

# localtownpages

# Norfolk & Wrentham

Vol. 15 No. 6

Free to Every Home and Business Every Month

July 1, 2026

## Lights, camera, fantasy in Wrentham

BY GRACE ALLEN

A fantasy world filled with elves, dwarves, mercenaries, and magic is coming to Wrentham this fall as filmmaker Adam Newman prepares to shoot his latest feature-length film, “Tales of the Dying Daylight,” at the Proctor Mansion Inn.

The production is expected to spend approximately three weeks filming in Wrentham beginning in September, with much of the action centered around the historic inn and its carriage house. The film marks the third movie project to be filmed at the property.

Described by Newman as a “cozy fantasy,” the film follows a



Adam Newman, right, with production designer Natasha Nicolaou, at Granite State Comicon, promoting the film “Tales of the Dying Daylight.” (Contributed photo)

young orphan raised in a tavern who dreams of becoming one

**FANTASY**

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## Ken Hamwey, in Memoriam



Ken Hamwey  
October 14, 1943 - May 25, 2026

### He wrote about the good

BY JUDITH DORATO O’GARA

Ken Hamwey never missed a deadline, and he had a passion for telling a good story. Getting the word out about something or someone inspirational, conveying its importance, meant the world to him. That kind of drive, a level of investment

**HAMWEY**

continued on page 4

## Petition drive seeks home-rule charter for Norfolk

BY MAUREEN SULLIVAN

On the morning of Memorial Day, people began to gather around Sullivan’s Corner by the cemetery, waiting for the annual parade to head down Main Street.

Across from the cemetery, some residents stopped by the Seekonk Street residence of Jason and Cathy Brown. On the driveway stood a table with a petition asking residents to support adopting a home-rule charter form of town government.

For Cathy Brown and Anita Mecklenburg – opponents for the Select Board turned proponents for the petition -- a charter would give residents more control over local bylaws.

“Everyone is working hard and doing good work, but the



Anita Mecklenburg, left, and Cathy Brown are spearheading a petition drive to have Norfolk adopt a charter form of government. (Photo by Maureen Sullivan)

town needs to sever its relationship with the state when it comes to local decisions,” said Mecklenburg, who defeated Brown to win another term.

Under the current bylaw form of government, the town

has to send certain changes to the state, according to Town Administrator Rob Garrity.

“Once you have a charter,

**PETITION**

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**PETITION**

*continued from page 1*

you can make changes in your form of government without further approval from the state legislature," he said. "Under a charter, Norfolk can decide, for instance, that it would like to appoint Planning Board members instead of electing them. Or go back to electing the Town Treasurer instead of it being an appointed (and professional) position."

Garrity added that under a charter, any proposed changes to the town's bylaws would go through Town Meeting, and a vote by the general public. "You wouldn't need to get a special act filed, passed by the legislature, and signed by the governor," he said.

"We have bylaws that are outdated," said Cathy Brown. "Every department does its own thing. Under a charter, bylaw changes would be decided at Town Meeting. We'd have more organization, and it'd be ours."

John Bowman-Colin, a member of the Board of Health, said the proposed change would help address the needs of a growing community.

"Our town has grown," he said. "A charter is a more modern way of government. It's a better way to engage citizens."

Kevin Kalkut, a member of the Advisory Board, agreed that the time has come for the change.

"Norfolk has grown meaningfully over the last two decades -- the most recent Census estimate puts us at just under 12,000 residents, up from roughly 10,500 at the start of the century -- and our governance structure hasn't kept pace with that growth. This is a good moment for the community to take a clear-eyed look at how we're organized and how we make decisions," he said.

"The bylaws would be ours. It gives us more autonomy," said Mecklenburg.

### 1. A TOWN CREATED BY THE STATE *(Incorporation / Legislative Act)*

**What it is:** The birth of a new municipality. In Massachusetts, towns are officially incorporated by the state legislature (the General Court).

**HOW IT HAPPENS:** Historically, rural or distinct geographic areas petitioned the state for their own municipal borders and taxing rights. Today, creating a brand-new town is rare and requires a massive, complex legislative effort.

**THE RESULT:** The state passes a law incorporating the town and defining its borders. The town now exists as an official municipality.

**THE BASELINE:** Once created, the town is granted baseline powers by state law (Massachusetts General Laws). If a town doesn't have a custom charter, it operates under this default state statutory structure (e.g., a standard Open Town Meeting and a three-member Select Board).

### 2. A CHARTER DONE WITH SIGNATURES *(Home Rule Charter)*

**What it is:** The local constitution that dictates how the town's government operates. It outlines the structure of local offices, departments, the legislative process, and election rules.

**HOW IT HAPPENS: A LOCAL, SIGNATURE-DRIVEN PROCESS**

- 1 A group of residents collects signatures from 15% of registered voters in the town.
- 2 The petition is submitted to get a ballot question asking if the town should form a Charter Commission.
- 3 If voters approve, they elect 9 registered voters to serve on the Charter Commission.
- 4 The Commission studies the government and drafts a new charter over 10 to 18 months.
- 5 The proposed charter is put to the voters for final approval.

**THE RESULT: CUSTOMIZED LOCAL GOVERNMENT**  
If approved, the charter becomes the town's local constitution. Instead of relying on generic state laws, the town uses the charter to customize its government. Examples:

Town Manager Government

Representative Town Meeting

Town Council

Different Board Structures

...and more

**SUMMARY: YOU NEED THE STATE TO CREATE THE TOWN.  
YOU NEED THE VOTERS TO CHANGE HOW THE TOWN RUNS.**

This brochure shows the difference between a community incorporated by the state, and a community with a home-rule charter.

**About the petition**

Brown began circulating the petition about two months ago. It asks to approve a charter form of government, and to appoint a nine-member charter commission.

While supporting the move toward a home-rule charter, Kalkut said a charter commission appointed by the Select Board -- rather than an elected commission -- would be a better fit for the town. "Both are legitimate routes to the same destination, but I do think the appointed commission is the better fit for a community of our size and structure," he said.

Kalkut also pointed out what he called "two practical realities:

**"Timeline flexibility** - Under MGL Chapter 43B, the formal charter commission process carries a statutory maxi-

mum of 18 months to prepare a proposed charter and if the commission follows that full schedule, voters wouldn't see the proposal until the municipal election two years after the commission's election. An appointed commission has no such constraint. It can move at whatever pace the work actually requires, which is a real advantage when you're trying to sustain community engagement over the life of a complex process."

**"Volunteer capacity** - A formal charter commission requires nine elected members serving for an 18-to-24-month commitment (from organization to proposal). That's a significant ask in a town our size. An appointed commission can be structured with an open number of participants and a more manageable timeframe which, in my

experience serving on boards and committees here over the last decade, makes a difference in your ability to recruit and retain the volunteers who are committed to the charge."

Jay Talerman, an attorney who has worked as town counsel for more than 40 communities, also said a "full-blown elected" charter commission is not needed for a community the size of Norfolk.

"While I believe a charter, if desired, should be the product of extensive study and collaboration, the formal statutory process is overly cumbersome," said Talerman, who is also the Town Meeting moderator. "Most towns utilize a more expedited process whereby, following study, they seek approval by town meeting and special legislation. It is a much more efficient system.

"Also, I think that a charter is only valuable if we use it to establish a more efficient system of day-to-day management whereby the Town Administrator has more executive function, while still leaving policy decisions to the Select Board," he added.

Brown and Mecklenburg are seeking 1,500 signatures in order to get on the ballot. They are aiming for this November, even though there may be up to a dozen other petitions on the ballot.

In support of the petition, they have printed up informational brochures. One extols the benefits of having a home-rule charter; the other shows the difference between a community incorporated by the state, and a community having a home-rule charter.

"This is an issue we can all get around," said Mecklenburg. She added that if someone wished to sign the petition, they may email [anitameck@gmail.com](mailto:anitameck@gmail.com) to make arrangements.

Brown said she will promote the petition on her Facebook page, <https://www.facebook.com/cathy.cummiskeybrown>

"I want the town to decide," said Brown.

"At the end of the day, it's up to the voters. I believe in the wisdom of the crowd," said Garrity.

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# King Philip honors six graduates with distinction

Six members of the King Philip Regional High School Class of 2026 graduated with distinction in recognition of research projects designed to address community needs.

Students may earn Graduation with Distinction in either Liberal Arts or STEM (Science, Technology, Engineering and Mathematics) by proposing, researching and developing a project focused on a community issue, completing a process paper and presenting their work to a faculty panel.

“This distinction represents months of independent research, creativity and dedication,” Superintendent Dr. Rich Drolet said. “Each of these students identified an issue that mattered to them and developed a project designed to educate, support or improve their community.”

Principal Nicole Bottomley said the projects reflected the “compassion, initiative and leadership” shown by the Class of 2026.

Graduation with Distinction recipients were:

### Distinction in Liberal Arts

**Sophia Mohamed** — Researched the impact of war on women in Somalia, Palestine and Afghanistan and created a

series of painted portraits displayed with artist statements.

**Serenity Moten** — Studied school-based mental health resources for teenagers and developed an awareness campaign at King Philip Regional High School.

**Marissa Walker** — Researched the benefits of National Junior Honor Society participation and helped establish a chapter at King Philip Middle School, leading its inaugural induction ceremony.

### Distinction in STEM

**Nakshatra Arun** — Conducted a food-waste audit at King Philip Regional High School and developed recommendations to reduce waste.

**Mandy Chen** — Created a program to collect and redistribute new and gently used school supplies to students in need.

**Jinan Khannouchi** — Researched the effects of excessive social media use, presenting findings to local and regional Active Minds groups to support advocacy for balanced social media use.

Recipients were recognized at the senior awards ceremony and graduation, and their diplomas reflect their Graduation with Distinction status.

# Norfolk honors Raymond “Bucky” Calleaux with Boston Post Cane

By MAUREEN SULLIVAN

When Raymond V. “Bucky” Calleaux was told he would receive the Boston Post Cane, he replied, “I’d like a cane.”

A man of few words, and many years with the American Legion, Calleaux was presented with the cane – signifying the town’s oldest resident – in a brief ceremony on June 3 at the Senior Center.

Karen Edwards, the center’s director, emceed the ceremony, with Bucky, his family and friends front and center. After presenting a brief history of the Boston Post Cane, Edwards gave the 95-year-old resident a jewel box containing a miniature version of the cane.

The cane itself – a replica that’s been around for about 10 years – is in a glass case. Both the cane and a plaque displaying the names of each recipient are in the Senior Center, across from the reception desk.

Members of the Norfolk American Legion Post 335

were on hand to honor Calleaux, who has been an active member of the post for 76 years.

“Anything that needed to be done, Bucky would do it – right or wrong,” said Frank Zolli, the current post commander. “He is the light of our lives. He is our example. It makes living in our small town so special.”

Al Bozza, the post’s junior vice commander, said Calleaux was the honorary guest at the post’s annual Veterans’ Dinner in November.

In 2025, the post honored Calleaux, who served with the Marines during the Korean War, with a special certificate marking his 75 years of membership with the American Legion.



Raymond V. “Bucky” Calleaux shows the miniature version of the Boston Post Cane, given to the oldest resident in Norfolk, after a brief ceremony on June 3 at the Senior Center. Bucky served with the Marine Corps during the Korean War. (Photo by Maureen Sullivan)



Bucky Calleaux with members of his family on June 3 at the Norfolk Senior Center. Bucky was named the latest recipient of the Boston Post Cane. (Photo by Maureen Sullivan)



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In 2010, Ken received the Massachusetts Interscholastic Athletic Association (MIAA) Distinguished Friend Award.

I truly enjoyed talking with, listening to his stories, and his passion and dedication for covering high school sports was unmatched. He genuinely cared about the athletes, teams, and communities he wrote about, which was evident in his work.”

“Ken was very dedicated in getting the stories,” added Chuck Tashjian, who worked with Ken for many years as former publisher of Our Town Publishing, “He went above and beyond, especially with championship games. He really loved what he did. He loved writing, and he loved sports.”

“He just cared about the kids. If there was anything that stood out about him it was his passion for what he did ... He cared so much about making everyone look good, and that was such a good trait, and the way he’d remember things,” said Bellingham High School Football Coach Dan Haddad, who added both he and Ken were motivated by “love of the kids.” Student athletes Ken interviewed would tell the coach that Mr. Hamwey was “probably the nicest guy I’ve ever met.”

“What was unique about Ken was how he wanted to learn about me personally and what life experiences led me to where I am rather than other reporters who would just ask about jobs and responsibilities listed on a resume,” says Bellingham Town Administrator Joseph Laydon, who says he truly appreciated this approach in Ken’s regular Municipal Spotlight column for the *Bellingham Bulletin*.

Just 24 in 1967 when he entered the field of journalism, the young graduate of Natick

High and Babson College began his career at *Framingham News*, now known as the *MetroWest Daily News*, covering the small-town beat of Millis. Ken would get the opportunity of a lifetime a year later, covering the Celtics’ defeat of the 76ers in Philadelphia to win the Eastern conference one day after Dr. Martin Luther King, Jr. was assassinated. In a lifelong story of his own he’d often tell, the late, great Celtics coach and general manager, Red Auerbach, in fact, held up the press corps bus so young Ken could call in that story. Ken would move on in 1973 to the Pulitzer Prize winning *Providence Journal*, and after 35-plus years as the Night Sports Editor, he received a citation from the Rhode Island State Senate honoring his excellence as a journalist.

For many years, Ken would follow the trajectory of local sports heroes’ stories in a *MetroWest Daily News* column called “Yesterday’s Heroes.” In semi-retirement, Ken would continue to cover high school sports for local papers such as *Bellingham Bulletin* and *Local Town Pages* papers.

Ken was immensely proud of the recognition he received for his efforts. He was inducted into the Millis Athletic Hall of Fame in March 2022, and later, into the Bellingham Athletic Hall of Fame, and the Massachusetts Interscholastic Athletic Association selected him for its Distinguished Friend Award in 2010.

“High school sports lost a legendary storyteller with the passing of Ken Hamwey,” wrote Millis Athletics on X, “For nearly six decades, Ken dedicated his life to highlight-

ing the achievements of local student-athletes, beginning with his very first varsity football story in Millis back in 1967.” Dover Sherborn Basketball also lauded his “passion and dedication for covering sports in our area...RIP.”

Ken Hamwey once told Dan Haddad, “I want to write about the good.”

In his own life, Hamwey, the beloved husband for 36 years of Pauline A. (Allard) Hamwey and the late Martha (Loan) Hamwey, and the loving father of Travis M. Hamwey and his wife, Katie, aspired himself to be the best person he could be, volunteering time as a coach and library trustee, devoting himself to his faith, and valuing each individual with whom he interacted. He once told me how much it meant to him that his coverage of young athletes might help them make it into college. He had an energy that drove him to weave a story of pride and potential that would shine a light on and lift up his subject. He offered such respect that you wanted to rise to be worthy of it.

“Ken was kind, dependable, and always willing to go above and beyond. Even shortly before his passing, while battling illness and facing deadline pressure, he completed his last three stories—a testament to his remarkable work ethic and commitment to journalism,” said Schofield, adding, “He was a one-of-a-kind colleague and friend, who will be deeply missed by everyone in his Our Town Publishing family. His legacy will live on through the countless stories he told and the many lives he touched.”

## localtownpages

Published Monthly  
Mailed FREE  
to the Community of  
Norfolk/Wrentham  
Circulation: 8,473  
households and businesses

### Publisher

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Ad Deadline is the  
14th of each month.

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## HAMWEY

*continued from page 1*

scarcely seen in the world today, deserved your full attention. Our Town Publishing didn’t just lose a sportswriter when we lost Ken Hamwey, we lost a lion-hearted wordsmith who cared deeply about the people he wrote about, and their moments of glory.

“Ken Hamwey was an amazing sportswriter and a consummate professional,” said Jen Schofield, owner of Our Town Publishing, “He was someone

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

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

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

Working with Affordable Junk Removal is simple. First, you can load stuff yourself if you want by renting a 15-cubic-yard dumpster for a week and chucking up to a ton of your unwanted stuff. If you need to get rid of more weight, then Jay prorates that tonnage—you never pay for what you don't use.

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

Jay and his team beat the

## Business spotlight

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

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

Affordable Junk Removal is fully licensed and fully insured, and they'll treat your property with care and respect.

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



Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

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## FANTASY

continued from page 1

of the heroic adventurers she sees passing through its doors. Rather than focusing on epic battles and world-saving quests, the story explores the lives of the everyday people who inhabit a fantasy world.

"We like to say it's a cross between 'The Princess Bride' and 'Cheers,'" Newman said. "It's meant to feel like you're spending a couple of hours hanging out in a tavern with interesting characters."

The idea has been years in the making. A longtime fantasy fan, Newman said the concept began taking shape roughly a decade ago and evolved after the release of his most recent feature, the horror film "Round the Decay." Following a difficult period that included the death of his father, Newman found himself drawn toward creating something warmer and more comforting.

"I wanted to make something that felt like a warm hug," he said, noting he knew from a very young age that he was going to be a storyteller of some sort.



Cast members in "Tales of the Dying Daylight" appear at the film's fundraising banquet held at Mechanic's Hall in Worcester. (Contributed photo)

Newman, whose film company, Dreamscape Productions, is based in New Hampshire, said he spent months searching for the right location before a member of his production team suggested he visit the Proctor Mansion Inn.

The moment he saw the property, particularly the carriage house, he knew he had found the setting he needed.

"We don't really move forward with a movie until we have a location," Newman said. "As soon as I saw it, my brain started getting excited."

The production team plans to transform portions of the inn and carriage house into the fantasy tavern that serves as the heart of the story. While viewers

familiar with Wrentham may recognize some interior spaces, the film's fantasy setting means the town itself will not play a prominent on-screen role. Most exterior scenes are expected to be filmed in wooded locations elsewhere.

The production is actively seeking local residents to serve as extras. No acting experience is necessary.

Scenes requiring extras include bustling tavern gatherings, a fantasy talent show, mercenary meetups, and other crowd scenes. People with unique talents, such as juggling, ventriloquism, musical abilities, or trained animals, are also encouraged to apply.

"We're looking for a weird, eclectic group of people," Newman said with a laugh.

The production is also seeking volunteer production assistants for residents interested in learning more about the film-making process.

Newman noted that while extras should be prepared for long production days, he strives to create an atmosphere that is welcoming and fun.

"We treat our sets like summer camp," he said. "We're trying to build a community."

Residents may even spot costumed cast and crew members around town during filming.

"We've got elves, dwarves, an orc, and a few fantasy creatures," Newman said. "There's a good chance people will see some interesting characters walking around Wrentham."

While operating on an independent-film budget, Newman hopes the production will support local businesses whenever possible.

The team is currently exploring partnerships with area businesses and organizations and welcomes sponsorship opportunities. In previous productions,

local businesses have provided food, services, and other support in exchange for promotional opportunities and film credits.

"We want to spend money in Wrentham," Newman said. "We're always looking for ways to work with the community."

Filming is expected to begin in early September and continue through the month. Following post-production, Newman hopes to premiere the film in Massachusetts in the spring or early summer of 2027 before launching a regional theatrical roadshow.

The production follows the success of "Round the Decay," which screened in 55 theaters nationwide before moving to streaming platforms.

For Newman, however, the biggest goal is simpler.

"We want people to have fun with it," he said. "Hopefully Wrentham embraces it and feels like it's part of the movie too."

Residents interested in serving as extras or volunteering with the production can complete an online application available at <https://tinyurl.com/33m34w3x> or through the film's social media pages.

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If that sounds familiar, you're not alone. Many retirees find the shift from building savings to living off them emotionally difficult, even when they've planned carefully. Here are five smart strategies that can help you feel more confident about what's ahead.

**Give yourself permission to spend conservatively.** Your retirement plan likely assumes a certain annual spending amount, with increases each year to account for inflation. All else being equal, the lower those initial withdrawals, the longer your money will last. A financial advisor can help you set up portfolio withdrawals personalized to your goals and situation. Feel free to give yourself permission to spend those amounts, knowing there's intention behind them.

For many retirees, the challenge isn't math — it's mindset.

After years of being rewarded for saving, spending can feel like doing something wrong. It can help to reframe withdrawals as a paycheck you've already earned. For example, using your monthly distribution to cover travel, hobbies or time with family isn't indulgent; it's the purpose of the plan you built. Connecting spending to your values can make it feel more natural and sustainable.

Do be sure to review your spending regularly and don't forget to set aside funds for annual expenses like taxes and insurance.

**Keep some cash on hand.** A general rule of thumb for retirees is to keep about 12 months' worth of withdrawals in a separate account for spending and another three to five years' worth in short-term, fixed-income investments. This cushion can allow your stock in-

vestments time to recover from a market downturn, reducing the need to sell investments when markets are down. That said, holding too much cash carries its own risk, as your portfolio may not grow fast enough to keep pace with inflation. So, while some cash is good, you'll also want to remain invested in assets with more growth potential to help your portfolio last through retirement.

**Review regularly.** Retirement can last 25 years or more, and even the best-laid plans need updating along the way. Review your financial strategy at least once a year or after any major life change.

**Stay flexible.** Even small adjustments to your spending can have a big impact on how long your money lasts. Retirees who hold off on spending increases in years when their portfolio declines are often able to

stretch their savings further than those who increase withdrawals each year for inflation regardless of market performance.

Making the switch from saving to spending takes both careful planning and a genuine shift in mindset. A financial advisor can help you build out an effective approach to switch from saving to spending, and work with you so you can fully enjoy the retirement you worked so hard to reach.

For more information contact:

Todd Miller, CFP®

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

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## King Philip students earn national honors in French competition

Several students from King Philip Regional High School have earned national recognition in this year's National French Contest, Le Grand Concours.

Sponsored annually by the American Association of Teachers of French, the competition gives students the opportunity to test their French language skills against peers from across the country. This year, more than 46,000 students from all 50 states participated in the optional exam.

Among the top performers was Evelyn Miles, Class of 2029, who earned a Gold Medal in Level 1 French.

Silver Medal recipients included Lillian Almeida (Class of 2029, Level 1), Julia Alves (Class of 2027, Level 1), and Nicholas Coppelman (Class of 2028, Level 2).

Lauren Newcom (Class of 2027, Level 3) received a Bronze Medal.

Students earning Honorable Mention recognition were Riley Leblanc (Class of 2029,



Level 1), Daniel McKay (Class of 2029, Level 1), Maria Noonan (Class of 2028, Level 2), Isabella Sharp (Class of 2028, Level 2), and Abigail Waldner (Class of 2029, Level 1).

Akhil Bodapati (Class of 2028, Level 2) earned a Mérite distinction.

School officials congratulated all of the students on their accomplishments and participation in the national competition.

## Fiske Library announces July programs

The Fiske Public Library will be closed Friday, July 3, in observance of Independence Day. Summer hours are Monday and Friday, 10 a.m. to 5 p.m., and Tuesday through Thursday, 10 a.m. to 8 p.m. The library is closed Saturdays during July and August.

Summer reading programs continue throughout July. Children can participate in the library's "Plant a Seed, Read" Summer Reading Program through Aug. 14 and the Massachusetts Student Reading Challenge, which encourages students to read books in themed categories each month.

Family and children's events include Ed the Wizard's interactive magic show on July 1; story times focused on fruits and vegetables, flowers, and gardening; a teddy bear sleepover; visits from Sophie the therapy dog; STEAM activities; a traveling petting farm; and programs about bees, plants, and nature. Craft programs include a no-sew av-

ocado pillow workshop, candy sushi, seed art, and regular Monday Crafternoons. Registration is required for many programs.

Adult offerings include free IT Help Office Hours by appointment on Tuesdays, monthly spice kits and take-and-make crafts, a three-week Learn to Sew series, a smartphone photography workshop on July 15, and a wildlife presentation by ecologist and author Brad Timm on July 21. The Fiske Library Book Club will discuss "The Wedding People" by Alison Espach on July 28.

The library also continues its free virtual author talk series, featuring bestselling authors Karin Slaughter, Reyna Grande and Dr. Marisa Franco during July.

For registration and more information, visit <https://www.wrentham.gov/710/Fiske-Public-Library> or call 508-384-5440.

Guest Column

# Prying loose a smile

By G. GREGORY TOOKER

As cascading, incomprehensible world events continue to pummel our being, the urge to retreat to a safe haven has become overwhelming. When circulating in the broader community, the evidence is abundant. Behavioral clues signal a drifting toward societal withdrawal, as evidenced by stony facial expressions, tinged with suppressed panic. The situation reminds one of the dark days of the stubborn pandemic.

Our citizens are frightened about the future of the country and the planet in general. It seems the salvos are coming from all directions, with essentials for life and survival becoming scarce and very costly. Darwinian thinking, once deemed too extreme, looks to be taking over in some quarters. Circling the wagons, to some, may seem the appropriate tactic. In this writer's opinion, however, divided we fail and the only way our democracy will survive and "live long and prosper," is through effective communication and bonding. This is best accomplished by interacting with our community in a positive and buoyant way.

Your writer has been experimenting lately with a technique intended to pry pos-

itive reactions in the course of my everyday travels. Not that my usual approach is gruff by any means, but it has been, perhaps, excessively neutral. The weapon I deploy is the smile, a behavioral trait slowly disappearing from the landscape these days. Somewhat perplexing is the reaction it sometimes provokes from my targets. Their return expression seems to ask, "Have you mistaken me for someone you know?" But in most cases, the quizzical look transitions into a return smile as the stone facade shatters in positive response. In combination with physical gestures, such as door holding and other types of right-of-way generosity, both parties are gifted with at least a temporary feeling of neighborly bonding which can be most rewarding.

As most medical experts will acknowledge, breaking down those tension-stressed walls can be significantly beneficial to our health. And speaking from personal experience, the uplifting aftermath of such a personal encounter can set a positive tone for the remainder of the day. So, loosen up those facial muscles and give it a try; you won't regret it!

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

## Norfolk student earns diploma from St. Sebastian's School



Norfolk resident Gavin L. Feyler graduated from St. Sebastian's School on June 4. Feyler, shown with Head of School Brendan Sullivan, will be attending Miami University in the fall. (Photo courtesy St. Sebastian's School)

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Your Money, Your Independence

# Ignore at your peril: Why fund a Trump Account for your child

**Glenn Brown, CFP**

Save yourself the political angst, as I'm going to educate as a fiduciary on why you should open and fund a Trump Account for your child. Let me repeat: "educate as a fiduciary."

Building generational wealth via disciplined investment, forward-thinking tax planning, and unapologetic pragmatism shouldn't be partisan. Parents and grandparents need to look past political branding and understand this financial opportunity starting July 4 through the U.S. Treasury via IRS Form 4547, then deployed to major institutions, including Schwab, Fidelity, and Vanguard.

**Reality Beyond Reels**

Media outlets and social influencers are hyper-focused on flashy elements: the narcissistic naming, Michael Dell's \$6.25 billion gift, and the one-time \$1,000 newborn cash seed funded by the U.S. government for 2025–2028.

This noise has millions of parents completely ignoring the program, assuming their older children aren't eligible or out of political disdain. What a massive financial planning error.

The truth is any U.S. citizen under 18 with an SSN qualifies for a parent or grandparent established Trump Account. The real opportunity is investing up to \$5,000 annually tax-deferred, which transitions directly into a Traditional IRA in the child's name at age 18. Free of spending restrictions, this complements a 529 plan.

**Doing 10-year-old math**

Say you have a 10-year-old and max contribute \$5,000 prior to each December 31 deadline until they turn 18. Your total out-of-pocket investment over those eight years is \$40,000.

Treasury mandates require these funds to be placed in di-

versified, low-fee index funds mirroring benchmarks like the S&P 500 (which has averaged 10.5% historical annual return since its 1957 inception). Assuming a 10% annualized return over that eight-year window, this 10-year-old's account grows to \$62,897 by age 18—meaning \$22,897 is investment growth.

**The age-18 IRA handoff**

At age 18, regulations dictate the account must transition directly into a Traditional IRA under the child's control. Because your original \$40,000 in contributions was made with after-tax dollars, it carries over into that Traditional IRA as a non-deductible basis, meaning the principal can eventually be withdrawn tax-free. Why is this important?

**The Roth conversion strategy**

Instead of leaving this IRA to compound for a massive tax bill down the road, the optimal wealth-building move at age 18 is a full Roth IRA conversion. As a student entering adulthood with little to no earned income, they can exploit their standard

deductions and baseline federal tax brackets to effectively neutralize the conversion tax.

Due to pro-rata rules governing Roth conversions, your 18-year-old will owe ordinary income taxes only on the converted growth portion (\$22,897) on their own tax return, not yours.

Consider an 18-year-old Massachusetts student with zero personal income:

- **Federal Tax:** Standard deduction shields the first \$16,100 of growth. The rest falls into the 10% bracket, resulting in a \$680 tax bill.
- **State Tax:** Massachusetts applies its \$4,400 personal exemption, then levies its flat 5% tax for a \$925 obligation.

For \$1,605 paid in taxes, this Massachusetts 18-year-old has converted the entire \$62,897 into a Roth IRA. So, what now?

**A \$3.4 million Roth IRA by age 60**

If this Roth IRA is left untouched to compound at 10% annually with \$0 further added, the account will swell to over \$3.44 million by age 60—en-

tirely tax-free upon distribution.

The truth is \$3.4M today isn't the same as \$3.4M in 50 years. However, by demonstrating the power of compounding through incremental investment, you lay the behavioral foundation for your child to keep saving and investing during their career.

Ignore at your own peril, but be prepared in 20 years for: "Mom, Dad, what happened? Why didn't you choose to do this?"

*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](http://www.PlanDynamic.com). Glenn is a fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.*

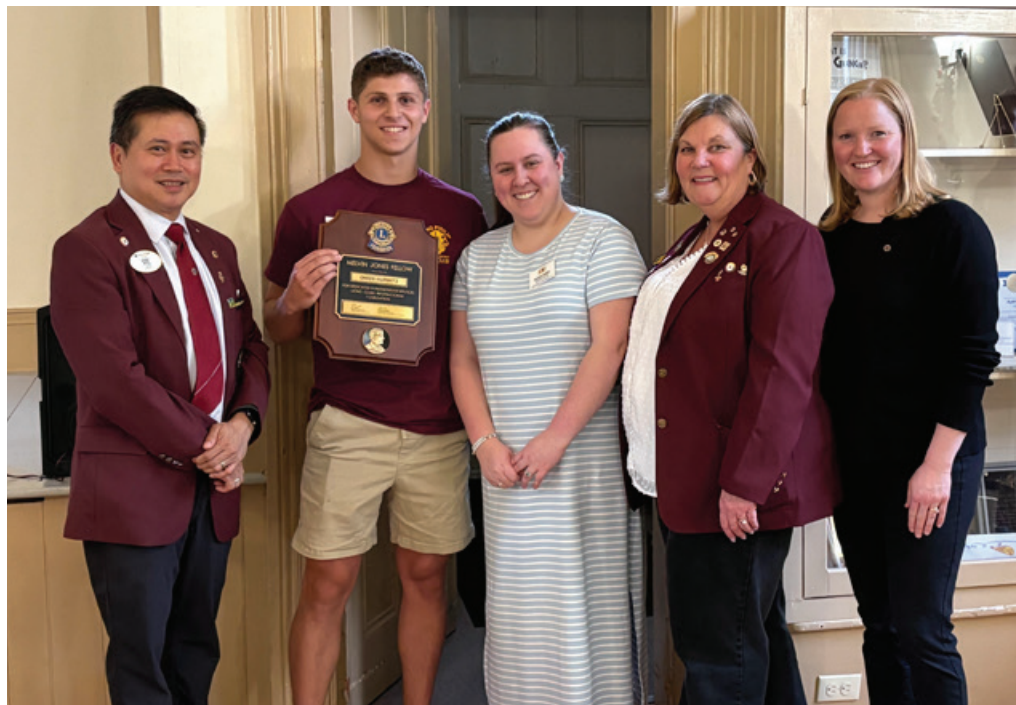
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## Norfolk student receives Lions International's highest honor

King Philip Leo Club President Owen Hurwitz of Norfolk has received the Melvin Jones Fellowship, the highest honor awarded by Lions Clubs International. The award recognizes individuals whose humanitarian service demonstrates leadership, compassion, and dedication to their communities. Hurwitz is the first Leo Club member in Massachusetts to receive the honor.

Hurwitz, a junior at King Philip Regional High School, was presented with the award by Lions District 33K Governor Anthony Baliola at a Norfolk Lions Club dinner meeting.

In presenting the award, Baliola said Hurwitz has demonstrated that "service is not simply something you do — it is a way of life." He also praised Hurwitz for balancing academics, athletics, extracurricular activities and community service



**From left, District Governor Anthony Baliola, Owen Hurwitz, King Philip Leo Club co-advisers Amanda Langley-Colletti, Tara Spellman and Chandler Ross. (Courtesy photo)**

while leading through "dedication, humility, and heart."

King Philip Leo Club advisor Amanda Langley-Coletti noted that Hurwitz joined the club as a freshman, quickly became involved in service activities, and assumed leadership roles typically held by upperclassmen. He was recently re-elected president for the 2026-27 school year.

"True leadership is not measured by titles or recognition," Baliola said. "It is measured by character, integrity, and the ability to inspire others to serve."

The King Philip Leo Club, the high school service organization affiliated with Lions Clubs International, participates in numerous community events and service projects throughout Norfolk, Wrentham and Plainville. Founded in the late 1990s, it is one of the largest Leo Clubs in the United States and welcomes high school students interested in community service.

## Norfolk Citizens Academy accepting applications

Norfolk residents interested in learning more about local government are invited to apply for the Norfolk Citizens Academy, a free 12-week program that provides an inside look at town operations and decision-making.

The program is open to Norfolk residents age 16 and older and will begin Sept. 10. Sessions will be held Thursday evenings from 6 to 8:30 p.m. at various locations throughout town.

Participants will meet with town staff and take part in interactive sessions designed to explain how town departments operate,

discuss issues facing the community, and explore opportunities for civic involvement. Sessions will be recorded and made available on the town website.

Space is limited, and a waitlist will be maintained if the program reaches capacity. Applications must be submitted by July 31 through the town's website. Residents can visit the "Our Town at Work" section at [www.norfolkmass.gov/](http://www.norfolkmass.gov/) and follow the link to the Norfolk Citizens Academy application.

For more information, contact Norfolk Town Hall at 508-440-2855.

## Metacomet Public Health Alliance collecting donations for community baby shower

The Metacomet Public Health Alliance is collecting donations for its second annual community baby shower, which will provide local families with access to resources, educational opportunities, and essential baby items.

Donations are being accepted through the end of July. Collection boxes are located at libraries, day care centers, pediatricians' offices, and senior centers in Norfolk and Wrentham. Items may also be dropped off at the Franklin, Norfolk, and Wrentham town halls.

Needed items include diapers, wipes, formula, baby food, bottles, feeding supplies,

pacifiers, baby toiletry items, infant clothing and bedding, and new or gently used toys and clothing.

The free community baby shower will bring together local organizations and health resources to support families during the early stages of parenthood.

Two events are planned:

Tuesday, Aug. 18, from 4 to 6 p.m. at the Wrentham Senior Center, 400 Taunton St., Wrentham.

Tuesday, Aug. 25, from 4 to 6 p.m. at the Norfolk Public Library, 2 Liberty Lane, Norfolk.

For more information, call 508-384-5485.

## Norfolk resident named president of national organ donation organization

Norfolk resident Allison Erickson, Chief Administrative Officer of New England Donor Services (NEDS), has been named president of the 2026-2027 Board of Directors for the Association of Organ Procurement Organizations (AOPO), the national organization representing the nation's 55 organ procurement organizations.

Erickson assumed the role on June 22. She has been with NEDS for more than 16 years, helping guide the organization's growth into one of the nation's largest organ procurement organizations. During her tenure, she has led workforce development initiatives, leadership programs, and organizational expansion efforts.

"Ali's outstanding leadership represents the best of New England Donor Services," said Alexandra K. Glazier, president and CEO of NEDS.

Founded in 1984, AOPO

works to advance organ donation and transplantation across the United States. Erickson's ap-



**Allison Erickson, Chief Administrative Officer of New England Donor Services, has been named president of the Association of Organ Procurement Organizations' 2026-2027 Board of Directors.** (Photo courtesy of New England Donor Services)

pointment comes as organ procurement organizations navigate evolving federal regulations and ongoing efforts to increase organ donation and transplantation opportunities for patients nationwide.

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# The college essay - let the student's voice be heard!

Since I always have new readers, I share this article every year. It is my favorite - I love reading words of wisdom from the masters of admissions. However, this year I added a new piece of advice about AI.

Selecting a college essay topic can become the most challenging aspect of the application process. Students often search for the perfect topic that is not cliché, while feeling pressure to create a fascinating story that has never been told before. The truth is, all stories have been told before: the comeback after a basketball injury, the mission trip that changed your life, the patience you showed while vacationing with 30 family members in a small cabin with one bathroom. The lesson is that there is no one unique topic - they have all been done.

Does this mean you should settle for mediocrity? No. It does mean that you need to differentiate yourself by finding YOUR voice, making sure it is heard, and unveiling the fantastic and authentic YOU in your story.

Here are a few tips from the masters.

## AI does not make you authentic.

"...I guarantee that any essay one writes with the help of AI is

not going to be nearly as good or authentic as one that an applicant composes on their own. And, remember, we're trying to build a community of learners who will contribute to the academic and social fabric here, so we count on authenticity in the application. Also, you are asked to sign off on your application verifying that the work is yours alone." *Karen Richardson, Dean of Admission at Princeton.*

## Just make sure that the story you're telling is uniquely YOURS.

"I believe everyone has a story worth telling. Don't feel like you have to have had a huge, life-changing, drama-filled experience. Sometimes the seemingly smallest moments lead us to the biggest breakthroughs." *Maggie Schuh, high school English teacher in St. Louis.*

## Tell a good story.

"Most people prefer reading a good story over anything else. So... tell a great story in your essay. Worry less about providing as many details about you as possible and more about captivating the reader's attention inside of a great narrative. I read a great essay this year where an applicant walked me through the steps of meditation

and how your body responds to it. Loved it." *Jeff Schiffman, Director of Admissions at Tulane University*

## Write like a journalist.

"The first few sentences must capture the reader's attention, provide a gist of the story, and give a sense of where the essay is heading. Think about any article you've read - how do you decide to read it? You read the first few sentences and then decide. The same goes for college essays. A strong lead will place your reader in the "accept" mindset from the beginning of the essay. A weak lead will have your reader thinking "reject" - a mindset from which it's nearly impossible to recover." *Brad Schiller, MIT graduate and CEO of Prompt*

## Write like you speak.

"You should use words and phrases that you would actually use in everyday conversation. The most meaningful essays are those where I feel like the student is sitting next to me, just talking to me". *Kim Struglinski, admissions counselor from Vanderbilt University.*

## Read it aloud.

"Reading your essay aloud is the best way to corroborate



Maryline Michel Kulewicz and Tracy Sullivan of College 101 Admissions Consultants

that your essay is revealing your voice. Do you feel the emotions? Is it a good story? Is the reader learning something valuable about you? And, will the admission reader say 'yes, I can see this student making a difference at our college?'" *Tracy Sullivan & Maryline Michel Kulewicz, College 101 Admission Consultants*

There are so many admission resources out there. I really enjoy reading Rick Clark's Georgia Tech Admission Blog. He is knowledgeable, honest, and tells an engaging story. Hint: elements of a good essay!

The college tips were paraphrased from College Essay Guys's "35+ Best College Essay Tips from College Applica-

tion Experts" plus "Navigating College Applications with AI: What Colleges Say + CEG's Advice to Students and Counselors."

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Docket No. NO26P1572GD  
In the Matter of: Marc Lemene of: Bridgewater, MA:  
Respondent: Alleged Incapacitated Person

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

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

**You have the right to object to this proceeding.** If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of 07/15/2026. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

### IMPORTANT NOTICE

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

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

Date: June 11, 2026  
Colleen M Brierley, Register of Probate

## PAN MASS CHALLENGE

## Cherry Street: Where Wrentham cheers the PMC

By JOE STEWART

Every August, thousands of cyclists make their way across Massachusetts to raise money for cancer research. And every year, Cherry Street in Wrentham becomes one of the loudest, most welcoming spots on the entire route.

The Pan-Mass Challenge, known as the PMC, is an annual bike ride that has raised more than \$1.1 billion for Dana-Farber Cancer Institute since it began in 1980. According to the PMC, it raises more money for charity than any other single athletic fundraising event in the country. One hundred percent of all rider-raised funds go directly to Dana-Farber.

This year's ride takes place the first weekend in August.

**A street that grew into a tradition**

The Cherry Street celebration traces back to 1980, the first year of the PMC. That year, Donna Lee Dunn's mother was fighting cancer. Two riders stopped to chat with her. One of them, Jaime Schier of Hudson, leads a team called



The Loud Steel band, 2023. (Contributed photo)

FORZA-G. He has carried a photo of Donna Lee's mother on every ride since. He includes her photo in his thank-you notes to donors. Every year, he and his team stop on Cherry Street to say hello.

In the mid-1980s, James Dunn installed about a dozen flags on the telephone poles along the street. Over the years, that number has grown to roughly 40 flags. Team FORZA-G now helps put the flags up in May and takes them down in November. In some years, red ribbons have been tied around the trees as well.

Over time, the entire street got involved. Donna Lee de-

scribed it as all hands on deck on ride day, including a neighborhood picnic to wrap up the afternoon.

**Music, energy, and a wave of riders**

Live music is part of what makes Cherry Street stand out. Two groups have been performing there for years: Loud Steel is a steel drum band formed by Ryan Loud, a former percussion specialist at King Philip Regional High School, and the Colonial Pipers Bagpipe Band is a youth bagpipe and drum group that practices in Norwood.

Ericka Flaherty, a Wren-

tham resident who joined Loud Steel around 2018, described what it's like on the street when the riders come through. The band sets up around 7 a.m. just after the turn from West Street onto Cherry Street. The riders flow through in waves and the excitement on the street gives them a surge of energy.

Crowd favorites include selections from a Harry Belafonte catalog featured in Tim Burton's 1988 film *Beetlejuice* and a Bob Marley medley that includes "One Love" and "Buffalo Soldier." Flaherty said the PMC is such a special event that the entire band looks forward to it every year.

**A Wrentham family's story**

For Josh Person, Cherry Street is a special place and it's a road he rides past regularly. He estimated he rides it about 100 times a year.

Josh, a Wrentham resident, has a deep personal connection to the PMC. He shared that his mother, Barbara, was diagnosed with breast cancer in 1999. In 2004, Josh, Jamie (his wife), and Eric (his brother) rode the PMC. His mother's

condition worsened that summer and training for the PMC was a great way for them to clear their heads during a difficult time. His mother passed away on August 5, two days before the PMC. His father reminded them that Mom wanted them to ride, no matter what.

August 7, 2004, was a wonderful day: they were exhausted when they rode into Bourne together but also exhilarated that they had accomplished the ride under the circumstances.

Josh's father later passed from cancer in 2024.

In 2024, Josh's son Matt began riding as well. Now on his fourth ride, Matt and his father are riding the full two-day route: College of the Holy Cross in Worcester to the Massachusetts Maritime Academy Bourne on August 1, then Bourne to Provincetown, roughly 177 miles in total.

Matt said his father and uncle inspired him to get involved. He was struck by what he saw on the road: many rid-

**CHERRY STREET**

*continued on page 14*

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PAN MASS CHALLENGE

# Norfolk father continues to ride toward a cure

By GRACE ALLEN

Twenty years after his son Jack was diagnosed with osteosarcoma, Norfolk resident Vince Manning is preparing for his 17th Pan-Mass Challenge ride, continuing a fundraising effort that has raised more than \$144,000 personally and nearly \$500,000 through Team Jack.

This year's ride holds special significance, marking two decades since Jack's cancer diagnosis. Manning said his family's experience at Dana-Farber Cancer Institute and the Jimmy Fund inspired him to give back through the annual cycling fundraiser.

"We were so fortunate to have access to the best doctors and staff in the world right at Dana-Farber and the Jimmy Fund," Manning said. "They saved Jack's life, and the PMC was the perfect vehicle to repay them, as well as help and support others. It's always been about paying it forward."

The Pan-Mass Challenge raises money for cancer research and treatment at Dana-Farber, with 100 percent of rider-raised funds going directly

to the organization.

Jack, now 28, is doing well and occasionally rides alongside his father. What keeps Manning returning year after year is the PMC's mission and the impact of the fundraising.

"We experienced it firsthand when Jack was getting treatment," Manning said. "We've seen directly the benefits of their efforts."

He also described the atmosphere surrounding PMC weekend as uniquely inspiring, especially at local segments like Cherry Street in Wrentham and other neighborhoods where residents line the streets, encouraging the riders.

"The infectiousness of PMC weekend cannot be lost on anybody," he said. "I challenge anybody to go cheer somebody on, go to a rest stop, ride it, and not get hooked on it."

Manning said advances in cancer research give him hope, particularly for pediatric cancers such as osteosarcoma.

"The protocols for osteosarcoma had not changed in 30 or 40 years," he said. "Now there's been an increased focus



Vince Manning, left, and his brother John have helped raise nearly \$500,000 for Team Jack through the Pan-Mass Challenge, supporting cancer research and patient care at Dana-Farber Cancer Institute. (Courtesy photo)



Approaching the Provincetown finish, brothers John, left and Vince Manning participate in a previous Pan-Mass Challenge ride. (Courtesy photo)

on updating them, all through research. That research comes from the money the Jimmy Fund receives. And half of its budget comes from the PMC."

Manning said cancer remains a difficult diagnosis for any family, but he encourages those facing it to seek support.

"Nobody wants to hear that they have cancer or a loved one has cancer," he said. "Find the strength to take advantage of all the resources available and lean

into the help offered through friends, family and the medical team that you're working with. You will need that help."

As he rides across Massachusetts this August, Manning said his thoughts will be with Jack and the many people, including other close relatives, whose lives have been touched by cancer.

"Jack is always at the top of my mind when we ride," he said. "Throughout the ride you think of all the ways you've been

touched by cancer and how what you're doing right here in the moment is making a difference."

Asked why he continues to ride, after 17 years, Manning's answer was simple.

"I want to be part of the cure."

Manning's fundraising goal for the 2026 Pan-Mass Challenge is \$12,000. To support his efforts, visit his personal donation page at <https://profile.pmc.org/vm0028>.

## Local residents to participate in the 2026 Pan-Mass Challenge

On Aug. 1 and 2, thousands of riders, including 31 participants from Norfolk and Wrentham, will take part in the Pan-Mass Challenge (PMC), a bike-a-thon across Massachusetts, with the goal of raising \$79 million for cancer research and patient care at Dana-Farber Cancer Institute (Dana-Farber).

PMC 2026 will include one or two-day routes ranging from 25 to 177 miles. Most riders participate in honor of a family member or friend fighting cancer, and many are cancer survivors or current patients, considered "Living Proof" of the PMC mission. The PMC raises more money for charity than any other single athletic fundraising event in the U.S.

The PMC would not be possible

without the thousands of people who volunteer their time and energy to support the event. Volunteers man water stops, direct traffic, set-up and breakdown rider support areas, set up tents and inflatable mattresses, load and distribute rider luggage, and operate shuttles.

To learn more about the PMC, or to make a financial contribution to a rider or to register as a rider, visit [www.pmc.org](http://www.pmc.org).

Thank you to the following local participants:

**Norfolk Riders:** Justin Andrews, Susan Bloom Brooks, Jessica Boulter, Andrew Cleverdon, Amber Davey, Brian Donegan, Rob Duffy, David Dwyer, Jack Dwyer, Wayne Johnson, Robert Kilroy, David Lawson, John Maheu, Paul Macrina, John

Marland, Vincent Manning, Joseph Paleologos, Thomas Piacentini, Michael Quinn, Abby Rapa, Ed Rapa, Frank Reilly, Andrew Wolff.

**Wrentham Riders:** David Hennessey, Summer Hofeldt, William Gotschewski, Eugene Morrison, Christopher Pacella, Josh Person, Matthew Person, Thomas Pruell.

**Norfolk Volunteers:** Andrew Bauer, Elizabeth Manning, Dan Lawson, Jack McCarron, Andrew Nardini, Joy Quinn, Sarah Smith.

**Wrentham Volunteers:** Mary Farrelly, Deanna Hennessey, Michele Harvey, David Marshak, Isabelle Milne, Andrea Murphy, Chris Roman, Donna Roman, Adam Sklar, Janet Sozio.



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## PAN MASS CHALLENGE

## Kids pedal for a cure in Franklin

By JOE STEWART

On a Sunday morning in early June, dozens of children lined up at Washington Street Elementary School in Franklin, eager for the 8:30 a.m. start. They were there to ride bikes — and to fight cancer. The Franklin PMC Kids Ride took place on June 7 and it is part of the Pan-Mass Challenge (PMC), a statewide cycling fundraiser that supports cancer research and treatment at Dana-Farber Cancer Institute.

Two local teachers were among the organizers helping make it happen.

Patrick Brogan teaches fourth grade at Freeman-Kennedy School in Norfolk. About 10 years ago, his neighbor Lisa Marchioni, one of the ride's founding coordinators, told him about the event. Patrick rode with his son. His wife Nancy then joined the organizing committee.

Jen Lyons teaches second grade at Lincoln Street K-2 Elementary School in Franklin. She is also a friend of Marchioni's and got involved around the same time, bringing her two children along.

Both teachers have kept coming back year after year. So have their students.

Patrick formed a student team called the Broganators. The idea was to give his fourth graders a goal and a reason to fundraise together. This year the team had 40 riders and raised about \$6,800. The kids ran



Riders prepare to start the PMC Kids Ride Franklin on June 7. (Facebook/PMC Franklin Kids Ride)

a lemonade stand and made bracelets using PMC beads to collect donations.

Jen formed a team called the Peddling Pandas. This year her team had about 25 riders and raised approximately \$3,000.

The parents get involved too, Patrick and Jen noted. And the excitement builds. Kids are so energized for the 8:30 start, they said.

One of Jen's second graders summed it up: "This is the best day of my entire life!"

#### Routes for every rider

The ride offers options for all ages and skill levels. Older, more experienced riders can take on a 10-mile route through the backroads of Franklin, including two significant hills. A 6-mile route

covers similar terrain with fewer hills. A 3-mile flat route loops back to the school.

For the youngest participants, typically age 6 and under, there is a "Tikes & Trikes" ride around the parking lot. Big wheels, tricycles, scooters, and training wheels are all welcome on that course.

#### A community effort

The ride is organized by Lisa Marchioni and Lisa Cronin, along with committee members Nancy Brogan, Sharon Baryluk, and Heidi Winiker. Local businesses provide sponsorship support, and volunteers help at water stops and along the routes.

This year's PMC Pedal Partner, a child in treatment at the Jimmy Fund Clinic paired



with the Franklin ride, is a girl named Tessa. Her family shared that the Jimmy Fund has been a source of hope and support through her treatment.

#### Twenty years, \$750,000 and counting

The Franklin PMC Kids Ride has been running for about 20 years. This year alone, it raised approximately \$45,000. Over its lifetime, it has raised more than \$750,000.

Every dollar counts and goes where it is intended: 100% of all rider-raised funds go directly to Dana-Farber Cancer Institute and The Jimmy Fund.

Patrick and Jen both said the same thing when asked why they keep coming back: everyone has been touched by cancer in some

way. This ride gives kids a way to do something about it.

It also gets them on bikes. Both teachers noted that the event motivates children to learn to ride and to ditch the training wheels.

#### How to get involved

The Franklin PMC Kids Ride is open to children ages 3 to 14. Registration is \$20, with a \$40 fundraising minimum. A virtual rider option is also available for those who cannot ride in person.

For information on next year's event, visit [kids.pmc.org/franklin](http://kids.pmc.org/franklin) or follow the ride on Facebook and Instagram.

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#### CHERRY STREET

continued from page 12

ers are cancer survivors themselves. Their presence, he said, is a direct reminder of what the fundraising makes possible. He also noted the scale of the event: riders come from nearly every state and multiple countries. Donations, he said, are having a direct and significant

impact on cancer research.

#### How to support the PMC

The PMC ride takes place August 1-2. Riders, volunteers, and donors can learn more and contribute at [pmc.org](http://pmc.org).

Those who want to cheer riders are welcome on Cherry Street on Saturday, August 1. Riders typically start coming through around 7:30 a.m. and finish before noon.

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

# The b.LUXE *beauty beat*

## Your Summer Beauty Capsule: less fuss, more fun

BY GINA WOELFEL

Summer has exactly zero patience for complicated beauty routines. Neither do we!

That's why we created the **b.LUXE Summer Beauty Capsule**, a collection of services and products designed to help you look polished and confident all season long.

From low-maintenance hair color and beach-proof lashes to glowing skin and simplified routines, we've rounded up our warm-weather favorites.

Think of this as your cheat sheet for an easier summer. Less time getting ready. More time enjoying everything that makes summer, summer.

### Lash Lift and Tint: the best decision you'll make before you hit the beach

No mascara. No smudging. No standing in a beach bathroom trying to fix what the ocean already ruined. And no going without the look of thick, full lashes! A lash lift and tint works with your natural lashes, lifting, curling, and deepening them so beautifully that you will genuinely forget you are not wearing a thing. Results last six to eight weeks, which in summer math translates to basically the whole season. It's easy to see why this service is a summer staple for so many of our guests.

### Brow Tint: five minutes, a whole summer of payoff

Pair your lash lift and tint with a brow tint and your face is simply done for the day. Defined brows have a remarkable way of pulling everything together, and

this quick service delivers weeks of low-maintenance payoff. It's quite possibly the most underrated five minutes you will ever spend in the studio.

### Waxing: because summer is too short for shaving

Summer was made for spontaneous plans, not daily shaving. Professional waxing offers weeks of smooth skin without reaching for a razor. Few services deliver such a big payoff with so little upkeep. Brows, lip, chin, arms, legs, bikini, you name it. One appointment and you're free to enjoy every spontaneous sundress moment the season has in store.

### Low Maintenance Hair Color: sun kissed without the upkeep

If your current color requires a standing appointment every few weeks, summer is gently suggesting you reconsider. Balayage and softly blended highlights are everything warm weather hair color should be: beautiful on day one, even more beautiful as they grow, and wonderfully low demand. Our color specialists will work with your natural tones to create something that looks as though the sun itself did the work (and only you'll know the truth!)

### Air Dry Products: your blow dryer has earned a vacation

Nobody should be standing over a heat tool when it is 85 degrees outside. The right air dry products change everything, enhancing your natural texture, taming frizz from humidity,

and turning what used to be a frustrating hair day into a rather good one. Wavy, curly, or somewhere wonderfully in between, our stylists will match you with exactly the right products and send you home with simple techniques that work. Your hair and your sanity will both benefit.

### The Power of 3 Facial with dermaplaning: because your skin deserves a moment

Our Power of 3 Facial is a results-driven treatment that combines dermaplaning, a customized brightening peel, and a soothing mask. Together, these three services gently remove dead skin cells, fine vellus hair, and surface buildup that can leave skin looking dull. Sun exposure, humidity, and heat are not exactly your complexion's best friends, making this treatment the perfect summer reset.

The result? Smoother, fuzz-free, radiant skin with no harsh chemicals, no downtime, and no discomfort. Even better, your skincare products absorb more effectively, helping you get the most from your at-home routine.

If you're curious about professional skincare but aren't sure where to begin, this is an excellent place to start. Our skincare team is always happy to answer questions and help you find the treatments that make the most sense for your skin.

### Tinted SPF by G.M. Collin: never face the sun without it

If daily SPF is not already part of your routine, we say this with complete affection: it needs to be! G.M. Collin's tinted sun



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protection is an award winning industry favorite that earns every bit of its reputation. It evens your skin tone, softens imperfections, and protects you from harmful rays all in one effortless step. It's the kind of product that makes you wonder what you did without it!

### Ready to build your Summer Beauty Capsule?

Your Summer Beauty Capsule does not have to include everything on this list. It just has to include what works for you. And the b.LUXE team is here to help.

If you're not sure where to start, our team is always happy to help. Visit us at b.LUXE Hair & Makeup Studio in Medway or learn more at bluxe.com.

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## This month at the Norfolk Senior Center

The Norfolk Senior Center will offer a variety of educational, cultural and social programs throughout July.

Among the month's featured events are a virtual two-part presentation on Newport's Gilded Age mansions (July 6 and 20), a travel photo presentation exploring Iceland, the British Isles and Nordic countries (July 7), and a musical sing-along program, Musical Nostalgia (July 8).

A six-week Powerful Tools for Caregivers program begins July 9, providing family caregivers with strategies for self-care and stress management. Other special programs include a Heart to Home Meals tasting (July 14), an art history presentation on early New England seascapes (July 16), a drumming circle led by neuroscientist

Kymberlee O'Brien (July 21), and a meet-and-greet with Town Administrator Rob Garrity (July 22).

Technology users can attend iPhone Essentials on July 28, while music lovers can enjoy a jazz concert on July 29. Local artist Julie Harold will lead a lemon-painting class on July 31.

Regular monthly groups continue, including the Solo Ager Group, Veterans' Group, Coffee with a Cop, Connections Café and the Norfolk Memory Café.

The Center also offers weekly fitness classes, games, arts activities and day trips, including visits to Cumberland, R.I., Duxbury and Battleship Cove.

For information or to register for programs, contact the Norfolk Senior Center.

LIVING HEALTHY

# Understanding macular degeneration:

## Causes, symptoms, and new treatment options

By ROGER M. KALDAWY, M.D.

### What is macular degeneration?

Age-related macular degeneration (AMD) is one of the leading causes of vision loss in adults over the age of 50. The disease affects the macula, the central portion of the retina responsible for sharp, detailed vision needed for reading, driving, recognizing faces, and performing daily activities. Although AMD usually does not cause total blindness, it can significantly impair central vision and reduce independence and quality of life if not diagnosed and treated early.

AMD develops from aging changes within the retina combined with genetic and environmental factors. Over time, retinal tissues become less efficient at clearing waste products,

leading to deposits called drusen beneath the retina. Several risk factors increase the likelihood of developing AMD, including advancing age, family history, smoking, high blood pressure, high cholesterol, obesity, ultraviolet light exposure, and poor nutrition. Because early AMD can progress silently, routine eye examinations remain essential for early detection.

### Common symptoms of AMD

Patients with macular degeneration may experience blurred central vision, distortion of straight lines, difficulty reading, trouble recognizing faces, dark or empty areas in central vision, reduced color sensitivity, or an increased need for brighter lighting. Symptoms may develop gradually or suddenly depending on the type of AMD

**UNDERSTANDING MACULAR DEGENERATION**

**THE MACULA**  
The macula is the part of the retina responsible for sharp, central vision needed for everyday tasks like reading and driving.

**TWO TYPES OF MACULAR DEGENERATION**

**WET AMD**  
Caused by abnormal blood vessels that leak fluid or blood under the retina. It can cause rapid vision loss but can be treated with injections.

**DRY AMD**  
Caused by the gradual breakdown of retinal cells over time. It is the most common form and until now, had no direct treatment.

involved.

There are two primary forms of AMD: wet macular degeneration and dry macular

degeneration. Although both affect the same part of the retina, they behave very differently and require different treatment approaches.

tion therapies using the latest evidence-based treatments available today. Early diagnosis remains critical because time equals vision.

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### Wet macular degeneration: the more serious form

Wet AMD is less common but far more aggressive and dangerous. In wet AMD, abnormal blood vessels grow beneath the retina and leak blood or fluid into the macula, causing rapid and potentially permanent vision loss if treatment is delayed. Patients may suddenly notice wavy vision, blurred central vision, distortion, or dark spots that worsen over days or weeks. Because vision can deteriorate quickly, wet AMD requires urgent evaluation and treatment.

Fortunately, major advances in retinal medicine have dramatically improved outcomes for patients with wet AMD through the use of intravitreal injections. These specialized medications are injected directly into the eye and work by reducing abnormal blood vessel growth and leakage. These treatments have revolutionized wet AMD care and have helped many patients stabilize or even improve their vision.

At Milford Franklin Eye Center, patients with wet AMD have access to advanced retinal diagnostics and modern injec-

### Dry macular degeneration: the most common form

Dry AMD accounts for approximately 85–90% of all cases of macular degeneration and progresses more slowly than the wet form. In dry AMD, retinal cells gradually deteriorate over time, leading to progressive central vision loss. Although it is generally less aggressive than wet AMD, dry AMD can still significantly affect quality of life and independence.

Traditionally, ophthalmologists often had difficult conversations with patients diagnosed with dry AMD because there was no direct treatment available for the disease itself. Patients were commonly told, “You have the dry form of macular degeneration. Unfortunately, there is no treatment available.” While vitamins, lifestyle modifications, smoking cessation, and monitoring could sometimes slow progression, there historically has been little available to directly target the disease process.

LIVING HEALTHY

# Let the sun shine in

Vitamin D is a fat soluble vitamin that is essential for health. It keeps your bones strong, can improve your mental health and helps you sleep. According to the NIH almost 1 in 4 U.S. adults are considered low in vitamin D. Over the past several years vitamin D deficiency has become more common due to being inside more and not getting enough sunlight. To gain the benefit from the sun you must have your face, chest and arms in direct sunlight with no sunscreen for 20 minutes per day. Living in the north east makes this is very challenging.

Most patients with vitamin D deficiency are asymptomatic, however if you're exhausted, your bones hurt, you have muscle weakness and or mood changes, that's an indication that something is abnormal in your body. Additional symptoms of vitamin D deficiency include: fatigue, not sleeping well, bone pain, depression or feelings of sadness, hair loss, loss of appetite and pale skin.

Michelle L came into our office complaining of exhaustion, muscle aches, depression and loss of appetite. Upon taking a history I was made aware that

she hadn't been feeling well for several months and she works remote spending most of her time inside. Michelle was immediately sent for blood work. Blood work showed that her vitamin D was 12. Normal is 30-100. Michelle was started on a high dose regimen of vitamin D for 3 months and re-evaluated. She noticed significant changes in her symptoms very quickly and has returned to her normal self.

If you are suffering from these or similar symptoms don't hesitate to contact THE HOLISTIC CENTER AT BRISTOL SQUARE (508)660-2722



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EYES

continued from page 16

**A new breakthrough: PMB therapy for dry AMD**

That is now beginning to change with the emergence of PMB therapy, one of the most exciting recent advances in ophthalmology for dry macular degeneration. PMB represents a promising new treatment option that offers hope to patients who previously had limited choices beyond observation and supportive care. This innovative technology may help slow disease progression and preserve functional vision in patients with dry AMD.

Milford Franklin Eye Center is proud to be among the first

practices in Massachusetts to offer PMB therapy and currently remains the only practice in the area providing this advanced treatment option for dry AMD patients. This reflects the practice's commitment to bringing state-of-the-art retinal care and innovative technology to the community.

**On-site retina specialty care**

Milford Franklin Eye Center is also proud to provide on-site retina specialty care through Dr. Alyse Richard, a highly trained retina specialist dedicated to the diagnosis and treatment of retinal diseases including dry and wet macular degeneration, diabetic retinopathy, retinal vascular disease, retinal tears, and other

complex retinal conditions.

Dr. Richard combines advanced subspecialty expertise with compassionate, patient-centered care and is committed to helping patients preserve their vision using the latest evidence-based treatments available today. Having on-site retina specialty care allows patients to receive comprehensive retinal evaluations, advanced imaging, injections, monitoring, and ongoing treatment in one convenient location.

**Early evaluation can preserve vision**

Macular degeneration remains one of the leading causes of vision loss in older adults, but advances in retinal care are rapidly transforming outcomes for patients. Early evaluation and treatment can make a meaningful difference in preserving vision, maintaining independence, and improving quality of life.

If you or a loved one has been diagnosed with dry AMD, now is the time to learn more

about this exciting breakthrough in treatment. Patients are encouraged to contact Milford Franklin Eye Center for immediate appointments and second opinions regarding this revolutionary new technology that is changing the future of dry macular degeneration care.

For more details, see our ad on page 12

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SPORTS

# King Philip baseball makes history with first-ever state championship

By MATT HYLEN

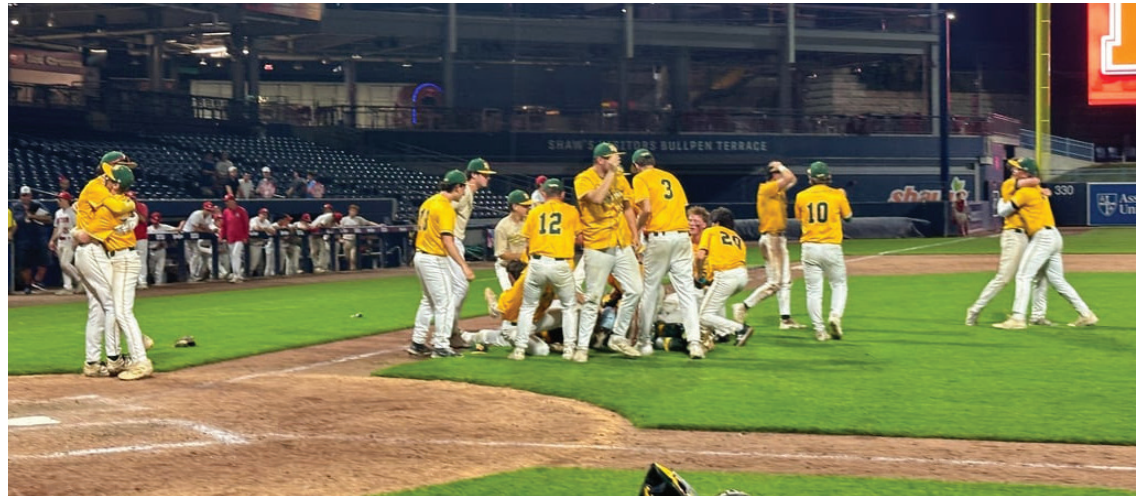
The King Philip Regional High School baseball team did something no group before it ever could, capturing the program's first-ever state championship on June 12 and etching its name into Warriors history for good.

"It means everything to our staff and players," Plympton said. "The team all worked so hard to get to this point. There've been great teams over my years leading the program, but this group was able to finish it off, and that's special. They've made their mark."

What makes the achievement even more striking is the context surrounding it. Coming into the season, KP had lost the majority of its starting lineup from a team that made the Division 1 Final Four a year ago, along with its entire starting rotation. By most outside assessments, a rebuilding year seemed the most realistic outcome.

Plympton never saw it that way.

"We had high expectations coming into the season, even if others counted us out," Plympton said. "These guys put in the



The King Philip Regional High School baseball team celebrates its first state championship in program history after a 4-1 win on June 12. (Photo courtesy King Philip Regional School District)

work and wanted to prove to everyone that they were the best. Safe to say they proved that on Friday night."

The early portion of the season was a process of discovery. Plympton said the team played good baseball throughout, but it wasn't until the back half of the year that everything began to truly click.

"Towards the end of the season, I liked how we started playing on both sides of the ball," Plympton explained. "The bats started to come alive, and I

knew if we paired that with our pitching, we would be in a great spot."

Once the postseason arrived, the Warriors were a team on a mission. However, once the team was championship bound, there was unfinished business to attend to.

"We came up short two times against Milton in '22 and '23, but we got another chance against them this year," Plympton said. "Since the Final Four game, they've been locked in on our goal of winning it all."

The driving force behind that focus came from the top of the roster. Captains Leo Dowling, Johnny Prater, and Brady Herlin set the tone day in and day out, but Plympton was quick to note the leadership extended well beyond those three.

"Great leadership and determination were the main factors," Plympton said. "Our captains were fantastic the whole season, and especially down the stretch. Yet it wasn't only just the captains. There were plenty of guys that led by example day in and day out.

pete in equal measure, and knew exactly when to flip the switch.

"This team plays very loose... they go out and have a fun time, but they are also an intense bunch when they step on the field for game days," Plympton stated.

Since Plympton took over the program, the results speak for themselves. In six years under the Warriors' skipper, KP has appeared in three state finals, four Final Fours, and now a championship to show for it.

As the confetti settled, Plympton found himself thinking not just about the trophy, but about what this group of young men will carry forward long after the season ends.

"I hope they take away that they are one of the most successful teams to ever come through this program," Plympton said. "I hope they take all of the great memories and know that we are doing things the right way. Winning is a byproduct of a good culture and good people. I hope they take the lessons they've learned and carry them throughout their life."

For Plympton, a KP kid who came home and built something special, and for a roster that

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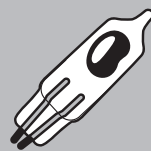
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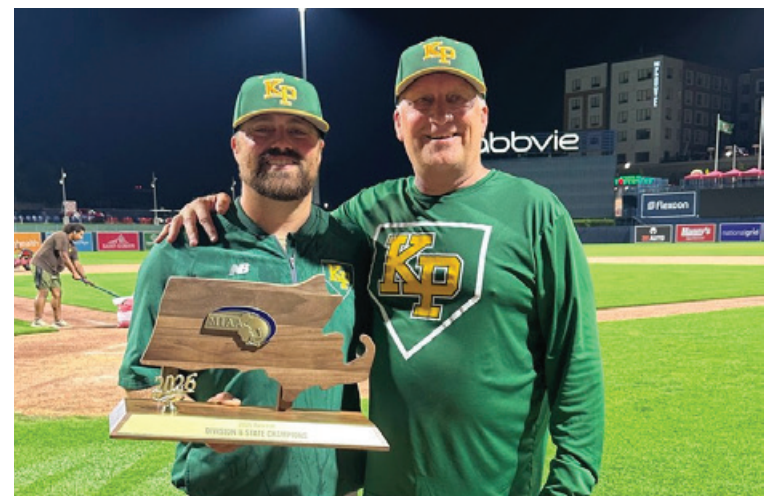
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Head coach Jeff Plympton Jr., left, with his father, assistant coach Jeff Plympton, at the conclusion of the team's MIAA Division 2 State Championship game victory. (Photo courtesy King Philip Regional School District)

This team was determined to be the first to finish the job, and they went out and proved it."

The personality of this group also stood out as something unique. Plympton described a team that carried a rare combination of looseness and intensity, one that could laugh and com-

refused to let the doubters write their story, this championship win was the ultimate payoff. King Philip baseball is a state champion for the first time, and something tells me they have no intention of letting that standard slip.

SPORTS

# King Philip softball captures state title in Fallon's farewell season

By MATT HYLEN

A decade after its last state title, the King Philip softball team put together a memorable 2026 campaign, culminating in a state championship on June 13. The victory marked the end of head coach Kate Fallon's final season, capping a coaching career built on hard work, accountability and confidence in her players.

"Just pure joy," Fallon said the feeling was once the final out was made. "The kids have been wanting this for so long. It's always been the number one goal they wanted to accomplish, and to just do it, it was pure elation. I was so proud of them."

The road to a state title was far from straightforward for the Warriors. The team hit a low point during April vacation week, dropping a rough game against Bridgewater-Raynham that forced a moment of honest reflection within the program. Rather than let it derail the season, Fallon said it served as a turning point.

"It was probably the lowest point of our season," Fallon said. "But it was one of those games where you realize, you can only go up from here. What kind of team do you want to be? Where do you want to go from here? They kind of shifted their focus. They understood this wasn't going to be handed to them. They needed to work harder, put more in on the offensive end, and everyone needed to show up in their role."

From that point forward, KP was a different team. By the end of May, things began clicking in a major way. Once the playoffs arrived, Fallon said her group was locked in from the opening pitch.

"They were all business," Fallon said. "Like they were on a mission. You could see it at practice, the way they prepared, the way they showed up to games. Their focus was entirely on bringing home this state championship."

A significant piece of that mission ran through ace



pitcher McCoy Walsh, who put together one of the most dominant individual seasons the state has seen in recent memory.

According to Fallon, Walsh finished the year with 281 strikeouts and just shy of 900 career punchouts, closing at 887 for her career, routinely racking up double-digit strikeout performances throughout the season.

"She was probably one of the most dominant pitchers in the state of Massachusetts this past season," Fallon said. "She takes care of anywhere from 12 to 16 outs per game on her own. That only leaves us with a handful we need to get defensively."

While Walsh dominated in the circle, the offense was powered by outfielder Ali Gill, who had a season for the record books. Gill slugged 18 home runs, drove in 51 RBIs, and scored 43 runs, numbers that consistently gave the rest of the lineup a spark.

"As soon as Ali capitalizes, she just gives the rest of the team that confidence and that pass-the-bat mentality," Fallon said. "Throughout the tournament, we just passed the bat. She'd get that first big hit, and it just got everybody else rolling."

Beyond the individual performances, Fallon was quick to point to the collective nature of what this group accomplished. In a program with a winning tradition, a championship had been elusive for nearly a decade, but the desire to reclaim it had never faded.

"KP's always been a front runner for softball," Fallon said. "For a state championship to be out of reach for that many years, it was tough. But they wanted to win it so badly, and to see the hard work they



The 2026 season marks the end of head coach Kate Fallon's coaching career. (Photo courtesy Ryan Lanigan/HockomockSports.com)

put in pay off... that's one of the best things you can ask for as a coach."

That closeness extended beyond the stat sheet. Fallon described this group as uniquely tight-knit, a team where every player understood their role and embraced it, regardless of where they stood in the lineup.

"They're very close knit, very supportive of one another," Fallon said. "They all have the same goal and they

all put the work in towards that goal. No matter what position you are or what your role is on the team, everyone just showed up, supported one another, and did their job."

For Fallon, the win carried extra significance beyond the trophy. This was her final season behind the KP dugout, a decision she had made at the

**SOFTBALL**

*continued on page 21*

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# KPHS announces valedictorian, salutatorian for Class of 2026

King Philip Regional High School has announced Aarush Patlola of Plainville as valedictorian and the Lauren Obara of Norfolk as salutatorian for the Class of 2026.

“Aarush and Lauren have distinguished themselves through years of hard work, dedication and a commitment to excellence both inside and outside the classroom,” said Superintendent Dr. Rich Drolet. “They have excelled academically and been natural leaders in service to the King Philip community, which has earned them the respect of their classmates and teachers. We congratulate them on this well-deserved recognition and look forward to all they will accomplish in the future.”

### Valedictorian Aarush Patlola

“In every capacity, Aarush exhibits integrity, curiosity, and a dedication to impact,” said Principal Bottomley. “Beyond his exceptional academic achievements, he possesses a rare combination of intellectual depth and emotional maturity,



From left, King Philip Regional High School valedictorian Aarush Patlola (Plainville) and salutatorian Lauren Obara (Norfolk). (Photo courtesy King Philip Regional School District)

approaching challenges with resilience, humility, and purpose. Whether in the classroom, through leadership, or in service to others, Aarush consistently contributes meaningfully to the communities around him. His character, dedication, and pursuit of excellence make him an inspiring representative of the Class of 2026.”

Aarush graduated as the top-

ranked student in a class of over 300 students. He served as president of the King Philip National Honor Society and co-president, co-captain, and coach of the King Philip Math Team. He has also held leadership roles in the Science National Honor Society and Math National Honor Society (Mu Alpha Theta) while pursuing internship and research opportunities in engineering,

medicine, and public health.

A three-sport varsity athlete, Aarush has competed in swimming, tennis, track and field while maintaining an outstanding academic record.

Aarush will attend Cornell University this fall, where he plans to major in electrical and computer engineering.

### Salutatorian Lauren Obara

“Lauren embodies the perfect balance of determination, humility, and kindness,” said Principal Bottomley. “She is accomplished yet humble, ambitious yet deeply caring. In all that she does, she leads with integrity, empathy, and enthusiasm, earning the respect and admiration of peers and teachers alike. Her loyalty, leadership, and commitment to excellence extend far beyond the classroom, making a lasting impact on everyone fortunate enough to know her.”

Lauren graduates as the second-ranked student in the Class of 2026. She has excelled academically while making signifi-

cant contributions to the school community through leadership, service, and athletics.

Throughout high school, Lauren served as a peer mentor and peer tutor, participated in KP Cares, and earned membership in the National Honor Society, as well as the Math, Spanish, and English honor societies.

She is also a dedicated two-sport varsity athlete, competing in soccer and lacrosse throughout her high school career and serving as captain of the varsity soccer team.

Outside of school, Lauren has volunteered as a youth coach for soccer and lacrosse programs, worked as a youth soccer coach at ForeKicks, and served as an ambassador for Morgan’s Message, an organization that promotes mental health awareness among student-athletes.

Lauren will attend the University of Richmond this fall, where she plans to major in accounting.

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## FUSF announces July summer worship services



The First Universalist Society in Franklin (FUSF), 262 Chestnut St., will continue its summer Sunday worship series at 10 a.m. throughout July, with lay leaders exploring the theme “Choosing Hope.” Services are followed by cookies and conversation.

On July 12, lay leader Denise Noble will present “Hope & the Beloved Community,” focusing on how everyday actions can help build stronger communities.

On July 19, Barbara Ford Geiger, LICSW, will lead “Sustaining Hope in the Wake of Mental Health Concerns for Loved Ones,” examining the role of hope when supporting family members and friends facing mental health challenges.

On July 26, Evelyn Rossing will present “The Resilience of Hope,” exploring how hope appears in myths, stories and personal experiences.

FUSF is a Unitarian Universalist Welcoming Congregation. The Rev. Beverly Waring serves as minister. For more information, visit [fusf.org](http://fusf.org), email [info@fusf.org](mailto:info@fusf.org) or call 508-528-5348.

## DPH offers summer safety tips for Massachusetts residents

The Massachusetts Department of Public Health (DPH) is encouraging residents to take common-sense precautions to stay safe and healthy during the summer months.

In a June 4 announcement, DPH highlighted several seasonal safety concerns, including tick and mosquito bites, extreme heat, water safety, foodborne illness, vehicle safety, helmet use, and rabies prevention.

Officials recommend using EPA-approved insect repellents, checking for ticks after spending time outdoors, and eliminating standing water around homes to help reduce mosquito breeding. The agency noted that the risk of mosquito-borne illnesses

such as West Nile virus and Eastern equine encephalitis (EEE) typically increases later in the summer.

As temperatures rise, DPH advises residents to stay hydrated, seek shade, limit strenuous outdoor activity during the hottest part of the day, and watch for signs of heat-related illness. The agency also recommends using sunscreen with an SPF of at least 30 and wearing protective clothing when outdoors.

Water safety is another major concern. Drowning remains a leading cause of death among young children, and DPH urges parents and caregivers to closely supervise children around pools, lakes, and beaches. Residents are

also encouraged to check for beach closures and water quality advisories before swimming.

Additional reminders include practicing safe food handling at cookouts and picnics, never leaving children or pets unattended in vehicles, ensuring children wear properly fitted helmets when biking or using scooters, and keeping pets vaccinated against rabies.

More information about summer safety, including updates on mosquito activity, extreme heat alerts, and beach water quality, is available through the Massachusetts Department of Public Health at [Mass.gov/DPH](http://Mass.gov/DPH).

### REAL ESTATE CORNER

### SOFTBALL

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end of last year after more than two decades of coaching at the high school level across three different schools. After a long and successful career, the time felt right to step away.

“I decided at the end of last season that I was going to come back for one more, and then I think it was just time for me to take a break for a while,” Fallon said. “I’ve been coaching high school sports since 2003. It’s been a long time.”

It would be hard to imagine a more fitting send-off. When asked what she hopes to leave behind for the next generation of Warriors, Fallon kept it simple and honest.

“Just work hard, keep the focus, and take care of your teammates,” Fallon said. “That’s what carried us through this tournament and

to a state championship. Nothing’s ever going to be handed to you. You’ve got to work for it, and you’ve got to support each other along the way.”

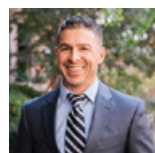
She also made sure to extend her gratitude to the seniors who made her final chapter such a memorable one, as well as the KP community that has supported the program through every high and every heartbreak.

“I thank the senior class for making my last year probably the most memorable,” Fallon said. “They were amazing. And the community — for always supporting my teams throughout their seasons, through their losses and their big wins.”

With the banner secured and the trophy in hand, King Philip softball is back where so many believe it belongs. And for Kate Fallon, there couldn’t have been a better way to close the book.

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## Wrentham Cultural Council announces full slate of summer programs

The Wrentham Cultural Council has released its schedule of summer programming, offering a mix of arts, family activities, and community events for residents of Wrentham and surrounding towns.

The season's centerpiece is Rooted in Wrentham, a new exhibition at the Old Fiske Museum running through November 15. The show highlights the work of fourteen local artists and celebrates the town's creative community. The exhibit is open to the public every Sunday from 1 to 4 p.m.

In addition to the ongoing exhibition, the council is hosting several special events throughout the summer. Ed the Wizard will bring his family-friendly program, Reading is Magical, to the Fiske

Public Library on July 1 from 1 to 2 p.m. Also in July, the council will present Poetry Night, on the 15th beginning at 6:30 p.m. at the Old Fiske Museum, inviting residents to share original or favorite poems.

Families can also look forward to Summer Garden Science, a hands-on educational program presented by the Children's Museum of Easton. The event will take place at the Fiske Public Library on August 7 from 1 to 2 p.m. The council encourages families to register for all children's programs through the Fiske Public Library <http://www.fiskelib.org>.

Admission is free for all events.

## Gilly's House Summerfest returns to Wrentham Aug. 16

Residents of all ages are invited to attend Gilly's House Summerfest on Sunday, Aug. 16, from noon to 4 p.m. at the Wrentham Developmental Center, 131 Emerald St., Wrentham.

The event is free and open to the public, with admission, food and activities provided at no cost.

Summerfest will offer a wide range of family-friendly entertainment and activities throughout the afternoon, including a circus workshop, water slide, bouncy house, petting zoo, dunk tank, Dragon Foam, arts and crafts, and music by DJ Jeff Hall.

Food will be available for attendees, including hamburgers, hot dogs, chips and drinks sponsored by the Norfolk Lions Club. The event will also feature a restaurant cook-off showcasing a number of local restaurants.

In addition, organizers have announced that Pat the Patriot will make a special guest appearance during the event.

Gilly's House Summerfest is designed as a community celebration that brings people together for an afternoon of recreation, entertainment and food while supporting the organization's mission.

For more information about the event, visit [gillyshouse.com](http://gillyshouse.com) or email Maureen at [maureen@gillyshouse.com](mailto:maureen@gillyshouse.com).

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## Wrentham churches host weekly Mahjong open play

A newly organized collaboration between Original Congregational Church of Wrentham and Trinity Episcopal Church of Wrentham is offering weekly drop-in open play Mahjong sessions this summer.

The sessions will be held Thursdays from 6 to 9 p.m., with locations alternating between the two churches. Open play will include both slow and fast tables to accommodate different skill levels.

Sessions will be held July 2, 16 and 30 at Original Congregational Church, 1 East St., Wrentham, and July 11 and 25 at Trinity Episcopal Church, 47 East St., Wrentham.

Participants must know how to play and should bring a National Mah Jongg League 2026 card.

For more information, email [monica@occhurch.net](mailto:monica@occhurch.net) or [office@trinitywrentham.org](mailto:office@trinitywrentham.org).

# Unearthing history – Central New England Relic Hunters

By JUDITH DORATO O’GARA

Is it a trinket or is it a treasure? With the new friends they’ve made, the knowledge they’ve gained, and the chance to spend a lot of time out in the natural world, Jim Riendeau and Joe Bustamonte have certainly stumbled upon a priceless gold mine. In January, the two brothers-in-law, Bellingham residents, started a regional metal detecting club, Central New England Relic Hunters, that meets at the Bellingham Sportsman Club every second Monday, from 6:30-8:30 p.m. Each month, they show off what they’ve found, vote on their favorites, hold a raffle and even conduct a food drive for Loaves & Fishes Pantry in Bellingham. To date, over 49 “detectorists” have joined, some local, and some from places as far as New Hampshire and Connecticut.

“It is such a really cool hobby. It’s lots of fun and great people,” says Riendeau, who got his brother-in-law Joe, president of the club, hooked on the hobby. The group, says Riendeau, has found relics and coins from around the area, involving historical societies and the local coin shops in identifying finds. One member, he says, “found a coin worth over \$50K (an Oak Tree Shilling, a very valuable and rare coin minted in Massachusetts Bay Colony issued from 1660 to 1667, according to Numismatic Guaranty Company NGC®, www.ngccoin.com), and we also have found some George Washington buttons (made for Washington’s inauguration in 1789), worth around \$5K.”

The value is beside the point for many, however, says Riendeau. “We all do it for the love of history of what we find and also the history of the towns we find stuff in,” he says.

The group conducts about three or four outings together each year, careful to be sure to get permission, to pick up trash along the way, and to leave no trace of digging. The effort is worth the occasional brush with poison ivy.

On their first outing this year

in Wellesley, John Silva, of Attleboro, found a Mexico Colony Spanish 8 Real, minted when Mexico was a Spanish colony (<https://bullionexchanges.com>).

There’s more to it than just wandering around waiting for machines to beep. Bustamonte explains the detectorists will drive around and look for stone walls in historic areas.

“That’s all boundary lines, so you go onto the old maps, and you try to research what

was there 100 years ago, 200 years ago. It’s a lot of checking war sites, Puritans, colonists.”

Buried metal objects turn up in unlikely spaces, he says, “You never know where you’ll find it. You don’t know if there was a horse rider and it fell out of his pocket.”

A simple beep from the metal detector opens up a meandering path of investigation. The items found may be historic in nature, but modern technology plays a big role in identifying both sites to search as well as the unearthed finds.

“If it’s public, we research (the land) through apps,” says Bustamonte, adding, “We do a lot of computer work.”

Oxford resident Robin Rivera, who’s pursued this hobby for about 16 years, explains the apps use LiDAR (Light Detection and Ranging), which uses pulsed laser light to produce 3D information about an area.

“We use it in grayscale. It shows you indentations in the land, so if there is an old foundation in the middle of the woods, you’re apt to see a black square there.”

Rivera, who lives behind historical Main Street in Oxford, has had the opportunity to metal detect some of her neighbor’s properties for years. She recently found a small metal bird, and after researching, she discovered it was a sewing bird women used in the 1850s to hold fabric onto the sewing table, so their hands could be free.

Most of the items Rivera finds on the private properties the owners don’t want, but in one case in which the property

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**Members of Central New England Relic Hunters meet monthly in Bellingham but go on group outings a few times a year. Here they are at Wellesley Town Forest. (Photo courtesy of Joe Bustamonte)**

was owned by successive generations of a family, Rivera found a pocket watch. The property owner was able to find an old photo of an ancestor with that watch, so that item still remains with the family.

Many in the club enjoy it so much they join several metal detecting clubs. Marty Conceicao,

of Carver, is one of them. He joined this one to meet new people interested in metal detecting, “and to metal detect areas I haven’t done before.” His friend, Steve Hassell, of Brockton, also belongs to a few clubs. “It’s a fun time to be out and great people,” says Hassell.

Bustamonte concurs, say-

ing the club is about “Friendships, laughter, and amazing finds. We’re bringing history back to life, one hole at a time.”

Find out more about Central New England Relic Hunters by reaching out to them on their public Facebook page.

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