with a score of 91.9.

“Our win in Stoughton helped boost their confidence as they traveled to MetLife Stadium in New Jersey to defend their first-place title at the National Championships,” said KPRHS Marching Band Director Michael Keough. “Win or lose, their hard work and dedication have been easily recognizable, as their performances kept getting better every week.”



The King Philip Regional High School Marching Band are National Champions after winning the 2025 USBands Division II Open for the second year in a row. (Photo Courtesy King Philip Regional School District)

The Marching Band also won caption awards for Best Music and Best Visual.

“It’s always a great thrill to sit back and watch the students bring the show to life and put their full effort into the final product,” said Band Director Keough. “I think this band may have been the best sounding one

we’ve ever had! The staff and I are incredibly proud of the students’ work ethic and dedication to each other.”

The KPRHS Marching Band is made up of 50 members from grades 8 -12. The winning performance was the result of about 140 hours of practice between May and November.

“Our musicians are the soul of our District,” said King Philip Regional School District Superintendent Rich Drolet. “So many hard working and talented students pour their hearts into the King Philip Regional High School Marching Band. Their dedication to this artform is truly inspiring.”

Wrentham Resident Named to BC High Honor Roll

William Dooley of Wrentham has been named to the Boston College High School Honor Roll. Dooley, Class of 2026, achieved Honors for the first quarter of the 2025-2026 school year.

High Honors denote a GPA of 3.6 or higher; no grade below C+ and Honors denote a GPA of 3.165 or higher; no grade below C-.

About Boston College High School: Boston College High School is a Jesuit, Catholic, college-preparatory school for young men in grades 7 to 12. Founded in 1863, the school enrolls students from more than 140 communities in eastern Massachusetts. For more information, visit bchigh.edu.

Original Congregational Church of Wrentham Announces Post Fair Yard Sale

The Original Congregational Church of Wrentham will hold a Post Fair Yard Sale on Saturday, December 6, from 8 a.m. to noon. The sale will feature a wide selection of gently used items.

The church is located at 1 East Street. For more information, call 508-384-3110.

**Are you looking for a job with school hours and the school schedule?
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Stony Brook Camera Club Announces December Programs and Member Exhibition

The Stony Brook Camera Club (SBCC) meets Thursdays at 7:30 p.m. from September through June, offering both in-person and virtual attendance. In-person meetings are held at the Anglican Church of the Redeemer, 195 Main Street, Franklin.

Meetings feature guest speakers, competitions, image studies,

and discussions of general interest. The club also sponsors a variety of photography activities and workshops throughout the year and welcomes members of all experience levels.

December Programs:

- December 11: “Storm Chasing” by Robert Galluci

- December 12: Competition
- December 18: “Flash for Flowers” by Bobbi Lane

A member exhibition will be on display at the Norfolk Public Library beginning December 8 during regular library hours.

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



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December Program Highlights at the Fiske Public Library

The Fiske Public Library will be closing at 1 p.m. on Wednesday, December 24 for Christmas Eve, and closed Thursday, December 25 for Christmas Day. The library will be closing at 5 p.m. on Wednesday, December 31, and closed Thursday, January 1 for New Year's Day.

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

Monday Crafternoons
Mondays, December 8 and 22, from 3 to 4 p.m.

Kids ages 5-12 are invited to come over to the library after school to do a craft in the children's program room.

Read to Sophie the Library Dog
Thursday, December 11 from 3 to 4:30 p.m.

Kids age 5-10 are invited to read to Sophie, a therapy dog from Dog B.O.N.E.S. of MA. Register for a fifteen-minute time slot on the Calendar page at fiskelib.org.

Grinch Storytime
Saturday, December 20 from 1 to 2 p.m.

He's a mean one...and he's coming to the library! Join us for a story time featuring "How the Grinch Stole Christmas." Make some Grinch themed crafts and get your picture taken with the Grinch himself.

This program is sponsored by the Friends of the Fiske Library and funded through a grant from Eversource. Registration begins

12/6 at fiskelib.org.

Noon Year's Eve Party
Wednesday, December 31 from 11:30 a.m. to 12:15 p.m.

Staying awake until midnight can be hard. Kids age 3+ are invited to join us to ring in 2025 early with fun stories, games, crafts and a countdown to NOON! Registration begins 12/17 at fiskelib.org.

ADULT PROGRAMS

Free Drop-in IT Help Office Hours
Tuesdays, 5 to 7:30 p.m.

The Fiske Public Library is hosting Free IT Help Office Hours with IT expert Ben Elliot who is available to help with personal technology related issues in an informal setting.

Due to the popularity of this free service and increase in wait times for patrons, Ben is switching to appointments rather than first-come first-served help. Visit <https://befreeit.org> and click the "Schedule Help Now" button or the "Get Help" button. It will lead to <https://appt.befreeit.org> to make an appointment. Walk-ins are welcome but priority will go to appointments.

Gingerbread House Decorating
Thursday, December 18 at 6:30 p.m.

Get into the holiday spirit at the Gingerbread House Decorating Party. Gather your friends, family, or coworkers for an evening of icing, candies, and creative confections. Limited to fifteen adult participants. Registration is required. Visit fiskelib.org or call 508-384-5440 for more information.

The First Universalist Society in Franklin Announces December Community Events

The First Universalist Society in Franklin (FUSF), a Unitarian Universalist Welcoming Congregation located at 262 Chestnut Street, will host several events throughout December, offering opportunities for celebration, reflection, and community connection.

Holiday Cookie Walk – December 13

FUSF will hold its third annual Holiday Cookie Walk on Saturday, December 13 from 10 a.m. to 1 p.m. Visitors are invited to stroll through the festively decorated Meetinghouse and choose from a wide selection of homemade treats prepared by more than 30 bakers. Cookies will be sold by the pound, and containers with holiday stickers will be provided. Cash, checks, and electronic payments will be accepted.

Blue Christmas Vesper Service – December 21

On Sunday, December 21 at 4 p.m., FUSF will offer "When the Holidays Hurt: A Blue Christmas Vesper Service," led by Rev. Beverly Waring. This meditative service acknowledges that the holiday season can be emotionally complex and provides a



supportive space for anyone experiencing personal or collective grief. All are welcome, and child care will be provided.

New Year's Eve Labyrinth Walk – December 31

FUSF will host its annual New Year's Eve Labyrinth Walk on Wednesday, December 31, from 5 to 7 p.m. This free event invites participants of all ages to experience a candlelit labyrinth in the sanctuary. Finger labyrinths will be available for those with mobility challenges. Walking the 7-Circuit Petite Chartres Labyrinth

typically takes about 30 minutes, and socks are required; booties will be provided for those who need to keep their shoes on. In the event of inclement weather, cancellations will be announced on the FUSF Facebook page. For more information, contact Bobbi at 508-446-5131.

The First Universalist Society in Franklin is a Unitarian Universalist Welcoming Congregation located at 262 Chestnut Street, Franklin. For further information about FUSF and these events, visit fusf.org or contact the Reverend Beverly Waring at 508-528-5348 or minister@fusf.org





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Winter Break Tips for College Bound Seniors

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

Winter Break To-Do List:

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

Before break begins: Be certain your teacher & guidance counselor recommendation letters and transcripts have been uploaded to the Common Application prior to break.

1. **Finish Regular Decision Applications:**
- Confirm the application deadlines, required materials that will be needed, and complete the final edits of the main college essay.
 - Complete all supplemental essays- including optional essays.

- Complete and submit your regular decision applications as early as possible.
- And, whatever you do- do not wait till 12/31/25 to fill out and submit your 1/1/26 applications.

2. **Create a final College spreadsheet:** Once the applications have been submitted, create a spreadsheet with the final list of colleges. Include: college name, campus visit or demonstrated interest status, the college's Acceptance Student Day dates, intended major, scholarship deadlines, tuition and room & board costs, and any other college criteria that is important.

3. **Review College List:** Take a moment to evaluate the final college list. Make sure that you would be happy to attend ANY of the colleges on your list, especially the "likelys." Having a balanced college list, which includes 2 or 3 likely, probable, and selective colleges, will allow a broader range of possibilities. Lastly, take the time to reflect if there

is a school that's missing- perhaps a dream school? If it is - dream - and apply!

4. **Submit Financial Aid Forms:** Complete and submit the FAFSA and CSS forms (if required). Each school posts their deadlines on the financial aid page of their website -important to keep on top of this.

5. **Schedule Campus Tours:** It is not too late and the best way to truly determine whether a college is the right fit is to visit the campus when the school is in session. It's best not to visit campuses over winter break but plan your campus tour schedule in late January or February.

General Reminders:

1. **Admission Portals:** Most colleges provide access to their admission portal so that students can check the status of their applications. The portal also confirms that the colleges have received all of the supplemental materials (transcript, high school profile, recommendation letters, SRAR). A student's appli-



Maryline Michel Kulewicz and Tracy Sullivan of College 101 Admissions Consultants

cation will not be reviewed until all required materials have been received. If a student has not received a portal email notification from a college, call the college's admission office.

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

Balancing work and play is an important part of maintaining good mental health. The winter

break can achieve both! Take time to also do what you love most. And maybe if you run out of fun things to do, you can have your mom & dad teach you how to do laundry and make a budget - helpful skills in college!

Good luck and enjoy the journey!

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Dean College Opens Doors for Transfer Students This January

Each year, thousands of college students across Massachusetts decide their first choice wasn't the right fit. Some discover that being far from home is harder than expected; others find the campus culture isn't what they hoped. For those looking for a fresh start closer to home, Dean College in Franklin has increasingly drawn interest from students seeking a better fit.

Founded more than 160 years ago, Dean is now a competitive four-year college offering programs in business, the arts, dance, and liberal arts and sciences. The College has earned multiple Colleges of Distinction recognitions, including national awards for career preparation, affordability,

and student support. For transfer students, the transition is designed to be seamless. Dean accepts up to 90 credits toward a bachelor's degree, guarantees housing, and provides transfer scholarships of up to \$35,500 per year. Beyond the logistics, faculty and staff make it a priority to help students settle in and succeed. Each transfer student is paired with an advisor who provides academic guidance, while Dean's Success and Career Advisors work with students from their first semester through graduation to ensure they stay on track and graduate prepared for the workforce. Career prep is built into the experience through

the Dean Career Advantage program, which includes internships, networking opportunities, and professional development. Life outside the classroom is equally full, with more than 40 student clubs and organizations, 16 Division III athletic teams, and a wide range of performing arts productions each semester. Many students who began college elsewhere find that Dean offers both the community they've been seeking and the preparation they need for life after college. Dean is currently accepting transfer applications for the January semester. More information is available at dean.edu/transfer.

CITATION ON PETITION TO CHANGE NAME

Commonwealth of Massachusetts

The Trial Court

Probate and Family Court

Docket No. NO25C0469CA

Norfolk Probate and Family Court

35 Shawmut Road, Canton MA 02021

781-830-1200

In the matter of: Phillip Adam Ponchet

A Petition to Change Name of Adult has been filed by Phillip Adam Ponchet of Norfolk, MA requesting that the court enter a Decree changing their name to: Phillip Adam Nerboso

IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: **Norfolk Probate and Family Court** before **10:00 a.m. on the return day of 12/10/2025**. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Lee M. Peterson, First justice of this Court.

November 6, 2025

Colleen M. Brierley, Register of Probate

KPMS and the Healthy KP Coalition Host 'Screenagers'

On October 15, a community screening of the film "Screenagers: Growing Up in the Digital Age" was held at King Philip Middle School.

A panel discussion--moderated by Dot Pearl, the Director of Wellness for King Philip, Norfolk, Plainville and Wrentham Schools, and including panelists King Philip Regional Middle School (KPRMS) Principal Kreuzer, KPRMS Grade 8 Civics Teacher Sean Jones, Dr. Monika Page of Pediatric Specialists in Foxborough/Wrentham, and Dr. Cindy Ballou, a Licensed Psychologist with Kuehnel Psychological Services of Franklin — followed the screening.

The event was sponsored by the Healthy KP Substance Use Prevention Coalition in conjunction with KPRMS.

"Technology isn't going away," said Principal Kreuzer. "This event was an important step in partnering with parents to share practical strategies for

helping our students use technology intentionally and mindfully. We are proud to have facilitated this conversation for our community."

"Screenagers" provides science-backed information and insights from experts to better understand not only the impact of the digital world on children, but also ways to empower them to thrive by using technology in a healthy, balanced way.

Created by physician and filmmaker Delaney Ruston, the documentary focuses on the issues that kids, parents and educators deal with related to screen time and use of electronic devices, including social media pressure, early exposure and what research says about healthy screen time, managing device use and monitoring video gameplay. The film has been updated for 2025 with the latest science, research and expert insights.

Panelists referred to data compiled from the 2023 MetroWest Adolescent Health



A panel discussion — featuring, from left to right, moderator, Director of Wellness Dot Pearl, and panelists, Pediatric Specialist Monika Page, Civics Teacher Sean Jones, Principal Michelle Kreuzer and Licensed Psychologist Cindy Ballou — followed the screening.
(Photo Courtesy King Philip Regional School District)

Survey, which examined digital media use among students in grades 7 through 12.

According to the survey results, more than half of middle and high school students reported frequent smartphone use (more than three hours a day). That frequent usage, as referenced in the film, has been linked to negative consequences on school performance and physical health, including re-

ports of waning attention spans in school and sleep deprivation.

The data also linked social media use to an increase in anxiety symptoms in middle-schoolers (25% of frequent users reported symptoms of anxiety, compared to 17% of less frequent users) and depressive symptoms in high schoolers (25% of frequent users, compared to 16% of non-frequent users).

The panelists and the filmmakers shared strategies to help parents reduce negative effects and strengthen family connections.

"Technology has many positive uses; however, often the addictive nature of screens has negative impacts on physical and mental health," said Director Pearl. "But how do you help your child reduce screen time? What are the best strategies available? That's the goal of events like this: to help parents support and engage their children in purposeful, balanced use of devices and screen time that supports physical, mental and emotional health."

For more information about the documentary, go to the Screenagers website at www.screenagersmovie.com.

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Saturday: 9 a.m. - 2 p.m. CLOSED Sunday**

Sports

KP Girls Quintet Aiming For Additional Success

Warriors Posted 17-6 Record Last Season

By KEN HAMWEY
STAFF SPORTS WRITER

The players who participate in the girls basketball program at King Philip Regional know a thing or two about leaps and bounds and the significance of reaching new levels.

Last year's 2024-25 squad began its season without nine seniors who had graduated. It was a young contingent that played the previous year on a .500 team. Not much was expected and there weren't any targets on their backs.

Well, all coach Jeff Miskiewicz' Warriors did was finish their regular season at 15-5 and get to the Elite Eight in the State tournament where they lost to Bishop Feehan after defeating Lexington and Quincy. They managed to go 17-6 and had a No. 10 power ranking in Division 1.

Improving on those records and the ranking seems like a Herculean task for Miskiewicz and his nine returnees. The fifth-year head coach, however, isn't subscribing to that thinking and he remains optimistic about the new season that gets under way on Dec. 16 when KP hosts Mansfield.

"Our current group is more refined, more confident and more cohesive," he emphasized. "A year ago, we had only two seniors and our starters were all underclassmen. We learned on the job and caught many teams by surprise. We were close-knit, we worked hard and the players did a fabulous job."

Miskiewicz is acutely aware that his new team will have a bullseye on its back but he likes the variety of strengths his current team possesses.

"We've got experience, depth, high basketball IQs and athleticism," he said. "The girls are very coachable, they promote team chemistry and they're unselfish. Our court awareness is very good, we're physical, can rebound, shoot and pass. And, we've got good senior leadership."

The 35-year-old Miskiewicz and his players set three goals for the new season.

"We want to win the overall Hockomock League championship," he noted. "We're aiming to go to the Final Four, and we plan on limiting our turnovers and holding opponents to one shot on every possession. The players and I believe that our goals are all realistic."

KP's roster has seven seniors, two juniors and two sophomores and the players personify many of the Warriors team strengths.

The trio of senior captains — guard Erin Berthiaume, center Shayne Dugan, and point guard Jessica Persky — display a blend of leadership qualities. "Erin leads by example and Shayne and Jessica are more vocal," Miskiewicz said. "All three are varsity veterans who also are very supportive."

An honorable-mention league all-star last year, Berthiaume was the team's third-leading scorer (7-point average); Dugan was the No. 2 rebounder (6 per game); and Persky, who missed two-thirds of last season because of an ACL injury, will play next year for Skidmore College.

"Erin can score inside, mid-range and from the three-point arc," Miskiewicz noted. "A clutch shooter, she can take advantage of opportunities when our opponents focus on her teammates. She's very good driving to the hoop. Shayne is 6-1 and able to rebound effectively and block shots. Very coachable, she's a smart defender who gets good position. Jess, who was a starter as a sophomore, has solid play-making skills and she can drive and score inside."

Junior point guard Katie Stierer, who was a Hockomock League all-star as a sophomore, averaged 2.5 steals and 2.4 assists last year. "Katie is intense and very instinctive," Miskiewicz said. "A fine passer, she's got good court vision and is an excellent on-ball defender. She's got the ability to play in college."

Junior two-guard Tatum Morgan, also a league all-star, averaged 13.3 points and 3.1 rebounds last year. "Tatum is one of the best shooters in the state,"



KP's captains, from left, Jessica Persky, Shayne Dugan and Erin Berthiaume are experienced senior leaders.

Miskiewicz said. "She can shoot from anywhere and she puts pressure on opposing defenses. A good three-point shooter, she's excellent at cutting and moving without the ball."

Senior Lauren Majer, who can play either forward position, possesses some key attributes. "Lauren is super athletic," Miskiewicz said. "She's quick and has speed on the break. A very good offensive rebounder, she can score on second-efforts and put-backs."

Cheyenne Murray, a 5-foot-4 sophomore two-guard, was second in offensive rebounds as a freshman last year and averaged 2.3 steals a game. "Cheyenne can really jump, is very athletic and plays solid defense. She's an electric player."

Seniors Maryna Yuzhda (5-11) and Teagan Carver (6-feet) will be assets in the front court. Yuzhda plays forward and Carver is a forward/center.

"Maryna is a good shooter who can also rebound and defend," Miskiewicz noted. "A college prospect, she took advantage of her playing-time opportunities. Teagan is a fine offensive player, is fast, and gets out quickly in transition. She provides depth up front."

Senior Ayla Ricci (guard-forward) and sophomore Annie McLeish (forward/center) are capable in their roles and can contribute when called on. "Ayla works hard, is a great shooter and has a high basketball IQ," Miskiewicz said. "Annie is a six-footer who's very athletic, has a good work ethic and continues to improve her overall game."

Miskiewicz will have little difficulty getting advice from his staff of five assistants. Justin Feinberg is a varsity aide and Brett Coderre will coach the jayvees and also assist Miskiewicz. Volunteer aides include Grace Davis, Ellen Wag-

ner and Chris Wilson. "They are a very cohesive and motivating group of assistants," Miskiewicz said.

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

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

A former combo guard at Cumberland High School in Rhode Island, Miskiewicz graduated from the University of Rhode Island in 2013, getting degrees in English and Secondary Education. After a year of teaching at the middle-school level in Central Falls, he joined the faculty at LaSalle Academy in Providence where he's taught English for the last 12 years.

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

A very positive and optimistic coach, Miskiewicz' fifth year at KP's helm could be very memorable. If there's improvement on last year's 17-6 record, the 2025-26 squad might join or surpass one of the top teams in the program's history. Coach Tom Schmidt's Warriors posted a 19-6 record for the 2002-03 season.

Jeff Miskiewicz and his players know they'll be challenged game after game, and opponents will save their best efforts for KP. The current squad, however, could alter the program's history.

Time will tell, so let the games begin.

King Philip Middle School Builds Community Through Unity Day Activities

King Philip Middle School brought students and staff together for two days of learning, reflection and community building as part of its Unity Day celebration during National Bullying Prevention Month.

Unity Day, observed on Oct. 22, is the signature event of National Bullying Prevention Month, encouraging schools across the country to stand united in promoting kindness, acceptance and inclusion.

At KPMS, students and staff wore orange to convey a visible message of solidarity to anyone who has experienced bullying, reaffirming the school's commitment to creating an environment where every student feels safe and supported.

That morning, the Student Council greeted peers with messages of hope written in orange chalk along the school's walkways. In the cafeteria, students added their names to a No Place for Hate pledge banner, which

now hangs in the main hallway.

The following week, on Oct. 29, KPMS held a schoolwide series of lessons designed by the Unity Day Committee: Ms. Barry, Ms. Morrison, Mr. Michael and Ms. Burch. Teachers led activities that helped students define what bullying is and how to distinguish it from teasing or conflict. The activity included a period of reflection for students to consider their role in fostering a more inclusive school culture.

Students explored a range of topics, including the value of diversity, how to support a peer who is targeted and how to step back and think before reacting. They participated in scenario-sorting exercises, discussed the meaning of exclusion and concluded the day with a mindfulness practice.

Students also created a schoolwide feather visual project, "As a Warrior I...", a visual reminder of the school community's collective responsibility



King Philip Middle School students added their names to a No Place for Hate pledge banner that now hangs in the main hallway.
(Photo Courtesy King Philip Regional School District)

and the strength of standing together against bullying.

KPMS asked students to participate in a voluntary survey on the Unity Day events, and student feedback was overwhelmingly positive. Students identified the "Odd One Out" activity and the "Stop and Think" game as two of the most meaningful parts of their experience. The activities encouraged

students to consider the emotional impact of being left out and the importance of pausing before speaking or acting.

KPMS plans to submit this year's Unity Day experience as one of its three schoolwide activities for the Anti-Defamation League's No Place for Hate designation. The school earned the designation last year and hopes to receive it again for the 2025-



For Unity Day, the Student Council greeted peers with messages of hope written in orange chalk along the school's walkways.
(Photo Courtesy King Philip Regional School District)

26 academic year.

"Our students showed real thoughtfulness during these activities, and that matters," said KPMS Principal Michelle Kreuzer in a statement. "Unity Day is one more way we help our students understand their impact on one another and what it means to create a school community where everyone feels they belong. This work continues every day in our classrooms and in the hallways."

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Norfolk County Real Estate Market Continues Upward Trend in Third Quarter of 2025

Norfolk County Register of Deeds William P. O'Donnell reports continued growth in real estate activity for the third quarter of 2025, with increases across key market indicators compared to the same period last year.

The Registry of Deeds recorded 30,209 documents between July and September, up 9% from 2024. Deed recordings rose 7%, and overall sales volume reached \$2.83 billion, an 11% increase. The average sale price for commercial and residential properties climbed to \$1.14 million, up 7% from last year.

"The third quarter continued the upward trend we've seen throughout the year," O'Donnell said. "These results reflect strong engagement in the real estate market and the continued desirability of Norfolk County as a place to live and work."

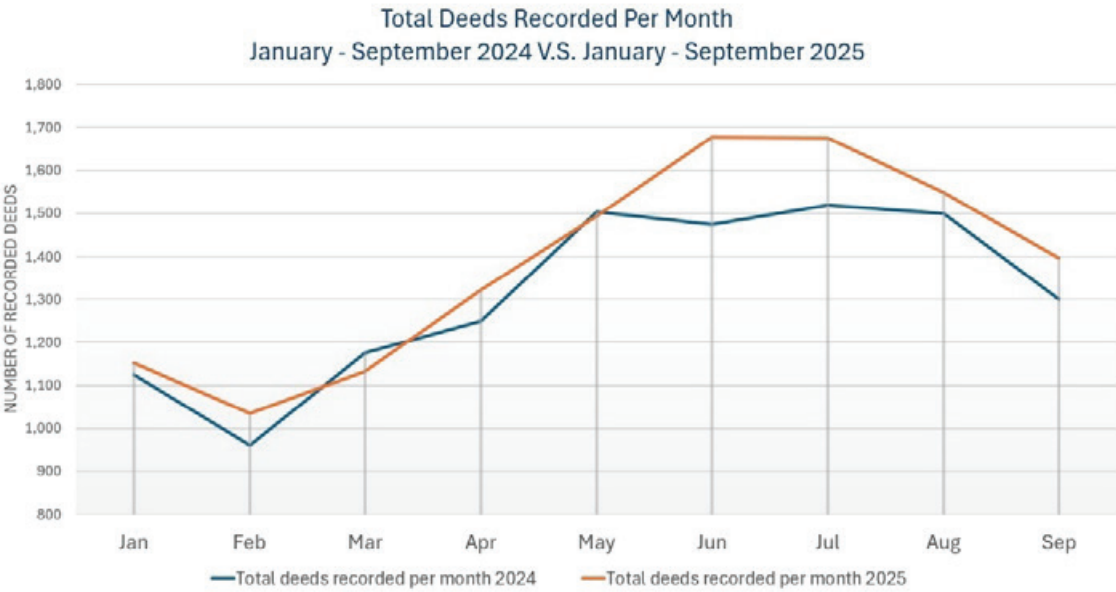
Mortgage activity also grew

notably, with 4,697 mortgages recorded—an 11% increase—totaling \$4.71 billion in mortgage indebtedness, up 86% year over year. Meanwhile, foreclosures declined by half, and foreclosure notices were down 7%.

"The reduction in foreclosure activity is encouraging," O'Donnell added. "Still, foreclosure has a human impact, and anyone struggling with mortgage payments should contact local non-profit partners such as Quincy Community Action Programs or NeighborWorks Housing Solutions for assistance."

O'Donnell noted that Norfolk County's sustained market activity highlights its economic resilience amid broader fluctuations.

For more information, visit www.norfolkdeeds.org or follow the Registry on Facebook, Twitter, and Instagram @norfolk-deeds.



Real Estate Corner

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Real Estate Corner



Jim Hanewich
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St. John’s Episcopal Church Invites the Community to Annual Christmas Fair

St. John’s Episcopal Church will host its annual Christmas Fair on Saturday, Dec. 6, from 9 a.m. to 2 p.m. at 237 Pleasant Street, Franklin. The festive event will feature holiday shopping, family fun, and a chance to celebrate the season with the local community.

Guests can enjoy a visit with Santa Claus between 10 a.m. and noon, where children can share their Christmas wishes and take photos to capture the moment. Throughout the day, shoppers will find an array of holiday treasures, from restaurant and store gift cards to

themed gift baskets featuring sports, spa, wellness, and pet items. Freshly made wreaths and greens will be available, along with cozy hand-crafted scarves, mittens, and hats. There will also be a silent auction.

Fairgoers can also indulge their sweet tooth at the Cookie

Walk, featuring a selection of homemade cookies, fudge, and other baked goods. Light snacks and beverages will be available for purchase during the event.

Adding to the seasonal charm, St. John’s will present a live nativity scene from noon to 2 p.m., with parish members portraying Mary, Joseph, and baby Jesus, accompanied by real farm animals including sheep, goats, and a donkey. The live nativity is free and open to all.

For more information, call 508-528-2387, email Rector@StJohnsFranklinMA.org, or visit www.stjohnsfranklinma.org. Follow St. John’s Episcopal Church, Franklin on Facebook for updates and event details.

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From left, Gary D’Entremont, president of King Philip–Walpole Youth Hockey; Tri-County student Lucy Oleksy, who led the project; and metal fabrication teacher Rick Tomasello. *Contributed photo.*

Tri-County Students Build Training Tool for KPW Youth Hockey

BY GRACE ALLEN

King Philip–Walpole Youth Hockey recently partnered with Tri-County Regional Vocational Technical High School to create a custom training aid that will help young players sharpen their shooting skills.

Tri-County metal fabrication student Lucy Oleksy led the project, designing and building a durable steel frame that attaches to a hockey net to help players practice accurate shot placement without a goalie. Often called a “shooter tutor” or shooting board, the tool provides designated openings for

players to target during drills.

Oleksy oversaw the fabrication process, with classmates assisting in cutting, sanding, and preparing the metal components. The project not only offered students valuable hands-on experience with a complex build but also saved the youth hockey program the cost of purchasing a commercial version.

“It was truly a win-win,” said Gary D’Entremont, president of King Philip–Walpole Youth Hockey. “The kids gained real-world learning, and our program received a high-quality training tool.”



King Philip–Walpole Youth Hockey’s new custom steel shooting frame. *Contributed photo.*



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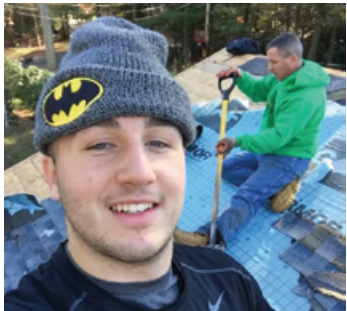


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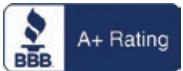
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