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Is 14 the Magic Number for KP's Gridiron Success?

Warriors Capture 4th Super Bowl Title

By KEN HAMWEY
STAFF SPORTS WRITER

After the King Philip football team defeated North Attleboro, 21-10, in the Division 3 Super Bowl game at Gillette Stadium last month, Brian Lee, the Warriors head coach for the last 21 years, was emphatic about the respect he has for the players and the passion he has for coaching.

"I wanted it (Super Bowl win) for them," he said. "The kids worked so hard and I'm blessed and so lucky I found KP and these kids. I'm very fortunate. They're unbelievable kids. I



The King Philip Football team celebrates with the state title trophy and banner after defeating North Attleborough, 21-10, on Dec. 5 in the Division III Super Bowl.

(Photo Courtesy King Philip Regional School District)

SUCCESS

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Year in Review

By GRACE ALLEN

From civic debate and court rulings to community celebrations and personal milestones, 2025 was a year defined by both challenge and shared experience in Norfolk and Wrentham. The stories that filled the front pages of this paper reflected residents engaging with local government, advocating for causes they care about, preserving land and traditions, and strengthening the ties that make small towns work.

January

At King Philip Regional High School, senior Austin Cannon Jr. inspired many through his perseverance as a student-athlete. Living with a rare neurological condition and using a wheelchair, Cannon continued to compete in wrestling and track, earning respect for his grit, sportsmanship, and commitment to reaching his goal of competing at the varsity

level. His story resonated as a powerful example of resilience and inclusion in school athletics.

Civic engagement took center stage in Wrentham, where residents packed Town Meeting to vote overwhelmingly against adopting an MBTA Communities multi-family housing overlay district. After hours of debate over state mandates, fiscal impacts, and local control, voters rejected the measure by a wide margin, accepting the risk of losing certain discretionary state funds.

February

King Philip Regional High School senior Sophia Evans was named the winner of the 2024 Congressional App Challenge for Massachusetts's 4th District for her app, EcoConnect, which helps communities organize and

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HAPPY New Year from 2026

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SUCCESS

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love coaching this program and really enjoy working with our staff. Coaching is what I know and love.”

The Warriors, whose triumph over North Attleboro was their eighth appearance in the last nine Super Bowls, now have a .500 record (4-4) at Gillette. Their previous state titles came against Reading, Lincoln-Sudbury and Marshfield in 2016, 2017 and 2023.

Lee and his staff obviously have built a solid foundation for the last decade, winning four Super Bowl titles and creating what could be labeled “a borderline dynasty.” There seems to be a formula in place that breeds success — the players buy in, they personify key attributes and the program thrives, primarily on intangible assets.

The eight Super Bowl appearances are an amazing statistic and the four state championships should leave no doubt that KP’s grid program is in the high-rent district.



King Philip's coaching staff, which has led the Warriors to eight Super Bowl appearances, relied on their experience to engineer the defeat of North Attleborough for the Division 3 crown.

Much will be expected of the Warriors next September. Expectations will be high because that’s the way it is when winning becomes methodical. Lee is acutely aware of that sentiment and he also knows that he and his staff will face a huge challenge when pre-season practice gets underway in August.

“We lose 26 seniors,” he said. “I’ve never lost that many before, so we’ll look a lot different. We hope the boys on hand are eager to get their chance to compete. Our sub-varsity team (freshmen and sophomores) was unbeaten. But, success isn’t guaranteed. We may need a little luck but the work ethic of our kids next fall will be just like the 2025 champs. We’ll give it our best.”

This correspondent cited 14 points that seem to make the Warriors a breed apart and could very likely be the catalyst to offset the loss of so many seniors and the challenge of a major rebuild.

The only 14-point program this writer knows that’s publicized in history books belongs to Woodrow Wilson, America’s 28th President. He had a 14-point plan after World War I ended. It detailed what the United States envisioned for the post-war era. At KP, 14 could be

the magic number to maintain the Warriors’ football success. Lee not only agrees with the list, but he’s also got an addition and offers a brief comment on all of them.

The 14 Points

- **HIGH FOOTBALL IQs** — “We’re fortunate to have a youth program that’s open to kids from Grades 2-8. The KP Chiefs are for youths in Norfolk, Wrentham and Plainville. That’s where players get to understand football and learn the basics.”
- **ATHLETICISM** — “That comes from genetics. Kids from good stock are more likely to have speed, quickness and strength.”
- **COACHABLE PLAYERS** — “Good families and good parents are the keys to having coachable kids. As young boys, they respect coaches and want to learn. Discipline is learned at home.”
- **EXPERIENCE** — “That comes from a program’s culture. KP players absorb the game as freshmen and sophomores, and when they’re



Photographers click away as they capture the King Philip Warriors celebrating their fourth Super Bowl triumph at Gillette Stadium.

juniors and seniors, they’re seasoned and polished. Quality coaches at the freshmen and jayvee levels are necessary.”

- **DEPTH** — “We build depth because our kids want to have a role on the team. Because of their strong work ethic, they stay with the program, even as reserves. When called on, they’re ready to contribute. That’s how depth is built.”
- **LEADERSHIP** — “I really don’t need to name captains. Our seniors are all comfortable in leadership roles. Captains or not, it’s their team and they speak up when there’s a need.”
- **COMMITMENT** — “That element comes from knowing what the expectations are. The kids do what’s required. The Sunday before our Super Bowl game against North Attleboro, we practiced for four hours (3:30-7:30), watching film, lifting weights and talking strategy.”
- **ACCOUNTABILITY** — “This attribute tells us if we can count on you. Can we trust you and will you be accountable? We all make mistakes. The key is to learn from them and improve.”
- **RESPONSIBILITY** —

“This means a boy has got to do all he can for the program and he must also protect the program. Logan McCormick played center the first time we played North Attleboro. He played tight end in the bowl game. He assumed that responsibility.”

- **SKILLED PLAYERS** — “That’s about coaching kids up. Coaches work hard in drilling technique. Players must learn what the coaches say and implement it in game situations.”
- **RESILIENCY** — “That’s a huge core value at KP. A play starts and ends in a fumble or interception. Players have to bounce back fast and that comes from confidence in themselves and their teammates. Resiliency leads to more positive outcomes than negative ones.”
- **TEAM FIRST ATTITUDE** — “Our program isn’t interested in personal statistics. I don’t know who our sack leader is. My No. 1 stat is ‘did you win?’ The program must always come first and a team-first approach protects the program.”

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- **TRUST** — “Players must trust their teammates and coaches. Trust starts when you show up and work together, whether it’s at practice or a fund-raiser. It’s about investing time and energy, like the coaching staff. Trust means we’re all in this together.”
- **DEVOTED STAFF** — “If people are relying on me, then we’re in trouble. All of our coaches are the reason for our success. Chris Perchard (linebackers, tight ends) has been an assistant for 21 years at KP; Matt Wassel (defensive coordinator) has 20 years in and so does Shawn Gough (freshman coach). Six others have been on staff for 15 years. They’re knowledgeable, dedicated and loyal.”

Lee offered a 15th point and he believes without it, the other 14 won’t matter. It’s about out-

working opponents.

“I learned from my father that hard work can overcome talent,” Lee said. “A strong, relentless work ethic can go a long way.”

Lee’s father, John who’s 92, was a coaching legend at Walpole High for 25 years, compiling a record of 211-32-7. His first season (1968) ended at 4-4-1, but for the next 24 campaigns, Walpole High posted winning records. John Lee had six Super Bowl appearances, won four Super Bowl championships, 11 Bay State Conference championships, and one BSC co-championship. He finished with a winning percentage of 85.8.

“My hope is that all our players for next season will adhere to the 14 points and lean on our culture,” Brian Lee said. “I hope they’ll want to go to Gillette, write their own history and avoid complacency.”

Sideline Slants

- The 2025 Division 3 Super Bowl trophy was a terrific birthday present for Lee,

who turned 54 on Dec. 6, the day after his squad defeated North Attleboro.

“The Super Bowl victory was a great present,” he said. “By the time the game ended and the celebration at Gillette was completed, it was close to midnight. I was able to celebrate with coaches, parents, and friends. I relaxed and spent time with my family on my birthday. The players exerted a lot of effort and hard work to provide that present.”

- KP’s Keigan Canto-Osorio and Tallan King both rushed for more than 1,000 yards before the Super Bowl. Canto-Osorio had 1,273 yards and 14 TDs and King rushed for 1,084 yards and 16 TDs. And, they continued to be a punishing offensive attack against the Red Rocketeers at Gillette. King gained 149 yards on 23 carries and Canto-Osorio had 103 yards on 22 carries.

“We’ve had many great run-

ning backs at KP but those two are in the conversation when the program’s best backs are mentioned,” Lee said. “They supported each other, they leaned on each other and they weren’t greedy about the times they carried the ball. They’re very special kids.”

- The Warriors’ journey to Gillette Stadium included, in order, a 51-0 triumph over Chicopee Comprehensive, a 42-12 victory over Mansfield, and a 21-13 win over Malden Catholic.

“We had to battle in all three games,” Lee said. “Malden Catholic was the best team we faced all year. We prepared hard for all three.”

- North Attleboro’s Frankie Strachan gained 1,504 yards rushing and scored 21 TDs before the bowl matchup. Unfortunately, he suffered a severe foot injury with three minutes to go in the first quarter and did not return.

After the game, Lee said: “It’s the worst part about football. He’s obviously their heartbeat. To see him go out, it’s heart-breaking. I feel for him.”

- The scoring for North Attleboro included a one-yard TD rush by Nathaniel Robbin and a 27-yard field goal and an extra point by Nick Torres. KP’s touchdowns included a two-yard run by quarterback Zach Gebhard, a one-yard rush by fullback Ryan Greenwood, and a seven-yard run by Canto-Osorio. Nate Crowley connected on all three extra-point kicks.
- Other noteworthy contributors for KP — Safeties Liam McGrath and Patrick Terio each had an interception; middle linebacker Kyle Danson was dynamic on defense; and Tallan King and Liam King (no relation) turned in some key defensive plays, thwarting several comeback bids by North Attleboro.

Letters

Thank You to my Good Samaritans

To the Editor:

In the first week of December, blinded by the early morning bright sunlight, my car hit a telephone pole very close to my house. Underestimating the damage to my car, I tried to move it and ended up in the middle of the road. Frazzled by this situation, I sat in my car not knowing what to do next. Then two ladies stopped their car near me. They called the police and stood in the middle of the road in the bitter cold, safely directing traffic. They stayed with me until the police came and took charge, and my husband arrived and took me home. I do not know their names, and neither do I know how to thank them enough. If either of you read this, please know the immense gratitude I owe to both of you. In appreciation for your help, I made a small donation to a local charity. I also want to thank the Norfolk Police and EMTs who came to my rescue and made sure I was 100% ok –under the circumstances– before they left me.

Tessy Maliakal
Norfolk

Organ Concert Attendance Exceeded Expectations

To the Editor:

Members of Trinity Episcopal Church of Wrentham would like to thank Local Town Pages for coverage of the William Goodrich pipe organ concerts. The year 2025 marked the 200th year of its existence here. Built in the U.S.A., the Goodrich pipe organ has been located and maintained in Trinity Church for the past 110 years. Publishing the invitation to the demonstrations and two recitals of one of the oldest church pipe organs in New England provided a response beyond expectations. Attendance and donations at both recitals were greatly appreciated. Trinity Church members appreciate the efforts and expertise of Rick Duthe, current Director of Music at Trinity Church, in organizing all the events.

Judith Chase
Trinity Church

Holiday Fair a Great Success

To the Editor:

On behalf of everyone at Trinity Episcopal Church Wrentham, I would like to thank Local Town Pages for the newspaper coverage provided for our Holiday Fair on November 21 and 22. Many thanks to all who supported the fair by donating items, attending, and purchasing the many products offered. We are blessed to be surrounded by such a supportive community. We are also grateful to the members of our collaborative church, St. Mark’s of Foxboro, who assisted us by working with us during both days of the fair. Wishing everyone a happy new year!

Eufemia Campagna
TECW Holiday Fair Chairperson



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REVIEW

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promote local cleanup efforts. Evans' project highlighted the growing intersection of technology and environmental stewardship, earning praise from Rep. Jake Auchincloss.

At the municipal level, Norfolk officials continued to manage the state-run emergency shelter housed at the decommissioned Bay State Correctional Center. As the shelter operated toward a planned June closure, town leaders reported fluctuating occupancy, limited impact on local public safety services, and ongoing coordination with state agencies. Background checks and inspections ordered by the governor found no major safety concerns.

March

Norfolk native Kylie Breen prepared to run the Boston Marathon for Tedy's Team, honoring her aunt, a stroke survivor, and raising awareness about stroke warning signs. Once a reluctant runner, Breen embraced the marathon as a symbol of resilience, community support, and public health advocacy.

Meanwhile, Wrentham remained firmly divided over the MBTA Communities Act. Despite a court ruling upholding the law, the Select Board continued to push back after voters overwhelmingly rejected high-density overlay zoning. Facing compliance deadlines and potential funding consequences, town leaders submitted an Action Plan while continuing to seek clarity on costs, mandates, and local control—ensuring the debate would continue into the summer.

April

The Norfolk DPW marked Arbor Day with its fourth annual tree seedling giveaway, offering residents free saplings while highlighting the long-term benefits of species diversity and public tree protection. The event reflected the town's growing emphasis on sustainability, alongside recognition of Tree Warden Blair Crane, who was named Massachusetts Tree Warden of the Year.

In Wrentham, opposition to the MBTA Communities Act intensified. The town filed suit against the state after receiving an official determination that the law constitutes an unfunded mandate, arguing it cannot be enforced without state funding. With compliance deadlines approaching and potential loss of state grants at stake, Wrentham's legal challenge underscored ongoing concerns over fiscal responsibility, local control, and the future of housing policy in Massachusetts.

May

In Norfolk, voters headed to the polls for the Annual Town Election, with contested races across multiple boards. Town officials emphasized the importance of resident involvement, noting both the breadth of contested seats and ongoing opportunities to serve on appointed boards. Local Town Pages posed questions to the candidates in several of the races, giving them an opportunity to highlight their achievements and goals if elected.

Meanwhile, Wrentham's Special Town Meeting centered on whether the town should purchase 65.5 acres on West Street—part of the historic Cook's Farm—to preserve open

space and protect water resources or allow future residential development. The debate underscored competing priorities of conservation, financial flexibility, and growth, with voters weighing the long-term impact on the town's character and resources.

June

Norfolk looked ahead to summer with preparations for the 33rd annual Community Day, a signature event bringing together families, volunteers, and local organizations for a day filled with community spirit and civic pride.

At the same time, Wrentham became a focal point for a broader statewide debate over care and choice. Families and advocates rallied at the State House to oppose what they see as the quiet dismantling of institutional care, urging state officials to preserve and reopen admissions at the Wrentham Developmental Center. The push underscored concerns about housing options for individuals with severe disabilities, transparency in state policy, and the right of families to choose the level of care best suited to their loved ones.

July

July brought a modicum of commuter relief to Norfolk. The Park Street bridge began a partial, one-direction reopening after seven months, easing congestion but leaving drivers navigating new restrictions and lingering uncertainty about long-term repairs and funding. With detours still in place and future closures possible, the bridge remained a visible reminder of the region's infrastructure challenges.

In Wrentham, the courts delivered a clear ruling on housing policy. A Superior Court judge rejected the town's claim that the MBTA Communities Act constitutes an unfunded mandate, dismissing Wrentham's lawsuit and reinforcing the state's authority to require compliant zoning. The Select Board opted not to appeal, shifting the focus back to local decision-making and how—or whether—the town will move forward with adopting multifamily zoning.

August

Norfolk celebrated 101-year-old Deby Preston, who received the Boston Post Cane in recognition of her status as the town's oldest resident. The New England tradition, established in 1909, is a gesture of respect for a citizen's longevity. Preston received a lapel pin, a small honorary replica of the cane, which itself is kept on display at the Senior Center.

Norfolk's Federated Church installed Rev. Dan Woodman as its settled pastor. Woodman's journey—from business owner to hospital chaplain to parish pastor—reflected a blend of experience, faith, and local connection as he assumed leadership of one of the town's cornerstone institutions.

September

September showcased grassroots environmental action as the children in a Norfolk family successfully prompted the town to install turtle crossing signs after documenting repeated wildlife deaths near Miller Street. Their handwritten letter to the Conservation Commission sparked town action and praise for demonstrating how civic engagement at any age can make a meaningful difference.

In Wrentham, attention turned to protecting land and water resources for future generations. Plans advanced to preserve 16 acres of the White Barn Farm Forest through a partnership between the Metacomet Land Trust, the Raymond family, and the town. The proposal emphasized safeguarding drinking water, wildlife corridors, and climate resilience amid increasing development pressure, framing conservation as a critical investment in Wrentham's long-term environmental health.

October

Wrentham officials advanced plans for a new Department of Public Works facility, citing safety concerns and operational limitations at the existing building. The proposed modern, energy-efficient facility—slated for completion in 2027—was positioned as a necessary investment to support essential town services for decades to come.

At the same time, a local landmark entered a new chapter. The Big Apple orchard marked a generational handoff as new family leadership took over operations, reaffirming a commitment to preserving the farm's role as a community gathering place while making measured updates for the future.

November

As rising postage and production costs strained local journalism, Local Town Pages launched its annual Support the Newspaper campaign, turning to readers to help preserve free, independent coverage of town government, schools, nonprofits, and everyday community life. The appeal highlighted the growing challenges facing small newspapers, and the vital role they play in civic engagement and local identity.

The Norfolk American Legion marked its 80th anniversary with a Veterans Day Dinner and tribute, bringing veterans and families together for an evening of recognition, reflection, and gratitude. The celebration honored both local service members and national military milestones, reinforcing the enduring bonds between veterans and the communities they serve.

December

Heirloom New England, Norfolk's creative co-op, was featured as a place to connect, shop, and learn outside the digital world. Founded to meet a need for meaningful creative community, the space underscores how small, locally driven initiatives can foster lasting personal and social connections.

Town leadership also looked ahead. The Norfolk Select Board advanced its search for a new Town Administrator, narrowing a broad field of applicants with the goal of appointing a finalist by early winter.



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Wrentham Educators, School Committee Reach Tentative Contract Agreement

By JOE STEWART

After reaching an impasse and entering state-mediated talks in the fall, the Wrentham School Committee and the Wrentham Educators' Association (WEA) have tentatively agreed on a new three-year contract.

The agreement, which is retroactive to August 2025, would avert a prolonged dispute and came after what both sides described as challenging negotiations. School Committee Chair Phil Jordan stated that the WEA agreed to the committee's "adjusted best and final offer," a proposal that followed months of stalemate over paraprofessional pay and injury leave.

Terms of the Tentative Deal

According to Jordan, the contract highlights include a 22.5% total raise for paraprofessionals over three years, with an immediate 15% increase—approximately \$5 more per hour. He said this increase will move Wrentham's paraprofessional pay from the bottom to the middle among six comparable area districts (King Philip, Bellingham, Foxborough, Franklin, Norfolk, and Plainville).

For teachers, Jordan described that those at the top of the salary scale, with a master's degree and 14 or more years of experience, will earn about \$5,000 more per year than their counterparts in the next highest-paying district from that group.

The tentative agreement also includes five weeks of paid parental leave beginning in the contract's second year and a simplified process for continuing education reimbursements. Jordan noted the contract falls within the existing town budget and will not require a tax override at town meeting for funding.

Educators' Mixed Response

In a separate interview, members of the WEA negotiating team characterized the negotiations as difficult and said the final offer left their membership split roughly 50/50 on whether to accept it.

The WEA negotiators stated that while the contract puts paraprofessionals "on the right path," it did not achieve a "living wage" for them. They also noted that their proposal for a change to sick leave policy for on-the-job injuries was not taken up by the School Committee.

The team said teachers are likely to be largely satisfied, though they expressed disappointment that educators' cost-of-living increases did not match the 9 percent raise recently negotiated by the town's custodial staff.

They also raised a question about funding priorities, observing that the School Committee chair recently supported town funding for athletic field development but, in their view, was unwilling to seek full funding for all educators' salaries. They con-

trasted this with town-funded raises for other recent municipal contracts, including those for the Department of Public Works and Police, noting that educators were treated differently and wondering if their gender - most educators and paraprofessionals are women - was a factor.

Despite these reservations, the WEA negotiators stated they believe ratifying the contract is in the best interest of the membership.

Path to Ratification

Both parties must still vote to finalize the agreement. The WEA's ratification meeting was set for December 22. The School Committee has scheduled a vote for January 20.

If ratified, the contract would run through the end of the 2028 school year, with negotiations for the next agreement expected to begin in late 2027.

New Members Welcome to Charles River Chorale Open Rehearsals in January

The Charles River Chorale will begin open rehearsals for its Spring 2026 season and is actively recruiting new members. Come and experience choral singing with a non-audition chorus. Our members come from throughout the MetroWest region and span all ages. All attest to the joy it brings them every week.

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To join us, come to the church for any of our open rehearsals or fill out the Sign-Up form (no obligation) using the following link: <https://forms.gle/mgnj9NCiRSLU4jTG9>. The attached QR code can also be used. We look forward to seeing you!



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“You can load your own dumpster or have our truck guys do all of the work for you,”

Business spotlight

Schadler explained. “And rest assured, we don’t just take everything to the landfill. We try and recycle as much as possible. Clothing and household items are donated to local organizations that help our friends and neighbors. That keeps them out of landfills, gives them a new life, and helps us keep our prices down. We’re always looking for ways to be more cost effective because customers appreciate our reasonable prices.”

Changes in legislation have made it increasingly more difficult to dispose of certain items, like mattresses, for example. It is a state law that most textiles and mattresses must be recycled. “Finding places to take mattresses is a challenge and the fees for disposal have gone through the roof,” said Schadler. Items like these carry a separate recycling fee that the com-



mercial transfer stations charge because of how labor intensive that recycling is. “People are usually shocked at the cost, and we find ourselves educating the customer as to why these fees exist. Here at Affordable, we view ourselves as an avenue our clients can turn to when they have these items and want them disposed of legally, safely and properly.”

Affordable has many repeat customers. “When people call, they reach me, not some automated corporate call center,” he said. “They know me and the crew and trust us. We do a great job and are fast, efficient, and reliable. We come when we say we will and if anything unexpected comes up, we communicate. We live here too, we are your friends and neighbors. We

sponsor your little league teams and run into you at the grocery store. We are your local guys.” A quick look at the many years of positive online reviews attests to this.

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As the calendar flips to a new year, millions of Americans pledge to improve their financial lives. But without a concrete plan, those well-intentioned resolutions often fade quickly.

Financial goals consistently top the list of New Year's resolutions. A 2025 CFP® Board study

shows that financial resolutions are prominent, with saving more money (45%) and reducing debt (32%) ranking among the top three goals.

Unfortunately, most resolutions don't last. A 2023 Forbes Health poll found that over half of people give up on resolutions by the four-month mark and only 1% make it the full year.

The challenge isn't a lack of desire for change. People may set the same resolution year after year, revealing a disconnect between intentions and action. Or it may be that they try to tackle too many goals at once, or aim higher than is realistic, setting themselves up for disappointment.

Set smart financial goals.

Before crafting your action plan, consider which financial priorities matter most to you. If you need ideas, here are some areas where you may want focus in 2026:

- Regularly review your financial goals and track progress toward meeting them
- Increase your 401(k) contributions or max out your IRA and/or HSA contributions
- Pay down debt strategically and negotiate lower interest payments
- Build an emergency savings fund of six to 12 months

Save more consistently.

Be specific. Vague resolutions like “save more money” rarely succeed. Instead, it can help to make goals specific and measurable. For example, rather than making a resolution to “start an emergency fund,” commit to a specific goal, such as, “I will put \$100 a month into an emergency fund.”

This shift from general to specific transforms wishful thinking into actionable steps. When goals are attainable, it's

easier to track progress and stay motivated.

Find an accountability partner.

Don't go it alone. Having someone to check in with can help you stay on track. This could be a spouse, friend or family member who shares similar goals.

Consider working with a financial advisor who can help you create a realistic plan, monitor your progress and adjust strategies as needed. A professional can provide expertise and accountability, making it easier to stay on track throughout the year.

Start small and build momentum.

Rather than overhauling your entire financial life all at once, focus on one or two priority areas. Identify where the largest gap exists between your current situation and where you want to be, then concentrate

your energy there.

Breaking larger goals into smaller, manageable actions makes them less overwhelming and more achievable. Each small win builds confidence and momentum for tackling the next challenge.

The new year offers a fresh start and renewed motivation to improve your financial health. With specific goals, a solid action plan and the right support system, this could be the year your financial resolutions finally stick.

For more information contact:

Todd Miller, CFP®

O: (781) 652 - 9573 call or text
Todd.Miller@edwardjones.com

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Your Car, Your Choice: Why Who Repairs Your Vehicle Matters More Than Ever

You are driving along, headed to the grocery store for dinner, when the driver in front of you stops suddenly because a deer decides it's the perfect time to cross the street. You react and swerve, but unfortunately, your cars collide. Your bumper falls off, your hood is slightly bent, and your headlight is cracked. You are both okay, but your car isn't.

The moment after the accident is stressful, but the phone call to your insurance company that follows can be confusing. This is where many drivers unknowingly lose control of their vehicle's repair.

When you report a claim, insurance representatives often push you toward one of their "preferred" repair facilities. Unfortunately, this is a practice known as "steering," and it is often done under false pretenses. Every driver needs to know: **You have the legal right to take your**

Business spotlight

vehicle to any licensed repair facility you choose.

Insurance companies are increasingly steering customers toward "direct repair programs" (DRPs). These are effectively partnerships between the insurer and a body shop. While this sounds efficient, it creates a conflict of interest. A "preferred" shop is often under pressure to repair the vehicle in the interest of the insurance company's bottom line—prioritizing speed and cost-cutting over meticulous manufacturer guidelines.

"We work for you, the vehicle owner. We want our clients to be confident that the shop they choose is repairing the vehicle in a way that is in their best inter-



est, not for the best interest of an insurance partnership," says Doug Begin, Vendetti Motors Collision Center Manager.

Modern Tech Requires Modern Expertise

Choosing your own shop isn't just about rights; it's about safety. Cars today are vastly different than they were ten years ago. They are equipped with AI technology, complex sensors, and Advanced Driver-Assistance Systems (ADAS).

"What a lot of car owners don't realize is that even something as simple as a bumper replacement requires a vehicle to be calibrated after the repair," shares Doug. "If they are not calibrated after work is done, it could lead to features not working properly. Those cameras and sensors need to be adjusted, even after low-speed impact collisions."

Vendetti Collision Center doesn't rely on tradition or shortcuts. They adhere closely to manufacturer-recommended repair procedures, ensuring every vehicle is restored safely and reliably - helping to prevent future mechanical problems or safety risks in the event of another accident.

Experience You Can Trust

With over 80 years of combined experience, Doug and his team of technicians possess a deep understanding of what is required for different makes and models.

While they are located within the Vendetti Motors Buick GMC dealership, **they repair almost all makes and models, not just General Motors vehicles.** Every car worked on at the facility undergoes a pre-diagnostic scan and a post-diagnostic scan.

"An electrical issue will show

up easily on a scanner, but understanding structural damage means knowing the car's history," Doug explains. "We go beyond just repairs—sometimes you can't simply use a hammer to bang a piece of metal back into shape, because it could make it more brittle. We dive deep into what really needs to be done for your vehicle, and we make sure you understand what needs to be replaced and why."

An Advocate in Your Corner

Navigating insurance claims can be difficult, but you don't have to do it alone. Doug Begin serves on the Board of Directors of the Alliance of Automotive Service Providers (AASP/MA) as a committee chair. He knows Massachusetts repair regulations inside and out and is well-versed in state auto insurance policies. This expertise allows the team to cut through insurance red tape and ensure your vehicle is repaired the right way, the first time.

This expertise means Vendetti Collision Center doesn't just fix your car; they advocate for a proper, safe repair on your behalf against insurance pressure.

The shop's commitment to excellence is recognized with the **I-CAR Gold Class® designation**, an honor that requires maintaining the highest level of role-relevant training across the industry.

When you've had an accident, remember: It's your car, and it's your safety. Don't let an insurance company dictate who fixes it.

Vendetti Collision Center (License #: RS0002838) is located at 411 West Central Street in Franklin, MA. To schedule an estimate or discuss a repair, call (508) 520-5189 or visit www.vendettimotors.com/bodyshop.

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Your Money, Your Independence

Already Bid Adieu to “New Year, New You”?



Glenn Brown, CFP

Did you make New Year’s resolutions to improve your financial wellness in 2026?

The start of a new year invites reflection on what went well, what didn’t, and what to change.

Think back to 2025. Was it supposed to be the year you’d pay off all debts, max out savings, run a marathon, learn a new language, and still book that dream vacation—all before February?

Lasting financial change is difficult to achieve. Understanding why resolutions fail can help turn intentions into sustainable strategies.

1. Unrealistic Expectations

The most common reason resolutions fail is that goals don’t match reality.

For example, someone might

plan to save half their income while paying off long-standing loans, only to realize monthly expenses and unexpected bills make this unrealistic. Progress feels slow, leading to frustration and eventual abandonment.

Resolution: Break goals into smaller, achievable steps. For example, aim to reduce debt by 25% over six months. Celebrating incremental wins keeps motivation high, builds confidence, and reinforces the habit of financial discipline.

2. Lack of a Clear Plan

Vague goals such as “save more” or “get out of debt” offer little guidance. Goals like these are the financial equivalent of saying “eat healthier” without changing what’s in your fridge.

Rules and opportunities change yearly, so without a clear plan, it’s easy to miss important steps like evolving retirement contribution rules, tax planning opportunities, or other proactive financial strategies.

Resolution: Create a clear plan. Review monthly expenses, budget upcoming projects and aspirations, set up automatic transfers, and monitor progress.

3. Failure to Track Progress

Goals fade without structured review, even when apps are used to track spending. Many avoid holistic review until problems be-

come too great to ignore.

Even small oversights like pausing emergency savings transfers, frequent DoorDashing restaurants a mile away, or buying from social media ads can derail intentions. It’s also important to evaluate actual income, since “spenders” believe their pay will match their top year, overlooking factors like unique company performance or equity grants.

Resolution: Schedule quarterly check-ins that leverage technology and constructive feedback. Celebrating milestones helps maintain motivation and reinforces strong financial habits.

4. Emotional Spending and Instant Gratification

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

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

5. Lack of Accountability

Some thrive independently; others struggle without sup-

port. It’s easier to justify financial decisions when no one else is watching. Couples, friends, or professional advisors who provide accountability often help keep each other honest and motivated.

Resolution: Accountability goes beyond “no.” Sharing progress and receiving guidance builds confidence, strengthens financial habits, and motivates continued long-term efforts.

Quick Hits To Start 2026

401(k) Catch-Up Rules: Workers over 50 making over \$150,000 must direct catch-up contributions to Roth accounts, reducing traditional tax benefits.

Roth Conversions: Converting pre-tax accounts to Roth can be strategic but may trigger higher taxes if not timed carefully, so model in Q1.

Cash Reserves: With slower job growth in late 2025, increasing emergency savings can help avoid reliance on credit or early retirement withdrawals.

Final Thoughts

Financial resolutions can be powerful tools for long-term security but require more than wishful thinking.

Make 2026 the year to socialize your goals, set action steps, and partner with a Certified Financial Planner™ professional to turn intentions into lasting progress.

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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Preschool Screening offered to Norfolk Residents

February 13, 2026 - 2:30 - 3:00 p.m.

The Norfolk Public Schools is pleased to announce its annual Preschool Developmental Screening, which will be offered to Norfolk residents ages three and four. This screening, held on Friday, **February 13, 2026, from 12:30 p.m. to 3:00 p.m.**, is a component of the federal **Child Find Mandate** affiliated with the Individuals with Disabilities Education Act (IDEA 2004). The goal of this process is to serve as a first step in identifying children who may meet the eligibility criteria for special education services before they enter kindergarten.

The screening takes place at the **H. Olive Day School, 232 Main Street, by appointment only**. The tool used targets several developmental domains, including speech and language, fine and gross motor skills, and cognition. **Please note:** This is not a kindergarten readiness screening.

To schedule an appointment, please call **508-541-5478, extension 2043**, beginning **February 2, 2026**.



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MFEC Decades of Service to the Community and a New Provider

Milford–Franklin Eye Center has been proudly serving the community with advanced, compassionate eye care for more than four decades. With a staff of 59, an award-winning surgery center in Milford, and offices in Milford, Franklin, and our new locations in Hopkinton and Medfield, we remain one of the leading eye care centers in Massachusetts. We are also one of the few ophthalmology practices in the state that owns and operates its own surgical facility, the Cataract Surgery Center of Milford, allowing patients to receive ethical, world-class cataract surgery close to home. Our team includes fellowship-trained ophthalmologists and four optometrists, offering comprehensive care for the entire family.

Roger Kaldawy, M.D.

Dr. Kaldawy is an eye physician, surgeon, and corneal specialist trained at the University of Rochester and the University of Iowa. A former Assistant Professor at Boston University, he has performed more than 32,000 surgeries, pioneering advanced techniques in corneal transplants, innovative glaucoma surgery, premium implants, and bladeless femtosecond cataract surgery. He has trained numerous physicians, has been featured in multiple news articles including Channel 5, and serves as Medical Director of the Cataract Surgery Center of Milford.

Alyse Richard, M.D.

We are pleased to welcome Dr. Alyse Richard, who will join our team in January 2026. She is a well-regarded retina specialist

with expertise in macular degeneration, diabetic retinopathy, retinal tears, and retina-related emergencies. Dr. Richard completed her medical degree at Albany Medical College, residency at the University of Rochester’s Flaum Eye Institute, and a medical retina fellowship at New England Eye Center, Tufts Medical Center. She is known for her efficient, skilled approach to patient care and her commitment to maximizing diagnostic precision. She performs intraocular injections, laser procedures, and repairs of retinal tears and detachments.

Dan Liu, M.D.

Dr. Liu graduated from Northwestern University and Rutgers New Jersey Medical School, where she was elected to Alpha Omega Alpha. She completed residency at Albany Medical Center as Chief Resident and a fellowship in Cornea and Anterior Segment Surgery at Tufts. Her expertise includes cataract surgery with ORA, DMEK/DSEK/PK corneal transplants, keratoconus treatment, MIGS glaucoma procedures, ocular surface tumors, and pterygia. She is board-certified by the American Board of Ophthalmology.



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of Optometry degree at SUNY and completed a residency in Ocular Disease. As a Fellow of the American Academy of Optometry, she has held leadership roles at Boston community health centers. Her clinical focus includes diabetes, glaucoma, and community-based care.

New Offices: Expanding to Serve the Community

Boston Eyes in Hopkinton
Located at 66 Main Street, our new Hopkinton office provides comprehensive eye exams, contact lens services, surgical consultations, and a wide eyewear selection. With more than 24 years of connection to the Hopkinton community, we bring top-tier eye care directly to local residents.

Boston Eyes in Medfield–Millis
Our newest office serves Medfield, Millis, Dover, Sherborn, and Westwood. This renovated, convenient location offers eye exams for adults and children, contact lens fittings, and care for cataracts, glaucoma, diabetes, and retina conditions.

Why Choose Milford–Franklin Eye Center

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Shalin Zia, O.D.

Dr. Zia earned her Doctor of Optometry degree from Indiana University. She provides care for patients of all ages, specializing in routine vision exams, contact lenses, and management of eye disease.

Michael Adams, O.D.

Dr. Adams graduated from John Carroll University, completed a Master’s in Biochemistry at Ohio State, and earned his optometry degree from the New England College of Optometry. His training includes corneal pathology, specialty contact lenses, and advanced ocular disease.

Donald L. Conn, O.D.

Dr. Conn received his optometry degree from the New England College of Optometry and completed a residency in Ocular Disease and Primary Care at the Bedford VA. He provides care to both adult and pediatric patients.

Purvi Patel, O.D.

Dr. Patel earned her Doctor

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Living Healthy

CHRONIC SINUSITIS—A Holistic Approach

Chronic Sinusitis is long lasting sinus inflammation and often re-curing infection. It can linger over a period of time usually longer than 12 weeks. Acute Sinusitis typically lasts only a few days and can recur several times per year. Causes of Chronic Sinusitis may include blocked airways from asthma and or allergies, infections which can be bacterial, viral, or fungal, abnormal nose structures such as deviated septum, or polyps and a weak immune system. Symptoms may include tenderness or pressure in the face, post nasal drip, nasal discharge, toothache, ear pain and or headaches.

Michael R presented to our office complaining of chronic headaches and pain in his face. He had been suffering for over 5 years with no relief. Several courses of antibiotics and pain meds just wasn't relieving his



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

symptoms. Michael had a CT scan which diagnosed him with Chronic Sinusitis. Medical op-

tions weren't working and so he sought out a holistic approach. Upon exam it was deter-

mined that Michael had a severe fungal infection in his sinuses as well as pinched nerves (Chi-

ropractic subluxations) in his neck which were contributing to his headaches. After undergoing Chiropractic adjustments, a change in diet to reduce inflammation in his sinuses and a course of homeopathy and supplements to remove the fungal infection and rebuild his immune system Michael significantly improved and no longer has these symptoms.

If you are suffering from similar symptoms and are looking to get relief CALL THE HOLISTIC CENTER AT BRISTOL SQUARE (508)660-2722 and make your appointment today. We are located at 1426 Main Street Ste #6, Walpole.

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Norfolk Conservation Commission Seeks New Members

The Norfolk Conservation Commission (ConCom) is inviting residents with an interest in environmental stewardship to apply for two open positions on the board.

ConCom plays a key role in protecting Norfolk's wetlands and waterways by reviewing and acting on conservation-related filings throughout town. The

commission meets on the first Wednesday of each month at 7 p.m.

No prior experience is required to serve, though residents with backgrounds or interests in environmental science, land conservation, or related fields are encouraged to apply.

Those interested in learning more or applying are asked

to contact the Conservation Commission at Town Hall. Applications are also available by emailing estrug@norfolkmass.gov.

The Conservation Commission offers residents an opportunity to become directly involved in preserving Norfolk's natural resources while contributing to important local decision-making.

EYE

continued from page 10

we offer same-day emergency care, Saturday appointments, and a full-service optical shop with an on-site lab. New patients even receive a complimentary pair of select glasses.

We are especially proud of our state-licensed, QUAD A-accredited, state-of-the-art surgery center in Milford. Unlike practices that perform cataract surgery in office settings without anesthesia staff or IV sedation

— and where patients are often needlessly charged extra “office-based surgery fees” — our patients receive the highest level of safety while staying in-network and benefiting from true ambulatory surgery center quality. No office-based surgery fees with us. Every procedure includes IV sedation and is staffed by anesthesiologists to ensure the safest and most comfortable experience.

Most importantly, we live in the same communities we serve. Whether in the office, at the supermarket, or in the ER at 1 a.m., our focus remains on you,

your vision, and delivering world-class care close to home.

As we look ahead to 2026, when it comes to quality eye care, you have one address: Milford-Franklin Eye Center.

Wishing our communities and patients a happy, healthy, and safe new year.

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Transforming Potential into Purpose at Dean College

In the heart of Franklin, Dean College has been shaping futures for more than 160 years. Stroll across its compact, tree-lined campus and you'll see students headed to class, rehearsing in the theatre, or on their way to internships that put their classroom learning into action. For many, this is where raw potential is transformed into confidence, skill, and purpose.

"Every student walks onto Dean's campus with unique strengths and aspirations," says Dr. Scott Sibley, Provost. "Our role is to meet them where they are, challenge them, and guide them toward becoming confident, capable professionals."

That philosophy is woven into every aspect of the Dean experience. With just 1,200 full-time undergraduates, small class sizes make it easy for faculty to know students by name. Advisors tailor an academic plan to each individual's goals, while required internships ensure every graduate has a meaningful real-world

experience. Partnerships with organizations like Kraft Sports + Entertainment and the Franklin Performing Arts Company connect students directly to industry networks.

The results speak for themselves, with 96 percent of graduates employed or in graduate school within one year of earning their degree.

For recent graduate, Bree Gazeille '24, that attention made all the difference. "Thanks to the incredible support from Dean, I've surpassed my academic expectations and achieved more than I thought possible," she says. "Their guidance paved the way for two incredible internships, a job in my desired field post-graduation, and acceptance into grad school."

In a higher education landscape often defined by large lecture halls and anonymous crowds, Dean offers something refreshingly different with a close-knit community dedicated to helping students achieve their full poten-

tial. That kind of outcome is no accident. Alongside academic expertise, Dean students leave with the skills employers value most, including communication, collaboration, leadership, global awareness, and problem-solving. These abilities are practiced and refined through both coursework and campus life.

Performing Arts alumna, Gabrielle Fernandes credits Dean with giving her more than technical training. "Dean has been an integral part of my professional success," she says. "Through Dean, I have been able to grow my network by meeting and connecting with other alumni, which has led to jobs and bookings. Dean's tight-knit community really is a family."

For a growing number of students, Dean offers something rare in higher education: a place where talent is nurtured, ambition is matched with opportunity, and futures are built one experience at a time.

22nd Annual Gary Mirliss Memorial Blood Drive to Be Held January 10

The 22nd Annual Gary Mirliss Memorial Blood Drive will take place on Saturday, January 10 from 8 a.m. to 3 p.m. at King Philip Middle School, 18 King St., Norfolk.

The annual blood drive honors the memory of Gary Mirliss and supports patients at Boston Children's Hospital and Massachusetts General Hospital. Held each January, the event comes at a critical time, as blood supplies are often especially low following the holiday season.

Community members are encouraged to participate by donating blood to help meet the ongoing need for lifesaving

transfusions. Walk-ins are welcome, but appointments are strongly encouraged, as donation slots tend to fill quickly. Appointments may be scheduled online at <https://tinyurl.com/w3evshsr>.

For more information, contact Gregory L. Mirliss at 508-328-9551 or GM.Memorial.Drive@gmail.com.

The Gary Mirliss Memorial Blood Drive has been a Norfolk tradition for more than two decades, bringing the community together each year to honor a legacy while helping to save lives.

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It's Time to Register!

Visit dean.edu/summeratdean to learn more and register for Dean's 2026 Summer Programs.



The b.LUXE *beauty beat*

New-To-You Services to Love in 2026!

Hidden Gems at b.LUXE

By GINA WOELFEL

Happy New Year, b.LUXE Beauties! As we step into 2026, we thought it was the perfect time to share some of our best-kept secrets! These four services are already on our menu but might have flown under your radar. Once our clients discover them, they can't stop raving about them, and we have a feeling you'll love them, too. So if one of your resolutions is to take better care of yourself or try something new this year, this is your sign to book one of these game-changers!

Scalp Spa: The Treatment Your Hair Has Been Begging For \$60

When's the last time you gave your scalp some real TLC? If you're like most people, you focus on your hair but forget about the foundation it grows from. Our Scalp Spa treatment is like hitting the reset button for your hair and scalp, and trust us, it's an experience you won't forget.

We start with a thorough consultation to understand your scalp's specific needs, whether you're dealing with dryness, oiliness, buildup, or sensitivity. Then we move into a deep cleanse and gentle exfoliation to remove all that product buildup, dead skin cells, and everyday grime that accumulates over time. This is especially important if you use a lot of styling products, dry shampoo, or wearing winter hats.

The best part is the relaxing scalp massage with nourishing treatments customized to your needs. We use premium products that boost circulation, balance oil production, and promote healthier hair growth from the roots up. The massage itself is incredibly relaxing (some clients even fall asleep!), but it's also therapeutic, helping to relieve the tension and stress we all carry in our heads and necks.

The results speak for themselves: your scalp feels refreshed

and revitalized, your hair looks shinier and fuller, and most clients are booking their next visit before they even sit up! It's one of those rare self-care treatments that feels incredible in the moment and leaves you looking noticeably better afterward.

Lash Lift & Tint: Your Morning Routine Just Got Easier \$90

Imagine rolling out of bed with perfectly curled, defined lashes. No mascara wand, no lash curler, no worrying about smudges by noon or raccoon eyes after the gym. That's exactly what a lash lift and tint delivers. Our Lash Lift & Tint devotees are hooked!

Here's how it works: We lift and curl your natural lashes from the root using a gentle, safe process that enhances what you already have. Then we add a custom tint in the shade that works best for your coloring. That could be classic black, soft brown, or something in between. The results last 6-8 weeks, which means you're looking at two months of stress-free lashes.

It's one of those treatments where you don't realize how much you need it until you have it (then you wonder how you ever lived without it!) Perfect for vacations, busy mornings, anyone who wears contacts or glasses, or if you just want to simplify your beauty routine without sacrificing that polished look.

Color Balance Treatment: The Perfect In-Between Service \$60+

Not quite ready for full highlights or balayage, but your roots are starting to show and your color feels a bit flat? Is your hair craving high-shine and manageability? Our Color Balance Treatment is the sweet spot you've been looking for, and it's ideal for maintaining that salon-fresh color without the major time or financial commitment.

Good for both natural and

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chemically treated hair, this service adds instant radiance and mirror-like shine. You can book it as a standalone treatment or use it between your balayage or highlight appointments at around the 6 to 8 week mark. It adds just the right amount of dimension while blending regrowth and keeping your color looking vibrant. Think of it as maintaining the beautiful color you already have without starting from scratch every time. Your hair looks intentional and polished, never grown out or neglected. It's the icing on the cake.

Face Frame Highlight: Maximum Impact, Minimal Commitment \$55 - \$80+

Sometimes all you need is a little brightness around your face to feel like a whole new person. Our mini face frame highlight focuses strategically on the hair that frames your features (the pieces that catch the light and make the biggest visual impact when people look at you.)

It's perfect for extending the life of your full color service by refreshing just the most visible sections, testing out a lighter shade before committing to an all-over change, or just getting that fresh-from-the-salon feeling without blocking out half your day. Placement is key here, highlighting exactly where it counts to help brighten your face and add that lit-from-within glow. Quick, gorgeous, and totally transformative.

Let's simplify, streamline and make 2026 your best beauty year yet! This is your moment



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to strip away the noise, focus on what truly works for you, and build a routine that feels less like a chore and more like an act of self care. You deserve a beauty regimen that energizes rather than overwhelms, one that celebrates your unique features and fits seamlessly into your real life. Ready to find your new fa-

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Holiday on the Hill Winners Announced

The votes are in! The Norfolk Lions are pleased to announce the winners of the 4th annual Holiday on the Hill tree decorating contest. Be sure to take a stroll through the trees located behind the library and see the creativity and holiday spirit of the contestants. Cash prizes were awarded to:

First Place: Norfolk Public Library
"KPop Demon Hunters"

Second Place: OneLocal Bank
"Holiday Express"

Third Place: Norfolk Lions
"Snowman"



First Place: Norfolk Library



Third Place: Norfolk Lions



All of the Holiday on the Hill contestants.

The Norfolk Lions would like to thank all of the participants for getting into the holiday spirit with some tree decorating fun: OneLocal Bank, Norfolk Auto, Norfolk Boy Scout Troop 80, Norfolk Fire Department, Wrentham Cooperative Bank, King Philip Leo Club, Norfolk Cooperative Preschool, The Koslosky Family, Sweet Honey Treats, Norfolk Federated Church, Emmanuel Baptist Church, Norfolk Public Library, and Norfolk Lions.

Mark your calendar for next year. Anyone can enter!



Second Place: OneLocal Bank

Stony Brook Camera Club Announces January Programs and Library Exhibit

The Stony Brook Camera Club (SBCC) invites photography enthusiasts of all experience levels to take part in its winter programming, featuring a mix of in-person and virtual meetings, guest speakers, and a public exhibit of member work.



"Birches" by Dan Gyves.

of Imaging to Push Creative Boundaries" with Gerri Jones on January 15; "Abstract Architecture and Geometry" with Dan Waterman on January 22; and "Creating Stories with Video" with Mark Houde on January 29.

In addition, an exhibit of SBCC member prints is on display through January in the Community Room of the Norfolk Public Library. The exhibit features 65 photographs by 19 club members and is open for viewing during regular library hours.

SBCC welcomes photographers of all abilities, from beginners to seasoned professionals. For more information, a full calendar of events, and membership details, visit stonybrookcc.com.

The club meets on Thursdays at 7:30 p.m. from September through June. In-person meetings are held at the Anglican Church of the Redeemer, 195 Main Street in Franklin, while selected programs are offered via Zoom. Meetings typically include guest presentations, member competitions, and discussions on a wide range of photographic topics. Throughout the year, SBCC also sponsors photography activities and workshops designed to inspire creativity and skill development.

January programs include a member competition on January 8, followed by three virtual presentations: "The Power



"Beautiful Norfolk" by Jake Jacobson.

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Wrentham Developmental Center Hosts Annual Holiday Celebration

The Quinn School gym at Wrentham Developmental Center was transformed into a festive winter wonderland on December 10 for the center's annual Christmas party for residents. Each year, dedicated staff members



Wrentham Developmental Center resident Jean Sullivan with Santa Claus and co-guardian Laura Bradley. (Contributed photo)



A resident for over 60 years, Stephen Sikora enjoys the Christmas party on Dec. 10. (Contributed photo)

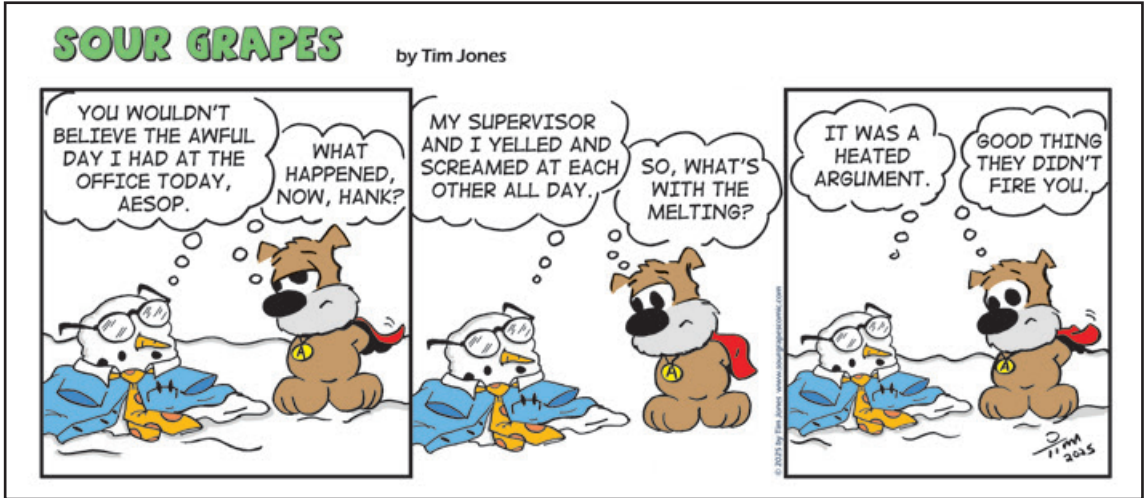
decorate the gym with elaborate holiday displays, filling the space with seasonal color, lights, and cheer.

The annual celebration is a much-anticipated tradition,

bringing residents and staff together in a warm, joyful setting that reflects the spirit of the season. From the carefully arranged decorations to the welcoming atmosphere, the event highlights the care and creativity staff bring to making the holidays special for everyone at the center.



Staff gathered around Jean Sullivan at the Christmas party. (Contributed photo)



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Building a College List

As the calendar turns to January, many families begin to feel a renewed sense of urgency around college planning. Juniors are entering the heart of the process, sophomores are beginning to explore, and even freshmen families are wondering when and how to start. One of the most important (and often misunderstood) parts of the admissions journey is building a thoughtful college list.

The ultimate goal is not to find the perfect college, but to create a balanced list of 8–12 schools that are the right fit academically, socially, and financially. A strong college list doesn't happen all at once; it's built intentionally, in phases.

Phase 1: Learn What Colleges Feel Like - Before You Go Too Far

Before students start flying across the country to tour "name-brand" schools, they need to understand how colleges actually differ from one another. The best way to do this is by scheduling three or four official college tours locally. These visits are not about falling in love with a school - they're about learning.

Families might consider touring a mix such as:

- Small colleges: Endicott, Bryant, Holy Cross, or Amherst

- Medium-sized colleges: Sacred Heart, Roger Williams, Providence College, or BC.

- Large universities: UMass Amherst, UConn, BU, or Northeastern University.

The key is to be intentional. Each visit should check different boxes: public or private; urban, suburban, or rural; small, medium, or large. For example, UMass Amherst offers insight into what a large, public, rural campus with a college-town feel is really like.

As students tour, they should begin asking questions and reflecting on what matters most to them: Do I prefer small, discussion-based classes or large lecture halls? Can I picture myself here socially - do I "see my people"? How far from home feels comfortable - drivable or a plane ride away? How important are school spirit, athletics, and extracurriculars?

These early visits help students identify their college criteria, which becomes the foundation for everything that follows.

Phase 2: Build a Smart, Balanced Working List

Once students understand what they're looking for, it's time to create an initial list of about 20 colleges, easier if organized

in a spreadsheet. This list should clearly reflect the student's priorities: academic programs, campus size, location, distance from home, social environment, and cost.

Just as important, the list must be balanced:

- Likely schools: Colleges where a student's academic profile (grades, course rigor, test scores if submitted) is well above the school's typical admitted range. These are schools where admission is very likely.
- Probable schools: Colleges where the student fits comfortably within the middle of the admitted range. These are strong, realistic options.
- Selective schools: Colleges where admission is more competitive and not guaranteed, even for strong students.

A common guideline is 6–7 schools in each category, knowing that this list will eventually be narrowed down to 8–12 applications. Starting with 20 provides flexibility for additional research, visits, and changing priorities.

There are many excellent tools available to help families build a college list, including high



Maryline Michel Kulewicz and Tracy Sullivan of College 101 Admissions Consultants

school platforms like Naviance or Scoir, as well as resources such as College Navigator, the Fiske Guide, Princeton Review, and Niche. These tools help families filter colleges based on the criteria that matter most to the student - not just rankings.

Phase 3: Research, Refine, and Decide - Together

This final phase is where the list truly takes shape - and it takes a village. Families should aim to complete this phase by the summer entering the student's senior year. Thoughtful research, including diving into college websites to review majors and curriculum, campus visits (both in person and virtual - often found on YouTube, social media platforms, and college websites), and ongoing family

conversations are essential. This is when students begin deciding which schools will stay on the list. Parents play a key role in helping students stay organized, manage timelines, and plan tours. Having realistic conversations early about fit and affordability will make the process far less stressful - and far more successful.

Good luck and enjoy the journey!

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Wrentham Embarks on Municipal Vulnerability Planning

By JOE STEWART

The Town of Wrentham has begun a new, resident-focused planning effort aimed at strengthening the community against future challenges. The Municipal Vulnerability Preparedness (MVP) 2.0 initiative builds on a previous round of town planning and seeks direct input from a wide range of residents to identify and address local concerns.

Organized with the South-eastern Regional Planning and Economic Development District (SRPEDD), the effort is funded by a \$50,000 state grant. In an interview, Lauren Lunetta and Andrew Matthews, both SRPEDD Environmental Planners, shared that a key goal is to include the perspectives of all residents, especially seniors, minorities, and low-income community members who may face unique challenges.

Revisiting Town Priorities

This new planning phase follows Wrentham’s initial MVP effort completed in 2018, which established a foundation for as-

sessing town needs. The MVP 2.0 process will re-examine those earlier findings, asking residents and town departments what priorities may have been overlooked.

The SPREDD planners noted that towns often identify common issues such as flooding, wind damage, and power outages. Through surveys and public workshops, Wrentham will pinpoint its own specific concerns, which could include challenges like basement flooding, extreme heat, or public health matters.

Building a More Connected and Durable Town

The core outcome of the process is a set of actionable projects designed to make Wrentham more resilient. One top-priority project becomes eligible for a \$50,000 state “action grant” to fund its implementation. While the scale of the action grant is modest, completing the MVP 2.0 process is a prerequisite to applying for much larger grants.

Beyond the initial project,

Matthews noted that communities that have completed similar plans report a significant benefit: the process builds new connections among residents and town departments, fostering a stronger, more durable community network.

Fairhaven’s “Bumblebee”

Matthews’ highlighted that Fairhaven recently completed its own MVP 2.0 planning. After holding outreach events to hear from residents who don’t typically attend town meetings, the community identified water quality and summer recreation (cooling) as top concerns. Fairhaven used its action grant to purchase an autonomous water-cleaning robot, nicknamed “Bumblebee,” to improve and maintain swimming areas and address pollution in the harbor.

Regional Collaboration for Shared Goals

Wrentham’s effort aligns with work done in Norfolk. According to Richard McCarthy, Norfolk’s Director of Planning and

Development, Norfolk used its earlier MVP planning to prioritize reducing power outages from fallen trees, primarily through increased coordination with utility companies to perform tree trimming along power lines. McCarthy also noted that findings from Norfolk’s plan were used in their update to the Hazard Mitigation

and Emergency Preparedness plans.

Wrentham residents who would like to contribute their insights to this community planning effort are encouraged to participate. For details on how to get involved, please visit Wrentham’s MVP 2.0 site, <https://bit.ly/4pxmYxY>.



Winter Welcome

BY G. GREGORY TOOKER

Welcome, fair damsell!

So gently you alight upon my shoulder,
Your loveliness unique in every respect,
So perfectly symmetrical and crystalline.

Although our relationship will not endure,
In my precious memory of things exquisite,
Your beautiful image will never fade.

C December 1, 2025

Norfolk Grange Serves Community at 8th Annual Free Thanksgiving Dinner

Event Highlights Legacy of Historic Hall

CONTRIBUTED BY AL BOZZA

The Norfolk Grange welcomed community members to its 8th annual free Thanksgiving dinner this past November, preparing and serving more than 70 meals to residents, friends, and families. What began nearly a decade ago as a small local service project has grown into a beloved community tradition rooted in the Grange’s long-standing mission of fellowship, service, and support for local communities.

Held inside the iconic Norfolk Grange Hall, the event brought together volunteers who cooked and served meals to ensure that no one in the community spent the holiday without a warm, home-cooked dinner. The Grange expressed heartfelt gratitude to the volunteers, donors, and town partners who helped make the event a great success.

The dinner takes place in one of Norfolk’s most treasured historic landmarks, the Norfolk

Grange Hall. Constructed in 1863 as the First Baptist Church, the building stands as one of the town’s few remaining 19th-century civic structures. Over the years, it has been home not only to church services but to town meetings, elections, school graduations, dances, and countless local gatherings.

In 1921, the building was purchased by the Norfolk Grange, which has preserved it as a vibrant hub of civic activity for more than a century. Its cultural and architectural significance earned it a place on the National Register of Historic Places in 1989, cementing its role as an enduring symbol of Norfolk’s heritage.

While the Thanksgiving dinner is one of the Grange’s most visible community events, it reflects a broader mission that extends throughout the year. The Norfolk Grange is dedicated to bringing people together to build



stronger communities—supporting agriculture, promoting environmental sustainability, and fostering civic engagement.

As part of the nation’s oldest agricultural organization, the Grange is one of more than 3,600 local chapters operating in 37 states.

“Our goal has always been to create a welcoming, supportive environment where neigh-



bors can learn, grow, and work together,” said Grange leaders. “Events like the Thanksgiving dinner remind us of the power of community connection.”

The Norfolk Grange continues to expand its community programming, educational workshops, sustainability initiatives, and volunteer opportunities.

Residents of all ages are invited to participate in future events or to explore Grange membership to engage more deeply with the community.

For more information about upcoming events, volunteer opportunities, or hall history, please contact Al Bozza at 774-571-5170.

January Program Highlights at the Norfolk Senior Center

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

Monday, January 5, 11 a.m. to noon. **Wolfgang Amadeus Mozart: "The Man Behind The Music" (Virtual)** Visit the world of Wolfgang Amadeus Mozart, the reigning god of classical music in Vienna during the mid-to-late 1700s. Dan Lupo, creator of FiveMinuteMozart.com, will chronicle Mozart's life and achievements through a spoken lecture and live piano performances. RSVP requested.

Tuesday, January 6, 1 to 2:30 p.m. **Fun with Art: Snowflakes** Create a snowflake painting using tempera paint, oil pastels, and glitter paint. Taught by Sharon Carloni. Cost \$4. RSVP requested.

Tuesdays, January 6 to February 10, 1 to 2:30 p.m. Introduction to Italian Learn basic Italian conversation in this 6-week program. Taught by Antonio Cence, who was born and raised in Italy.

Cost: \$10 for six weeks. RSVP with full payment.

Wednesday, January 7, 1 to 2 p.m. **Maria and Denis Concert** Husband and wife duo Maria and Denis Cocchiara are known for their interactive, feel-good performances. Maria's sweet, soulful vocals and Den's seasoned, expressive guitar work deliver rich and nostalgic sounds that blend 60's & 70's classics, country-pop, blues, and current-day favorites. RSVP requested.

Thursday, January 8, 1 to 2 p.m. **Senior Living & Home Care: Understanding Your Options With Clarity** Deb Tishler, RN Director of Business Development at Assisted Living Locators, will help bring clarity to independent living options, assisted living options, and home care options. Refreshments provided. RSVP required.

Monday, January 12, 10:30 to 11:30 a.m. **Coffee Cake with Karen** Join Karen Edwards, Director of the Norfolk Senior Center, to discuss programming. RSVP requested.

Tuesday, January 13, 10 to 11 a.m. **Food with the Fire Department** Join us at the Senior Center for a light meal and an opportunity to meet members of the Norfolk Fire Department. During the visit, the department will introduce **Safer at Home Norfolk**, a new voluntary program offering at-home safety surveys. These are not residential inspections; rather, they are a proactive way to help residents identify potential fire and safety hazards. RSVP is requested.

Tuesday, January 13, 1 to 2 p.m. **Eastern Europe's Visegrad Countries** Take a photo journey through the Visegrád Four, a cultural and political alliance of four countries representing the heart of Central Europe: the Czech Republic, Hungary, Poland, and Slovakia. Highlights include medieval towns, historical market squares, grand cathedrals, beautiful countryside, and many of Europe's most beautiful cities. This Beyond Borders program is hosted by Foxborough resident and world traveler Ed Sweet, who has been to all 50 U.S. states, more than 140 countries, 2,800 cities, and flown 7 million miles. RSVP requested.

Wednesday, January 14, 1 to 2 p.m. **Tom Cleverdon Concert** Resident Tom Cleverdon's music focuses on folk, country, pop, and classics by artists like Kingston Trio & Glen Campbell, Simon & Garfunkel, Jimmy Buffett, Willie Nelson, Neil Diamond, and Lee Greenwood. RSVP requested.

Thursday, January 15, 12:30 to 1:30 p.m. **Lunch & Learn: Creating An Emergency Folder For Your Loved Ones** Join Attorney Amy Azza from Azza Law for a lunch and learn seminar. Attorney Azza will present the details for which documents you should put in an emergency folder and how to create a full "legacy plan" to protect you and your children's peace of mind. Lunch will be provided. RSVP required.

Thursday, January 22, 1 to 2 p.m. **Cough & Cold: OTC vs. RX** Over the counter or prescription? Learn about over the counter products to treat your different symptoms, and what prescription medications are and how they differ. You will also learn what medications, disease states, and other factors to consider when choosing a treatment. Presented by Eddie Martucci of Big Y Pharmacy. RSVP requested.

Tuesday, January 27, 10 to 11 a.m. **Coffee with a Cop** In this new monthly program, Norfolk's police officers will meet with seniors in a relaxed setting to discuss any questions they may have or listen to suggestions. No topic is off limits! For the first meeting, Norfolk's new Police Chief James Barrett will join us. RSVP requested.

Wednesday, January 28, 11 a.m. to 12:30 p.m. **Norfolk Memory Café at the Norfolk Public Library** For individuals with memory loss and their care partners. Conversations and lunch, with entertainment by trumpet player David Polansky. RSVP required to Senior Center or Norfolk Library.

Wednesday, January 28, 12:30 to 2 p.m. **80 For Brady Movie** Four longtime friends embark on a rollicking adventure after scoring tickets to see their favorite star quarterback—Tom Brady—play in the Super Bowl. RSVP requested.

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Gilly's House to Host Musical Bingo Fundraiser January 31

Gilly's House will host an evening of fun, food, and friendly competition with its Musical Bingo fundraiser on Friday, January 31, 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.

This Month at the Fiske Public Library

The Fiske Public Library will be closed Thursday, January 1 for New Year's Day, and Monday, January 19 for Martin Luther King 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.

CHILDREN'S PROGRAMS

Read to Sophie the Library Dog

Saturday, January 3 from 11 a.m. to 12:30 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.

Junk Journaling for Tweens and Teens

Saturday, January 10 from 2 to 3 p.m.

A junk journal is a handmade, creatively assembled book that mixes traditional journaling with

scrapbooking and art journaling. Despite the name, it's not actually "junk," rather, it uses found or recycled materials to create a unique, personal, often vintage-style journal. There are no rules in junk journaling and no artistic experience is needed. Tweens and teens age 10+ are invited to stop by the YA room to work on their own junk journal creations. We will make supplies available for participants to use. If you'd like to donate or trade materials, please feel free to bring items like fabric and wrapping paper scraps, lace, ribbons, used magazines, greeting cards and envelopes, maps, stickers, etc.

Monday Crafternoons

Mondays, January 12 & 26 from 3 to 4 p.m.

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

Page Turners Book Club

Wednesday, January 28 from noon to 1 p.m.

Kids in grades 4-6 are invited to a lunchtime book club meeting. Bring a lunch and enjoy a discussion of this month's book selection, along with accompanying activities. This month we will be reading "Hidden Truths" by Dave Elly Swartz. Copies of the book will be available for checkout at the circulation desk. Registration required.

ADULT PROGRAMS

Adult Take & Make Craft

Adult take & make craft kits are available at the Fiske Public Library. Each kit contains materials and instructions. Craft kits can be picked up at the front desk starting January 2, while supplies last. This month's craft: coloring page fridge magnets.

Paint Night

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

Express your creativity at Paint Night with Ashwini. Space is limited to twenty adult participants. Registration is required.

Quilt Exhibit and Reception

Saturday, January 10 from noon to 2 p.m.

Mary Sandison, resident of Wrentham since 2018, is an accomplished quilter of over 40 years. Growing up in an environment where the sewing machines were nearly always running, she learned garment sewing from her mother and grandmother. With a passion for creativity, and a love of the math involved in making a pattern work, quilting was a natural fit and rewarding hobby. Mary's work has been displayed in the homes of friends and family, as well as the Marshfield Fair and Maine Quilt Show. In addition to the reception, her quilts will be on display in the Fiske Library Sweatt Room from January 10 to February 14.

Mary is also looking forward to sharing her skills through introductory sewing classes for both adults and children. Dates and details will be posted on the Fiske Public Library calendar.

Perfect Pastime 617 Collectibles Appraisal

Saturday, January 17

Rick Keller, from Perfect Pastime 617, is offering a community-wide collectibles appraisal event. So gather up all your Pokémon/sports cards/memorabilia, coins, watches, video games/consoles, comics, fine/broken jewelry, sterling silver, etc. to see if you have treasure or trash! All antiques and collectibles are welcome. Registration for a ten-minute time slot is required beforehand, and registrants must supply photos of what they plan to bring before the event.

Please note that weapons of any type are NOT permitted during these programs, including knives, swords, guns, harpoons, grenades, brass knuckles, etc. All violators will forfeit their timeslot with Rick.

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Thimble Pleasures Quilt Guild Selects Home Base as Quilt Show Fundraiser

The Thimble Pleasures Quilt Guild has selected Home Base as the special fundraising beneficiary for its upcoming biennial quilt show, scheduled for March 14 and 15 at Blackstone Valley Regional Vocational Technical High School.

Home Base is a national non-profit organization dedicated to healing the invisible wounds of war for veterans of all eras. Through the program, service members, military families, and families of the fallen have access to direct clinical care, wellness programs, education, and research at no cost, regardless of era of service, discharge status, or geographic location. The program was founded by Massachusetts General Hospital in partnership with the Boston Red Sox.

Home Base was established

in 2009 following visits by Red Sox players to Walter Reed National Military Medical Center after the team's 2004 and 2007 World Series championships. Those visits inspired a deeper commitment to supporting returning veterans and their families, leading to the creation of the program.

Fundraising plays a significant role in supporting Home Base's services, and the Thimble Pleasures Quilt Guild hopes to make a meaningful contribution through its quilt show. Guild members have been creating handcrafted items to be sold at a special fundraising table during the event, with all proceeds donated to Home Base. Items available for purchase will include table runners, small quilts, cross-stitched Christmas ornaments, door decorations, and

pillows, many featuring patriotic and Red Sox-themed fabrics. The fundraiser is being chaired by Pattie Trachimowicz and Linda Gosselin.

The Thimble Pleasures Quilt Guild was founded by eight dedicated quilters on a snowy night in Mendon, Massachusetts, in January 1992. Today, the guild has grown to a membership of 85 women. Its goals include promoting interest in all aspects of quilt making, encouraging members to develop skills and display their work, educating the community about the art of quilting, and sharing its creations with people in need.

Community service has long been central to the guild's mission. Over the years, members have donated quilts to local families and children, provided quilts to Hurricane Katrina vic-



tims, created holiday placemats for Meals on Wheels, and made hats, pillows, and blankets for hospitals. Guild members say the letters and words of thanks they receive continue to inspire their work.

The biennial quilt show will feature a wide array of quilts and handcrafted items, with the Home Base fundraiser serving as a key charitable component of the event.

DFS Adds New Interior Drone Resources to Support Fire/Rescue Operations

New Drones Can Assist with Hazmat Response, Structural Collapse, and More

The Department of Fire Services has added three new drones to its Special Operations fleet that will allow fire/rescue personnel to stream footage from hazardous indoor environments, State Fire Marshal Jon M. Davine said in a statement.

"Drones were a giant step forward for situational awareness in

the fire service," said State Fire Marshal Davine. "Up until now, we've used them primarily to provide aerial footage from outside a structure or above a large wildfire or search area. These new drones can operate reliably inside a building, which will be especially valuable for Hazmat, structural collapse, and other

dangerous calls."

DFS tested the drones over the course of 2025 and procured three of them during the fall. The Special Operations team demonstrated the drones for DFS Hazmat technicians, State Police fire investigators and bomb technicians assigned to the State Fire Marshal's office, and

the Massachusetts Firefighting Academy's senior leadership for input before announcing the new program publicly. The drones were also put into use onboard the USS Massachusetts during the Massachusetts Association of Technical Rescue Specialists' 2025 Tech Rescue Challenge.

"We try to gather as much information on the hot zone environment as we can before sending a Hazmat technician downrange," said Timothy Gallagher, deputy director of the DFS Hazardous Materials Emergency Response Division. "The real-time footage from these drones could help us identify hazards or threats, allowing us to form an entry plan that's safer for our personnel."

"Fire investigators are often called to structures that are badly damaged and unsafe for entry," said Lt. Marc Reidy, commander of the State Police Fire & Explosion Investigation Unit assigned to the State Fire Marshal's office. "Our bomb technicians frequently have to assess suspicious devices and energetic materials

in homes, businesses, and other buildings. Streaming a live feed from these environments to a safe location is a smart use of technology to keep first responders and the public out of harm's way."

The DFS Special Operations team provided direct operational support to local fire departments with assets that many departments need occasionally but few can afford to purchase. Its resources include four Rehab units to keep firefighters healthy, hydrated, and fed at large-scale incidents; three Incident Support Units to provide on-scene communications, conferencing, and mapping capabilities; all-terrain vehicles to shuttle personnel and equipment in remote or off-road environments; and a variety of trailer-based resources to make a tough job a little easier. It has delivered drones and certified pilots for about 10 years, consistently upgrading to reflect the latest advances. About a dozen are staged across Massachusetts for rapid response when requested.

First Universalist Society to Host Jigsaw Puzzle Tournament and Sale

The First Universalist Society in Franklin will host a Jigsaw Puzzle Tournament and Puzzle Sale on Friday, Jan. 23, from 6 to 8 p.m., and Saturday, Jan. 24, from 10 a.m. to noon, at its church located at 262 Chestnut St., Franklin.

The event features a friendly team-based puzzle competition, where teams race against one another to complete identical 500-piece jigsaw puzzles. Teams of up to four people may register to compete on either Friday

evening or Saturday morning. Prizes will be awarded to the first, second, and third place teams, and each team will take home the completed puzzle. The cost to enter is \$40 per team. Registration details and tournament rules are available at fusf.org/events, and questions may be directed to Vicki at 508-654-6740.

In addition to the tournament, a large jigsaw puzzle sale will take place during both sessions. Hundreds of puzzles will

be available for purchase, with most priced between \$4 and \$6, including some brand-new puzzles. Shoppers do not need to participate in the tournament to attend the sale.

Cash, check, and electronic payments will be accepted throughout the event. The First Universalist Society in Franklin is a Unitarian Universalist Welcoming Congregation. For more information, contact info@fusf.org or call 508-528-5348.

Norfolk County Real Estate Activity Shows Mixed Trends in November

Norfolk County real estate activity in November 2025 showed mixed results compared with the same month last year, with fewer property transactions but higher overall dollar volume and a slight increase in mortgage recordings, according to the Norfolk County Registry of Deeds.

The Registry recorded 8,221 documents in November, a 1 percent decrease from November 2024 and down 21 percent from October. Register of Deeds William P. O'Donnell noted that the decline marked the first time since March that monthly recordings fell below the prior year, largely due to fewer deed filings.

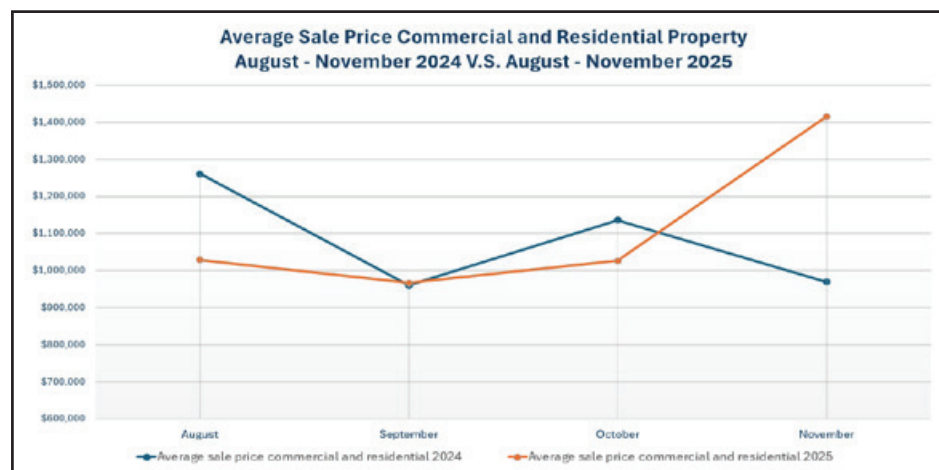
Despite the drop in transactions, the total dollar volume of commercial and residential sales reached \$840.9 million, up 32 percent from last year. The average sale price rose sharply to \$1.4 million,

though that figure was influenced by a single commercial sale valued at approximately \$205 million. Even without that transaction, prices remain higher than last year, O'Donnell said, citing a median Norfolk County home price of \$739,200 in October 2025.

A total of 1,233 deeds were recorded in November, down 8 percent year over year. O'Donnell said affordability challenges, high prices, and limited inventory may be causing buyers to proceed more cautiously, despite slightly lower interest rates compared with last year.

Mortgage recordings totaled 1,400, a 2 percent increase from November 2024, though total mortgage debt recorded declined to \$999 million. According to O'Donnell, this may reflect smaller loan sizes or fewer large refinances.

Foreclosure activity also increased modestly. Six foreclosure deeds were re-



corded in November, compared with two last year, while notices to foreclose declined to 18 from 26.

"As we move into the final month of the year, we will continue to monitor whether these trends reflect a short-term adjustment or a longer-term shift in the

real estate market," O'Donnell said.

Residents facing mortgage difficulties are encouraged to seek assistance through nonprofit housing counseling organizations partnered with the Registry of Deeds.

Bringing Song and Lifting Spirit, One Patient at a Time

By JUDITH DORATO O'GARA

Bellingham resident Jeffrey Scornavacca is a musician. He plays slide guitar-style "roots rock," with his partner, Jade, and he spends a lot of time alone, practicing, writing and producing – important work for a musician, but work that can be isolating. However, he's found a way to take his love of music and give back to the greater community.

Musicians On Call (MOC) (www.musiciansoncall.org) headquartered in Nashville, brings live bedside performances to 25 cities and 40 hospitals and other healthcare facilities across the US.

"I've been involved nearly 10 years and volunteered for hundreds of shifts and played for thousands of patients. It's been incredibly fulfilling," says Scornavacca, who was invited to MOC by an old bandmate when the organization was just getting started in the Boston area.

At first, the experience took some getting used to for the musician, who was used to performing on a stage with a bit of distance from the audience, but it was well worth it.

"When you're performing bedside for people, there's none of that. You're six feet from the patients. It was a little unnerving, but you can really see the difference in how they're smiling, their blood pressure is going down,

they're really reacting to what you're playing. It's really wonderful," says Scornavacca.

Musicians involved always work with a guide, a trained volunteer through MOC as well as the hospital, who gets the go-ahead for musicians to enter hospital rooms and walks them through the hallways.

"They take the temperature of the room and ask if there's a style or artist they like. Sometimes people don't want to be bothered," says Scornavacca, who is also trained as a guide. "If everyone is up for it, I'll come in and play."

Currently, Scornavacca visits the VA Hospital in West Roxbury every Monday evening, and he heads to Boston Children's Hospital about once a month.

"One of my goals is to get us into the Dana-Farber and Milford Regional," says Scornavacca, adding, "The greater Milford area is a very rich environment for musicians, and if you were going to volunteer and it was in your backyard, it would probably be a bit easier."

Scornavacca is looking to grow a local pool of music-loving volunteers in the area to join him as musicians and guides.

Patrick Loughlin, of Wrentham, who owns a house design business in Franklin, is one such volunteer who came aboard after chatting with Scornavacca at the gym.

"I'm pretty vocal that I like music, and Jeffrey said, 'I'd think you'd be pretty good as a guide.'" Loughlin shadowed Scornavacca before he chose to move forward with training as a guide and would recommend the experience to anyone "who might be a musician or might be someone who enjoys music."

"I would say I'm not well to do, but I've lived a pretty good life and have some stuff to give back, and you go in that VA hospital – if you're having a bad day you come out in a much better mood, like, I'm doing all right," says Loughlin.

With repeated visits to the hospital, Scornavacca says, "Sometimes you see the same patients over and over – people who are there long-term. It's kind of fun to get to know them a little bit, and we take requests."

Loughlin remembers Scornavacca once took it upon himself to learn a requested song, playing it for the patient when he returned to the hospital. One middle-aged woman, he remembers, who brought her mother, in a wheelchair, to visit her terminally ill father at the VA, "requested a song and (Jeffrey) played it, and she's holding both of their hands while she's dancing and crying, and it was truly moving. I was like, wow."

Scornavacca, passionate about the cause, recently produced a compilation CD of original music as a way to honor and



Jeffrey Scornavacca, a musician from Bellingham, volunteers with Musicians on Call, which brings the power of music bedside to local hospitals. He's looking for volunteers and plans a fundraiser on February 1st.

celebrate MOC's effort, "MOC Mixtape" (<https://jeffreyscornavacca.bandcamp.com/album/moc-mixtape>.)

"The songs were selected as something you might hear at a Musicians On Call shift: bright, uplifting, positive, and supportive," he says. All revenue from "MOC Mixtape" goes directly to Musicians On Call to help continue their mission.

On February 1st, you can

hear Scornavacca, and other musical guests play as well as also support the MOC mission with a fundraiser at Craftroots Brewing, 4 Industrial Road, Milford, from 3-6 p.m. The suggested donation at the door is \$20, and the event will include food and raffles.

You can also donate directly the cause at

<https://donate.musiciansoncall.org/MOCMixtape>.

Sports

KP's McCreedy Aiming For Naval Academy Admission

Two-year Wrestling Captain a Dynamic Leader

By KEN HAMWEY
STAFF SPORTS WRITER

A pleasant dream often becomes a personal goal that may lead to success in achieving the objective. King Philip senior Griff McCreedy aptly fits that profile.

McCreedy, a two-year captain in wrestling and a capable linebacker in football, dreamed about becoming a U.S. Naval Academy Midshipman when he was in elementary school and it has become his top priority.

"When I was in the second grade, I wore a Navy Midshipman's costume for Halloween," McCreedy said. "To go to the Naval Academy has been my goal since I was eight years old. My dad (Bradley) is a 2001 graduate of the Naval Academy, and all my academic and athletic achievements have been tailored with the Naval Academy in mind."

McCreedy, who has a 4.28 GPA, needs a Congressional nomination to be eligible for acceptance to the academy and he's hoping the necessary paperwork will arrive at Annapolis this month. A decision on his acceptance likely will occur in April.

The 5-foot-9 McCreedy is not only serious about attending the Naval Academy, but he's also very intense about competing on its wrestling team if he's accepted. On three separate occasions, he's attended the Navy SEALs Wrestling Camp and last summer he committed to the Naval Academy Summer Seminar.

"I attended the SEALs camp to experience what Navy SEALs life and training are like," he said. "The summer seminar is for prospective academy applicants. If accepted, I'll be a walk-on candidate for wrestling."

A four-year varsity wrestler at KP, McCreedy was fourth last year at both the Hockomock League Tournament and the Division 1 West/Central Sectional. His dual-meet record as a junior last year was 35-15 in the 165-pound class. He qualified for the State Tournament but did not



Griff McCreedy is vice president of his class and is a two-time National Honor Society student.

advance to All-States after he finished with a 1-2 record.

Now in his second year as a captain, McCreedy leads by example and delights when his teammates succeed.

"Griff is a multi-year captain and it shows with the respect he has earned from everyone on the team," said KP wrestling coach Mike Poirier. "Griff puts the work in. He also challenges himself and others to be their best every day, on and off the mat."

McCreedy's mat strengths include very good skills, a relentless work ethic, mental toughness, and determination. He's also coachable and athletic. His favorite maneuver is a fireman's carry, which is a takedown move that starts with a leg grab.

"Griff excels because of his high wrestling IQ and toughness," Poirier emphasized. "He's able to get himself out of some difficult positions within a match and come out on top. His grit and determination are unmatched. Even when he is down big in a match, I never count Griff out."

McCreedy's team goals are for KP to qualify half of its wrestlers (seven) for the sectional and to compile a winning dual-meet record. Last year, the Warriors were 7-7-1 in dual meets.

"My personal goals are to finish first in the sectional and improve my seeding for the state tourney," he noted. "I also want to finish with 100 career wins."

McCreedy took a major step



Griff McCreedy dressed up as a Naval Midshipman for Halloween when he was in second grade.

towards reaching 100 triumphs when the Warriors opened their season in a meet that included Quabbin, Holliston, St. John's of Shrewsbury and Algonquin Regional. He won all four of his matches, increasing his win total to 82.

"I was physically ready and the four victories were a great way to start the season," he said.

A native of Norfolk, McCreedy, who's now wrestling in the 175-pound class, relies on a style that's tactical and patient but he can shift gears and get aggressive. "I'm aggressive when I see an opportunity to take advantage of my opponent," he said.

That's what happened in his fourth match at the sectional last year. "I had to win to move on to the state tourney," McCreedy emphasized. "My opponent and I were tied in points but I rallied late to win and qualified for the state tourney."

Another memorable match took place a month after KP lost to Catholic Memorial in the Super Bowl in 2024. "We faced them and all four of the KP football players on the wrestling team beat their opponents," McCreedy recalled. "I was losing but ended up winning by pinning my opponent."

McCreedy is a fan of KP's other captain — junior Nick Wendling — who wrestles in the 132-pound category. "Nick did lots of hard work to improve his ability," he said. "And, he leads by example and is very encouraging."

Colby Cloutier, one of KP's finest wrestlers, remains as Mc-



When he's wrestling, Griff McCreedy relies on a style that's tactical and patient but he can shift gears and get aggressive.

Creedy's role model. "When I was a freshman, he set a great example for me," said McCreedy. "Colby is a caring person who was a terrific teacher of the sport."

During McCreedy's first two years on the varsity, he was coached by John Adams. His last two have been on Poirier's watch. "Coach Adams set the standard for what a KP wrestler should be like," he offered. "Coach Poirier is a good motivator who has given me opportunities to lead and inspire others."

McCreedy's academic standing is definitely inspiring. Besides his impressive GPA, he's 45th in a class of 297, takes five AP courses and a college-level course, is vice president of his class and is a two-time National Honor Society student.

If his Naval Academy goal doesn't materialize, McCreedy has a back-up plan.

"I'll major in mechanical engineering no matter what college I attend," he said. "I've also applied to Purdue, Notre Dame, Penn State, South Carolina and Florida. The Air Force Academy is also on the list."

A three-year varsity football player, McCreedy, whose hobby is skiing, went from reserve to starter, getting lots of playing time last fall when linebackers Kyle Danson and Brodie McDonald were injured.

"My first start was against Norwood and I tied for most

tackles (6), two of which were for losses," he noted. "And, against Milford, I got my first interception. I was on the team as a sophomore when we beat Marshfield in the Super Bowl. But, against North Attleboro in the Super Bowl, I started the entire game at outside linebacker in our 21-10 victory."

McCreedy called the state title "an amazing feeling."

"It's so cool to achieve our goal and it was surreal to play at Gillette Stadium," he said. "Our team worked so hard starting last January and we got the job done."

McCreedy relies on a competitive philosophy that emphasizes winning and reaching one's potential. "But, I can learn a lot about life when I lose a match," he offered. "Life lessons I've learned in sports are to develop a strong work ethic, be able to overcome adversity and know that failure can be valuable because it teaches how to be resilient."

McCreedy has all the attributes to be a top-notch Navy Midshipman. He's a high-character individual, an inspiring team-first player, and he's very intelligent. He's also mentally tough, determined and has a relentless work ethic.

And, let's not forget his desire, dedication and devotion to the task at hand.

Sports

Flag Football Program Launches Amid Surging Interest

New Opportunities for Boys and Girls to Participate

By GRACE ALLEN

Flag football is having a moment, and not just nationally. The fast-growing sport is gaining traction across the region, drawing interest from families seeking a non-contact introduction to football, as well as from athletes who want an additional outlet for skill development. Now, with the launch of a new comprehensive program led by local residents Dante Carnevale of Norfolk and Tom Cochran of Wrentham, that momentum is coming directly to the King Philip area.

Carnevale, co-founder of the newly-formed Sonic Boom Flag Football, says the sport's trajectory is unmistakable.

"Flag football is a fast-emerging sport in the U.S., both on the boys and girls side," he said. "It's appealing for families who want the benefits of football without early exposure to tackling."

Even for older players who already participate in tackle football, flag is becoming an important complement, Carnevale noted, with many turning to spring flag leagues as an off-season training platform.

A Program Built for Development, Not Just Games

Sonic Boom Flag Football, for ages 7-15, will launch this winter with a January 4 player combine at Four Kicks in Taunton. Carnevale emphasizes that the program is designed for flag football players who are seeking more coaching, more competition, and more structured training than seasonal local rec leagues typically provide.

The new club will offer spring and fall travel seasons, winter clinics, and additional training options. Carnevale describes the effort as "a comprehensive flag football-centric athlete training program" built to meet families where they are. "The simpler way to say it is that it's flexible and fairly customizable," he added.

A key distinction, he noted, is the level of instruction. Unlike many youth sports where teams are coached exclusively by parent volunteers, Sonic Boom is "hiring professional coaches from the high school and college ranks to provide a higher

level of teaching and skill development." Strength and conditioning specialists will also support speed and agility training.

Equally important to Carnevale is developing athletes as people, not just players. "Everything that we do is very much focused on athletic integrity," he said, emphasizing teamwork, coachability, and sportsmanship.

One of the sport's biggest attractions for families is its safety profile. With no tackling, flag football allows children to learn the fundamentals of the game without the physical contact associated with traditional football. Carnevale said many parents see it as a "great safe entry point into football," especially for younger athletes who may not be ready for full-contact play. The non-tackling format also benefits older players who participate in tackle football during the fall, giving them a way to continue improving skills in the off-season without additional impact on their bodies.

While established flag football clubs operate throughout Massachusetts and New England, there has been no dedicated program serving the King Philip/Hockomock area. Carnevale and Cochran aim to change that, hoping to draw from Wrentham, Norfolk, Plainville, and a wide swath of surrounding towns where interest is already strong.

The pair's roots in the community run deep. Cochran, long involved with KP Junior Warrior flag football camps alongside KP Football head coach Brian Lee, brings more than a decade of youth coaching experience. Carnevale, also a local youth coach, saw firsthand how well the existing clinics engaged young athletes and believed a year-round team-based program was the natural next step.

KP coach Lee will serve as a senior advisor to Sonic Boom.

A Transformative Moment for Girls' Sports

While boys' participation in flag football continues to expand, the most dramatic growth may be happening on the girls' side. Carnevale says the sport "is really maybe even at a different level in terms of exploding." With flag football becoming an

Olympic sport in 2028 and NCAA athletic departments launching varsity women's flag football programs, he believes opportunities for girls to play will rapidly follow.

"We will see that kind of filter down to high school and middle school and youth," he said. "We feel like over the next, say, 5, 10, 15 years, girls and women's flag football will continue to grow and really at some point be played as often as girls soccer, girls field hockey, and lacrosse."

Carnevale's outlook appears prescient when paired with data from USA Football: the number of boys and girls ages 6-17 playing flag football increased 38.2% from 2014-23, with 1.6 million kids playing this past year. Participation among girls 6-12 has risen even more sharply, climbing 222% during that time.

It's a transformative moment for the non-contact, gender-inclusive sport, opening new pathways for young athletes who may not have seen themselves represented in football before.

For families unfamiliar with the sport's possibilities for girls, Carnevale hopes awareness will grow quickly. Sonic Boom is positioning itself early as a home for female athletes. "We really want to make sure that families know that flag football can be for girls, how it's growing, and that we are a home for them to learn the game," he said.

As Sonic Boom evolves, feedback from interested families has been helpful in crafting the initiative. Carnevale says one of the biggest questions from parents is "How does this fit in with the other sports my child plays?"

"We totally get that," Carnevale said. "I coach baseball in Norfolk. My son plays. And so we're doing our best to try to keep the schedule flexible enough for everyone, because we definitely think that kids should be able to play multiple sports."

As flag football continues to gain momentum nationally, the local organizers see this moment as an opportunity to offer young athletes an opportunity to get involved early and grow alongside a sport that is still defining its future.

For more information or questions, visit sonicboomfootball.com.

Norfolk & Wrentham Libraries: Most Borrowed Titles of 2025

By GRACE ALLEN

What were readers in Norfolk and Wrentham reaching for in 2025? Checkout data from the Norfolk Public Library and Wrentham's Fiske Public Library highlight the most popular titles across age groups and formats. From suspenseful thrillers and gripping fiction to books focused on personal growth and social issues, readers in both towns took full advantage of their libraries' offerings. The wide range of titles also reflects how libraries continue to meet patrons wherever and however they prefer to read and watch.

Below is a category-by-category look at what topped the lists in each town.

Norfolk Public Library's Most Borrowed in 2025

Adult Fiction

- *Atmosphere* — Taylor Jenkins Reid
- *The Women* — Kristin Hannah
- *The Crash* — Freida McFadden

Adult Nonfiction

- *The Let Them Theory: The Life-Changing Tool That Millions of People Can't Stop Talking About* — Mel Robbins
- *The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness* — Jonathan Haidt
- *Be Ready When Luck Happens* — Ina Garten

Juvenile Fiction

- *An Electric Secret* — Maria S. Barbo
- *Ash Takes the Cake* — Maria S. Barbo
- *Ballet Dreams* — Kristen Depken

Young Adult

- *1984* — George Orwell
- *A Good Girl's Guide to Murder* — Holly Jackson
- *A Sign of Affection* — suu Morishita

DVD

- *Poirot: Complete Cases Collection*
- *Conclave*
- *ER*

Fiske Public Library's Most Borrowed in 2025

Adult Fiction

- *The Crash* — Freida McFadden
- *The Boyfriend* — Freida McFadden
- *The Tenant* — Freida McFadden

Adult Nonfiction

- *The Let Them Theory* — Mel Robbins
- *The Anxious Generation* — Jonathan Haidt
- *Be Ready When Luck Happens* — Ina Garten

LIBRARY

continued from page 23

Juvenile Books

- *Dog Man series* — Dav Pilkey
- *Should I Share My Ice Cream?* — Mo Willems
- *Today I Will Fly!* — Mo Willems

Young Adult

- *Heartstopper* — Alice Oseman
- *The Summer I Turned Pretty* — Jenny Han
- *Heir of Fire* — Sarah J. Maas

Digital & Video Favorites

- Top Videos: *House of the Dragon*, *Wicked: Part One*, *Reagan*
- Top eBooks & eAudio-books: *The Women*, *The Let Them Theory*, *Just for the Summer*, *None of This Is True*

Circle of Friends Coffeehouse Presents Kim Moberg and Jenna Nicholls

The Circle of Friends Coffeehouse in Franklin will present an evening of live music featuring award-winning singer-songwriters Kim Moberg and Jenna Nicholls in a split-bill performance on Saturday, January 10. The concert begins at 8 p.m., with doors opening at 7:30 p.m.

Kim Moberg, a singer-songwriter and guitarist, was born in Juneau, Alaska, to a mother of Alaskan Native Tlingit descent and a father who served in the U.S. Coast Guard. Growing up in a military family, Moberg moved frequently, with music serving as a constant throughout her childhood. Her fourth release, *All That Really Matters* (2025), explores themes spanning the human experience, including loss, friendship, racism,



and love. Known for rich vocals often described as “a blend of honey and whiskey,” Moberg’s songwriting reflects elements of melancholy, healing, and social consciousness. More information is available at www.kimmobergmusic.com.

Jenna Nicholls brings a distinct musical style shaped by a wide range of influences, from New Orleans to the American West. A songwriter and multi-instrumentalist, Nicholls has released three albums, with her music appearing in film and

television. She has shared stages with artists including Ingrid Michaelson and Academy Award winner Glen Hansard and has performed at venues such as Carnegie Hall and the Beacon Theatre. Additional information can be found at www.jennanicholls.com.

The Circle of Friends Coffeehouse is a nonprofit organization affiliated with Franklin’s First Universalist Society. Concerts are held in a smoke-free and alcohol-free setting at the Society’s handicapped-accessible Meetinghouse, located at 262 Chestnut St., Franklin. Beverages and gourmet desserts will be available for purchase.

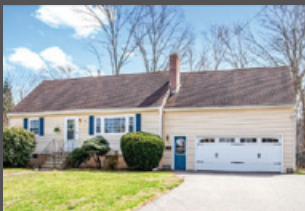
Tickets and additional information are available at www.circlefolk.org.

Real Estate Corner

Happy New Year

I’m deeply grateful to my clients for their business and referrals, which helped make my 21st year in real estate such a success.

If a move is in your plans for 2026, let’s connect. I would be honored and thrilled to put my experience to work for you.



12 POLLARD ST, MILLIS
\$725,000



238 VILLAGE ST, MILLIS
\$730,000



5 MOUNTAIN ROCK LN, NORFOLK
\$1,260,000



50 MEETINGHOUSE RD, NORFOLK
\$695,000



11 ESSEX ST, NORFOLK
\$1,632,000



10 WEST BIRCH RD, NORFOLK
\$466,000



48 GROVE ST, PLAINVILLE
\$415,000



5 PHILIP LN, FOXBORO
\$658,500



19 ALGONQUIN RD, CANTON
\$720,000

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1080 North Street, Walpole
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10 Stop River Road, Norfolk
4 BD | 3F 2H BA | 5,614 SF | \$1,549,000





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Real Estate Corner



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Municipal Election Season Nears for Norfolk and Wrentham

Key Dates, Open Seats, and a Tutorial for Prospective Candidates

By JOE STEWART

Residents in Norfolk and Wrentham will head to the polls this spring to elect representatives to a variety of local boards and committees, with key dates and nomination deadlines approaching.

Key Dates and Seats

In Norfolk, the election will

be held on Tuesday, May 5, according to Town Clerk Carol Green. Nomination papers will be available starting February 9, with a submission deadline of March 17. The last day to register to vote is April 25 at 5 p.m. Early in-person voting will be available at Town Hall from April 24 to April 30. Green described herself as a propo-

nent of early in-person voting and encouraged residents to participate. Offices on the ballot include one seat each on the Select Board, Town Clerk, Board of Assessors, Board of Health, Constable, Housing Authority, and King Philip Regional School Committee, plus two seats each on the School Board, Planning Board, Library

Trustees, and Recreation Commission. All terms are for three years.

In Wrentham, the Annual Town Election is scheduled for Monday, April 6, according to Town Clerk Ann Fisk. Nomination papers will become available on January 5, with a final submission deadline of Thursday, February 19. The last day to register to vote is Friday, March 27. Seats on the ballot include one position each on the Select Board, Board of Health, Board of Assessors, and King Philip Regional School Committee, along with two positions each on the Planning Board, School Committee, and Fiske Library Trustees.

Candidates Tutorial Offers Guidance

A tutorial for prospective candidates was held in Wrentham on December 9, facilitated by the independent voter group Wrentham Engagement and moderated by former Select Board member Jerry McGovern. Wrentham Community Media recorded the event, available at <https://bit.ly/4pfk7cl>.

At the event, Town Clerk Ann Fisk reviewed election logistics, noting that while 50 signatures are required for nomination papers, she recommends obtaining 60 to account for potential disqualifications. She also advised that the post office is a good location to gather voter signatures.

Current and former board members then provided detailed accounts of their roles. Tom DiPlacido of the Board of Assessors joked that all of the

town's money begins with his board, as it sets property values. He noted the board undergoes a state audit every five years and humorously described the role as great for introverts.

Planning Board member Tom Maloney shared that the board meets twice monthly and is supported by the town's planning department. He described their work as very dry and complicated, but said its outcomes are practically "forever," changing the town's landscape permanently.

Former School Committee member Grey Almeida emphasized the advantage of being on the ballot versus being a write-in candidate. She noted that candidates have expectations about their focus, but must be prepared for unforeseen events, citing her own experience navigating the COVID-19 pandemic. She described learning that elected officials must listen to the community and then make the best decision on their behalf.

King Philip Regional School Committee member Cait Lanza explained that service involves both full board and subcommittee meetings, such as finance. She also addressed a question about curriculum, stating it is developed by school administration in compliance with state regulations.

Library Trustee Kristen Smith humorously contrasted her role with the School Committee, comparing it to a "Turkey Trot" versus an "Iron Man."

ELECTION

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Real Estate Corner

ELECTION

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She described it as a good entry point to town government, focusing on setting library policy and community advocacy.

Board of Health member Peggy Settle explained that the Board’s responsibilities include restaurant inspections, sanitation, environmental health, and public health, with many meetings focused on septic systems and wells.

When McGovern asked what compelled them to run, motivations varied. Settle said she ran after seeing an uncontested seat, and having recently retired, found she had the time to help. Almeida said a friend’s suggestion planted a seed she initially rejected but later embraced. Smith also said she was asked by a friend to fill a vacancy before running for a full term. Maloney said a friend asked him, and he believed he could help. Lanza said she was motivated by a specific concern about Chromebook security. DiPlacido shared a longer history, recalling being recruited to the Conservation Commission because his background as a developer offered a divergent view. He went on to share that it taught him the value of preserving open space.

The group also shared practical campaign advice. Maloney stressed the critical first step is “get your signatures,” advising candidates to photograph their nomination sheets to send thank you notes. He also recommended obtaining the voter list from the Town Clerk. Almeida suggested volunteering and attending board meetings as a way to introduce oneself. Settle and Lanza highlighted the value of Wrentham Community Media’s candidate profiles and Wrentham Engagement’s events for refining a message and meeting voters. Lanza added that door-knocking for signatures and using Facebook were valuable. Smith pointed to the Wrentham Engagement Voter Guide as a key resource voters check immediately before an election.

Wrentham Engagement has scheduled several events for the election season. Candidates may submit profiles for the group’s online Voter Guide from February 13 to March 2. A candidate video recording session is slated for March 3-7 at Wrentham Community Media, followed by the Candidates Forum on March 24 and the “Candidates on the Common” event on March 28. For more information, visit <https://www.wrenthamvoterguide.com/we>.



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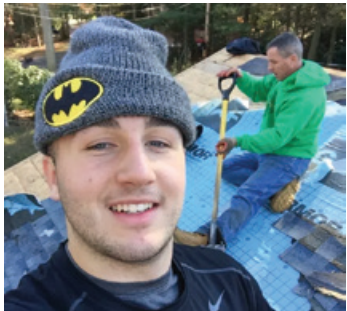
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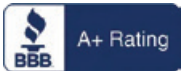
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