

On the Front Lines of a Pandemic

By GRACE ALLEN

Wrentham's public health nurses are pretty busy these days. Before the coronavirus pandemic, Jeanine Murphy and Lauren Hewitt spent most of their time doing community outreach and education. Since March, however, the two nurses have found themselves on the front lines of a public health crisis that has redefined their roles and upended their professional routines.

"We had to do a complete 180 and adapt to an entirely different approach to nursing for our residents," said Murphy. "The job description that existed for any public health nurse eight months ago has undergone a significant transformation."

Disease surveillance and contract tracing is now their main focus, explained Murphy. The nurses have often been the first ones to notify individuals that their test results have come back positive. They then explain the state guidelines for isolation and quarantine and start contact tracing. State epidemiologists assist the nurses through any complicated scenarios



Jeanine Murphy, left, and Lauren Hewitt, Wrentham's public health nurses.

and help them determine the best course of action.

"Our goal is to slow the spread by educating not only the confirmed cases and contacts, but the general public as well," Murphy said. "By following these guidelines, we can and will slow the spread."

The public health nurses are also playing a significant role in the

health and safety of Wrentham's children during this unusual school year. Murphy and Hewitt are working closely with the superintendents, principals, and school nurses to identify potential exposures in the schools, busses, and sporting

PANDEMIC

continued on page 3

Rail Trail in Early Planning Stages

By MARJORIE TURNER
HOLLMAN

Towns near Norfolk and Wrentham host portions of rail trails which are popular draws for area residents looking to spend time safely outdoors in this current pandemic. Walking, biking, rollerblading are all popular pastimes as we seek ways to keep healthy. But Norfolk and Wrentham have, up until recently, had no plans for a rail trail, despite the presence of abandoned railbeds in both towns.

Norfolk residents Peter Svalbe and Zack McKeever are hoping this situation may soon change. Svalbe's home abuts an abandoned rail line and he worked last year to garner local interest. But after some initial steps in that direction, other life demands got in

the way. At the beginning of the pandemic in March, McKeever inquired on a local Facebook page about area rail trails, and got connected with Svalbe. Together, they have breathed new life into the efforts to create the Metacomet Greenway trail. The proposed trail would travel from Walpole, through Norfolk, in the Pondville area, past the Rice Complex in Wrentham, south into Plainville and North Attleboro, eventually meeting up with the Blackstone Bikeway in Central Falls, RI.

When asked what is there today, the easy answer was, "Poison ivy!" But with a little more probing, we learned that the proposed path of the trail will also offer some water views in both Norfolk and

TRAIL

continued on page 2

MI-BOX®
Moving & Mobile
STORAGE

www.getMIBOX.com 774.719.7367
BristolNorfolk@getmibox.com



THE RED ROOSTER
BAR & GRILL
WRENTHAM ROUTE 1 MASSACHUSETTS

**Giving
Thanks
To All!**

FREE Professional Staging
Now is a great time to list!

BERKSHIRE HATHAWAY | **Page Realty**
HomeServices

(508) 359-2331
www.BHHSPageRealty.com



Pond Home
GRACIOUS RETIREMENT LIVING

**We have been here
serving the community
safely since 1899.**
**Call to learn more about
the services we offer.**

289 East Street, Wrentham, MA 02093
Tel: (508) 384-3531
www.pondhome.org



KIM WILLIAMS
Premier Agent
CELL: 508 298 9725
Kim.Williams@NEMoves.com
kimwilliamsrealestatesales.com

**Franklin Performing
Arts Company**

**VIRTUAL GALA
AND
TELETHON**

Supporting **THE BLACK BOX**
For more info go to
www.fpaonline.com

TRAIL

continued from page 1

Wrentham. Svalbe noted that in Norfolk, leading up to Walpole, much of the trail is wide, with soft footing, and is very peaceful.

Svalbe and McKeever have gathered the support of a number of area town officials who are working together with the common goal of creating a cohesive trail to be enjoyed by all area residents for non-motorized recreation. The trail committee in Walpole has joined forces with their growing group, and Wrentham resident and Plainville Conservation agent, Chris Yarworth, is also helping out.

Wrentham town planner Rachel Benson, a Plainville resident, is involved, as well as Jeff Plympton and Chuck Adelsberger. Norfolk Town Planner Rich McCarthy, a North Attleboro resident, is also involved in the effort.

The biggest issues? Obtaining easements vs. land purchases, money for a feasibility study, engineering, assuring privacy for local abutters, safety, access, and road crossings.

Svalbe noted that with McKeever's support they are now holding monthly zoom meetings for interested participants and gathering names for their mailing list so they can plan activities and talk about challenges and successes. The group is conducting ongoing discussions



View along proposed trail in Norfolk along existing right of way.



View along proposed trail in Wrentham.

with Community Preservation Coalition (CPC) committees in the towns through which the proposed trail will pass.

Despite so much bad news that keeps making headlines about COVID-19, the efforts of area residents, who found themselves stuck at home at the beginning of the pandemic, have turned into something quite positive.

As McKeever observed, "Everyone was home—this was an interesting side project that has blossomed into something nice." Friendships established, hopes and dreams becoming reality with a lot of effort, and a dash of imagination—you never know what can happen when people work together.

None of this will become a reality overnight, but we are

hopeful that one day, the Metacomet Greenway will be one more among a host of great outdoor places where both residents and visitors can head to spend time with family and friends.

To learn more and lend your support, contact the committee at wnw.ma.rail.trail@gmail.com or go to their Facebook page, <https://www.facebook.com/MetacometgreenwayMA>.

Twin Oaks Tree Care Inc.

Specializing in Arboricultural Practices

Ornamental & Large Tree Pruning | Landscape Plantings
Lawn Renovations & Installs | Cabling and Bracing | Shrub Pruning
Fall Lawn Aeration & Seeding | Winter Tree Pruning & Removal

Contact us for a FREE Consultation Today

508-397-9377

twinoakstreecare@gmail.com

Work is Performed by Massachusetts Certified Arborists

To ADVERTISE in THIS PAPER
Call Jen Schofield at 508-570-6544 or emailjenschofield@localtownpages.com

PLEASE VOTE TO KEEP SHAWN DOOLEY

OUR STATE REPRESENTATIVE

Shawn is committed to our community - working hard for us on Beacon Hill as well as here at home.

Key Issues

- Lower Taxes and More Local Control
- Increasing Education Funding
- Strong Supporter of Public Safety
- Focused on Rebuilding Our Critical Infrastructure (roads and bridges)
- Reforming 40B
- Supporting Small Businesses



PANDEMIC

continued from page 1

events in town. As the pandemic continues, their guidance will help the school administrators determine whether to remain in hybrid mode, go completely remote, or even return to full in-person learning.

Wrentham has found itself in the highest risk “red” category a few times in the past several months. Murphy points out most of the cases have been in the town’s nursing homes and not the result of community spread, and therefore should not necessarily impact the schools’ decisions to stay in hybrid mode or go full remote.

The state has assigned an epidemiologist for each nursing home in town, but Murphy and Hewitt are in constant communication with the infectious disease contact or director of nursing in each facility. The public health nurses help to ensure proper protocols are being followed (isolation, quarantine, and cohorting, for example) to help decrease the spread. They also help monitor PPE supplies, noted Murphy.

Wrentham’s public health nurses provide many services for residents, but some of those, like home visits, are on hold now. Prior to the pandemic, the nurses served as a complement to the Visiting Nurses Association (VNA), stepping in when the VNA discharged patients by providing additional home visits and well-being checks for residents,

usually seniors, who might still need care.

Murphy says the office tries to keep in touch with the seniors in town via telephone these days, and they work closely with the outreach workers at the senior center to keep tabs on the town’s elderly residents.

“Many seniors feel isolated and lonely and just want things to get back to normal,” she said.

During the pandemic, the nurses have held outdoor blood pressure and blood sugar clinics, as well as flu clinics, at the elderly housing complexes in town. And while any resident is welcome to make an appointment to see the nurses in their office at town hall, these visits are limited in length right now.

Public health nursing was established in 1893 in New York City in an effort to not only take care of the sick but to also improve living conditions of the poor. In 1921, Wrentham established its own public health nursing department, shortly after the end of the 1918-1919 influenza pandemic. While many towns have dismantled their public health nursing departments, Wrentham’s has evolved to have a more comprehensive role in the health of its residents.

Pandemics don’t go away on their own, and they don’t spread on their own, either. To keep Wrentham’s number of COVID-19 cases down, Murphy advises residents to maintain social distancing, staying at least 6 feet away from others. If closer contact is necessary, limit it to 10

minutes or less. Masks are important, but they must be worn correctly, covering the nose and mouth with no gaps, she notes.

Other infection control measures include good hand washing, and cleaning surfaces like door-knobs, light switches, spigots, and toilet handles frequently. Murphy adds families should avoid sharing toothpaste tubes and stop the spread of germs by covering coughs and sneezing into elbows.

Use hand sanitizer between hand washing.

The unusual stress of living and working under a pandemic means little down time for Murphy and Hewitt.

“Public health nurses are at the forefront of something none of us have ever lived through before,” Murphy said. “We will help the public to the best of our ability. If we don’t have the answer to a question, we will find it.

We will get through this together. COVID doesn’t take a break, which means we can’t either.”

Murphy adds the nurses’ office has plenty of doses of flu vaccine available and stresses the importance of getting a shot this year to minimize flu hospitalizations, leaving beds free for COVID-19 patients. Contact the office at 508-384-5485 to make an appointment for a flu shot or to speak to a nurse.



The playground at the William A. Rice Recreation Center in Wrentham is almost completed and will be opening soon. (Courtesy photo)



ROOFING

WINDOWS

SKYLIGHTS

SIDING

We won't soak you to keep you warm and dry!

SAVE UP TO \$2,500 NOW!
With complete job. Please ask for details.

1st Responders Receive a \$250.00 Amazon Gift Card

**MARIO'S QUALITY
ROOFING
SIDING & WINDOWS**



Call **781-344-2420**
to set up a consultation!
mariosroofing.com



WELCOME TO PONDVILLE MEDICAL CENTER

Convenient high quality care right in your neighborhood

Pondville Medical Associates is a **TEAM** of health care professionals committed to your total health — both in wellness and in illness.

Our doctors and staff are **DEDICATED** to helping ensure your experience as a Pondville patient is a positive one. There are now many services you may receive within our new state of the art building, making your total care more **CONVENIENT** than ever.

Our Experienced

PONDVILLE PRIMARY CARE DOCTORS include:

John Adams, MD | Ahmed Basheer, MD
Michael Higgins, MD | Riad Mortada, MD
Hua Zhang, MD
Lynda Cripps, NP | Kelley Travers, NP

Our In-house

PONDVILLE SPECIALTY CARE DOCTORS include:

Cardiovascular Center / Office Base Lab (OBL)
- Mohamad El-Zaru, MD
Aesthetics - Ultherapy & Injectable Choices
Kelley Travers, NP & Hua Zhang, MD
Physical Therapy - John Reilly, PT

Call 1-508-623-3700 to schedule your Consult!

31 Pine Street, Norfolk MA 02056 • Phone: 508-623-3700 • Fax: 508-623-3701
Web Site: www.pondvillemedical.com

Visit our Website for general information on hours, directions, insurances, and a list of our services in one convenient location.

- Free Estimates
- License & Insured

**One Call Sends
a Roofer
Not a Salesman**

- Roofing
- Gutters
- Siding
- Windows
- Residential
- Rubber
- Flat Roofs



**Serving the South Shore
and Surrounding Areas**

**Robert Greene
857-247-8709**

www.robertroofingandgutters.com

King Philip Regional High School DECA Names 2020-21 Senior Officers

Superintendent Paul Zinni, King Philip DECA Marketing Coordinator James Dow and King Philip DECA Vice President of Marketing Riley Abrams are pleased to share an update on the new year for King Philip Regional High School DECA.

Despite the setbacks resulting from the COVID-19 pandemic, last year was a huge success for King Philip DECA, the high school's internationally recognized student business and marketing organization. Unfortunately, due to COVID-19, the International Career Development Conference (ICDC) in Nashville, Tennessee in April

was cancelled. KP DECA members stayed safe at home while still being recognized for their outstanding work in marketing, entrepreneurship and community service through the year.

At this year's state conference in Boston, 52 students qualified for ICDC. Senior Tadhg Keller was elected as a state officer and has begun to take part in Massachusetts DECA's state action team. Additionally, King Philip DECA will be welcoming sophomores for the third year in a row as well as congratulating the first senior class with three years of experience in DECA.

This year, KP DECA's senior officer team includes: President Audrey Leonard, Vice President of Leadership Kristina Conlon, Vice President of Hospitality Ajae Olsen, Vice President of Finance Cole Breen, Vice President of Career Development Courtney Keswick, Vice President of Marketing Riley Abrams, and State Officer Tadhg Keller.

Due to the ongoing pandemic, the annual King Philip DECA breakfast and installation ceremony to officially open the King Philip DECA season has yet to be scheduled, as officers wait for updates for the upcoming school year.

"Despite the challenges resulting from the pandemic, we are still excited to celebrate the induction of new members and our senior officers," Vice President Abrams said. "We are all excited to see what the 2020-21 King Philip DECA season has in store."

About King Philip DECA

King Philip DECA is a high school business organization. The group is part of a larger network of more than 215,000 high school students around the world. DECA prepares young leaders and entrepreneurs in high schools and colleges globally for careers in marketing, finance, hospitality and management.

Five Wrentham Firefighters Graduate from Massachusetts Firefighting Academy

State Fire Marshal Peter J. Ostroskey and Massachusetts Firefighting Academy (MFA) Director David C. Evans announced the graduation of three classes that completed the Massachusetts Firefighting Academy's fifty-day Career Recruit Firefighting Training Program.

The Wrentham firefighters who graduated are Alex Accoroni, Michael Bourque, Jonathan Doherty, Paul Dwelly, and Tyler Gover.

"This rigorous professional training provides our newest firefighters with the basic skills to perform their jobs effectively and safely," said State Fire Marshal Ostroskey. The Massachusetts

Firefighting Academy (MFA), a division of the Department of Fire Services, offers this program tuition-free. The ceremony took place at the Department of Fire Services in Bridgewater.

"First responders are on the frontlines protecting their communities and these newest firefighters are needed now more than ever. We have taken advantage of technology, reduced class size to increase social distancing, implemented daily screening, and required mask-wearing to keep our instructors and students as safe as possible during these uncertain times," said MFA Director Evans.

localtownpages

Published Monthly
Mailed FREE
to the Community of
Norfolk/Wrentham
Circulation: 8,373
households and businesses

Publisher
Chuck Tashjian

Editor
Grace Allen

Send Editorial to:
editor@norfolkwrenthamnews.com

Advertising Sales Manager
Jen Schofield
508-570-6544

Production & Layout
Michelle McSherry

Advertising Department
508-570-6544
jenschofield@localtownpages.com

Ad Deadline is the
15th of each month.

Localtownpages assumes
no financial liability for errors
or omissions in printed
advertising and reserves the
right to reject/edit advertising
or editorial submissions.

© Copyright 2020 LocalTownPages

Speech-Language & Hearing

Associates of Greater Boston

Offering both Center-based and Tele-therapies

*Serving the children, adolescents and adults
of greater Boston for over 19 years*

- Speech-Language Evaluations and Therapies-All ages
- Hearing Tests
- Custom Fit Hearing Aids and Service
- Occupational Therapy

Many of Our Services are Covered by insurance

**5 North Meadow Rd, Medfield
(508) 359-4532**

**30 Man-Mar Drive, Plainville
(508) 695-6848**

Early Intervention Therapy
Post-Stroke and Parkinson Therapies
ABA-based Educational Therapy

Visit our website:
www.speechlanguageandhearingassociates.com



A new, modern, inviting facility conveniently located off of RT 1 & 495

**WRENTHAM
ANIMAL HOSPITAL**

(508) 576-8076 wrenthamanimalhospital.com

Preventative Care | Surgery | Dentistry
Digital Radiology | Ultrasound | Laser Therapy

Dr. Dawn Friedman Schmier ★ Dr. Amanda O'Shea ★ Dr. Rachel Ashley

**Warm, friendly, compassionate,
experienced, highly trained staff!**



Monday-Friday: 9am-6pm | Saturday: 9am-2pm

5 Ledgeview Way, Wrentham, MA 02093

Nirvana Tea House & Cafe – Inviting the World to Tea

Trekking in the Himalayas — over 5,000 miles away from his birthplace in Ireland — Ed Williamson was offered something that reminded him of home: a cup of tea.

“My mother was always putting a pot of tea on,” he says. “Tea was a door to open conversation. There we were, sitting on a dirt floor of the home of 3 yak farmers, and they’re making us tea. Honestly, holding that cup, I teared up.”

The welcoming nature of these strangers is what inspired Williamson, months later, to open the tea house. Nirvana is a gathering place where tea can serve as a doorway to create community. The result is an experience like nothing else in Millis, or anywhere in the surrounding area. A rustic, peaceful space where everyone is welcome. Williamson’s experience in Bhutan comes through in the colors, design, and feel of the space. From Bhutanese fabrics, to photos and paintings from Bhutan; even the rugs hail from the office of the king of Bhutan. Tying it together is a mural depicting the rolling hills of a tea field.

Choosing teas was the first step. “Part of our mission is people understanding the story of where these teas come from,” says manager Kelly Harris. The start-up team tasted nearly 100 teas, narrowing it down to the 41 now offered. “We were very conscious of the farms we selected,” says Harris. “We wanted to know about the people growing it. We chose them all for a reason. We have teas from 8 countries — a broad range.” One source in China boasts a 2,700-year-old tea bush; another estate in India is elephant-friendly certified. Much of the tea is handpicked by small-scale farmers actively engaged in developing their local communities.

Nirvana recently added ma-

sala chai to its array of iced teas, and offers numerous tea lattes. They now have a loyalty program to reward customers and they offer gift cards. All of their teas are available to purchase in 30g and 60g bags. “It was important for us to offer smaller quantities so that everyone has the opportunity to explore a vast array of what the world has to offer. Our tea servers can guide customers through the journey, beginning with the flavors they know, to discovering new and exciting varieties” said Harris.

The fully plant-based menu includes a hearty, flavorful variety of sweet and savory bowls, salads and wraps, and Mediterranean platters. For a sweet treat, Nirvana offers apricot brandy tea-soaked dried fruits, cinnamon chai and lemon matcha tea cakes, and blueberry ginger scones. On the weekends, visitors can enjoy an expanding brunch menu, currently including Nirvana’s signature banana malpua pancakes, tofu scramble, and 3 varieties of avocado toast. “Everything tastes really good!” Williamson says. “[The managers] have done tremendous work. We cook almost everything right here.”

Business spotlight

General manager Keith Maher says he, Harris, and manager Tamra Saegh worked to take the cafe where Ed wanted it to go. Making a positive global impact is integral to Nirvana’s vision. Along with creating community, the focus of the tea house is to support the environment and farmers. The tea house partners with City Compost, and Tangerini’s Farm for its tea treats and fresh veggies. Williamson pays generous wages, so all tips are donated and customers have a choice to support wildlife, human rights, and hunger relief. Williamson matches all donations by 10%.

“Most importantly,” says Williamson, “tea is what opens the door.”

Nirvana is located at 969 Main Street, Millis. Reach them at (508)376-2333 and at Nirvana-teahousecafe.com. Open 11am-9pm Tuesday-Friday, Saturday 8am-9pm, and Sunday 8am-8pm. Weekend brunch menu available 8am-2pm.



PAVING & SEALCOAT SOLUTIONS

Serving Southeastern MA and Surrounding Areas

**Driveways • Parking Lots • Pressure Washing
Crack Filling • Asphalt Repair**

Customer Satisfaction Guaranteed

vernish0930@gmail

508-254-5206

Vernon Bish Jr. (Owner)

www.pavingandsealcoatsolutions.com



**We beat ALL
competitor pricing.**

774-287-1133

DUMPSTERS AVAILABLE

**LET US CLEAN OUT YOUR UNWANTED JUNK
Serving Metro-West and Beyond!**

\$25 off

a full truck if you mention
local town pages

Not to be combined with any other offer

\$299

15 Yard Dumpster

Not to be combined with any other offer

SEE WEBSITE FOR DETAILS

**AffordableJunkRemoval@gmail.com
www.TakeAwayJunk.com**

**Run Your Ads & Inserts
With Us!**

Call Jen Schofield

508-570-6544

CHARRON



Tree Service
BELLINGHAM, MA
508-883-8823

FREE ESTIMATES • FULLY INSURED

KEVIN LEMIRE, OWNER

1060 Pulaski Blvd., Bellingham, MA 02019

• **COMMERICAL & RESIDENTIAL**

• **TREE REMOVAL BY BUCKET TRUCK /CRANE**

• **LAND CLEARING**

• **STUMP GRINDING**

• **STORM DAMAGE**

• **SNOW REMOVAL**

• **FIREWOOD SALES**

CharronTreeCompany.com

CharronTreeService@yahoo.com

Building Hope at Gilly's House

By GRACE ALLEN

Bobby Paquette is a Gilly's House success story. The sober home's former resident has a new lease on life and is determined to give back to the place that set him on the path to success.

After a tough battle against addiction, Paquette is now a licensed contractor and house painter. But he hasn't forgotten the place that helped him transform his life. When Gilly's House recently needed a new paint job, Paquette stepped up and put his skills to work.



"They literally gave me a new chance at life," said Paquette. "I'd do anything for them."

In fact, Paquette has become somewhat of a go-to guy for the Wrentham sober home. Whenever something needs to be done, house staff knows they can count on him to help, according to Maureen Cappuccino, the house administrator.

"He's very proud of his work here and to be able to give back and help Gilly's House, which helped him," she said.

"I'm here more now than when I was a resident of the

house," confirmed Paquette, who is transparent about his struggles and visits Gilly's several times per week to help with house projects or to mentor current house residents.

Gilly's House was founded over two years ago by David and Barbara Gillmeister in memory of their son Steven. The home has helped change the lives of young men who have completed addiction treatment but now need a place to continue their recovery. Currently, nineteen men live in the house but there is room for twenty-one.



Barbara Gillmeister and Bobby Paquette in front of the newly-painted Gilly's House.

Barbara Gillmeister says the greater Wrentham community has rallied around the home and its goals.

"The support has been tremendous," she said. Area families cook and deliver meals several times a week to Gilly's House residents, freeing the men up for support meetings instead of preparing dinner. Several Eagle Scouts have worked on projects at the home.

Big projects have also had community support. A new patio was recently installed at the rear of the property, with a decorative, stamped compass at its center, pointing towards the North Star, the beacon of inspiration and hope. The project was a collaboration between Bobby Holmes of REH Acres Landscaping in Blackstone (excavation work), Tresca Brothers of Millis (cement donation), Craig Atteridge of C.A. Concrete in Norfolk (prep work and smoothing), and John Tumavicus of Northeast Decorative Concrete in Attleboro (color and stamp work).

The house paint for Paquette's job at Gilly's was donated by Aubuchon Hardware in Franklin, courtesy of Margaret Ranieri, who sold the building to the Gillmeisters. The structure, formerly known as the Sheldonville Nursing Home, was built in 1849. A virtual fundraiser—Restoration for Recovery—has been established to help defray costs of further improvements to the house with the goal of raising \$10,000. Any money raised beyond that will go towards new furnaces, which are desperately needed, according to Cappuccino, the house administrator.

Gillmeister points out that it's the positive energy of the home



that draws the community, including former residents like Paquette, to help out, more than anything.

"The camaraderie is so, so good here," said Gillmeister. "We have a really solid group of guys. They really like being together. Everybody cooperates and it's a very positive, dynamic place."

Paquette agreed.

"This is a comfortable place to be when you're in recovery," he said. "You can spread your wings here. I couldn't have done this on my own. At the end of the day, you can come back here and everyone knows what you're going through. And I still eat here all the time. It feels like my kitchen."

Paquette says he has hired Gilly's House residents who might have a skill he needs for a particular job. He has full confidence in their commitment to their work because he understands what they've gone through and how the experience has changed them.

"I don't have to babysit them," he explained. "That energy that used to be spent on drinking and drugs, people in recovery put it towards something else. If I can give these guys something to do they're good at, I'm more than happy to do that."

He added, "You can focus on recovery here. You can start over. It was tortuous what I was doing to the people around me before. But now I can actually help people myself. It's very rewarding."

To make a donation to the Restoration for Recovery campaign, visit <http://weblink.donorperfect.com/oneclapboardatime>. Contributions can also be mailed to Gilly's House, P.O. Box 110, 1022 West St., Wrentham MA 02093, ATTN: Maureen Cappuccino, Restoration for Recovery. Donors will be entered into a raffle to win prizes, including a trip to Martha's Vineyard.

For more information about Gilly's House, visit <https://gillyshouse.com>.

Fall into Savings AUTO LOANS

Our rates are low
NEW and USED is 2.74% APR



Call our office for more details (508) 528-3360

Or go to our website www.norfolkcommunityfcu.org



(508) 528-3360

18 Union Street, Suite 104
Norfolk, MA 02056

COVID-Induced Tunnel Vision

To the Editor:

The current pandemic has dramatically changed perspectives, at least among those who take it seriously. We have reordered our risk priorities accordingly, focusing on the immediate threat to our health and safety. Massachusetts residents have performed admirably in adhering to the CDC guidelines despite the failure of some national leaders to set proper example. But while we are dutifully performing this task, needed attention to more traditional risks in our living environment sometimes falls by the wayside. Traffic safety is one such example.

The COVID-induced stress factor is evident in the faster and more erratic manner in which we are driving. Living on a busy, state highway intersection, this writer has learned several new epithets as irate drivers shout insults at fellow motorists. The lack of adequate traffic controls at this and other intersections in Wrentham is not a priority, according to a MA regional highway engineer. There haven't been enough accidents to justify the expense, despite the fact that there have been three fatalities in recent decades and the intersection was once equipped with traffic lights, knocked down and not replaced. A shocked owner who lives at a similar poorly-controlled intersection arrived home one day to find a car deeply embedded in the front of her house. Town officials say their hands are tied because these are state highways and shy away from addressing the growing need for action.

When U.S. residents are dying at the rate of 1,000 per day due to COVID-19, traffic-related fatalities and injuries pale in comparison. But failure to address violations and safety inadequacies now will result in habitual unsafe driving behavior that will persist long after we have conquered COVID.

Sincerely,
G. Gregory Tooker

It's More Than Just a Click or a Pop!!!

TMJ is a condition characterized by pain in the jaw joint and surrounding tissues accompanied by a decrease in the range of motion of the joint itself. There may be clicking or popping and a noticeable swing of the lower joint. Currently more than 12% of American's suffer from TMJ symptoms.

There are many causes of TMJ. These include dental procedures, autoimmune disease, biting into a large sandwich or bagel, injuries to the jaw area and infection. Once the biomechanics of the joint has been altered, the function becomes affected and the pain ensues. Traditional treatments include pain medication, muscle relaxers and dental appliances. These are effective resources for some, but not for all, especially long term.

Stephanie P. suffered from TMJ pain for over two years since the removal of her braces. Chewing certain foods would aggravate her jaw and intensify her pain. In the beginning, she felt she could handle problem on her own by giving up chewing gum, eating oversized sandwiches, chewy meats and certain fruits. However, she noticed that over time, just yawning and even singing, could cause an exacerbation. She was becoming disillusioned with the idea that she could fix this on her own and decided to call The Holistic Center at Bristol Square and made an appointment with Dr. Goldstein.

Upon exam, Dr. Goldstein noticed the swing shift in Stephanie's jaw as she both opened and closed her mouth, indicating a dysfunction in the biomechanics of her TMJ. After several weeks of



Dr. Rochelle Bien & Dr. Michael Goldstein

treatment, the clicking and popping were gone and the swing in her jaw was stabilized. She no longer suffers from the TMJ pain and has noticed that the headaches she thought were unrelated had gone away as well.

If you are suffering from TMJ pain, do not hesitate to contact The Holistic Center at Bristol Square, located at 1426 Main Street, Walpole. Call (508) 660-2722 and make your appointment today. With the assistance from Dr. Goldstein, everyday tasks can be enjoyable again.



IN MEMORIAM
Cpl. Laurence T. Maher
U.S. Army Air Corps
1922 - 2020

In Loving Memory of
T/Sgt. John C. Tulli



U.S. Army
Served 1943-1946
Thank you for your bravery and service. You are our HERO!
LOVE TO YOU JOHN,
DAD & GRANDPA

Veteran's Dedication

Thank you for your Service.

Despite Pandemic, Coffeehouse Owner Optimistic

Opening a small business can be a risky proposition and running one during a pandemic is daunting. But when it's done right, the business becomes a seamless part of the community. Cilla's Coffeehouse in Norfolk belongs in that category.

The coffeehouse marked a milestone this past June: its five-year anniversary. The occasion passed unceremoniously, however, thanks to the coronavirus pandemic. The planned celebrations never took place, yet owner Mary Ellen Blue remains positive, saying she has never been more proud to be a member of the Blue family and a small business owner. Her father raised her and her eight siblings to strive to own and operate their own business, even if it's a grind.

From the very beginning, Blue said her goal for Cilla's, named after her mother Priscilla, was to model the coffeshop on the Newton home she grew up in.

"People from all different walks of life came in and out of our home," she shared. "That's what I wanted here--for everybody to feel welcome and to leave saying 'I like that place, it has a good atmosphere.'"

Cilla's is truly the community meet-up spot. Blue expressed that her customers are the reason she works so hard, saying, "That's the greatest part for me. Everybody has a story, and as they come in to get their coffee and we get to know each other, they end up feeling like family."

Blue is a glass half-full type of person. The single Mom has learned to pivot while running her coffee shop, constantly trying new avenues in an effort to keep Cilla's up and running. What she is best known for is her coffee. No matter the time of year, her cold brew remains her number one seller. Teaming up with the Muffin House and other small, local businesses has also proven to be successful. Customers can now get all their favorite products right here in town. She has supported local artists by allowing them to hang and sell their artwork, which has not only brightened up her walls, but given her complete joy when they are able to sell.

Walk into her shop on any given day and you will see the place buzzing with people of all different ages. The community needed a place where they felt



comfortable, and a menu which would accommodate everyone. Having four kids of her own, Blue is trying to figure out ways to help the parents get through this "new normal." She will be introducing boxed lunches to go, which parents can order days ahead or stop by and pick up. She is also open to suggestions from parents on ways that she can help.

Blue emphasizes her appreciation for her incredible staff. "It is an absolute privilege to work with them," she said. "Over the years, I've been able to work alongside my children, nieces, and nephews, and everyone else who has come on board ends up a part of our family as well, and that has been a gift."

It is no wonder that the Cilla's staff wear t-shirts emblazoned with a quote from Blue's father: "It's All About the Attitude." Despite the worries of running a small business during the worst economic downturn since the Great Depression, Blue remains upbeat and thankful for such a supportive customer base and community.

This is a paid advertisement.

\$25 OFF
CLEANOUT COUPON
ONE COUPON PER CLEANOUT. *\$100 MINIMUM.
\$25 OFF

Junk it Now! us®

PRO-JUNK-REMOVAL

ONE ITEM OR MULTIPLE TRUCK LOADS

"We empty - the Junk Bag"
(3 cubic yards) Call for Price

Buy at store - Fill it - We empty & Leave it

Homes • Apartments • Businesses • Yard waste
Pools • Boilers • Hot Tubs • Sheds Removed • Appliances

* Fully Insured * Call Tom Cassidy

\$25 OFF

1-855-533-JUNK (5865)

1-508-308-2279 (Cell)

www.junkitnow.us

\$25 OFF

To ADVERTISE in THIS PAPER
Call Jen Schofield at 508-570-6544 or email jenschofield@localtownpages.com

PROFESSIONAL TREE SERVICE

**Shade Tree Pruning • Tree Removal
Ornamental Tree Pruning
Bucket Truck Service**

Call the certified arborists at
Destito Tree Services for an evaluation.

The name you have trusted since 1984.
Massachusetts Certified Arborist - Fully Insured

**DESTITO
TREE SERVICES**
Quality Tree Care
www.destitotreeservices.com

Nicholas Destito
781-551-0266
508-699-4532

FAMILY OWNED AND OPERATED

WENZEL

Inc.

LANDSCAPING

- Patios
- Walkways
- Fire Pits
- Outdoor Kitchens
- Pool Surrounds
- Lot Clearing
- Grading

- Pergolas
- Retaining Walls
- Water Features
- Landscape Design & Installation
- Lawn Installation

508-376-2815

Free Estimates • Fully Insured
www.WenzelLandscaping.com

On November 16, Explore Haunted Folklore with Jeff Belanger

By BRENDAN ZIMMERMAN

Although the spooky Halloween season is past, writer Jeff Belanger will bring the allure of folklore and legend to the town of Norfolk on November 16. Hosting virtually from the Norfolk Public Library, Belanger will present his “Ghosts and Legends” program to attendees interested in local supernatural history.

Drawing from research found in his books, podcasts, and television appearances, the event will be a virtual tour through some of Belanger’s favorite New England haunts and will also explore local ghost stories and legends. Belanger also wants the event to be interactive, so the audience will be able to ask questions through Zoom’s chat box feature during the event.

To give attendees an idea of what to expect, Belanger’s background is prolific. And it all stems from a lifelong fascination with the supernatural.

“I grew up in New England and had friends from a young age tell me their homes were haunted,” said Belanger. Soon, they’d be using Ouija boards at sleepovers to test the waters.

This early interest in ghosts led to him becoming a writer, and he began writing newspaper features exploring local legends. Belanger’s successes with feature writing would turn into a career dedicated to investigating the paranormal through

several books and television appearances on shows like “Ghost Adventures” and “New England Legends.”

Though his line of work focuses on supernatural stories and local haunts, it also allows him to explore the intersection of history and folklore. According to Belanger, he often finds that what is now deemed superstition or haunted legend was originally a culture’s way of navigating the unknown world.

Massachusetts in particular holds centuries worth of supernatural history, from whispers of witchcraft in the woods to the terrors of settling an uncharted world. To Belanger, New England folklore is a tradition of storytelling and a connection to our past, as a region and a culture.

“New Englanders keep things around,” said Belanger. “Maybe it’s our cold winters and sometimes extreme weather that force us inside to spin yarns around the fire; maybe because we have a buffet of landscapes from forests, to mountains, to the ocean, in which to draw stories.”

When investigating different locations for a story, his research usually incorporates a few methods. He interviews locals, digs through newspaper archives and libraries, and pours through online archives to find the backstory to legends.

Though his research methods involve simple, sometimes mundane activities, the world



of paranormal investigating has developed a deceptive aura over the years. According to Belanger, paranormal investigators aren’t ghostbusters.

“There’s really no way to ‘clear’ a house of ghosts” said Belanger. “An investigation is really about trying to figure out if the activity is paranormal, or something else.”

There are a few challenges involved with investigating locations as well. It’s usually tricky getting access to a specific place, along with finding first-hand accounts of ghosts to talk on-record.

Once he has enough testimonies, and his research has given him enough detail and back-

ground, he then faces the challenge of structuring all of his raw material into a narrative. Belanger’s knack for storytelling helps him shape these legends into different narrative formats, whether through a book, a podcast episode, or a TV episode. The material dictates the structure.

“I know these stories are important and have great value to those who let the stories ooze into their brains and souls.

When talking about ghosts we’re really pondering one of the biggest questions humans have ever asked: What happens after we die?” said Belanger.

With his background and interests, it came as no surprise when he said that his favorite scary movie was “The Exorcist,” a film centered around a supernatural haunting and the eternal questions of faith, the afterlife, and of good vs. evil.

With New England’s steep history of folklore and supernatural heritage, attendees will have much to experience at “Ghosts and Legends.”

What’s next on the radar for Belanger? Continuing with his love of adventure and visiting different locations, he has a new memoir called “The Call of Kilimanjaro: Finding Hope Above the Clouds” coming out in March 2021, which will cover his trek up to Mt. Kilimanjaro’s peak in 2017.

Belanger’s “Ghosts and Legends” event will be held virtually on November 16 at 7 p.m. The event is free. Register online through the Norfolk Public Library events calendar, or on Belanger’s website at jeffbelanger.com.

Call Jen Schofield at 508-570-6544
jenschofield@localtownpages.com

Chamberlain Pines Indoor Golf

Special Membership Offer Thru November

15 North Main St., Bellingham, MA 02019

www.chamberlainpines.com

(508) 966-2187

chamberlainpines@gmail.com



Health • Life • Disability • Long Term Care • Medicare

Health Insurance open enrollment is here,
deciding on a plan can be overwhelming!

Call for a **FREE Consultation**

617-842-3170

www.HendersonInsuranceUS.com

Our Combined Experience of 98 Years...You are in the Right Hands!



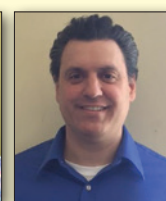
John Vacovec, PT, Owner
37 yrs



Adrienne Matthews, PT,
DPT, Doctor of Physical
Therapy



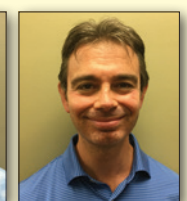
Elia Darazi, PT, DPT,
MBA, Doctor of Physical
Therapy- 3 yrs



Stephen Costantino, MPT,
Masters in Physical Therapy
18 yrs



Mary Coe, PT
25 yrs



John Puntieri, PTA
15 yrs

NORFOLK

5 Liberty Lane, Norfolk, MA (across from Walgreens)

NORWOOD

Guild Medical Center, 825 Washington St., Suite 280, Norwood, MA

**Physical Therapy
& Sports Rehab, Inc.**

CALL: 781-769-2040

Former Hospital Site Marked with Granite Plaque

By BARBARA BARTHOLOMEW
NORFOLK HISTORICAL
COMMISSION

A black granite plaque has been attached to the right entry pillar at Ariana Lane in Norfolk to mark the site of Dr. Nathaniel Miller's Hospital, which was built in 1821.

The entry pillars are the only part of the hospital which survived over the years. When Dimartino Construction of Franklin bought the site, Mr. Dimartino recognized the historic significance of the pillars. He carefully removed and refurbished them and put them back to mark the entry to his development.

Dr. Miller made his home next door to the hospital, at the corner of Miller and Myrtle Streets. His former home still stands today.

That area of Norfolk, known as City Mills, was part of Franklin until 1870. It then became part of Norfolk, which was incorporated as a town that year. The hospital was destroyed by fire in 1878.



The plaque is attached to the right entry pillar on Ariana Lane.



Dr. Miller's hospital on Myrtle Street.



KP LOGO MASK SALE

MASKS ARE FOR SALE BY THE KP DECA PROGRAM

The King Philip DECA Store will be selling KP masks. The KP masks are perfect for all ages to support youth town sports and high school sports! These masks are also perfect for wearing around town! The mask design is pictured below.



Masks will be sold throughout our KP Community!

Masks are \$8 each or 2 for \$15

All masks are one size fits all

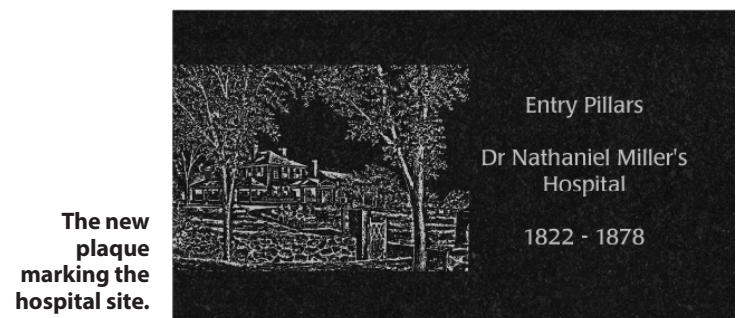
Masks can also be purchased through our online store:
https://kingphilipdeca.online.web.shop/Mask/cat7516639_4773439.aspx

Follow our social media accounts for updates!

Instagram: @kingphilip.deca
Twitter: @kingphilipDECA
Facebook: King Philip Regional DECA

Pick up of masks will be scheduled weekly and announced on our social media pages and will take place at the KPHS bus loop. Safe and social distancing procedures will take place!

In such uncertain times, be sure to protect yourself and those around you by wearing a mask! KP masks allow you to rep the tri-town while doing so!
Thank you! ~ KP DECA



EYEWORKS

OF MILLIS
YOUR VISION. OUR FOCUS



508-376-0800

Milliston Common, Millis MA

Open: Tue 9-6, Wed 9-7, Thur 9-6, Fri 9-5, Sat 9-4

Guest Column

The Art of the Cull

By G. GREGORY TOOKER

In recent years, we have witnessed many examples of poor job placement and the disappointing results such decisions produce, especially in the public sector. Two glaring cases in point exist in youth services and law enforcement. Your writer offers some insights and possible solutions based upon personal experience.

The Boys Scouts of America has been a very popular organization, helping to shape the lives of many political leaders, scientists, artists and authors, among others. Scouting has helped give direction to millions of young men, equipping them with practical knowledge and experience that will serve them all through life. BSA has encouraged constructive communication among youth across the planet, especially during World Jamboree events.

I entered Scouting as a Cub Scout in 1947, part of a pack in Haverhill. All of my pack members lived in what was then wide-open countryside on the New Hampshire border, a perfect place to practice the skills I was learning with fellow Cubs in my den. At age 11, I transitioned into BSA Troop 13 in Lone Tree Council, a big step that meant real hikes, mountain climbing and overnight camping. Mr. Jim Page was our Scoutmaster, an officer who served in the U.S. Navy during WWII in the Pacific theater and one of the finest men I have ever met.

In 1952, my dad, an Eagle Scout himself, was transferred by his employer and I ended up in Natick where I joined Troop 1 led by Mr. Herb Adams, another outstanding role model. Since I had at that point achieved the

rank of Star Scout, I was fortunate to be considered for and then elected Senior Patrol Leader of Troop 1 soon after my arrival. It sure did help me acclimate to my new town and to form new friendships.

Both Scoutmasters Page and Adams represented some of the best America had to offer at the time. Both were men of faith, veterans and upstanding citizens. Although the selection process for such a leadership position was unknown to me at the time, it really did function efficiently in their cases. Not so anymore, however, judging by the numbers of child abuse claims being filed against scout leaders. Now, the Boy Scouts of America are about to be deposited in history's dust bin, all because of a few bad actors who somehow slipped in the door unnoticed. We left the flock unprotected.

Later in life when I served as a risk management consultant to the public sector, I worked closely with the National League of Cities and law enforcement professional organizations, including the International Chiefs of Police and the Commission on Accreditation for Law Enforcement Agencies in Washington, DC. We monitored incidents that resulted in claims and litigation filed against police departments throughout the U.S., looking for those agencies with a greater than expected frequency of claims alleging excessive force and other abuses.

Our country is presently embroiled in a wave of litigation stemming from alleged police negligence. Today's high speed communication broadcasts these incidents worldwide in a matter of seconds, giving the impression they are growing exponentially. But these incidents were happening a generation ago; they just weren't getting as much publicity.

What was occurring then and is evident now is that a disproportionate number of claims and lawsuits are popping up in certain agencies and communities.

The two examples outlined above demonstrate a failing, I believe, in the screening, selection, education and monitoring of individuals serving in sensitive public service roles. There are other examples to be sure but these two are under intense public scrutiny at the moment. Dismantling the Boy Scouts and "defunding" police departments will not cure the problem. If we merely jettison or "defund" organizations because they potentially expose persons to abuse, we will soon discover we have destroyed valuable resources in the process. Let the bath water sit for a moment while we contemplate the depth of the problem and its potential solutions.

Best practices models with which to cull applicants not suitable, as well as questionable persons currently in a position to do harm, are essential to a cure. Let's do the hard work required to craft permanent solutions that will eliminate our current systems' weaknesses.

Mr. Tooker is a Wrentham resident.

Norfolk Public Library Seeks Volunteers

The Norfolk Public Library is looking for front door greeters. Volunteers sit at the circulation desk (masked and behind plexiglass) during open library hours to check in visitors who come in to browse.

For more information, send an email to coneill@sailsinc.org.

Turfcuttas Landscape

Hard Work Equals Customer Satisfaction

Weekly Lawn Mowing • Spring Cleanups

Installations and Hardscapes

Mulching & Pruning

Complete Yearly Maintenance



Owner **Robert Callahan**
Wrentham, MA
508.530.2592

Call Jen Schofield at

508-570-6544

**jenschofield@
localtownpages.com**



COVID-19 made it difficult for some people to get rid of their unwanted items or move to their new home. Let College Hunks Hauling Junk & Moving help with contactless curbside pickup of the items you don't want to move.

#CollegeHUNKS predicts the coming months will be busy with people
#moving out of congested areas to suburbs. Will you be part of The
#GreatAmericanMove? #movingtheworld #everymovematters #movetheworld.

As a token of our appreciation we are offering \$50 off any service while we all deal with COVID-19 restrictions.

ITEMS COLLEGE HUNKS CAN TAKE AWAY WITH OUT ACONTACTLESS EXPRESS CURBSIDE PICKUP

- | | | | |
|--------------|---------------|--------------------|-------------------|
| • Furniture | • Electronics | • Tires | • Hot tubs |
| • Appliances | • Carpeting | • Office equipment | • Contruction |
| • Yard waste | • Mattresses | • Scrap metal | • Attic cleanouts |

Call **781-336-4661** or visit
www.collegehunkshaulingjunk.com/boston-south
to book your service today!



NEW ENGLAND REGLAZE

Don't replace your old tub, reglaze it! Tubs, tile sinks and much more

NOW \$299.00

SAVE \$100 WITH AD

Reg. \$399

Color, travel, may apply.

CALL US NOW 617-895-7771

www.newenglandreglaze.com

We do any TUB!

FPAC to Present The Nutcracker-Masked Virtually

The Franklin Performing Arts Company (FPAC) will present *The Nutcracker - Masked* live streamed from THE BLACK BOX on December 12 and 13.

The classic holiday ballet will be presented with a small cast of Ballet Conservatory dancers from the Franklin School for the Performing Arts all in masks and socially-distanced, with narration, live at THE BLACK BOX to a virtual audience at home.

Under the direction of Cheryl Madeux, former dancer with American Ballet Theatre and current FSPA Ballet Director, the Franklin Performing Arts

Company has found a safe way to present this holiday tradition for the region.

The masked production will feature Merrie Whitney's stunning costume design accompanied by facial coverings. The production will continue FPAC's collaboration with Franklin TV who will help bring the magic of the season to the audiences at home. Since first teaming up last holiday season for the world premiere of Christopher Rice's *The Tappy Christmas Special: LIVE!*, Franklin TV Executive Director Peter Fasciano has been "all in."



FPAC Director Raye Lynn Mercer comments, "We're very fortunate to have an ongoing collaboration with Franklin TV. They are making it possible for us to continue this holiday tradition even when our audiences cannot gather together as we typically do."

For tickets and more information, visit www.FPAConline.com or call (508) 528-3370.

Schools Increase Focus on Social-Emotional Learning, Student Well-Being Amid COVID-19

Norfolk Public Schools has increased its emphasis on social-emotional learning and student well-being within the district's curriculum and programs.

The district, prior to the start of the COVID-19 pandemic, had numerous social-emotional learning (SEL) initiatives built into its curriculum. The district has a comprehensive SEL curriculum at all grade levels focused on teaching students important skills in areas of self-awareness, social awareness, relationships and decision making. Since the start of the pandemic, the district has added numerous resources

for students and their families including information about mental health, food assistance and mindfulness.

"Our district remains committed to prioritizing our student's health and well-being through our social-emotional learning initiatives and techniques," said Ingrid Allardi, the Superintendent of Schools. "We recognize that throughout the ongoing pandemic we must continue to be proactive not reactive in our response to our students' emotional and mental health needs. To ensure that all of our students' needs are being met, we

have prioritized social emotional health in all aspects of teaching and learning. As a result, students have a wide variety of resources inside and outside the classroom available to them."

As part of the district's SEL curriculum (Open Circle at H. Olive Day and Second Step at Freeman Kennedy), the district enhanced the morning meetings by implementing a daily well-being check-in for all students. The adjustment counselors also enhanced the current SEL curriculum with lessons that focus on community building, mindfulness, and managing challenges

students deal with every day.

The morning check-ins consist of all students completing a two question survey that asks them about how they are feeling on that particular day. The survey is based on a linear scale that is adapted for the different age groups within the district.

The purpose of the check-in is to help students reflect on their well being and to give classroom teachers another tool to connect with students, especially during the remote learning days. All results are privately shared with teachers, adjustment counselors and mental health staff. If a student continuously reports negative feelings, adjustment counselors reach out to the parents, teachers and students to discuss what further supports may be needed.

Following the morning check-in survey, students and their teachers participate in morning meetings. During the morning meetings, teachers hold SEL lessons that focus on a monthly theme that is selected by the district's adjustment counselors. During these lessons students have the opportunity to share whatever they would like, while teachers have the opportunity to teach an array of social-emotional learning skills.

Newsletters are sent home on a regular basis that cover the topics discussed throughout the weeks and share strategies for how families can continue the

conversations.

In the hybrid learning model, students log into the SEL sessions from home on remote learning days. This allows the district to build relationships between cohorts and for teachers to connect with the entire class at once. On Wednesdays, when all students are participating in remote learning, the lesson is held virtually for all. Students who are participating in remote-only classrooms start each day with a virtual SEL lesson.

"With the shift in how our students are learning, we wanted to ensure that we addressed any emotional aspects that may arise due to the ongoing pandemic and the modified school year," said Victoria Saldana, the Director of Curriculum. "As a result, we have ensured that every class has incorporated social-emotional learning lessons into their curriculum each day. These lessons allow our educators and staff the opportunity to check-in with their students to see how they are doing. In doing so, our educators have been able to build strong relationships with their entire class even when they aren't meeting face-to-face every day."

Families in need of additional support, such as internet needs, school supplies, nutrition and social-emotional needs, are encouraged to contact their school principal or their student's counselor.

For those celebrating Festivus on December 23rd, the traditional "Airing of Grievances" may create some issues at home.

As top-rated divorce and family mediators, the airing of grievances is our specialty. Contact one of our trustworthy, approachable, and darn good-looking mediators or collaborative attorneys and air those grievances with our help, whether remotely or in-person.

Want to save some money? Use the Festivus discount phrase "I got a lot of problems with you people!" and save **\$100.00** on your initial consultation, a **50% discount**. You must have your meeting before **December 1st**, and our schedules fill up believe it or not, so don't delay! Consider it our holiday gift, as we didn't know what else to get you, and frankly, you're hard to shop for.

**Happy
Festivus
2020**



(508) 359-4043
65 Holbrook Street, Suite 270,
Norfolk, MA 02056
NextPhaseLegal.com

8 Estate Planning Mistakes to Avoid

Estate planning can be complicated, and it's not uncommon for people to make mistakes with their plans. But financial advisors make errors, too, so here are the most common mistakes I have encountered from other financial and estate planners.

1. Improper beneficiary designations

I frequently see advisors improperly completing beneficiary designations. Examples: not changing the beneficiary due to divorce or a death, or listing a special needs child or grandchild directly as a beneficiary, rather than a trust FBO (for benefit of), thereby affecting their eligibility for Social Security disability benefits.

2. Not changing asset titles to trusts

Incorporating revocable living trusts into a client's estate plan but forgetting to update all the account titling to the name of the trust. Not changing titles creates

problems that include having to pay additional probate costs, losing the private nature of settling the estate, etc.

3. Incorrectly assuming clients' goals

Many advisors assume a client's main goal is to save estate taxes, for example. However, when really connecting with a client, we might find that taxes are only a small aspect of their objectives. Sometimes, in listening to the client, we realize that their fears are more about their heirs' ability to manage the inheritance as well as decisions such as trustees, etc.

4. Naming minor children as account beneficiaries

Letting clients name minor children outright as primary or contingent beneficiaries of life insurance or retirement plans. When minor children inherit, a court must appoint a guardian who must be bonded and must file a laborious annual account-

ing with the local court.

5. Wrong choice of executors and trustees

Naming a financial institution as successor executor/trustee after surviving spouse or instead of surviving spouse. In some cases, this is to the detriment of the spouse and other beneficiaries because large institutions usually follow their fiduciary responsibilities with a less personable approach than another trustee could provide.

6. Failure to address medical directives

Many attorneys will draft a health-care power of attorney (POA) and living will. If the two documents co-exist, they may conflict since the POA allows another to make decisions while the living will already states what is to be done. Absent statutory (or document) direction, health-care providers may experience a conflict in what to do.

7. Ignoring state estate and inheritance taxes

Many states follow the federal \$5 million-plus exemption for taxable estates, but the states do not always exempt this larger amount. For example, in Massachusetts, estates over \$1,000,000 that are not left to the surviving spouse are subject to a Massachusetts estate tax.

8. Failure to address asset protection

Most couples fear losing their assets to nursing homes. For couples nearing retirement, strategies that protect assets should be explored. Strategies include lifetime credit shelter trusts, life estate deeds, gifting and other techniques that make assets available for use but beyond the reach of creditors. We have a great FREE guide entitled "Planning Your Estate". Please feel free to contact me and I will send you a copy right away. My number is below.



Jeffrey N. Schweitzer, EPA, CEP, ATP, RTRP can be found at Northeast Financial Strategies Inc (NFS) at Wampum Corner in Wrentham. NFS works with individuals and small businesses providing financial and estate planning, insurance, investments and also offers full service accounting, bookkeeping, payroll, income tax preparation, and notary public services. For more information, stop by the office, call Jeffrey at 800-560-4NFS or visit online - www.nfsnet.com

Wrentham Cultural Council Seeks New Members

Do you love the arts and want to see more creative programming in Wrentham? Join the Wrentham Cultural Council! We are a fun-loving and creative group looking to make the arts accessible to Wrentham and the greater Commonwealth. No experience necessary!

The main purpose of the Cultural Council, a local branch of the Mass Cultural Council, is to review grant applications for local arts and humanities programs. We fund many arts-related events around town, including at the library, the schools, senior center, and our annual sponsored event, Arts on the Common. There are also many opportunities to volunteer for programs and exhibits at the Old Fiske Museum as well.

The Wrentham Cultural Council meets virtually on Zoom the second Tuesday of each month, September to June. When in-person meetings can once again take place post-COVID, the Council will resume meeting at the Old Fiske Museum. Grant reviews take place during November, and there are some administrative duties shared amongst the group during the grant review process from November to January. The time commitment is not enormous, but the rewards of working to support the arts in our community are many.

For more information, visit <http://wrentham.ma.us/about-wrentham-ma-town/volunteering> or email questions to contact-WCC@wrentham.ma.us.

To ADVERTISE in THIS PAPER

Call Jen Schofield at 508-570-6544

or email

jenschofield@localtownpages.com



NFS
Northeast Financial Strategies, Inc.



- ★ Financial Planning
- ★ Estate Planning
- ★ Insurance
- ★ Investments
- ★ Accounting
- ★ Bookkeeping
- ★ Payroll
- ★ Income Tax Preparation

**Updated
Your
Estate Plan
Lately?**

For Individuals & Small Businesses

667 South Street ★ Route 1A ★ Wampum Corner
Wrentham MA

800-560-4NFS ★ www.nfsnet.com

Call Jen Schofield at 508-570-6544
jenschofield@localtownpages.com



**New England
Ballistic Services**
Inc.



**Instant cash paid for
your valuable firearms.**

Call today for a confidential consultation
508-381-0230 • www.neballistic.com

Living Healthy

Eyelid Margin Disease

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

Eyelid margin disease including blepharitis occurs when the eyelids become coated with oily particles and bacteria near the base of the eyelashes. This condi-

tion is very common and unfortunately, is often misdiagnosed by many eye professionals as allergy, which it is not.

With eyelid margin disease the eyelids are inflamed. Symptoms include: Eye and eyelid irritation, a film in the eye, itchiness

of the eye, redness of the eye and a burning sensation.

This condition frequently occurs in people who have a tendency toward oily skin, dandruff or dry eyes. With blepharitis, both the upper and lower eyelids become coated with oily particles



and bacteria near the base of the eyelashes. It may cause irritation, itchiness, redness, and stinging or burning of the eye.

What is demodex blepharitis?

Some people with oily (seborrheic) skin, and more so those who have a weakened immune system can have microscopic mites (demodex folliculorum), and their waste materials cause clogging of follicles at roots of eyelashes, and in some cases might be associated with development of skin conditions such as rosacea and blepharitis. Another version of these mites (demodex brevis) can be found more generally in oil glands of the skin and eyelids, which also may contribute to blepharitis symptoms. While presence of these tiny mites is common in everyone, researchers speculate that some people develop demodex blepharitis due to unusual allergic or immune system reactions leading to inflammation.

What causes blepharitis?

Everyone has bacteria on the surface of their skin, but sometimes bacteria thrive in the skin at the base of the eyelashes. Large amounts of bacteria around the eyelashes can cause dandruff-like scales and particles to form along the lashes and eyelid margins.

Blepharitis is also associated with meibomianitis—a dysfunction and inflammation of the nearby oil glands of the eyelids (called meibomian glands). Blepharitis is also common in association with a skin disorder called rosacea. In this case, we call the eyelid problem “ocular rosacea.”

What is ocular rosacea?

People who have acne rosacea, a common skin condition causing pimple-like bumps and facial redness may suffer from ocular rosacea. This can affect the eyelids with redness and swelling. If you have ocular rosacea, reduce alcohol, caffeine and chocolate in your diet. Omega-3 fatty acids (fish oil and flaxseed oil) are also helpful. Doxycycline or similar derivatives can help improve the dysfunctional oil glands as well as both facial and eye symptoms. Reducing stress and better sleep are critical in controlling the symptoms.

What if I get a sty?

A sty develops from an eyelash follicle or an eyelid oil gland that becomes clogged from excess oil, debris or bacteria. Styes can be a complication of blepharitis. If you have a sty, treat it like you treat blepharitis, and if not better within two weeks, see your ophthalmologist.

EYES

continued on page 15



MILFORD - FRANKLIN EYE CENTER

**Optical
Shop
On-Site**

Roger M. Kaldawy, M.D. John F. Hatch, M.D.
Kameran A. Lashkari, M.D. Shazia S. Ahmed, M.D.
Michael R. Adams, O.D. Caroline Perriello Consigli, O.D.

**Saturday &
After Hours
Available**

SMILEFORVISION.COM

OFFERING LASER CATARACT SURGERY LOCALLY IN MILFORD

508-528-3344
750 Union Street
Franklin, MA 02038

**YOUR EYES
DESERVE
THE BEST**

508-473-7939
160 South Main St (Rt 140)
Milford, MA 01757

NORFOLK

FAMILY & PEDIATRIC DENTISTRY



Shabtai Sapir, DMD - Board Certified Pediatric Dentist
Minda Sapir DMD - General Dentistry

High quality dentistry for the whole family in an
affordable caring manner at a state of the art office.



Finally a pediatric dentist that your children will be excited to see. Our pediatric team accepts all children and adolescents with the simplest to the most complex treatment including special needs patients.

Our **general dentistry** team can help you achieve the smile of your dreams. Tired of missing teeth or loose dentures? call us for a free implant consultation.

We can help you achieve a beautiful smile in a safe and welcoming environment

65 Holbrook St., Suite 210 • Norfolk, MA 02056



(508)850-6992

www.norfolkfamilyandpediatricdentistry.com

\$79 EXAM

includes exam, 2 bitewings, cleaning and fluoride
(with coupon for uninsured only (\$250 value))

EXPIRES 12/31/20

Free Orthodontic/
Invisalign Consultation

EXPIRES 12/31/20

To ADVERTISE in THIS PAPER
 Call Jen Schofield at 508-570-6544 or email
jenschofield@localtownpages.com

Living Healthy

EYES

continued from page 14

How is blepharitis treated?

Blepharitis is often a chronic condition, but it can be controlled with the following treatment:

- Warm compresses. Wet a clean washcloth with warm water, wring it out and place it over your closed eyelids for at least one minute. Repeat two or three times, rewetting the washcloth as it cools. This will loosen scales and debris around your eyelashes. It also helps dilute oil secretions from nearby oil glands, preventing the development of a chalazion (stye)-an enlarged lump caused by clogged oil secretions in the eyelid.
- Eyelid scrubs. Using a clean washcloth, cotton swab or commercial lint-free pad soaked in warm water and few drops of baby shampoo, gently scrub the base of your eyelashes for about 15 seconds per eyelid.
- Antibiotic ointment. Your ophthalmologist may prescribe an antibiotic ointment. Using a clean fingertip or cotton swab, gently apply a small amount at the base of the eyelashes before bedtime.
- Artificial tears or steroid eye drops may also be prescribed temporarily to relieve dry eye or inflammation.

Specific treatment of demodex blepharitis: A commercial eyelid scrub combined with tea tree oil may be effective for treating this type of blepharitis. Shampooing with a product containing a tea tree extract is also helpful. This is available as Tea Tree Shampoo. The target here is to reduce the population of the mite (demodex). Washing sheets and pillow cases in hot water and drying with the "high" dryer setting is helpful. Avoid makeup for at least 1 week and discard all old makeup. Other reported treatments of demodex blepharitis include sulfur oil and steroids. An anti-parasitic gel (metronidazole) also has shown effectiveness as a treatment. Hypochlorous acid which is available commercially as a spray is also a helpful cleaning solution to kill demodex and tends to be less irritating than tea tree oil.

Eyelid margin disease is very common...With a full-time external disease specialist on staff, three locations including a surgery center in Milford, our eye centers offer state-of-the-art equipment to diagnose and treat eye problems, including blepharitis. We have published research papers and lectured to other physicians on the subject. We are now a referral center for difficult cases of ocular surface, lid disease, blepharitis and ocular rosacea. With our expanding practice of seven providers we can help you manage this problem and continue our mission to provide world class eye care for the entire family.

For more details, see our ad on page 14.

Place your Holiday Inserts today!

Contact Jen for Pricing and Reservations:

508 570 6544 or

email: jenschofield@localtownpages.com



**DISCOVER
YOUR
POTENTIAL.
ACHIEVE YOUR...**

personal best
PHYSICAL THERAPY

One-on-One treatment

CALL NOW TO SCHEDULE AN APPOINTMENT
508-530-4970

Providing personal attention and
the best one-on-one physical therapy care

Accepting most insurances

65 Holbrook Street, Unit 130
Norfolk, Massachusetts

www.PersonalBestPhysicalTherapy.com

MILFORD REGIONAL PHYSICIAN GROUP

Is Joint Pain Affecting Your Quality of Life?

It may be time to do something about it.

Milford Regional Physician Group (MRPG) is proud to welcome our new orthopedic surgeon, Geoffrey Stoker, MD. He comes to MRPG from world renowned New England Baptist Hospital, where he completed his fellowship in hip and knee replacement.

He earned his medical degree from Washington University in St. Louis and completed his orthopedic residency at Tufts Medical Center.

Offering innovative surgical options customized for each patient, Dr. Stoker's practice focuses on partial and total knee and hip replacement, including revision procedures. He looks forward to evaluating and treating patients with a variety of hip and knee problems, such as arthritis, avascular necrosis, and other joint conditions.



Geoffrey Stoker, MD

**Don't let joint pain
take over your life.
Let us fix it – so you
can continue doing
the things you love.**

Milford Regional Physician Group

Milford Regional Orthopedics

Milford Office 129 South Main Street
Franklin Office 1280 West Central Street • Suite 102
774-462-3345 • milfordregionalphysicians.org

Member of the Milford Regional Healthcare System

**Dr. Stoker is currently
accepting new patients
and can be reached
at 774-462-3345.**

Top 10 Health Concerns of Baby Boomers, Part 2

By DENNIS SULLIVAN & ASSOCIATES

As baby boomers navigate aging, caregiving and trying to stay healthy, common health concerns arise. Top Concerns 10-6 were covered last issue and can also be found on our blog: www.DSullivan.com/blog.

Research has shown that people who stay active, eat healthy and avoid tobacco can lower their risk of developing chronic health conditions. Baby boomers are more health-conscious than the generations that came before them. Nevertheless, they face significant health challenges. Here are the top five:

1. Type 2 Diabetes

According to the CDC, the population of adults with Diabetes has more than tripled in the last 20 years. Diabetes increases the risk of serious health problems, including high blood pressure, vision loss, kidney disease, nerve damage, foot problems, amputation and cardiovascular disease. Lifestyle changes and proper medical care can

manage diabetes and its associated risks.

2. Heart Disease

Heart disease is the leading cause of death for those over 60. After age 45, the risk of developing heart disease increases significantly. Some risk factors (age or family history) are not in your control, but lifestyle changes and medical intervention can help you lower your risk. Exercise, diet and tobacco-free living will help limit your heart disease risk.

3. Cancer

Cancer affects everyone at any time of life, but for most cancers, aging is the most important risk factor according to the CDC. Cancer screenings are crucial as we age, they are routinely used to detect cancers at early stages, possibly before you can feel symptoms. Cancer-related deaths are declining, and if you contract cancer, your chances of surviving are now

higher than they were in the past.

4. Depression

Depression can happen at any age, but often begins in adulthood, according to the National Institute of Mental Health. Depression, particularly in adults can co-occur with other medical illness, including cancer, heart disease, diabetes and Parkinson's. Depression often causes the other conditions to worsen. Dr. Reyzan Shali of Scripps Coastal Medical Center Vista says, "It is important for both physicians and patients to recognize that depression is not a normal process of

aging. Unfortunately, many patients feel uncomfortable with the subject of depression. Many feel that seeking help is a sign of weakness. It is very important for you to accept that you need help. Your primary care physician is a great start for help."

5. Eye Problems

Get your annual vision screening. Over 20.5 million Americans are affected by cataracts, this number grows every year. Advancements in the safety and precision of cataract surgery result in faster surgeries, shorter and easier recoveries, and improved vision.

Many baby boomers feel the stress of being the sandwich generation, as well as the host of medical issues that come with aging. Don't struggle through this alone, reach out to your doctor for support and guidance. As you tackle the medical issues, make sure you also consider who can make medical decisions for you and speak with your friends and families about decision-making.

Dennis Sullivan & Associates has been assisting families in Massachusetts to protect their homes, families, health, legacy and life savings, for over 27 years to discover more, attend a free online discovery seminar and find more information at DSullivan.com.

This is a paid advertisement.

KP High School Recognized as Special Olympics Massachusetts Unified School Champion

King Philip Regional High School has been recognized by Special Olympics Massachusetts as an official Special Olympics Massachusetts Unified Champion School.

Special Olympics Massachusetts honored King Philip's commitment to inclusion by awarding the school with a certificate for its continuous efforts to provide opportunities and activities for all. The school was honored for embodying what it means to be a Unified Champion School through unified sports, inclusive youth leadership programs and whole-school engagement.

"We are honored to once again receive this award that highlights our continued efforts to foster an open and inclusive school community for all of our



students, especially those with disabilities," KPHS Principal Lisa Mobley said. "I am also extremely thankful to our dedicated special education staff whose unwavering support has been ongoing throughout this unprecedented health crisis. They have worked tirelessly to ensure that all of our students with disabilities receive the care and support they need during these trying times."

Throughout the ongoing COVID-19 pandemic, King Philip Regional's Special Education staff has offered specialized instruction, related services and support from qualified profes-

sionals and paraprofessionals for students with disabilities in all of the district's learning models. The district also has numerous resources available on their website to assist those with their special education.

"I would also like to acknowledge Moderate Needs Special Educator Lisa Halloway and Athletic Director Gary Brown," Mobley said. "They have been instrumental in implementing several programs, such as unified track, basketball and peer mentoring to our district which led to us being recognized at this level."

King Philip has been invited to continue their community-wide efforts of inclusion and apply for national recognition as a Unified Champion School in the spring.



THE ESTATE PLANNING & ASSET PROTECTION LAW CENTER OF
DENNIS SULLIVAN & ASSOCIATES
LIFETIME PROTECTION FOR YOUR FAMILY

**PROTECTING HEALTH, HOME, SPOUSE, FAMILY,
LEGACY & LIFE SAVINGS FOR GENERATIONS**



PROPER PLANNING PREVENTS

- Time & money wasted on probate
- Losing your life savings to nursing home costs
- The government controlling decisions for your family
- Completely unnecessary Mass Taxes
- Public exposure of your personal affairs
- Surprises on the elder care journey

**TO RECEIVE YOUR FREE DISCOVERY SESSION AND
PERSONALIZED CONSULTATION CALL 781-237-2815**

Trust & Estate Planning • Elder Law & Medicaid
Probate & Trust Administration



781-237-2815
www.DSullivan.com

15 Year Member
AARP
Legal Services Network



COAN
HEATING & AIR CONDITIONING
www.coanoil.com

YOUR NEIGHBORHOOD HEATING EXPERTS



Rebates up to \$1,600*

Innovative comfort features

Special Financing available,
7 years at 0%*

Service, Repair and Installation:

- Furnace
- Air Conditioner/Ductless A/C
- Water Heaters/Tankless
- Humidifier
- Gas Piping



GO WITH THE TRIED & THE TRUE

RELY ON RUUD.™

Gas, Oil and AC Equipment Sales & Service

888-818-2028

*Rebates and financing provided by and subject to Mass Save restrictions and limitations



KPHS senior Patrick Ahern (back left) and junior Rachael Anderson (right), with two employees at the Eagle Brook Saloon in Norfolk. (Photo courtesy King Philip Regional School District)

Clip and save this coupon

\$50 OFF

Your next plumbing or heating repair*

RODENHISER

PLUMBING - HEATING - A/C - ELECTRIC

"Nice people...great service"® since 1928

Visit our website for more coupons and special offers on heating system installations.

800-633-PIPE

www.rodenhiser.com

*Not valid on trip or diagnostic fees. This offer expires November 30, 2020. Offer code OT-A-50

N/W

King Philip's Healthy KP Coalition Partners with Local Restaurants to Launch Family Meals Campaign

The Healthy KP Substance Use Prevention Coalition at King Philip High School has coordinated a Family Meals Campaign to encourage families to eat meals together.

The Coalition aims to raise awareness around youth substance use in the three KP communities while promoting protective factors that support healthy development and reduce the likelihood of negative decisions. The group's mission is to empower the KP community to live a healthy, substance-free life through youth leadership, education, training, policy and support.

The Coalition recently launched a Family Sit-Down Meal Campaign as part of National Family Meals Month, which is recognized each year in September. The group partnered with local restaurants and provided "Family Meals Matter" stickers to adhere to takeout containers at each restaurant. The sticker is a visual reminder to families of the importance of strengthening family connections through sit-down family meals.

"Research supports the benefits of regular family time, so we hope that launching this campaign as part of Family Meals Month will encourage families to make meal time a priority as a way to regularly spend time together," said KPHS Assistant Principal Kip Lewis, who serves as the Healthy KP Substance Use Prevention Coalition Co-Chair.

Research shows that families who regularly dine together reap many health, social and emotional benefits such as enhancing behaviors that parents want for their children. These positive behaviors can include higher academic performance, resilience and positive self-esteem. Additionally, family meals shared together are linked to lower rates of substance abuse, teen pregnancy, eating disorders and depression.

A total of 1,250 stickers were distributed to 15 restaurants that partnered with the Coalition for the campaign. They include: Aroma Italian Pizza & Roast Beef, Norfolk; Eagle Brook Saloon, Norfolk; Norfolk Town Pizza, Norfolk; Novatos Bar & Grill, Norfolk; Chieftain Pub & Restaurant, Plainville; Fitzzy's Pub & Family Dining, Plainville; Plainville House of Pizza, Plainville; South Street Pizza, Plainville; James' Breakfast & More, Wrentham; Nicky's Restaurant, Wrentham; Omega Pizza, Wrentham; Parker's Pub, Wrentham; Red Rooster Bar & Grill, Wrentham; Town Pizza, Wrentham; and Wrentham House of Pizza.

"The 15 restaurants who participated were highly receptive to the campaign and we are grateful for their excitement and willingness to partner on this important initiative," said Ann Barr, Healthy KP Substance Use Prevention Coalition Co-Chair. "Many of the restaurant staff members we talked to were current and former KP students as well, so it was great to see such an enthusiastic response."

The Coalition began in October 2019 as a partnership between the King Philip Schools and interested community members. Through local partnerships and collaboration in its first two years, the group accomplished a sticker shock campaign during prom season that reminded parents not to provide alcohol to their children along with the legal penalties associated with the Massachusetts Social Host Law. The group also hosted a speaker event on substance use and strategies to support youth, and a Hidden in Plain Sight exhibit to demonstrate the various ways that youth may hide substances and paraphernalia in their bedrooms.



Coalition member and KPHS senior Olivia Kulesza placed "Family Meals Matter" stickers on pizza boxes at South Street Pizza in Plainville. (Photo courtesy King Philip Regional School District)

PATHFINDER

TREE SERVICE, LLC

Professionals in Arboriculture

ARE YOUR TREES PROTECTED?

Plant Health Care

• Tree Spraying

• Fertilization

• Pest Management

• Injections

Tree Service

• Large Tree Removal

• Tree Pruning

• Cabling & Bracing

• Stump Grinding

• Crane & Bucket Service

• Storm Damage Clean-Up

24 hour emergency service – fully insured

Locally owned and operated

CALL NOW

781-551-8733

www.pathfindertreeservice.com

Sports

KP Soccer Coach Philosophical about the 2020 Season

BY KEN HAMWEY
STAFF SPORTS WRITER

Mike O'Neill has a Ph.D. in philosophy and it's likely that degree plays a role when he's dealing with the changes made to high school soccer because of the COVID-19 pandemic. He's highly philosophical and less critical about the modifications.

Much of the sport's contact has been eliminated along with heading, throw-ins and corner kicks but the King Philip Regional boys coach views the changes as a teaching moment.

"If we're dribbling on attack, then our wings should run at the defenders and beat them," he emphasized. "Young players tend to shy away from a defender but the purpose should be to beat them and advance the ball. That produces a more aggressive nature. If we're defending, then it's all about improving footwork to stay in front of the attackers. That leads to improvement in our overall team defense."

The 50-year-old O'Neill led the Warriors to an 8-4-6 record last year in his first season at KP's helm before bowing in the first round of the Sectional tourney to New Bedford. A native of Long Island, he played high school soccer in New Jersey and later competed for 1½ years at Fordham University in New

York. He has a master's and a Ph.D. from Catholic University (Washington, D.C.) and those degrees have led him to Providence College where he's a professor of philosophy.

O'Neill takes a philosophical approach to how his varsity squad views the current season.

"Since there are no Sectional or State playoffs this fall, our team goals are to compete for the Hockomock League's Kelly-Rex Division championship and to learn good soccer skills," O'Neill said. "The boys are eager to represent their school and play for town pride. This is the kind of season that focuses on players becoming leaders and contributing to their community."

So far, the Warriors are 2-1, posting victories over Mansfield and Franklin.

"Our team has great senior leadership," O'Neill emphasized. "We'll definitely rely this season on our returning players' experience. I'm lucky to have 12 returning players who are technically solid, have high soccer IQs and are really good athletes."

The Warriors' senior captains are a good starting point when talk centers on talent and technique. They include forward Alex Leon, midfielder Evan McEvoy and goalie Aidan Lindmark.



Mike O'Neill is in his second season as the King Philip boys soccer coach.

"Alex is a team leader and a smooth athlete," O'Neill said. "He's got a thunderbolt for a left foot and he creates lots of offense. An instinctive player, he has a high soccer IQ. Evan is one of the best midfielders in the league. A Hockomock League all-star last year, he's accomplished and dominant. His decision-making, passing and dribbling are excellent and he's terrific in transition. Aidan is a polished and technical shot-stopper. He commands the box with great courage and his distribution ability and footwork are outstanding."

Senior Jeremy White has been labeled "a rock on defense" by O'Neill. "Jeremy is a great one-

on-one defender at center back," the coach said. "He knows how to organize and command our team's defense. He's also athletic and fast."

Two junior midfielders—Caleb Waxman and Stephen Griffin—are playing key roles for the Warriors.

"Caleb and Stephen are poised to have a breakout year," O'Neill said. "They're creative and have tremendous skills. Caleb is a two-year varsity player and Stephen is in his third season. Both can score and they also generate scoring opportunities for teammates. Stephen was selected last year as an honorable-mention underclassman by

Hocksports.com."

Ajae Olsen and Colin Wesley are seniors who'll be counted on for their athleticism. Olsen competes at forward and Wesley can play forward, back or midfield.

"Ajae is competitive and very athletic," O'Neill said. "He's skilled and his work ethic is very strong. Colin is versatile, fast and athletic. He's got character and he's very motivating."

To achieve their goal of winning a division crown, the Warriors will have to battle intensely with Milford and Franklin.

"There are no easy games in the Hockomock League—ever," said O'Neill. "Milford will be very strong again this year. They seem to score goals at will and have terrific attacking players. Franklin may have one of the best up-and-coming teams this year. They finished second in the Kelley-Rex and are improved this season."

O'Neill and his wife Lisa know Franklin well. They live there and he coached youth soccer in Franklin for 10 years. Now in his second year at KP, O'Neill's players seem to have adjusted well to his defensive style. The 2020 campaign, however, will present a challenge. The Warriors are playing a limited schedule and their sport has undergone some major modifications.

But, O'Neill and his squad are competing in a positive way and striving to make 2020 a year worth remembering.

"To have a fall season is a plus," O'Neill said, "but the No. 1 priority during the pandemic is not just the health and safety of student-athletes, it's also about the well-being of everyone."

Mike O'Neill knows a thing or two about soccer but he's also well-versed in perspective and teaching real-life lessons.

MONEY-SAVING COUPON!

MENTION THIS AD & RECEIVE

10% OFF

your next purchase!

Limited time offer; not valid with any other offers.

CBD
ReLeaf Center
421 Pulaski Blvd
Bellingham, MA 02019
774-460-6084

CURBSIDE PICKUP OR YOU CAN COME IN!

HOURS:
MON - SAT,
10AM - 7PM;
SUNDAY,
11AM - 4PM

hemolucid

Help Wanted. Call for Details.

774-460-6084
421 Pulaski Blvd
Bellingham, MA 02019
www.myCBDreleafcenter.com

401-757-6872
375 Putnam Pike
Smithfield, RI 02917
ReleafCenter1@gmail.com

Run Your Ads & Inserts With Us!
Call Jen Schofield - 508-570-6544

Sports

King Philip Sports Booster Club, Boys Hockey Team Prepare 200 Bottles of Hand Sanitizer

The King Philip Sports Booster Club and the boys ice hockey team labeled over 200 bottles of hand sanitizer at the start of the 2020-21 school year.

The bottles, purchased by the district, needed correct labels before being distributed to classrooms in the middle school and high school. Due to the ongoing COVID-19 pandemic, the district will have hand sanitizers available in classrooms for students and staff members.

The labels were printed by R.E. Anderson Signs of Wrentham to comply with proper labeling standards.

King Philip seniors Geoffrey Bowes, Ryan McCarthy and Aidan Boulger placed the labels

onto the bottles to assist Facilities Manager Joseph Zahner, Jr. with the district's back-to-school preparations.

The district has also added additional safety measures in its schools this year, including plexiglass shielding for all teachers and secretaries supplied by Franklin Glass Company, sanitizer stations throughout both buildings, bathroom sink partitions, new soap dispensers in the bathrooms and sink replacements. The district also procured personal protective equipment (PPE) for all staff members, as advised by the Department of Elementary and Secondary Education (DESE).

Additional safety updates in the schools include rearranging

gyms and cafeterias into physically-distanced lunch areas, one-way hallways and stairways, and locations for mask breaks.

"We are very thankful for the boys hockey team and Booster Club for the time they spent preparing the hand sanitizer for the schools," Zahner said. "We have taken many safety precautions prior to our students returning to our school buildings and we are looking forward to a safe and healthy school year."

Senior Geoffrey Bowes helped to label over 200 bottles of hand sanitizer in preparation for the start of the 2020-21 school year.

(Photo courtesy King Philip Sports Booster Club)



Fiske Library Earns Bruins' Signed Jersey as part of Summer Challenge

Fiske Public Library is one of a select group of libraries in Massachusetts to receive Boston Bruins prizes for its outstanding participation in the first ever First Lady of the Commonwealth and Blades Summer Reading Challenge.

Elizabeth Nadow, Children's Librarian, was excited to be a prize winner. "Our library users worked hard this summer to reach our goal, and this prize is a testament to their hard work reading."

The library will use the jersey as a raffle prize during its PJ drive this winter. For each pair of new PJ's Fiske patrons donate, they will receive a raffle coupon for the jersey. Each winter, the



library collects new pajamas in partnership with the Boston Bru-

ins for homeless or low-income children in Massachusetts.

The Boston Bruins and First Lady Lauren Baker teamed up for the challenge this year as a way to keep residents involved with their library's summer reading program during a time when library buildings were closed because of COVID-19. In total, challenge participants read over 11,000 books and over 1.7 million minutes.

"Summer reading is fun, but it's also an important part of students' academic success because it helps them avoid the summer slide," said James Lonergan, the director of the Massachusetts Board of Library Commissioners. Children who read just four

books over the summer do better on reading-comprehension tests in the fall than their peers who read one or no books over the summer.

In 2019, more than 500,000 people participated in statewide summer reading programs in libraries across the Commonwealth. Massachusetts has offered statewide online summer reading programs since 2007. To learn more about the benefits of summer reading, visit mass.gov/libraries. The statewide Summer Library Program is made possible through federal funding from the Institute of Museum and Library Services.

To Advertise Call
Jen Schofield at 508-570-6544

J.D. MURPHY
CONSTRUCTION

Since 1976

Building • Remodeling • Additions
Kitchens • Baths • Replacement Windows • Decks • Garages



Licensed • Insured • Registered

508-376-5003

FPAC to Hold Virtual Gala & Telethon Hosted by Broadway's Ben Cameron

The Franklin Performing Arts Company (FPAC) will hold a Virtual Gala and Telethon hosted by Broadway's Ben Cameron (original cast of *Wicked*) on Saturday, November 14 at 8 p.m. The evening will include live and silent auctions, a celebrity telethon, and great performances streamed live from THE BLACK BOX by Broadway stars Emily Koch (*Wicked*, *Waitress*), Jim Hogan (*Waitress*, *Phantom of the Opera*), Tyrick Wiltez Jones (*Hairspray*, *Finian's Rainbow*), Christopher Rice (*Hamilton*, *The Book of Mormon*, *Pretty Woman*), Clay Thom-

son (*Newsies*, *Matilda*, *King Kong*), and other FPAC favorites.

A premium ticket for the event will include a Celebrity Dinner Delivery with food by 3 Restaurant and a Gala Swag Bag. A VIP ticket includes drive-through dinner pick up with food by 3 Restaurant. The Virtual Ticket allows guests to enjoy the amazing entertainment, telethon, and auctions from the comfort of their home.

Throughout the pandemic, FPAC has continued to provide entertainment in a safe way. From the middle of March



through May, FPAC presented a nightly concert series on Facebook Live featuring performances from Broadway stars and FPAC professional performers. As soon as it was allowed, THE BLACK BOX began presenting socially-distanced entertainment outside on their parking lot stage throughout the summer and fall. FPAC recently finished the run of their first socially-distanced book musical *You're a Good Man, Charlie Brown*.

Gala and telethon proceeds will benefit the initiatives of FPAC and THE BLACK BOX.

From the beginning, FPAC has followed a mission dedicated to promoting the performing arts with an emphasis on youth development. Through FPAC, THE BLACK BOX stage is graced by Broadway stars, professional artists, local amateurs, and students of the arts. Their performances feature live orchestras and professional artists, and they often provide a first glimpse into the world of theater for local youth.

For tickets and more information, visit www.FPACOnline.com or call (508) 528-3370.

Volunteers Needed for Birchwold Conservation Area

The Wrentham Conservation Commission is seeking volunteers to help steward Birchwold Conservation Area, located on Rt. 121/West Street, in Wrentham. The Commission is seeking help for the Spring/Summer 2021 season.

Volunteers would help with the following tasks within the park:

Trimming

- Trimming main trails for safe passage; identifying downed trees and brush that needs to be trimmed back
- Trimming brush at all paths that enter the field from the parking lot
- Trimming brush around picnic tables in the field as well as around the dedication rock at the parking lot
- Trimming of grasses around the edges of the parking lot area

Reporting

- Broken picnic tables
- Trees obstructing walking
- Anything dangerous

Removal of anything not natural

- Removal of any and all cigarette butts
- Removal of any and all waste from dogs and horses
- Removal of any trash left by visitors

If interested, please contact the Conservation Commission office at the town hall by calling 508-384-5417 or emailing Heather Ledbetter at hledbetter@wrentham.ma.us.

Woodforms

FINE CHERRY FURNITURE

NOW OPEN!
Saturdays
9 a.m. to 2 p.m.



Made in Massachusetts









Come visit our FACTORY and FACTORY SHOWROOM!

131 Morse Street | Foxboro | 508-543-9417 | woodforms.net

Hours: Monday - Thursday: 7 a.m. - 3:30 p.m., Friday: 7 a.m. - 3 p.m.
Saturday: 9 a.m. - 2 p.m. CLOSED Sunday

We are Thankful for our Wonderful Clients!

The DeVellis Dugan Team

The Realtor Team That Works

Our Recent Sales



Kerry DeVellis
508.654.2336
JKDevellis@verizon.net

Bettina Dugan
774.571.9157
bettina@NEsignature.com



1352 Main Street, Millis, Massachusetts (508)376-4500 www.nesignature.com



Real Estate Corner

New Partnership Provides Local Resource for Survivors of Domestic Abuse, Sexual Assault and Children Impacted by Substance Use

By J.D. O'GARA

The SAFE Coalition, a non-profit organization that provides supportive services to those impacted by Substance Use Disorder in nine local towns, including Norfolk, Franklin, Medway and Millis, has recently announced a partnership with Wayside Youth Services, a new style of clinical support for those impacted by sexual assault and children impacted by substance use. These clinical and informational supports provide direct care to victims and offer a new way for community members to receive clinical care.

"As COVID has impacted the environmental safety and recovery of our community members, these clinical resources allow for victims to receive the services in real time, in person, and in a con-

fidential setting," says Jennifer Levine, Executive Director and co-founder of The SAFE Coalition. "We are so thankful for this partnership and for the federal programs that are allowing us to do this work completely free of charge."

Features and benefits include

- Sexual Assault Counselor – in person Friday 9 a.m.-5 p.m., free of charge, also provides legal advocacy
- Children Impacted by Substances – ongoing, in-person Friday 9 a.m.-5 p.m., free of charge
- Resource for services – QR code given on business card with no language for discreteness, once scanned on a smart phone additional resources pop up

"The SAFE coalition will provide substance use training for Wayside, and then Wayside will provide clinical care in the form of therapists at the SAFE offices to survivors of domestic violence, sexual assault and to children impacted by substance use," says Levine.

Levine says the SAFE Coalition routinely encounters the issue of domestic violence and sexual abuse "about three to four times a week. While SAFE started out of a need for substance use support, as we've grown, we've realized how intertwined domestic abuse and sexual assault were."

According to Michelle Palladini, of the Norfolk Police Department, who is a school resource officer, mindfulness practitioner, developer of the L.E.A.P program, and member of the S.A.F.E. Board of Directors, the need for local counseling for these issues is great.

"It is challenging enough to try to navigate the healthcare system to find a provider that meets your needs, is local, has availability, and takes your insurance," says Palladini. "In addition to all of that, it's so hard for someone who has experienced domestic violence or sexual violence to ask

for help, because of the stress, fear and shame that comes with those situations.

Palladini adds, "There are few places locally that specialize in clinical support for domestic violence and sexual assault. Our closest resource centers are DOVE in Quincy, and NEW HOPE in Attleboro. Having an option for clinical support, or just someone to talk to/point you in the right direction right in Norfolk is going to be an unbelievable option. It will help survivors of these types of crimes get confidential assistance for FREE (without making multiple phone calls) which is invaluable and reduces the stress of an already traumatic event."

"At Wayside, we are 'empowering children, young adults and families to achieve greater independence and emotional well-being,'" says Nanci Coelho (DaSilva), Wayside Program Coordinator and Clinician. "Our Wayside Trauma Intervention Services and SAFE Coalition both have the tag line 'You are not alone,' and that is exactly how we want services to be carried out. The hope is, one day, any service an individual or family seeks in the state of Massachusetts, will be trauma-

informed and have resources readily available for whatever challenge they may be facing. This is an important partnership for moving out of our silos and helping community partners get the support they need and appropriately streamline resources for individuals and their families around mental health, trauma and substance use."

Palladini believes these resources provide add a layer of protection to the community.

"From a law enforcement perspective, Palladini says, "I believe that when we look at the root causes of substance abuse, and ancillary crimes that sometimes ensue, it is most often determined that the person has experienced some type of trauma in their life. By supporting those who are survivors of domestic and sexual violence, we are able to help establish healthy coping skills, as opposed to them developing negative coping mechanisms, such as drugs or alcohol, or other addictions."

For more information on the SAFE Coalition, visit www.safe-coalitionma.org. For more information on Wayside Youth and Family Support Network, visit www.waysideyouth.org.

TOP PRODUCER



ANNE MARIE
Smith

GUIDING YOU HOME

774.571.7842

annemarie.smith@nemooves.com

COLDWELL BANKER REALTY



CEDAR COVE HOMES ON WEBSTER LAKE




"A Unique Community with Lake Access"
2000-plus sq. foot Homes on 5000 sq. foot lots
Cedar Cove LLC 508-868-4236
Homes starting at \$499,900 with docks available to rent.
Multiple plans available. Please call 508-868-4236 to inquire.



BERKSHIRE
HATHAWAY
HomeServices
Page Realty



Congratulates
DANIELLE ROCHEFORT
LISTING & SALES AGENT OF THE
MONTH - SEPTEMBER 2020
508-954-7690
danielleREsales@gmail.com

The sale of our first home could not have gone more smoothly, thanks to Danielle. She made the entire process largely stress-free and effortless. Her work to prepare the house, the timing of the showings, the vetting of offers to select the right buyer, her A+ management of all of the parties involved, and her integrity and transparency throughout the process was a masterclass on selling a home. Not to mention she coordinated all of this during the Covid-19 pandemic. We can't recommend Danielle enough.
-Sam W.

CONTACT JIM FOR ALL YOUR MORTGAGE NEEDS

Jim Hanewich's 30 years of experience can assist you with First-Time homebuyer, FHA, VA, portfolio, conventional and jumbo loans.

Set up an appointment with Jim at 40 South Street, Suite 1, Wrentham, MA 02093.



MEMBER FDIC. MEMBER DIF. NMLS #525575



Jim Hanewich

NMLS #: 23315

Cell: 508-878-5385

James.Hanewich@bankfive.com

www.jimhanewich.com



Coldwell Banker Realty New England Announces Partnership to Support St. Jude Children's Research Hospital

The National Partnership, CB Supports St. Jude, Highlights Value of Home

Coldwell Banker Real Estate affiliated agents know the value of home, as they have been guiding people home since 1906. Home is the place we long for at the end of the day, the place that holds all we love and everything we cherish. St. Jude Children's Research Hospital® treats more than 8,500 kids a year from across the United States and around the globe, providing many patient families a home-away-from-home when they need it most.

Coldwell Banker Realty New England, announced today their participation in the *CB Supports St. Jude* partnership, benefiting St. Jude Children's Research Hospital, a place kids from all over the country and the world call home while being treated for cancer and other life-threatening diseases. As part of the program that runs through September 16, 2021, Coldwell Banker affiliated agents or companies can choose to make an automatic donation, a minimum donation of \$25 for participating affiliated agents, or \$10 minimum donation per participating brokerage office, for every home sale or purchase they complete.

"I am excited about this opportunity to make a donation to St. Jude's Children's Hospital each time one of my clients buys

or sells a home with me," says Kim Williams. "St. Jude's has a proven track record of making a difference in the lives of children and their families. Through their research and support, they are making a difference where it matters, and I am eager to help. I am hoping that my clients will also embrace this opportunity. Let's work together to support these families along with the doctors and scientists of St. Jude who are working to stamp out childhood cancer."

Families never receive a bill from St. Jude for treatment, travel, housing or food – because all a family should worry about is helping their child live. More than 75% of St. Jude budgeting costs come from generous donors. Continued support through campaigns like this will continue the St. Jude mission: Finding cures. Saving children.® Donations that are part of the *CB Supports St. Jude* program mean St. Jude patients can receive treatment in comfort, form life-long friendships and just be kids. What makes St. Jude possible are the generous donors all over the world, supporters like Coldwell Banker Realty New England.

Affiliated agents or companies participating in *CB Supports St. Jude* can opt in or out of the program at any time. Actively

participating agents or companies will have access to a suite of powerful marketing materials

designed to attract clients, make listings pop, and inspire people about the lifesaving research and treatment conducted every day at St. Jude.

Homebuyers and sellers can also donate to CB Supports St. Jude at <https://www.coldwellbanker.com/stjude>.

The Kim Williams Team

During these trying times we wish you all Good Health and Pray that You Always Have Something to be Thankful For. We are Here When You Need Us.



Follow us on Twitter at [KimWilliamsHome](https://twitter.com/KimWilliamsHome), [#norfolkma](https://twitter.com/norfolkma), [#wrentham](https://twitter.com/wrentham) and on Instagram at [KimWilliamsTeam](https://www.instagram.com/KimWilliamsTeam).

Proud supporter of Habitat for Humanity, Norfolk Community League, Norfolk PTO, Norfolk Lions, Norfolk Recreation, Norfolk Food Pantry & Gilly's House and
A DONATION will be made to St. Jude's Children's Hospital each time we sell a home.



Kim Williams Team
Your Fine Home Specialists. Your Trusted Partner.

Kim Williams
5 Star Zillow Premier Agent
CELL: 508-298-9725
Kim.Williams@NEmoves.com
KimWilliamsTeam.com



COLDWELL BANKER
RESIDENTIAL
BROKERAGE



COLDWELL BANKER REALTY

INTEGRITY * SERVICE * EXPERIENCE



Betsy
GRAZIANO

ABR, SRES, CNS, CRS
c. 508.498.6608
betsygraziano.com



DEDICATED TO GETTING YOU HOME!

LAKE PEARL
WRENTHAM

Thanksgiving Pick Up Catering
ORDER FULL FAMILY MEALS OR A LA CARTE ITEMS
VISIT LAKEPEARL.COM/CATERING FOR FULL MENU AND MORE INFORMATION

299 CREEK ST. WRENTHAM, MA | 508-384-3003 | JLORUSSO@LAKEPEARL.COM



Gathering, Growing
and Giving

Open a Completely Free
Checking account and get a
Free Craig Bluetooth® Speaker!


FOXBORO federal savings

View the best account for you @
www.foxfed.com





FOR
BUSINESSES
TOO!

Visit us Today!

FOXBORO OFFICE
One Central Street
508-543-5321

NORFOLK OFFICE
160 Main Street
508-528-4900

PLAINVILLE OFFICE
129 South Street
508-643-0900



1 2038211-C-PUB